

2025

OCTOBER

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704

512.978.2400

www.austintexas.gov/departments/south-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors

Monday/Thursday/Friday 8:00am - 5:00pm

Tuesday 8:00am-9:00pm

Wednesday 8:00am-10:00pm



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3917 or Relay Texas 7-1-1.

SOUTH AUSTIN SENIOR ACTIVITY CENTER

The South Austin Senior Activity Center (SASAC) functions as a special use resource facility for persons 50 years of age and older. The 12,311-square-foot facility is nestled among numerous large oak and cedar trees on 4.61 acres of parkland. An attractive and colorful community flower garden, located just off the back porch, is a wonderful setting for conversations and outdoor games. Facilities include rooms for ceramics, billiards, exercise, meetings, arts and crafts, cooking and other multipurpose programs.

The SASAC is a \$2.1 million project approved by voters in the 1992 bond election built on land donated to the City of Austin. The project was completed in 1995 and named after the vibrant and active community in which it is located.

Stop by and let the friendly
SASAC staff and volunteers show you
around. *Hope to see you soon!*



Hours of Operation

Monday/Thursday/Friday
8am-5pm

Tuesday
8am-9pm

Wednesday
8am - 10pm

To better serve you please visit the front
desk to complete a 2025 Austin Parks
and Recreation Department Waiver and
ensure your information is current.

Austin Parks And Recreation Department Refund Policy

The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks And Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$35 processing charge will be refunded. A medical verification may be required. Please allow 4 - 6 weeks for refunds to be processed and mailed - no cash refunds will be given. If the refund amount is less than \$35, no refund will be issued but you may receive a class credit form to be used within 90 days.

2025 EVENING HOURS

**SASAC will be open
Tuesdays until 9pm
and Wednesdays until 10pm**

Waterloo Square Dance

Tuesdays

6:45-8:45pm

Square-dance the night away to a live caller!

Wednesday Night Dance Club

7pm – 9:30pm

October 1st

3 Chord Rodeo

October 8th

The Merles For Our Oktoberfest Dance

October 15th

Johnny McGowan's Rugged Gents

October 22nd

Six Sons Of A Gun

October 29th

Rick McRae And Friends For Our Halloween Dance

\$5 CASH COVER AT THE DOOR

REGISTRATION INFORMATION

WALK-IN Monday through Friday from 8am to 5pm

You may walk into South Austin Senior Activity Center to register in person by completing a registration form and giving it to a SASAC staff member to date, time and process. You must be in the current RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.

CALL 512.978.2400

You may call South Austin Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.

ONLINE via the City of Austin Website

(user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at:

<https://www.austintexas.gov/department/online-registration>

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UPCOMING EVENTS

SASAC Monster Break 9 Ball Tournament

Registration:
September 2nd - September 29th

Day/Time:
October 3rd at 9a

Fee: \$3



Wooden Pumpkin Decorating

Registration:
October 1st - October 13th

Class/Time: October 15th from 10 - 11a

With a little creativity and some paint you can craft a one of a kind masterpiece.

APD / SALT Presentation

Registration:
October 1st - October 22nd

Presentation:
October 24th from 1 - 2p



Learn about very helpful safety information and resources for older adults.

Costume Contest

Registration:
October 1st - October 30th

Day/Time:
October 31st after lunch At 11:50a

What will you be this Halloween?

Veteran Bios/Photos Needed

As part of our continued efforts to recognize our Veterans we are asking that anyone who has served in any branch of the United States Military provide us with a photo and a bio about your service. Please include branch, rank, years of service, dates of service, tours completed, honors, and job duties. Please return bios and photos to Lynnette at Lynnette.Lara@austintexas.gov

Donations

Do you have any old costume jewelry?

Donate them to the center for future craft projects and decorations!

HEALTH & WELLNESS

SENIORSIZE

A low-impact aerobic exercise program developed especially for senior adults. Seniorsize is a great way to stay active and get back in shape.

