



NEWSLETTER

Tips and information for today / Friday, April 20th, 2020

Hello Kelly

We are pleased to send you another installment of our Austin Parks and Recreation's Adult 50+ Programs Online Newsletter. Although we can't see each other in person, we hope you enjoy a little part of the center in your home. As we venture further into this virtual world we look forward to introducing you to new ways to get together online with new programming opportunities we hope you enjoy! Please, if you have any recommendations that you would like to share with us feel free to send them to southaustinsenioractivitycenter@austintexas.gov and we will look into them. Please continue to be safe and know that we miss each of you. We can't wait to see you all again.



In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.

[Congregate Meal Update](#)

Field Trip

VIRTUAL

We hope you enjoyed last weeks Virtual Field Trips to the Smithsonian and The Louvre! The Trip Bus is getting serviced so we rented a fancy virtual limousine for us all to travel in! Enjoy this weeks trips. If you have suggestions to share with everyone please email them to justin.perez@austintexas.gov.

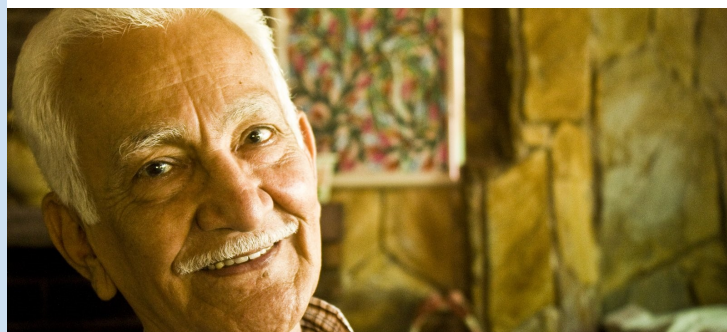
Southern Living

[Frank Lloyd Wright Buildings Tour](#)



BUCKINGHAM PALACE

[Buckingham Palace Tour](#)



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SPORTS

information

From Dodger Stadium to Fenway Park, every MLB ballpark is a little bit different. Let's dive into why ballpark dimensions are different across the league, dating back to the days of the Brooklyn Dodgers' Ebbets Field, the New York Giants' Polo Grounds, and more!



[Baseball Stadiums](#)



Jackie is doing a virtual Zumba class on **Friday mornings at 10:30AM** if **anyone would like to join her**. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! Here is her email and Facebook links.

[Facebook Group Link](#)

jacqueline.cotrell47@gmail.com



Videos

Enjoy some of the many videos put together by our own Austin Parks and Recreation Centers! Here are a link to a few of them and feel free to dig in from there. If you have recommendations feel free to contact us and we will do what we can to make them happen.

Exercise with Laura

[Find Balance and Strength](#)

Yoga with Patti

[Yoga Warm Up](#)

take the
moment

[Rock with a Purpose](#)



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Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. They will receive further instruction and a call back from a counselor. They do not need to be a client of Integral Care or live in Travis County. Currently this service is set to be available for the next 60 days (subject to extension of-course).

For more information click here:

<https://integralcare.org/en/covid-19-update/>



Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.

[Kade Green Channel](#)

Check back in with more video tutorials from North Austin T'ai Chi!



Welcome to Joe's section! Joe makes his weekly movie pick for us all to enjoy on our favorite streaming service. Here is Joe's first pick for us all; I've seen this one and it's great!



A mob enforcer's son witnesses a murder, forcing him and his father to take to the road, and his father down a path of redemption and revenge.

More info on movie streaming services through Austin Public Library on pg. 4



We need to feel better about aging in order to age better, says writer and activist Carl Honoré. How? In this spirited talk, Honoré offers a set of simple solutions to combat ageism -- as well as a host of trailblazers and changemakers who came into their own later in life, from artists and musicians to physicists and business leaders.

[Embrace Age As An Adventure](#)



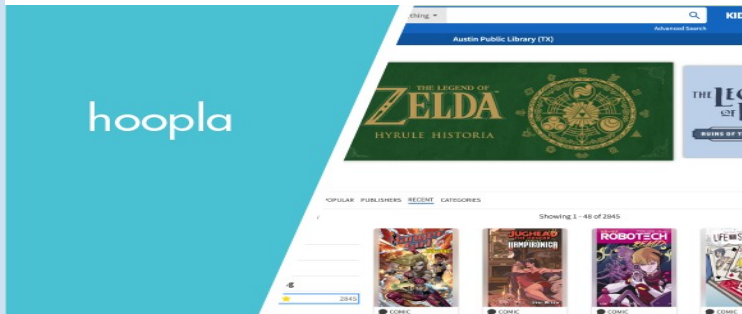
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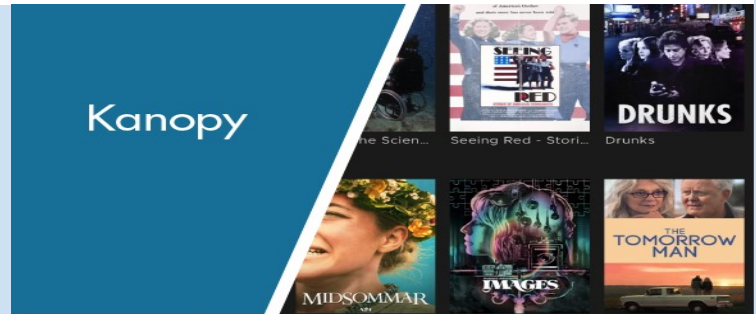
AUSTIN PUBLIC LIBRARY



[hoopla](#) has digital movies, music, TV shows, audiobooks, eBooks and comics.

