

SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704 512-448-0787 Monday-Friday 8a-5p

www. austint exas. gov/department/south-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors



APRIL 2016



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a to 5p, with special evening and weekend rentals. Some of the many services we provide include: gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals. Friendly staff and volunteers are happy to answer any questions and to guide interested parties through the registration process. A calendar year donation (January-December) of \$10 is appreciated, and an additional \$10 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a to 1p, or you may register and pay by mail. We thank you for your support and look forward to seeing you here soon.

austintexas.gov/department/south-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors

SPECIAL PROGRAMS AND EVENTS



AARP TAX AIDE

Mondays & Tuesdays
February 2nd - April 18th
8:30a-12p
Sign up at front desk begins at 8a
First come, first served
Cost: Free

SPECIAL PROGRAMS AND EVENTS

Caring for someone with Alzheimer's or Dementia?

Tuesdays, April 19th - June 21st

Come learn ways to manage stress through problem solving and relaxation. 90-minues, once a week for 9 weeks



Sponsored by CAPCOG Area Agency on Agency

APRIL BIRTHDAY PARTY

Thursday, April 28th

Enjoy a slice of cake and ice cream in celebration of SASAC participants who have birthdays in September.



Cost: Free

Sponsored by the Village on the Park at Onion Creek

Donations Needed to Lifeworks

SASAC Advisory Board will be collecting the following items for Lifeworks beginning March 1st-June 3rd

- New or Gently used/Clean Household items dishware, cookware, small kitchen appliances, high chairs, changing tables, strollers, gently used linens, small rugs, shower curtains, towels.
- Unopened/Hygiene supplies Toothbrushes, soap, toothpaste, deodorant
- New or Gently used/Clean boots, jeans, backpacks

Lifeworks is a nonprofit focused on helping youth and young adults who have endured abuse and neglect through counseling, providing emergency shelter, and education.

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, April 6th 1-4p

SASAC ADVISORY BOARD MEETING

Wednesday, April 13th 12-1p

SOUTH AUSTIN AARP #2426

Wednesday, April 20th 1-4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, April 21st 10a-lp

AARP Smart Driver Thursday, April 28th 12:30-4:30p

This class is designed for the mature driver & it will not dismiss traffic violations.

* For insurance discount only *
Fee: \$15 for AARP Members
\$20 for non-AARP Members
Sign up in advance at the front desk.
Payment due on the day of
class:

CHECKS ONLY payable to AARP

COMMUNITY GARDEN OF EATIN'

Join our group on Mondays, as we start prepping our garden and starting seed tables for spring. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Monday at 10am



*See West for water scheduling.

CARD GAMES

Free Play Bridge

Mondays, Wednesdays & Fridays | 11:30a-1p | FREE

Progressive Bridge

Mondays, Wednesdays & Fridays I-3p FREE

Advanced Free Play

Monday 11a-2p & Thursdays 9-11:30a This group focuses on:

- Competitive Bidding
- Chicago Style Scoring
- Duplicate Practice
- Peer Coaching

FREE





Gentle Duplicate Bridge

Tuesdays 12:30-3:30p Led by Larry Davis, Contract Instructor \$5.00

Friday Morning Free Play

Fridays 9-11 am
Beginner's welcome
FREE

Hand and Foot Canasta

Thursdays,
April 7th, 21st& 28th
12-4p
A challenging game that's
good for the brain.
Friendly social group
willing to teach
you how to play.

Contact Cathy: (512) 282-8320 **FREE**

Pinochle

Tuesdays & Thursdays 8a-2p FREE

FITNESS DANCE

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.

YOGA

Mondays, Wednesdays and Fridays 9-10a

Increase your strength and balance while gaining flexibility. Feel better physically & spiritually.

Contact Instructor:
Charlie Pivert
Fee: \$10 drop-in class

\$25 for 3 classes

SENIORCIZE

Wednesdays 10:30-11a
Join Kade for a workout geared towards adults 50 and older.
Seniorcize is a great way to stay active and get back into shape.
Instructor: Kade Green

FREE

SENIOR HEALTH AND FITNESS

Tuesdays 9-10a
Thursdays 8:30-9:30a
Total body cardiovascular workout
taught in a FUN class format.
Four sets of activities
(15 minutes each).

