

2021

October

2021

3911 Menchaca Road / Austin, Tx 78704 / 512.978.2400

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

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

Austin Parks and Recreation Department - Seniors



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.



SASAC LOCATION INFORMATION

South Austin Senior Activity Center
3911 Menchaca Road
Austin, Texas 78704

Main Phone Number: (512) 978-2400

<http://www.austintexas.gov/department/south-austin-senior-activity-center>

2022 Registration

2021 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2021 waiver on file to participate in ALL classes, trips, drop-in, work out room use etc. at South Austin Senior Activity Center.

Stop by the SASAC Reception Desk to complete the form TODAY!!!

2022 Evening Hours

Evening Dance Clubs

No Dances until further notice

MEALS ON WHEELS

Meals on wheels will be out in front of South Austin Senior Activity Center every Monday from **10 AM—Noon** for weekly pickup.

Meals on Wheels will be handing out 5 days worth of meals.

Pre registration with Meals on Wheels is required.

LIMITED CLASS SCHEDULE



MONDAY

ZUMBA GOLD: 9:00AM - 10:00AM

LINE DANCE: 1:00PM - 2:00PM

LINE DANCE: 2:30PM - 3:30PM



TUESDAY

HEALTH & FITNESS: 8:30AM - 9:30AM

TAI CHI CLASS: 10:00AM - 11:00AM

KNIT & CROCHET: 9:00AM - 11:00AM



WEDNESDAY

CERAMICS RM1: 9:00AM - 12:00PM

CERAMICS RM2: 9:00AM - 12:00PM

PAINTERS: 1:00PM - 3:30PM

BOCCEE: 10:00AM - 12:00PM

SENIORSIZE: 10:30AM - 11:00AM



THURSDAY

HEALTH & FITNESS: 8:30AM - 9:30AM

TAI CHI: 10:00AM - 11:00AM

LINE DANCE: 2:30PM - 4:00PM

QUILTERS: 8:00AM - 2:00PM

EVERYBODY PAINTS: 8:00AM - 4:00PM



FRIDAY

CARD MAKING: 9:00AM - 10:00AM
 (Once a month class)



- DAILY -

BILLIARDS: 9:00AM - 10:00AM

FITNESS ROOM: 8:00AM - 9:00AM

10:30AM - 11:30AM

12:00PM - 1:00PM

1:30PM - 2:30PM

3:00PM - 4:00PM

9:30AM - 10:30AM

11:00PM - 12:00PM

12:30PM - 1:30PM

2:00PM - 3:00PM

October Events



A poster for 'The Golden Rollers' event. The background is a black and white photo of a person on a bicycle on a path, surrounded by trees. The text is overlaid in a stylized, golden font. There are several white stars and golden circles scattered around the text. The Austin Parks & Recreation logo is in the top right corner.

IT'S BACK!

The Golden Rollers

**EVERY FRIDAY @ 9AM
DITTMAR REC CENTER
STARTING
October 8TH**

SIGN UP AT THE FRONT DESK TODAY!

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AUSTIN PARKS & RECREATION

CITY OF AUSTIN

CAPRA ACCREDITED

October Events



A poster for a 'Pumpkin Decorating' event. The background is a dark, spooky illustration of a haunted house with a large, gnarled tree, a full moon, and several jack-o'-lanterns. The text is in a mix of white and orange fonts. The South Austin Senior Activity Center logo is in the top right corner.

Pumpkin Decorating

**SUPPLY PICK UP:
FRIDAY, OCTOBER 8TH FROM 9-4**

**Class & Zoom: Tuesday
OCTOBER 15TH
11am
FREE**

Call South Austin Senior Activity Center to Sign-Up 512-978-2400

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our program or use our facilities, please contact our Inclusion Services Office at 512 974-3914.

SOUTH AUSTIN SENIOR ACTIVITY CENTER

CITY OF AUSTIN

CAPRA ACCREDITED

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <i>Friday Movie 10-12</i>
4 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	5 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	6 Ceramics Circle 9-12 Bocce Ball 10-12 Seniorcize 10:30-11 Painters 1-3:30	7 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	8 Card Making 9-10 Friday Movie 10-12
11 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	12 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	13 Ceramics Circle 9-12 Bocce Ball 10-12 Seniorcize 10:30-11 Painters 1-3:30	14 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	15 Friday Movie 10-12 Pumpkin Decorating 11-12
18 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	19 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	20 Ceramics Circle 9-12 Bocce Ball 10-12 Seniorcize 10:30-11 Painters 1-3:30	21 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	22 Friday Movie 10-12
25 Garden Meeting 10-11 Zumba Gold 9-10 Beg. Line Dance 1-2 Beg. Line Dance 2:30-3:30	26 Sr. Health & Fitness 8:30-9:30 Knitting & Crocheting 9-11 Tai Chi 10-11	27 Ceramics Circle 9-12 Bocce Ball 10-12 Seniorcize 10:30-11 Painters 1-3:30	28 Quilters 8-2 Everyone Paints 8-4 Sr. Health & Fitness 8:30-9:30 Tai Chi 10-11 Line Dance 2:30-4	29 Friday Movie 10-12