DAY WED	TIME 10:30 - 11a
FEE N/A	ACTIVITY # 256505

Instructor: Kade Green

SENIOR HEALTH AND FITNESS

Total body cardiovascular workout taught in a FUN class format. Four sets of activities.
(15 minutes each)

DAY TUE & THUR	TIME 8:30 - 9:30a
FEE N/A	ACTIVITY # 256506



Instructed by video tape

Water Aerobics

The performance of aerobic exercise's in a pool. It focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere. Sign up on our **lottery** list for a chance to have fun in the sun

DAY TUES	TIME 10:45 - 12p
FEE N/A	ACTIVITY # N/A



Coming Back Summer 2026

HEALTH & WELLNESS

T'AI CHI

T'ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green, Sifu.

All levels welcome in this class and must make a 6 week commitment.

NEXT SESSIONS for all T'ai Chi begin

November 4th, 2025

10 - 11a

6 Sessions Tuesdays OR Thursdays only	
RESIDENT	\$30
NON-RESIDENT	\$36
ACTIVITY # N/A	

DROP IN SINGLE CLASS	
RESIDENT	\$5
NON-RESIDENT	\$6
ACTIVITY # N/A	

12 Sessions Tuesdays & Thursdays only	
RESIDENT	\$50
NON-RESIDENT	\$62
ACTIVITY # N/A	

LINE DANCE

DAY MON	TIME 1 - 2p
FEE N/A	ACTIVITY # 256501

Beginner Class

For starters, learn basic steps & easy dances.

DAY THUR	TIME 1 - 2p
FEE N/A	ACTIVITY # 256503

Improver Class

Learn more skills for a variety of dances.



High Beginner Class

Next step for beginners.

DAY MON	TIME 2:30 - 3:30p
FEE N/A	ACTIVITY # 256509

Intermediate Class

For experienced dancers.
Need higher level skills.

DAY THUR	TIME 2 - 3p
FEE N/A	ACTIVITY # 256502

HEALTH & WELLNESS

STRETCH & STRENGTH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands. All levels are welcomed and fun is guaranteed.

DAY FRI	TIME 2 - 3p
FEE N/A	ACTIVITY # 256521



Instructor: Patti Gagne

ZUMBA

An interval-style dance fitness party that combines low-intensity and high-intensity moves

Instructor: Joe Rivera



DAY MON	TIME 10 - 11a
FEE N/A	ACTIVITY # 256507

GOLDEN ROLLERS

Come along for some recreation and fun on recumbent bicycles. Everyone will be able to go pedaling on the track at Dittmar. All participants will receive an orientation class and given the opportunity to practice starting, stopping, and turning. It's never too late to ROLL! Come out with us and have some fun.

DAY WED	TIME 9 - 10a
FEE N/A	ACTIVITY # N/A

TBA



HEALTH & WELLNESS

BALLROOM DANCE

Ballroom dance provides an opportunity to learn and improve the art of ballroom dancing in a lively social setting.

Instructor: Chris Ng
Assistant: Connie Ng

October: Nightclub Two Step



DAY WED	TIME 1 - 2p
FEE N/A	ACTIVITY # 256705

Bowling Wednesday

Come Join us for a great time bowling at Westgate Lanes. Pay fees at bowling alley.

2nd and 4th Wednesday of the month



DAY WED	TIME 1 - 3p
FEE \$7	ACTIVITY # N/A

YOGA

Connect the body, breath, and mind. Use physical postures, breathing exercises, and meditation to improve overall health.

Instructed by video tape

DAY WED	TIME 9 - 10a
FEE N/A	ACTIVITY # 256524



RECREATION & GAMES

Mexican Train Dominoes

The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station".

DAY WED	TIME 12:15 - 3:15p
FEE N/A	ACTIVITY # 256959

Tin Gau

classic four player trick-taking game using one set of Chinese dominoes with aim to win last trick in each round.

DAY WED	TIME 1 - 4p
FEE N/A	ACTIVITY # 256951

Traditional Chinese Mahjong

A tile-based game, for 4 players that was developed in the 19 century in China and has spread throughout the world since the early 20th century.

DAY TUE & FRI	TIME 12:30 - 4p
FEE N/A	ACTIVITY # 256958

Beginners class every 4th Friday of the month.