Instructed by video tape FREE



T'AI CHI Tuesdays 10-11a Fridays 10:15-11:15a Tuesdays, March 29th - May 3rd Fridays, April 1st - May 6th

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 Fee: 6 Sessions Tuesdays OR Fridays only

Residents: \$30 Non-Residents: \$36

12 Sessions Tuesdays AND Fridays

Residents: \$50

Non-Residents: \$62 **Drop in - per class**

Resident: \$5

Non Resident: \$6

BEGINNER LINE DANCE

Mondays 1-2p
Socialize & learn the basic
steps to fun line dances.
Instructor: Joan Cox
(512)288-4135
FREE

No class February 15th

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scoot your boots for a healthy body and mind. Have fun, make friends, and learn a variety of dances.

Instructor: Joan Cox (512)288-4135 FREE

INTERMEDIATE LINE DANCE

Thursdays 1:30-3p

This is a great way to exercise your body and your brain while having fun! We have all levels of dancers in the class and practice all levels of dance including: beginner, intermediate, and advanced. Give it a try!

Instructor: Joleen Tucker FREE

ZUMBA GOLD VIDEO FOR BEGINNERS

Mondays 10:15-11:15a

Improve your muscle strength, coordination, posture and mobility. Come on out and shake it! This is a drop in class. **FREE**



Austin Rockin' Line Dancers Thursdays 9:30-11a

Rocking Chairettes is a line dance group that performs at various locations around Austin and has been honored with several awards.

Instructor: Sonja Hemmes (512)531-9122 FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Requires advance registration				Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
Yoga 9-10 Spanish 9-10:30 Garden Meeting 10-11 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	5 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15-4 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	6 Yoga 9-10 Ceramics 9-11 *Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Readin', Ritin' & Rectin' 2-3	7 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	8 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
Yoga 9-10 Spanish 9-10:30 Garden Meeting 10-11 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	12 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Blood Pressure Screening 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 4 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	13 Yoga 9-10 Ceramics 9-11 *Writing the Stories of Life 9:45- 11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4	14 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Honey Bee Quilters 9-2 NARFE 10-1 Austin Rockin' Line Dancers 9:30-11 Int Line Dancing 1:30-3	15 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
Yoga 9-10 Spanish 9-10:30 Garden Meeting 10-11 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	19 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15– 4 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	20 Yoga 9-10 Ceramics 9-11 Technology Class 9-11 *Writing the Stories of Life 9:45-11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3	21 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	22 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3
Z5 Yoga 9-10 Spanish 9-10:30 Sarden Meeting 10-11 Chess Play 10-12 Zumba 10:15-11:15 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. 2-3:30	26 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15– 4 Gentle Dup. Bridge12:30-3:30 Ping Pong 12:30-3	Yoga 9-10 Ceramics 9-11 *Writing the Stories of Life 9:45-11:15* Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30	Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Austin Rockin' Line Dancers 9:30-11 Birthday Party 12 AARP Smart Driver 12:30-4:30 Hand and Foot Canasta 12-4 Int Line Dancing 1:30-3	Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Mahjong 12:30-3 Bingo 1-3 Progressive Bridge 1-3

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TRIPS

LOTTERY REGISTRATION:

Wednesday, March 30th at 8:30a thru at Friday, April 8that 5p

LOTTERY RESULTS AVAILABLE:

Monday, April 11th at 12p

REGISTRATION FEES DUE: Friday, April 15th at 5p

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after Monday, April 11th at 12p to find out if you were selected for a trip. Staff will call you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.

Mountain Biking Trip (Austin, Texas) Tuesday, April 19th

It's time to get back in the saddle again! If you enjoy cycling or even if you have not pedaled in years, join us for Camacho Activity Center's adult biking program.



