

NEWSLETTER

Tips and information for today / Month of February 2021



I hope everyone had a wonderful new year and a fantastic January! I hope ya'll have been staying safe and healthy! We miss you all here at South Austin Senior Activity Center and we can not wait to have everyone back once it is safe to do so. Until then we are working to provide you fun and safe activities.

Miss you all! – Dan Mendoza (South Austin Senior Activity Center)



Chinese New Year is the most important holiday in China. In 2021, Chinese New Year will begin on February 12. Tied to the Chinese lunar calendar, the holiday was traditionally a time to honor household and heavenly deities as well as ancestors. It was also a time to bring family together for feasting. With the popular adoption of the Western calendar in 1912, the Chinese joined in celebrating January 1 as New Year's Day. China, however, continues to celebrate Chinese New Year with the traditional greeting, "Kung hei fat choi." [Click here for more information.](#)



Is it time for spring or will we have six more weeks of winter? Why does a groundhog get to decide? Find out more about the history of this holiday and about Punxsutawney Phil. [Click here for full video.](#)

CARTER G. WOODSON



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of “Negro History Week,” the brainchild of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating Black history. The story of Black History Month begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States. That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by Black Americans and other peoples of African descent. [Click here for full article.](#)



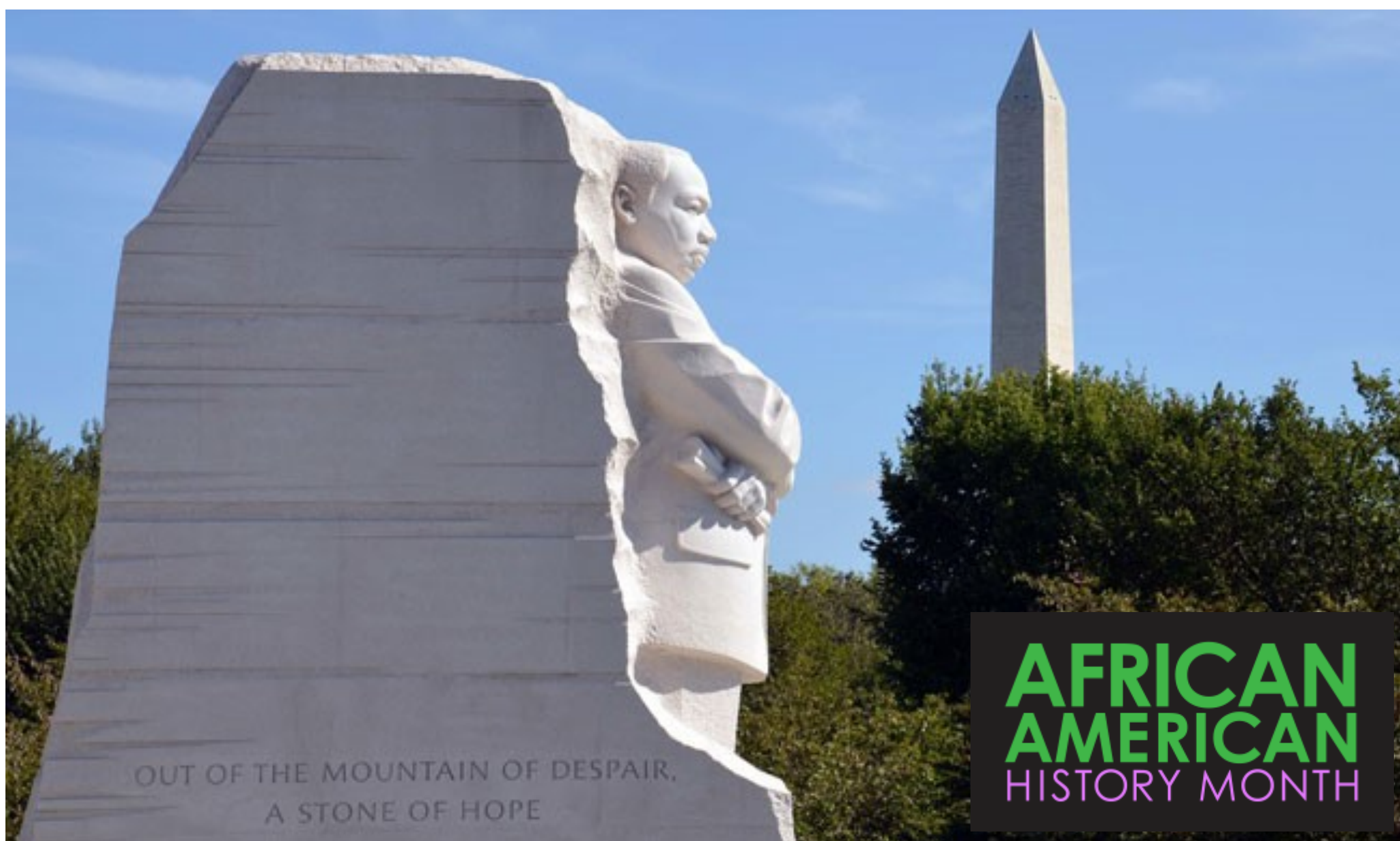
For many veterans, serving in the military meant pushing past their own physical and mental limits in order to defeat the enemy. Many African American veterans also had to contend with and break through the limits placed upon them by society. Whether they fought stateside or overseas, in integrated or segregated units, or during World War II, Korea, or Vietnam, the African American veterans profiled here persisted past prejudice to serve their country with honor. [Click here to read some of their stories.](#)