Chess Club

One of the oldest and most popular board games, played by two opponents on a checkered board with specially designed pieces of contrasting colors. New players and all levels welcome!

DAY MON/FRI	TIME 10 - 1p
FEE N/A	ACTIVITY # 256957

RECREATION & GAMES

Free Play Bridge

Bridge is a great way to stay sharp and keep your mind active.

DAY MON/WED/FRI	TIME 11 - 1p
FEE N/A	ACTIVITY # 256950

Requirements: Some knowledge of bridge, returning player or needing practice.

Bridge lessons every Monday 10 - 11 (no experience required)

Double Deck - Pinochle

An Ace-Ten card game typically with four players. Players score points by trick-taking and also by forming combinations of cards into melds.

DAY TUE	TIME 1 - 4p
FEE N/A	ACTIVITY # 256956

Bingo

A game of chance played with cards having numbered squares corresponding to numbered balls drawn at random and won by covering five such squares in a row.

DAY TUE	TIME 1 - 3p
FEE ¢50 per card	ACTIVITY # 256961



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Special Events are in BLUE</div> <div>Cancellations are in RED</div> <div>Field trips are in Green</div>		<div>1</div> <div>Yoga 9 - 10</div> <div>Ceramics circle 9 - 12</div> <div>Seniorsize 10:30 - 11</div> <div>Free play Bridge 11 - 1</div> <div>Mexican Train 12:15 - 3:15</div> <div>Ballroom Dance 1 - 2</div> <div>Painters 1 - 3:30</div> <div>Book Club 2 - 3</div> <div>Tin Gau 1 - 4</div> <div>Wednesday Night Dance 7 - 9:30</div>	<div>2</div> <div>Everyone Paints 8 - 4</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Quilters 9 - 2</div> <div>Tai Chi 10 - 11</div> <div>Improver Line Dance 1 - 2</div> <div>Intermediate Line Dance 2 - 3</div> <div>Senior Tech Pals 1:1 Workshop 2 - 4</div>	<div>3</div> <div>Monster Break</div> <div>9 Ball Tournament 9 - TBA</div> <div>Yoga CI 10 - 11</div> <div>Chess Play 10 - 1</div> <div>Free play Bridge 11 - 1</div> <div>Mahjong 12:30 - 4</div> <div>Improv Comedy Workshop 12:30 - 2</div> <div>Stretch and Strength 2 - 3</div>
<div>6</div> <div>Garden Meeting 9 - 10:30</div> <div>Chess Play 10 - 1</div> <div>Zumba 10 - 11</div> <div>Free Play Bridge 11 - 1</div> <div>Creative Writing 1:30 - 3:30</div> <div>Beg. Line Dance 1 - 2</div> <div>High Beg. Line Dance 2:30 - 3:30</div>	<div>7</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Mosaics 9 - 12</div> <div>Tai Chi 10 - 11</div> <div>Mahjong 12:30 - 4</div> <div>Pinochle 1 - 4</div> <div>Bingo 1 - 3</div> <div>Waterloo Squares 6:45 - 8:45</div>	<div>8</div> <div>Yoga 9 - 10</div> <div>Ceramics circle 9 - 12</div> <div>Seniorsize 10:30 - 11</div> <div>Free play Bridge 11 - 1</div> <div>Mexican Train 12:15 - 3:15</div> <div>Ballroom Dance 1 - 2</div> <div>Bowling 1 - 3</div> <div>Painters 1 - 3:30</div> <div>Tin Gau 1 - 4</div> <div>Wednesday Night Dance 7 - 9:30</div>	<div>9</div> <div>Everyone Paints 8 - 4</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Quilters 9 - 2</div> <div>BST Halloween Spooktacular 9 - 11</div> <div>Tai Chi 10 - 11</div> <div>Improver Line Dance 1 - 2</div> <div>Intermediate Line Dance 2 - 3</div>	<div>10</div> <div>Card Making 9 - 10</div> <div>Yoga CI 10 - 11</div> <div>Chess Play 10 - 1</div> <div>Free play Bridge 11 - 1</div> <div>Advisory Board 12 - 1</div> <div>Mahjong 12:30 - 4</div> <div>Improv Comedy Workshop 12:30 - 2</div> <div>Stretch and Strength 2 - 3</div>