Departure Time: 9a Returning Time: 2p

Fee: Free

Additional Expenses: Purchase of Lunch

Activity Level: High - Must be able to ride independently for the duration

Learn Disc Golf (Austin, Texas) Tuesday, April 26th

Everyone knows Austin is the live music capital of the world, but did you know that it is also the world's capital of disc golf? Join SASAC as we learn how to play!

Departure Time: 9a Returning Time: 2p

Fee: Free

Additional Expenses: Purchase of Lunch

Activity Level: High





TRIPS

Wimberley Zipline Adventure (Wimberley, Texas) Thursday, April 28th

Prepare for highflying fun as you harness up and glide ten ziplines through the air on this thrilling, action packed zipline adventure. Experience a rush as you soar over the canyons and creeks with breathtaking 15-mile views of Wimberley Valley.

Departure Time: 9a Returning Time: 5p

Fee: \$91 Resident / \$92 Non-Resident: Additional Expenses: Purchase of Lunch

Activity Level: High - Trip requires 2 hours of outside activity. Must be able

to ambulate over 2 miles of unlevel terrain and stairs.

Pinballz Kingdom (Buda, Texas) Wednesday, May 11th

Enjoy playing pinball, bring back the memories by playing at one of the largest collection of pinball games in Austin. Pinballz Kingdom is the second location that has become extremely popular, featuring games, food, drinks, and outdoor laser tag.



Departure Time: 10a Returning Time: 2p

Fee: \$3 Residents / \$4 Non-Residents

Additional Expenses: Purchase of Lunch and Games

Activity Level: Low

French Legation Museum (Austin, Texas) Tuesday, May 17th

Join SASAC on our trip to the French Legation Museum, which is the oldest building in Austin, dating back to 1841. This museum preserves and maintains the integrity of this historic site while interpreting the Republic of Texas era through the life and times of its residents.



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Departure Time: 10:30a Returning Time: 4p

Fee: \$9 Residents \$10 / Non-Residents Additional Expenses: Purchase of Lunch

Activity Level: Moderate

VISUAL, LITERARY & PERFORMING ARTS



Honey Bee Quilters Thursdays, April 14th & 28th 9a-2p

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

Contact: Amelia Greene
(512) 282-5507

Knitting & Crocheting Tuesdays 9-11a

Bring what you are working on. Share ideas, skills and learn. Participants are willing to teach beginners wanting to learn!

Wednesdays April 6th, 20th, & 27th 12:15-1:30p

Bring your instrument and your singing voice. Celebrate the gift of song!

Oil Painters Thursdays 8a-4p

Come in and share your creativity with other painters!

Wednesday Painters Wednesdays I-3:30p

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

Ceramics Circle Wednesdays 9-11a

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

Writing the Stories of Your Life Next Session: Wednesdays, April 13th-May 18th 9:45-11:15a

Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories, so that you can assemble them into your life story.

 $\underline{\textbf{Contact instructor in advance for information \& availability.}}$

Fee: \$45 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo

Wednesdays, April 6th, 20th, & 27th AND Fridays I-3p *25¢ per card - 8 card limit*

Chess Club

Mondays and Fridays 10a-12p New players and all levels welcome!

Mahjong

Tuesdays and Fridays 12:30-3p Join in on the classic game!

Mexican Train Dominoes

Tuesdays 12:15-3:15p

Ping Pong

Tuesdays 12:30-3p

If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.

Recreation Room

Complete with treadmills, recumbent bikes, elliptical machines, a weight system and pool tables. If you need assistance with using the exercise equipment, please let a staff member know. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays I-3p

Join us for reflection and study with Rev. David Dukes. All are welcome. **FREE**

TECHNOLOGY CLASS

Wednesday, April 20th 9-11a

Having trouble operating your computer, tablet, or smart phone? Have a general curiosity about current technology? We are here to help you connect.

Please bring your equipment with you for us to assist you.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish language? This program will introduce to you the alphabet and basic phrases.

Bring: notebook, pen/pencil, and a Spanish dictionary (optional).

FREE

Volunteer Instructors: Domingo Herrera

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a

FIRST COME-FIRST SERVE

basis beginning at 9:30a each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily 11:30a-12p with milk and water.