- Instantly available borrowing.
 - No hold queues
 - Stream content through your browser on PC/ Mac.
 - Stream or download with the **hoopla digital app** for iOS, Android, Kindle Fire and Roku.
 - Check out 4 items per month.
 - Movies & TV shows check out for 3 days.
 - Music CDs check out for 7 days.
- Audiobooks, eBooks and comics / graphic novels check out for 21 days.

Check out hoopla [here](#)



[Kanopy](#) has thousands of movies and documentaries that you can stream on any device.

- You can watch 3 films per month, with play credits resetting on the 1st of each month.
 - After clicking “Play,” you have 3 days to watch the film.
 - Loading and playing 5+ seconds of a film counts as a play credit.
- [Kanopy Kids](#) offers films for ages preschool - 12.

Check out Kanopy [here](#)

**You can gain access to both streaming sights and more with a
Austin Public Library - Library Card.**



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GROCERY OPTIONS

Groceries stores offering Curb Side Pick up and limited delivery service:

Randalls Pickup locations (limited stores):

-9911 Brodie Lane / Austin TX 78748

-2301 Ranch Road 620 S / Lakeway TX 78734

-5145 N FM 620 RD / Austin TX 78732

-10900 Research Blvd / Austin TX 78759

[Randalls Website](#)

Walmart Pickup locations – ALL STORES

[Walmart Website](#)

HEB Pickup locations – ALL STORES

[HEB Website](#)

Central Market – ALL STORES

[Central Market Website](#)

Target – ALL STORES

[Target Website](#)

FOUNDATION COMMUNITIES

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

[Austin Tax Help](#)

GROCERY STORES WITH SENIOR HOURS

Listed are grocery and general purpose stores with current store hours and some that have designated shopping times for Seniors for extra caution.

Target Store Hours are 8:00am - 9:00pm
Designated Senior shopping hour every Wednesday from 8am-9am.

Costco Store Hours are 9:00am - 8:30pm
Designated Senior shopping hours on Tuesdays and Thursdays from 8am - 9am.

Dollar General Store Hours are 8:00am - 10:00pm
Designated Senior shopping hours daily from 8am - 9am.

Fiesta Mart Store Hours are 8:00am - 9:00pm
Designated Senior shopping hours from 7am - 8am.

Randalls Store Hours are 7:00am - 9:00pm
Designated Senior shopping hours on Tuesdays and Thursdays from 7am - 9am.

SAMS Store Hours are 9:00am - 8:00pm

HEB Store Hours are 8:00am - 8:00pm

Central Market Store hours are 8:00am - 8:00am

Sprouts Store Hours are 7:00am - 11:00pm

**All times subject to change*



Medicare Link – has resources for “telehealth services”, hygiene practices, etc

<https://www.medicare.gov/medicare-coronavirus#100>

Corona Facts and Information

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Johns Hopkins – Coronavirus Resource Center

<https://coronavirus.jhu.edu/map.html>

Austin Public Health COVID-19 information

<https://www.austintexas.gov/department/health>



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Food Delivery/Pickup

Good Apple Foods: Stay Home, Stay Healthy Program for anyone who is 55+ or immunocompromised and in need of food assistance:

<https://goodapplefoods.com/covid-19>

HEB/Favor Senior Support Line:

<https://favordelivery.com/seniors>

ConnectATX from United Way:

<http://connectatx.org>

Centralized list of resources on emergency food access (curbside meals, food delivery, food pantries, school meals) and other food access connections (community gardens, centralized resources, food delivery, food pantries, low cost food, meals, nutrition education, paying for food). Includes extensive resources beyond food as well.

Food Access Resources in Central Texas from the Sustainable Food Center

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

Many of the links are included above, but contains additional information on Farmer's Markets, CSAs, Austin Food Delivery Services, Food Pickup and Delivery, Access Points for low-income families.

AGE



AGE of Central Texas has created a webpage full of links to activities that Seniors can enjoy at home!

AGE Activity Links

This link includes additional links for the following sites:

Online Activities – including links to libraries, college courses, puzzles, textbooks, atlas, and the Library of Congress.

Online Activities "Videos" Including weather classes, ballet, chair yoga, online classrooms, exercise videos, painting classes, etc.

COMING SOON

- **Spanish Class**
- **Knitting Tutorials**
- **Live Performances**
- **Music Lessons**
- **Online Bingo**
- **...and much much more!**



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