<div>13</div> <div>Garden Meeting 9 - 10:30</div> <div>Chess Play 10 - 1</div> <div>Zumba 10 - 11</div> <div>Free Play Bridge 11 - 1</div> <div>Technology 1 - 3</div> <div>Creative Writing 1:30 - 3:30</div> <div>Beg. Line Dance 1 - 2</div> <div>High Beg. Line Dance 2:30 - 3:30</div>	<div>14</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Tai Chi 10 - 11</div> <div>Mahjong 12:30 - 4</div> <div>Pinochle 1 - 4</div> <div>Bingo 1 - 3</div> <div>Waterloo Squares 6:45 - 8:45</div>	<div>15</div> <div>Yoga 9 - 10</div> <div>Ceramics Circle 9 -12</div> <div>Pumpkin Decorating 10 - 11</div> <div>Seniorsize 10:30 -11</div> <div>Free Play Bridge 11 -1</div> <div>Mexican Train 12:15 -3:15</div> <div>Ballroom Dance No Class</div> <div>Painters 1 -3:30</div> <div>Tin Gau 1 - 4</div> <div>AARP 1 - 4</div> <div>Wednesday Night Dance 7 - 9:30</div>	<div>16</div> <div>State Fair Of Texas 6:30 - 9:30</div> <div>Everyone Paints 8 - 4</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Quilters 9 - 2</div> <div>NARFE 9:30 - 10:30</div> <div>Tai Chi 10 - 11</div> <div>Improver Line Dance 1 - 2</div> <div>Intermediate Line Dance 2 - 3</div>	<div>17</div> <div>Yoga CI 10 - 11</div> <div>Chess Play 10 - 1</div> <div>Free Play Bridge 11 - 1</div> <div>Mahjong 12:30 - 4</div> <div>Improv Comedy Workshop 12:30 - 2</div> <div>Stretch & Strength 2 - 3</div>
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<div>27</div> <div>Garden Meeting 9 - 10:30</div> <div>Chess Play 10 - 1</div> <div>Zumba 10 - 11</div> <div>Free Play Bridge 11 - 1</div> <div>Technology 1 - 3</div> <div>Creative Writing 1:30 - 3:30</div> <div>Beg. Line Dance 1 - 2</div> <div>High Beg. Line Dance 2:30 - 3:30</div>	<div>28</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Tai Chi 10 - 11</div> <div>Mahjong 12:30 - 4</div> <div>Pinochle 1 - 4</div> <div>Bingo 1 - 3</div> <div>Waterloo Squares 6:45 - 8:45</div>	<div>29</div> <div>The Paramount Theatre Tour 8:30 - 10:30</div> <div>Yoga 9 - 10</div> <div>Ceramics Circle 9 -12</div> <div>Seniorsize 10:30 - 11</div> <div>Free Play Bridge 11 -1</div> <div>Mexican Train 12:15 - 3:15</div> <div>Ballroom Dance 1 - 2</div> <div>Painters 1 -3:30</div> <div>Tin Gau 1 - 4</div> <div>Wednesday Night Dance 7 - 9:30</div> <div>Capitol Of Texas Postcard Club 7 - 9</div>	<div>30</div> <div>Everyone Paints 8 - 4</div> <div>Sr. Health & Fitness 8:30 - 9:30</div> <div>Quilters 9 - 2</div> <div>Tai Chi 10 -11</div> <div>Pete's Eats</div> <div>Bouldin Creek Café 10:30 -12</div> <div>Improver Line Dance 1 - 2</div> <div>Intermediate Line Dance 2 - 3</div> <div>Birthday celebration 12 - 12:30</div>	<div>31</div> <div>Chess Play 10 - 1</div> <div>Free play Bridge 11 - 1</div> <div>Costume Contest 11:50</div> <div>Mahjong 12:30 - 4</div> <div>Improv Comedy Workshop 12:30 - 2</div> <div>Stretch and Strength 2 - 3</div>

OCTOBER 2025

ARTS & CRAFTS

Honey Bee Quilters

The Honey Bees invite anyone interested in quilting to join their weekly meetings.

