

2024

JULY

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704

512.978.2400

www.austintexas.gov/departmentsouth-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



austintexas.gov/varsitygeneration

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) 974-3914 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 & Wednesday
8am-9pm**



To better serve you please visit the front
desk to complete a 2024 Austin Parks
and Recreation Department Waiver and
ensure your information is current.

2024 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

July 3rd

Bob Appel

July 10th

No Dance

July 17th

The Merles

July 24th

The Alibi's

July 31st

Johnny McGowan's Rugged Gents

\$5 CASH COVER AT THE DOOR

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.

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>

TABLE OF CONTENTS

Hours of Operation.....1	Arts & Crafts.....13
Evening Hours.....2	Community Classes.....14
Registration Info.....3	Movie.....15
Upcoming Events.....4	Open Play.....16
Health and Wellness.....5 & 6	Flyers.....17 & 18
Health and Wellness7 & 8	Public Meetings.....19
Recreation Games.....9 & 10	Trips & Lottery Info.....20
Calendar Of Events.....11 & 12	Meals on Wheels Menu.....21 & 22

UPCOMING EVENTS

4th Of July

Registration:
June 3rd - June 28th

Class:
July 3rd
1 - 2pm

Let's take your classic hot dog to the next level! Get creative with the toppings and build your new favorite.

Texas A&M Transportation Institute Project



Registration:
July 1st - July 16th

Class:
July 18th
9:45 - 10:45am

The goal of the project is the safety of senior drivers and pedestrians on Texas roadways

Acara Healthcare

Registration:
TBA
Class:
TBA

Home healthcare that provides services to senior citizens who need assistance with shopping, bathing , etc.

You can sign up for classes/events at front desk during registration periods

HEALTH & WELLNESS

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

YOGA

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



Instructed by video tape

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.

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

Instructor: Kade Green

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

SENIOR HEALTH AND FITNESS

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

Instructed by video tape



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 Tai Chi begin

August 6th, 2024
10 - 11a

6 Sessions Tuesdays OR Thursdays only	
RESIDENT	\$30
NON-RESIDENT	\$36
ACTIVITY # 256420	

DROP IN SINGLE CLASS	
RESIDENT	\$5
NON-RESIDENT	\$6
ACTIVITY # 256420	

12 Sessions Tuesdays & Thursdays only	
RESIDENT	\$50
NON-RESIDENT	\$62
ACTIVITY # 256420	

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

Beginner Class

For starters, learn basic steps & easy dances.

High Beginner Class

Next step for beginners.

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

LINE DANCE

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

Improver Class

Learn more skills for a variety of dances.

Intermediate Class

For experienced dancers.
Need higher level skills.

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



HEALTH & WELLNESS

Bowling Wednesday

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

Every other Wednesday



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

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

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.



Instructor: Patti Gagne

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



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

HEALTH & WELLNESS

QI GONG

QI Gong is a system of coordinated body-posture, movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Instructor: Frits Wolff



<u>DAY</u> MON	<u>TIME</u> 9 - 10a
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256421

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

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

ZUMBA

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

Instructor: Joe Rivera

<u>DAY</u> MON	<u>TIME</u> 10 - 11p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 256507



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".

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

Tin Gau

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

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

Traditional Chinese Mahjong

A tile-based game that was developed in the 19 century in China and has spread throughout the world since the early 20th century. It is played by four players.

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

Beginners class every 4th Friday of the month from 1pm to 3pm.

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!

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

RECREATION & GAMES

Free Play Bridge

This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active.

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

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.


<u>DAY</u> TUE	<u>TIME</u> 1 - 4p
<u>FEE</u> N/A	<u>ACTIVITY #</u> 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.

<u>DAY</u> TUE	<u>TIME</u> 1 - 3p
<u>FEE</u> \$50 per card	<u>ACTIVITY #</u> 256961



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Qi Gong 9 - 10 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Poetry For Life 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	2 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Water Aerobics 10:45 - 12 Pinocle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	3 Yoga 9 - 10 Ceramics circle 9 - 12 Seniorsize 10:30 - 11 Free play Bridge 11 - 1 Mexican Train 12:15 - 3:15 4th of July 1 - 2 Ballroom Dance 1 - 2 Painters 1 - 3:30 Tin Gau 1 - 4 Book Club 2 - 3 Wednesday Night Dance 7 - 9:30		5 Movie 9 - 11 ★ Chess Play 10 - 1 ★ Free play Bridge 11 - 1 ★ Mahjong 12:30 - 4 Sing Along 1 - 2 Stretch and Strength 2 - 3
CLOSED FOR MAINTENANCE				
15 Qi Gong 9 - 10 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Poetry For Life 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	16 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Water Aerobics 10:45 - 12 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	17 Yoga 9 - 10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance No Class Painters 1-3:30 Tin Gau 1 - 4 AARP 1 - 4 Wednesday Night Dance 7 - 9:30	18 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 NARFE 9:30 - 10:30 Texas A&M Transportation Institute Project 9:45 - 10:45 Tai Chi 10-11 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3	19 Movie 9 - 11 Card Making With Melissa 9 - 10 Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Sing Along 1 - 2 Stretch & Strength 2 - 3
22 Qi Gong 9 - 10 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Technology 1 - 3 Poetry For Life 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	23 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Water Aerobics 10:45 - 12 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	24 Yoga 9 - 10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Bowling 1 - 3 Painters 1-3:30 Tin Gau 1 - 4 Wednesday Night Dance 7-9:30	25 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Birthday Celebration 12 - 12:30 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3	26 Movie 9 - 11 Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Beginning Mahjong 1 - 3 Stretch & Strength 2 - 3
29 Qi Gong 9 - 10 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Poetry For Life 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	30 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Water Aerobics 10:45 - 12 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	31 Yoga 9 - 10 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Painters 1-3:30 Tin Gau 1 - 4 Wednesday Night Dance 7-9:30 Capitol Of Texas Postcard Club 7 - 9		 Special Events are in BLUE Cancellations are in RED Field trips are in Green