On August 28, 1945, Jackie Robinson entered the office of the Brooklyn Dodgers to meet with team president Branch Rickey. Keen to introduce the first Black player to Major League Baseball in more than 60 years, Rickey was looking for an individual with impeccable character traits to match his skills on the field. As such, his line of questioning was designed to determine whether the candidate had the makeup to handle this monumental task. "Do you have a woman?" he asked Jackie, who responded in the affirmative. "Well," said Rickey, "you'll need her." Indeed, Rachel Robinson would prove an invaluable component of what became known as Rickey's "noble experiment," her strength and support sustaining her husband through the herculean task of demonstrating, on a very public stage, that Blacks could be the equal of whites in a pre-civil rights America. [Click here to read full article.](#)



For nearly three decades, educator and civil rights activist Mary McLeod Bethune, often called the “First Lady of the Struggle,” forged an unlikely friendship with another first lady, Eleanor Roosevelt. Bethune became a trusted advisor to both Roosevelt and her husband, President Franklin Delano Roosevelt, and played a key role in shaping government policies for Black Americans during the 1930s and '40s. Born in South Carolina in 1875, Bethune was one of 17 children, and both her parents and most of her siblings had formerly been enslaved. The family struggled to get by, and Bethune picked cotton with her family to survive. When she was offered a spot in a local school opened by missionaries when she was 10, she jumped at the chance, becoming the first in her family to learn to read. She later won scholarships to study in North Carolina and Chicago, where she developed a lifelong passion for the uplifting possibilities of education, particularly for young Black girls. [Click here to read full article.](#)