DAY THUR	TIME 9a - 2p
FEE N/A	ACTIVITY # 256400

Everyone Paints

Come in and share your creativity with other painters!

DAY THUR	TIME 8a - 4p
FEE N/A	ACTIVITY # 256700

Wednesday Painters

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

DAY WED	TIME 1 - 3:30p
FEE N/A	ACTIVITY # 256701

Mosaics With The Austin Mosaic Guild (AMG)

Bring your mosaic project's and join other mosaic enthusiasts as you work. This is not a class but a gathering of mosaic enthusiasts with varying skill levels. you do not have to be a member of AMG to participate. Please come to share your mosaic creativity and enjoy the camaraderie. Bring your own supplies, tools, substrates, etc. Art paper or plastic sheets for protecting tables would be most welcomed. Remember the last 20 minutes will be used for everyone to pack up and clean up. Drop by and check us out because the possibilities are endless and the results are amazing. **First And Third Tuesday Of The Month.**

DAY TUES	TIME 9 - 12p
FEE N/A	ACTIVITY # N/A

Ceramics Circle

Bring your ceramic project and join other ceramics enthusiasts as you work.

DAY WED	TIME 9 - 12p
FEE N/A	ACTIVITY # 256702

Card Making with Melissa

Class Dates:

- Oct. 10th • Dec. 12th
- Nov 21st



Creative Writing

Each Monday afternoon a supportive group of creative friends read, discuss, and write poetry, fiction, and creative non-fiction. Join us to discover the stories hiding in your memories.

DAY MON	TIME 1:30 - 3:30p
FEE N/A	ACTIVITY # N/A

Waitlist Only

COMMUNITY CLASSES

Technology Forum

Having trouble with your computer, tablet, or smart Phone? Have a general curiosity about current technology? Come to the technology forum and learn how easy it can be. We are here to help you! Please bring your equipment with you for us to assist you.

DAY MON	TIME 1 - 3p
FEE N/A	ACTIVITY # 256402

Second And Fourth Monday Of The Month

Book Club

Come join us for great discussions!
First Wednesday of each month

DAY WED	TIME 2 - 3p
FEE N/A	ACTIVITY # 256660

AUSTIN
PUBLIC
LIBRARY



Improv Comedy Workshop

Join us weekly to laugh, create, and connect in a spontaneous and supportive environment.

DAY FRI	TIME 12:30 - 2p
FEE N/A	ACTIVITY # N/A

Senior Tech Pals
1:1 Technology Workshop



This program partners with local tech companies such as Google, Intel, Dell, and IBM, we will have employees who volunteer to teach technology courses in a 1:1 fashion. There will be 8, 30 minutes sessions with a different topic each month

(must pre-register if interested) No Walk In's.

First Thursday of the month

DAY THURS	TIME 2 - 4p
FEE N/A	ACTIVITY # 256305



Join our group on Mondays to help with our seasonal garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

DAY MON	TIME 9:30a
FEE N/A	ACTIVITY # 256407

Monday's at 9am

UPCOMING SHOWS



The Mule

A ninety-year-old horticulturist and Korean War veteran turns drug mule for a Mexican cartel.

<u>DAY</u>	<u>TIME</u>	<u>FEE</u>	<u>ACTIVITY #</u>
FRI 10/24	9a	N/A	256907

Movie Every 4th Friday Of The Month



OPEN PLAY

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is always willing to teach anyone interested in joining them. Everyone is welcome to join this fun social game.

TABLE TENNIS

Table tennis, also known as ping-pong and whiff-whaff, is a racket sport derived from tennis but distinguished by its playing surface being atop a stationary table, rather than the court on which players stand. Paddles and Balls available at the front desk.

LOTERIA

This classic Mexican game has images instead of numbers on the boards. Listen for the caller to sing out a riddle or name of an image and then place a token on your board if you have it. The first player to get 4 tokens in a row and call out "¡Lotería!" wins.

CRIBBAGE

A fifteenth century game. An ordinary card deck and a peg board keeps points scored. The race of pegs around the board is often exciting.