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

Ceramics Circle

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

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

Card Making with Melissa

Second Friday of The Month

Rescheduled for July 19th

DAY FRI	TIME 9 - 10a
FEE N/A	ACTIVITY # 256703

Poetry For Life

If you like to read, listen or discuss poetry, we will gather each Monday afternoon to do just that in a supportive group of creative friends, and you might learn how easy it is to write poetry as a reflective art

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

Come to the Annex and,
Discover poetry
Learn about poetry
Create poetry

COMMUNITY CLASSES

Technology Forum

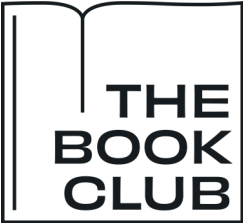
Second And Fourth Monday Of The Month
July 8th (No Class) & July 22nd

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

The Book Club

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



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

Sing Along

A informal and unrehearsed blend of songs and voices by a group of great people.

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



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.

Monday's at 9am

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



UT Austin PhD Student Research

Emily West, a nurse and PhD student at UT Austin, will be joining us on July 1st, 15th, 22nd and 29th. Emily studies well-being in later life, specifically strategies to help people stay engaged in their communities once they can no longer drive. She is seeking your feedback on survey questions for her research. If you currently drive and are 65-85 years old, you can receive \$10 for a 30-minute conversation about the survey.

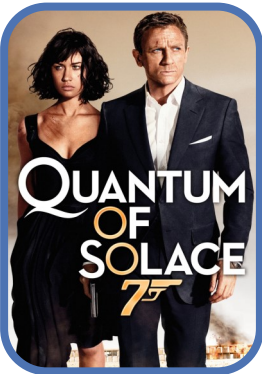
DAY MON	TIME 10 - 2
FEE N/A	ACTIVITY # N/A



MOVIES

Quantum Of Solace

James Bond tries to stop an organization from eliminating a country's most valuable resource.



DAY	TIME	FEE	ACTIVITY #
FRI 7/5	9a	N/A	256907

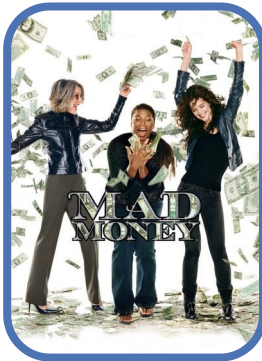


NO MOVIE

DAY	TIME	FEE	ACTIVITY #
FRI 7/12	9a	N/A	256907

Mad Money

Three female employees of the Federal Reserve plot to steal money that is about to be destroyed.



DAY	TIME	FEE	ACTIVITY #
FRI 7/19	9a	N/A	256907



Ghostbusters: Frozen Empire

When the discovery of an ancient artifact unleashes an evil force, Ghostbusters new and old must join forces to protect their home and save the world from a second ice age.

DAY	TIME	FEE	ACTIVITY #
FRI 7/26	9a	N/A	256907

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. Those interested can meet us to enjoy the game Mondays at 9:30am.

GYM

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

IF YOU NEED ASSISTANCE
USING THE EQUIPMENT, SASAC STAFF
IS AVAILABLE TO ANSWER QUESTIONS.

Gym Hours
Mondays 8a - 4:30p
Tuesdays 8a - 8:30p
Wednesday 8a - 9:30p
Thursday 8a - 4:30p
Friday 8a - 4:30p

BILLIARDS

DROP IN AND PLAY SOME GAMES
WITH OTHER PATRONS.

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

Billiards Room Hours

Mondays 8a - 4:30p
Tuesdays 8a - 8:30p
Wednesday 8a - 9:30p
Thursday 8a - 4:30p
Friday 8a - 4:30p
SUBJECT TO CHANGE



JULY 20TH
DEPART 5:30PM
GAME TIME 7:15PM
\$30.00



austintexas.gov/varsitygeneration

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) 974-3914 or Relay Texas 7-1-1.

WATER AEROBICS

SUMMER TUESDAYS
DEPART 10:45AM / RETURN 12:15PM
MABEL DAVIS MUNICIPAL POOL

Beginning June 4th, 2024. Sign up at the front desk on our lottery sign-up sheet. We will run the lottery every Friday morning for the next Tuesday session. You will be notified via phone or text message.



austintexas.gov/varsitygeneration

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) 974-3914 or Relay Texas 7-1-1.

PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Second Friday of each Month

No Meeting For July

DAY N/A

TIME 12 - 1p

SOUTH AUSTIN AARP #2426

Third Wednesday of each month

DAY WEDNESDAY 17th

TIME 1 - 4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

DAY THURSDAY 18th

TIME 9:30 - 10:30a

CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

DAY WEDNESDAY 31st

TIME 7 - 9:30p

FIELD TRIPS



When: Saturday, July 20th
Depart: 5:30pm
Return: Determining On Event
Fee: \$30
Activity Level: Moderate

LOTTERY REGISTRATION DUE: July 5th LOTTERY RESULTS AVAILABLE: July 8th

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
<div>1</div> <div>Tim Andrew's BBQ Pork Patty Lentil Vegetables Pilaf Cauliflower Wheat Bread Fresh Fruit</div> <div>Cal: 632</div>	<div>2</div> <div>Five Spice Chicken Northern Beans Ginger Carrots Texas Bread Fresh Fruit</div> <div>Cal: 717</div>	<div>3</div> <div>Independence Day Polish Sausage Oven Roasted Potatoes Coleslaw Hot Dog Bun Hot Rosy Applesauce Mustard</div> <div>Cal: 791</div> <div></div>	<div>4</div> <div>Closed - No Delivery</div>	<div>5</div> <div>Closed - No Delivery</div>
<div>8</div> <div>Baked Chicken With Country Gravy Whipped Potatoes With Skins Peas And Carrots Texas Bread Fresh Fruit</div> <div>Cal: 667</div> <div></div>	<div>9</div> <div>Italian Shells And Cheese Whole Kernal Corn Broccoli Wheat Bread Fresh Fruit</div> <div>Cal: 674</div> <div></div>	<div>10</div> <div>Beef Taco Mexican Brown Rice Charro Beans Whole Wheat Tortilla Fruited Strawberry Gelatin Taco Sauce</div> <div>Cal: 752</div>	<div>11</div> <div>Pork Chop Suey Creamed Peas Spring Vegetable Blend Wheat Bread Fresh Fruit</div> <div>Cal: 674</div>	<div>12</div> <div>Cold Meal Pimento Cheese Lettuce And Tomato Pasta Salad Wheat Bread (2) Tropical Punch</div> <div>Cal: 818</div> <div></div>
<div>15</div> <div>Salisbury Beef With Gravy Cheesy Potatoes Catalina Vegetable Blend Wheat Bread Fresh Fruit</div> <div>Cal: 666</div>	<div>16</div> <div>Cheese Omelet Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit</div> <div>Cal: 611</div> <div></div>	<div>17</div> <div>Mozzarella Chicken Meatballs Whole Grain Penne Pasta Herbed Green Beans Dinner Roll Fruited Lime Gelatin</div> <div>Cal: 679</div>	<div>18</div> <div>Lemon Pepper Pork Cajun Brown Rice Mixed Greens Cornbread Fresh Fruit</div> <div>Cal: 758</div>	<div>19</div> <div>Beef Chili With Beans Whole Kernal Corn Italian Vegetable Blend Wheat Bread Fresh Fruit</div> <div>Cal: 620</div>
<div>22</div> <div>Sweet And Sour Diced Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit</div> <div>Cal: 690</div>	<div>23</div> <div>Turkey Taco Pinto Beans Steamed Cauliflower Corn Tortillas (2) Fresh Fruit Taco Sauce</div> <div>Cal: 709</div>	<div>24</div> <div>Suellen's Baked Chicken With Gravy Macaroni And Cheese Dilled Carrots Wheat Bread Fruited Cherry Gelatin</div> <div>Cal: 653</div>	<div>25</div> <div>Rosemary Butter Sliced Ham Lima Beans Okra And Tomatoes Cornbread Fresh Fruit</div> <div>Cal: 715</div>	<div>26</div> <div>BBQ Breaded Chicken Seasoned Lentils Green Beans Hamburger Bun Fresh Fruit</div> <div>Cal: 756</div>
<div>29</div> <div>Beef Burgundy Brown Rice Lemon Brussels Sprouts Wheat Bread Fresh Fruit</div> <div>Cal: 655</div>	<div>30</div> <div>Lemon Butter Chicken Cheesy Parslied Potatoes Green Beans Texas Bread Fresh Fruit</div> <div>Cal: 664</div>	<div>31</div> <div>Cold Meal Pimento Cheese Aztec Couscous Salad Carrot Raisin Salad Wheat Bread Fruited Lemon Gelatin</div> <div>Cal: 851</div> <div></div>	<div></div> <div><div></div>Vegetarian Entrée</div> <div><div></div>≥ 1000mg Sodium</div>	<div></div> <div>*Due to unavailability of certain items, appropriate substitutions may need to be made.</div> <div>**Milk Is Served Every Meal</div>



SASAC Staff

Jason Miller Program Supervisor

Maria Reyes 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 2024

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.