For ineligible guests
OVER 60 (not
registered) and guest
UNDER 60, the cost of
the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

LUNCH

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Suellen's Baked Chicken With Gravy Whipped Potatoes with Skins Spinach Wheat Bread Fresh Fruit
4 Beef Burgundy Mashed Spiced Yams Squash Medley Dinner Roll Fresh Fruit Margarine	5 Spinach Chicken Meatballs Lemon Herb Pasta Italian Green Beans Texas Bread Fresh Fruit	6 Citrus Pork Roast Cheesy Parslied Potatoes Spring Vegetables Wheat Bread Chocolate Pudding	7 Smoked Turkey Sausage Lima Beans Stewed Tomatoes Cornbread Fresh Fruit Margarine	8 Beef Chili with Beans Cajun Brown Rice Turnip Greens Saltine Crackers Fresh Fruit
11 John Yocum's Lemon Pepper Fish Chuckwagon Corn Catalina Vegetables Dinner Roll Fresh Fruit Margarine	12 Beef with Peppered Gravy Herbed Green Peas Cabbage Wheat Bread Banana Pudding	13 Turkey Rise Casserole Green Beans with Onions Squash Medley Dinner Roll Fresh Banana	14 Chicken Salad Three Bean Salad Cold Pickled Beets Saltine Crackers Fruited Orange Gelatine	15 Broccoli and Cheese Bake Dilled Carrots Country Tomatoes Texas Bread Fresh Fruit
18 Salisbury Beef w/ Onion Gravy Whipped Potatoes with Skins Green Vegetables Wheat Bread Fresh Fruit	19 Turkey Tetrazzini Cauliflower Stewed Tomatoes Dinner Roll Butterscotch Swirl Pudding	20 Pork Carnitas Lettuce and Tomatoes Black Beans and Corn Wheat Tortilla Apple Crisp	21 Lemon Pepper Chicken Black-Eyed Peas Broccoli Wheat Bread Fruited Strawberry Gelatin	22 Turkey Breast with Gravy Mashed Sweet Potatoes Herbed Green Beans Cornbread Fresh Fruit Margarine
25 Teriyaki Chicken Meatballs Super Snap Peas Japanese Vegetables Dinner Roll Fresh Fruit Margarine	26 Breaded Fish Oven Roasted Potatoes Medley Cabbage Hamburger Bun Cinnamon Swirl Pudding Tartar Sauce	27 Swiss Steak Brown Rice Florentine Country Tomatoes Wheat Bread Fresh Fruit	28 Turkey Pastrami Swiss Cheese Pasta Salad Carrot Raisin Salad Wheat Bread Fruited Cherry Gelatin Mustard	29 Confetti Chicken Lentils Diced Beets Wheat Bread Fresh Fruit

Austin City Council Mayor and City Council

Steve Adler, Mayor

Kathie Tovo, Mayor Pro Tem, District 9

Ora Houston, District I

Delia Garza, District 2

Sabino "Pio" Renteria, District 3

Gregorio "Greg" Casar, District 4

Ann Kitchen, District 5

Don Zimmerman, District 6

Leslie Pool, District 7

Ellen Troxclair, District 8
Sheri Gallo, District 10

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Austin Parks and Recreation

Sara L. Hensley, CPRP, Director Kimberly A. McNeeley, CPRP, Assistant Director Marty Stump, Assistant Director Cora D. Wright, Assistant Director Lucas Massie, Division Manager Tiffany M. Cabin, Seniors Program Manager

SASAC Advisory Board 2016

Shirley Masterson, President Willie Williams, Vice President Joan Cox, Secretary Kitti Greenough, Treasurer Elaine Benton



Joan Cox, Secretary
Greenough, Treasurer
Elaine Benton
Iola Canady
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Robert Goode, Assistant City Manager
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Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

SASAC Staff

Lynnette Lara, Recreation Programs Specialist West Baxter, MSRLS, Recreation Programs Specialist Kaitie Hilburn, Administrative Associate Datron Plummer, Building & Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin
 City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will
 offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financially viability providing an overall financially sound recreation program to the Austin community.