CANASTA

A card game resembling rummy, using two packs. It is usually played by two pairs of partners, and the aim is to collect sets (or melds) of cards.

GYM

BE SURE TO CHECK OUT OUR
TREADMILLS,
RECUMBENT BIKES,
WEIGHT SYSTEM AND
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE

BILLIARDS

DROP IN AND PLAY SOME GAMES WITH
OTHER PATRONS.

CHECK OUT OUR TWO TABLES. POOL BALLS
AND CUES SUPPLIED BY THE CENTER.

Monday 8a - 4:30p
Tuesday 8a - 8:30p
Wednesday 8a - 9:30p
Thursday 8a - 4:30p
Friday 8a - 4:30p



BRINGING SENIORS TOGETHER

HALLOWEEN SPOOKTACULAR

THURSDAY, OCTOBER 9TH
9AM - 11AM

GAMES • PRIZES • SNACKS

LUNCH WILL NOT BE SERVED

COME HAVE A FRIGHTFULLY
FUN TIME WITH US!

SOUTH AUSTIN SENIOR ACTIVITY CENTER
3911 MENCHACA RD AUSTIN, TEXAS 78704



CHROMEBOOK LENDING

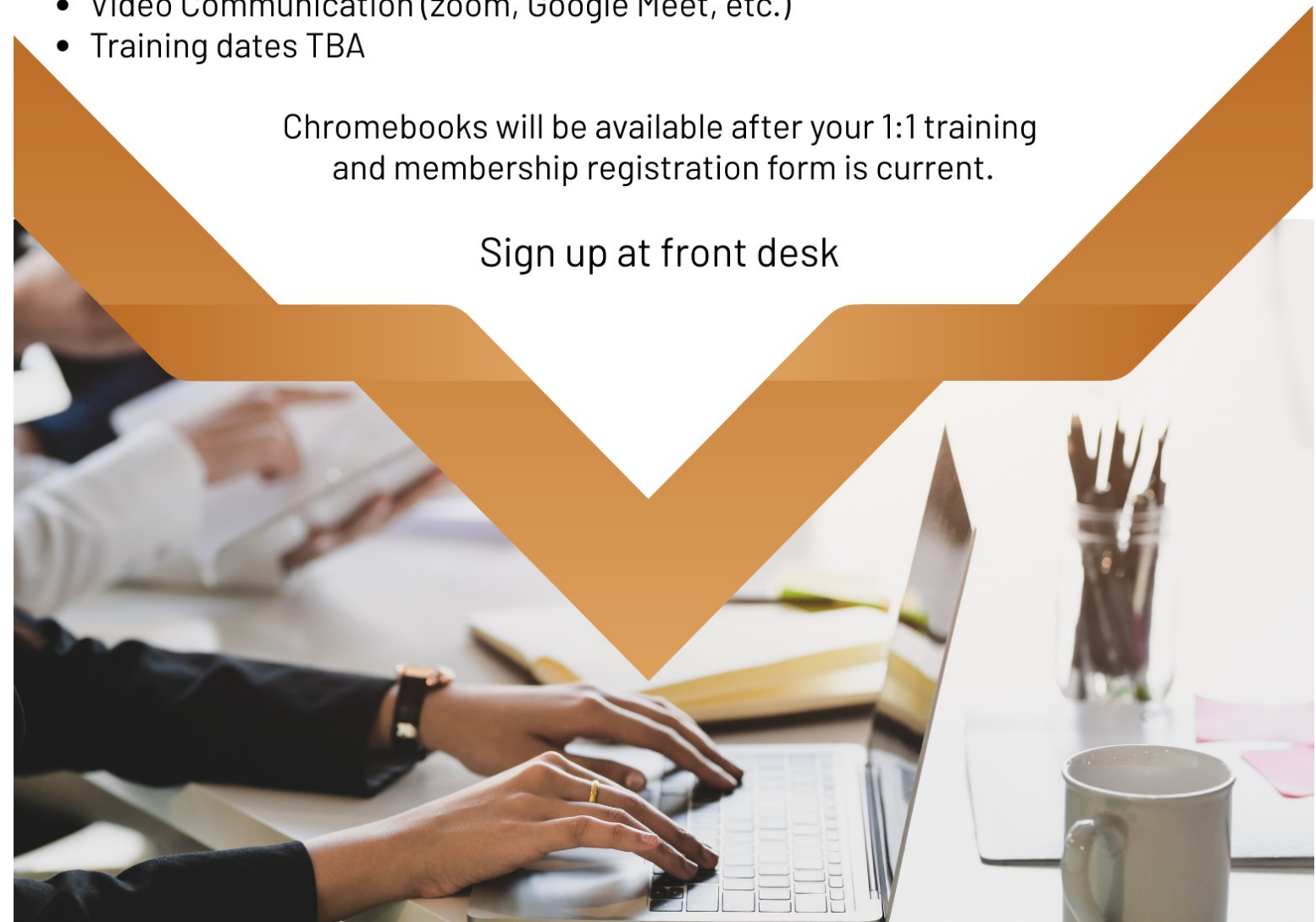
- Chromebooks will be available for check out, similar to a library loan program
- Volunteers can borrow a chromebook for up to 6 months, with renewals available