October 2021

Dance and Exercise Classes

Beginners Line Dance

Limit 10

Mondays

1p - 2p

or

2:30p - 3:30p

FREE

2 Week Sessions

October 11th & 18

Registration starts: Oct 5th

October 25th & November

4th

Registration starts: Oct. 19th

Advanced Line Dance

Limit 10

Thursdays

2:30p - 4p

FREE

2 Week Sessions

October 14th & 21st

Registration starts: Oct. 8

October 28th & November

4th

Registration starts: Oct. 22st

Tai Chi

Limit 10

Tuesdays & Thursdays

10a - 11a

Zoom Link to class

also available

Free

6 Week Sessions

Tuesdays & Thursdays

September 12th to November

4th

Registration start: Oct. 8th

Seniorsize

Limit 10

Wednesday

10:30a - 11p

FREE

2 Week Sessions

October 13th & 20th

Registration starts: Oct. 7th

October 27th & November 3th

Registration starts: Oct. 26nd

Arts & Craft Classes

Knit & Crochet

Limit 7

Tuesday

10a - 11a

Free

2 Week Sessions

October 12rd & 19th

Registration starts: October 6th

October 26th & November

1st

Registration starts: Oct. 20th

Ceramics

Limit 10

Wednesday

9a - 12p

FREE

2 Week Sessions

October 13th & 20th

Registration starts: October 7th

October 27th & November

3th

Registration starts: Oct. 21nd

Quilters

Limit 6

Thursdays

2:30p - 4p

FREE

2 Week Sessions

October 14th & 21st

Registration starts: Oct. 8

October 28th & November 7th

Registration starts: Oct. 21st

Painters

Limit 3

Wednesday

1p - 3:30p

FREE

2 Week Sessions

October 13th & 20th

Registration starts: October 7th

October 27th & November 3th

Registration starts: Oct. 21nd

Everybody Paints

Limit 3

Thursdays

8a - 4p

FREE

2 Week Sessions

October 14th & 21st

Registration starts: Oct. 8

October 28th & November 4th

Registration starts: Oct. 22st

Other Classes

Zumba Gold

Limit 10
Mondays
9a - 10a
FREE

2 Week Sessions

October 11th & 18
Registration starts: Oct 5th
October 25th & November 1st
Registration starts: Oct. 29th

Health and Fitness

Limit 10
Tuesday
Thursday
8:30a - 9:30a
FREE

2 Week Sessions

2 Week Sessions
October 12rd & 19th
Registration starts: Oct. 6th
October 26th & November 2nd
Registration starts: Oct. 20th

2 Week Sessions

October 14th & 21st
Registration starts: Oct. 8
October 28th & November 4th
Registration starts: Oct. 22st

Boccee
Limit 10
Wednesday
10a - Noon
FREE

Card Making
October 8th
9a - 10a
Hybrid: Zoom & In Person
FREE

Pumpkin Decorating
October 15th
11a-12p
FREE

Daily Open Rooms

Reservations for the Billiards Room and Fitness Room
need to be made in advance

Billiards Room

Limit 4
Open Daily
Monday-Friday
Free

Mondays 9a-4p
Tuesdays 9a-4p
Wednesday 9a-4p
Thursday 9a-4p
Friday 9a-4p

Fitness Room

Limit 2
Open Daily
Monday-Friday
Free

Mondays 8a-4p
Tuesdays 8a-4p
Wednesday 8a-4p
Thursday 8-4p
Friday 8a-4p

Austin City Council Mayor and City Council

Steve Adler, Mayor
Delia Gara, Mayor Pro Tem, District 2
Nataasha Harper-Madison, District 1
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Paige Ellis, District 8
Kathie Tovo, District 9
Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Director
Liana Kallivoka, PhD, P.E, Assistant Director
Lucas Massie, Acting Assistant Director
Suzanne Piper, Chief Administrative Officer
Anthony Segura, Assistant Director
David Crabb, Program Manager

SASAC Advisory Board 2020

Willie Williams, President
Raisa Edelman, Vice President
Joan Cox, Secretary
Kitti Greenough, Treasurer
Elaine Benton
Carolyn Drake
Ken Cohen
Margie Mendez
Chris Ng
Jackie Gaylord
Harold Barnett



City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager

Parks Board

Dawn Lewis, Chair
Romteen Farasat, Vice Chair
Anna Di Carlo, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Francoise Luca, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Nina Rinaldi, Board Member
Laura Cottam Sajbel, Board Member
Kinberly Taylor, Board Member

SASAC Staff

Vacant, Recreation Program Supervisor
Maria Reyes, Recreation Program Coordinator
Lynnette Lara, Recreation Programs Specialist
Vacant, Recreation Programs Specialist
Joe Asevedo, Building and Grounds Assistant
Daniel Mendoza, Administrative Associate

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

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 financial viability providing an overall financially sound recreation program to the Austin community.