Hands-on training:

- Internet navigation
- Email communication
- Video Communication (zoom, Google Meet, etc.)
- Training dates TBA

Chromebooks will be available after your 1:1 training
and membership registration form is current.

Sign up at front desk



PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Second Friday of each Month

DAY
FRIDAY

TIME
12 - 1p

SOUTH AUSTIN AARP #2426

Third Wednesday of each month

DAY
WEDNESDAY

TIME
1 - 4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

DAY
THURSDAY

TIME
9:30 - 10:30a

CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

DAY
WEDNESDAY

TIME
7 - 9:30p

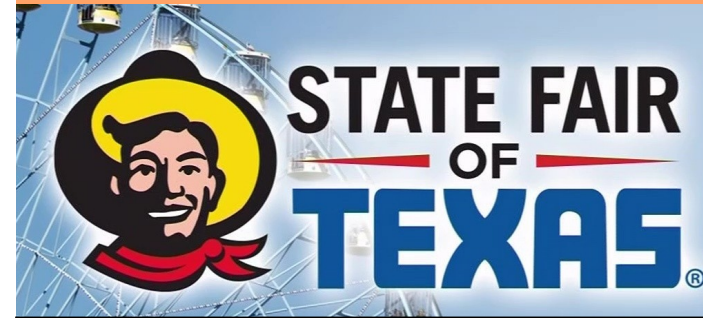
STAMP CLUB

Third Tuesday of each month

DAY
TUESDAY

TIME
7 - 9p

FIELD TRIPS



When: Thursday, Oct. 16th
Depart: 6:30am
Return: 9:30pm
Fee: \$10.00 CASH ONLY
Activity Level: MODERATE

EKOS
CITY HEIGHTS
BINGO



When: Friday, Oct. 24th
Depart: 12:30pm
Return: 3:00pm
Fee: FREE
Activity Level: LOW

THE
PARAMOUNT
THEATRE
Tour

When: Wednesday, Oct. 29th
Depart: 8:30am
Return: 10:30am
Fee: FREE
Activity Level: MODERATE



When: Thursday, Oct. 30th
Depart: 10:30am
Return: 12:00pm
Fee: FREE + cost of meal
Activity Level: LOW









LOTTO REGISTRATION DUE: October 3rd @ noon LOTTO RESULTS AVAILABLE: October 6th

All trips/activities are done through a lotto registration. To be eligible, you must be a current participant of the South Austin Senior Activity Center. If you are selected for any trip or activity please pay ASAP. **Staff will call or text you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval**



LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p> Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>	<p>1</p> <p>Cold Meal Pimento Cheese  Aztec Salad Carrot Raisin Salad Wheat Bread Fruited Lemon Gelatin</p> <p>Cal: 850</p>	<p>2</p> <p>Diced Orange Chicken Roasted Sweet Potatoes Chinese Cabbage Multigrain Bread Fresh Fruit</p> <p>Cal: 682</p>	<p>3</p> <p>Turkey Macaroni and Cheese Seasoned Lentils California Vegetables Texas Bread Fresh Fruit</p> <p>Cal: 817</p>
<p>6</p> <p>Coconut Chicken Confetti Brown Rice Japanese Vegetables Texas Bread Fresh Fruit</p> <p>Cal: 739</p>	<p>7</p> <p>Swiss Steak Chili Beans Herbed Green Beans Texas Bread Fresh Fruit</p> <p>Cal: 743</p>	<p>8</p> <p>Breaded Chicken with Gravy Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit</p> <p>Cal: 681</p>	<p>9</p> <p>Balsamic Glazed Beef Meatballs Lima Beans Lemon Zest Broccoli Wheat Bread Fruited Strawberry Gelatin</p> <p>Cal: 681</p>	<p>10</p> <p>Cold Meal Tuna Macaroni Salad Beet Salad Marinated Carrots Wheat Bread Fresh Fruit</p> <p>Cal: 614</p>
<p>13</p> <p>Closed – No Delivery</p>	<p>14</p> <p>Turkey Pasta Bolognese Whole Kernel Corn Mixed Greens Wheat Bread Fresh Banana</p> <p>Cal: 619</p>	<p>15</p> <p>Hunan Style Tofu  Lima Beans Squash/Zucchini/Tomatoes Texas Bread Fresh Fruit</p> <p>Cal: 709</p>	<p>16</p> <p>Pesto Chicken Lemon Herb Pasta Green Beans Texas Bread Fresh Fruit</p> <p>Cal: 666</p>	<p>17</p> <p>Cheese Omelet  Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit</p> <p>Cal: 604</p>
<p>20</p> <p>BBQ Beef Baked Beans California Vegetables Wheat Bread Fresh Fruit</p> <p>Cal: 666</p>	<p>21</p> <p>Baked Chicken with Gravy Couscous Pilaf Mixed Vegetables Texas Bread Fresh Fruit</p> <p>Cal: 704 </p>	<p>22</p> <p>Breaded Pollock Almandine Oven Roasted Potatoes Herbed Green Peas Dinner Roll Fresh Fruit</p> <p>Cal: 708</p>	<p>23</p> <p>Lemon Caper Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine</p> <p>Cal: 770</p>	<p>24</p> <p>Beef Chili with Beans Brown Rice Catalina Vegetables Saltine Crackers Fresh Fruit</p> <p>Cal: 612</p>
<p>27</p> <p>Chili Garlic Chicken Brown Rice Sugar Snap Peas with Almonds Texas Bread Fresh Fruit</p> <p>Cal: 676 </p>	<p>28</p> <p>Turkey Brown Rice Casserole Parslied Carrots Diced Beets Wheat Bread Fresh Banana</p> <p>Cal: 666</p>	<p>29</p> <p>Spinach Macaroni and Cheese Broccoli Garlic Parmesan Cauliflower Wheat Bread Fresh Fruit</p> <p>Cal: 725</p>	<p>30</p> <p>Beef Taco Pinto Beans Spanish Rice Wheat Tortilla Lemon Pudding with Berries Taco Sauce</p> <p>Cal: 873 </p>	<p>31</p> <p>Pimento Cheese Vegetable Couscous Salad Cucumber and Onion Salad Saltine Crackers Fresh Fruit</p> <p>Cal: 676</p>



SASAC Staff

Jason Miller Program Supervisor

Vacant Recreation Program Coordinator

Lynnette Lara Recreation Programs Specialist

Justin Perez, Recreation Programs Specialist

Joe Asevedo Building and Grounds Assistant

Joe Asevedo Jr. Administrative Assistant

Kelly Maltsberger, CPRP, Program Manager

SASAC Advisory Board 2025

Chris Ng, President

Ken Cohen, Vice President

Fran Randall, Treasurer

Cathy Oxley, Secretary

Elaine Benton

Deborah Gaston

Don Nichols

Margie Mendez

Melanie Miller

Josie Samilpa

Martin M. Vega

Hours of Operation
Monday/Thursday/Friday
8am-5pm

Tuesday
8am-9pm

Wednesday
8am-10pm

Austin Parks and Recreation Department Vision:

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

Mission:

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.