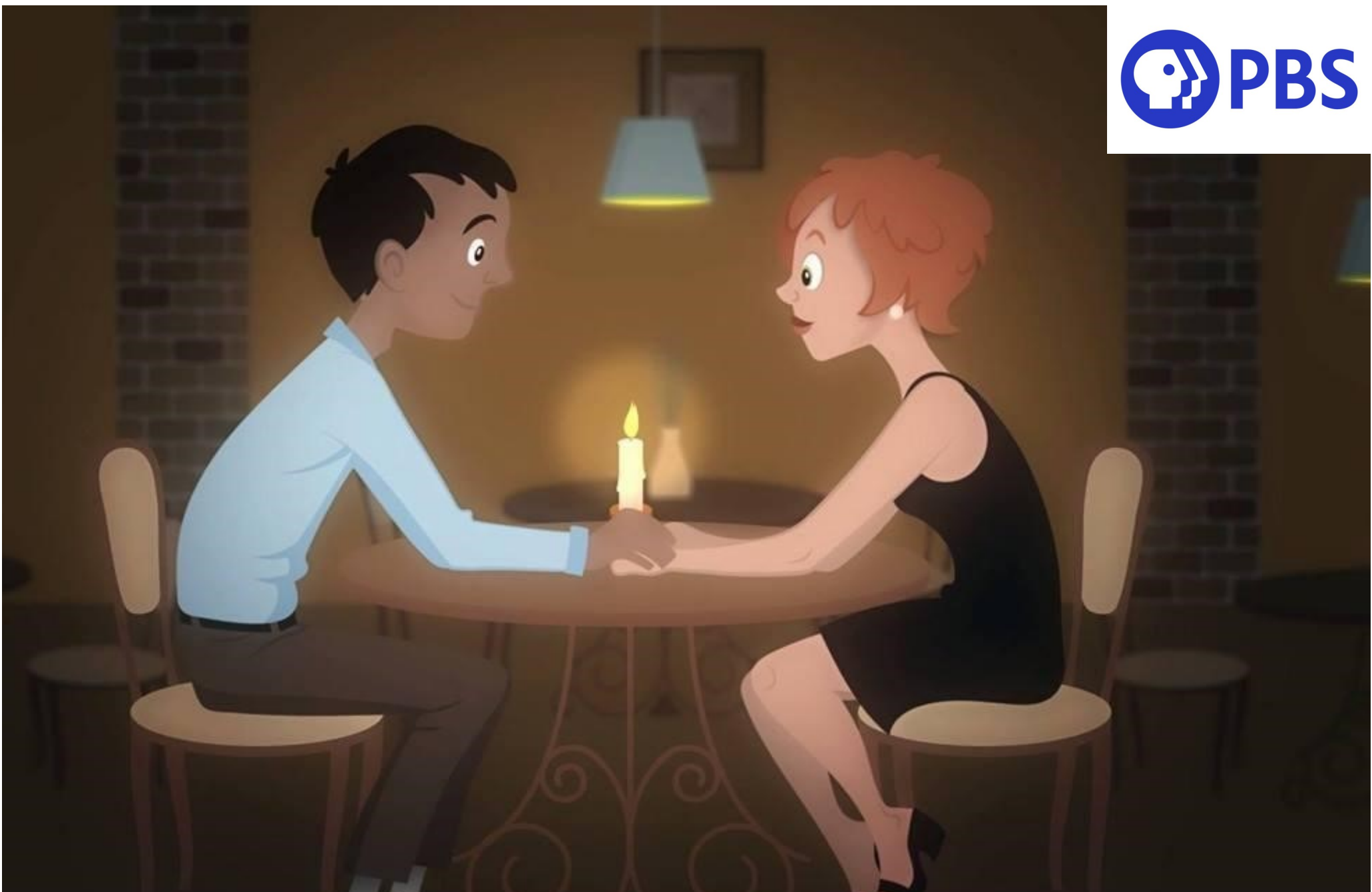


February is African American History Month The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society. [Click here for 2021 Event Highlight!](#)



Smithsonian
Institution

In celebration of the inauguration of Joseph R. Biden Jr, as the 46th President of the United States, and the inauguration of America's first black woman vice president, Kamala Harris, we continue to honor the contribution of African Americans in the White House. In our last blog, we highlighted enslaved and freed men and women who aided the President prior to the twentieth century. However, since the passage of the 15th Amendment in 1870 guaranteeing their freedom, African Americans have received more attention for their participation in the executive branch of government. [Click here for full article.](#)



Valentine's Day allows for many feelings. The surging love for your sweetie, the loathe for gushy couples, admiration for your fantastic friends or maybe the appreciation for yourself. Whatever side you're on, celebrating with your main squeeze, coworkers, kids or pets, we have a lot of experiences for you to consider. [Click here for video.](#)

"THE HILL WE CLIMB"



Poet and activist Amanda Gorman recites her poem "The Hill We Climb" at the historic inauguration of Joe Biden and Kamala Harris. Her words call for hope, unity and resilience in a time of division. "While democracy can be periodically delayed, it can never be permanently defeated," she says. "In this truth, in this faith, we trust. For while we have our eyes on the future, history has its eyes on us." [Click here for more moments of Amanda Gorman.](#)



GET FIT 2021 Ballet Austin's 2021 Celebration of Fitness & Wellness Sponsored by H-E-B. As with everything else, our fitness and wellness event will look a bit different this year. Our Annual On-Site Free Day of Fitness and Pilates will return in January 2022. Join us for Get Fit 2021 – A Week of Free and \$5 Fitness Classes! Ballet Austin's mission includes "encouraging health & well-being". We desire to be part of your wellness journey in 2021! One week of FREE virtual live-streaming classes on Ballet Austin LIVE! **Live Streaming classes offered at NO COST February 1-7.**

Virtual, real-time classes on streamed on our MINDBODY platform give you a virtual, but live 2-way workout experience. Be sure to check the schedule of classes offered February 1-7 and sign up online for any classes you plan to take (Sign-up closes 20 minutes prior to class start time)! More about Virtual dance, fitness, and Pilates classes [HERE](#).

City of Austin's Commission on Seniors Fiscal Year 2022

Budget Recommendations

It's that time again! The City of Austin's Commission on Seniors is preparing for fiscal year 2022 budget recommendations; the goal of the recommendations are to inform and educate City leadership on the programs and services needed to support older adults.

Due to the current unprecedented times of COVID-19, we are unable to host an in-person session, however we are working very diligently to host several community-wide virtual town hall meetings. Unlike our past town hall meetings, several boards and commissions will unite to host three town hall meetings, each forum will correspond with the following areas:

- Public Safety
- Health and Environment
- Economic Opportunity, Culture and Affordability

Please complete the registration process using this link: https://cityofaustin.formstack.com/forms/budget_engagement_registration_form

(Spanish registration and event flyer forthcoming)

Participants will receive the appropriate Zoom links after registration.

Meeting Topics, Dates and Times

Public Safety

Tuesday, February 9th 6:30pm-8:00pm

Health and Environment

Thursday, February 11th 6:30pm-8:00pm

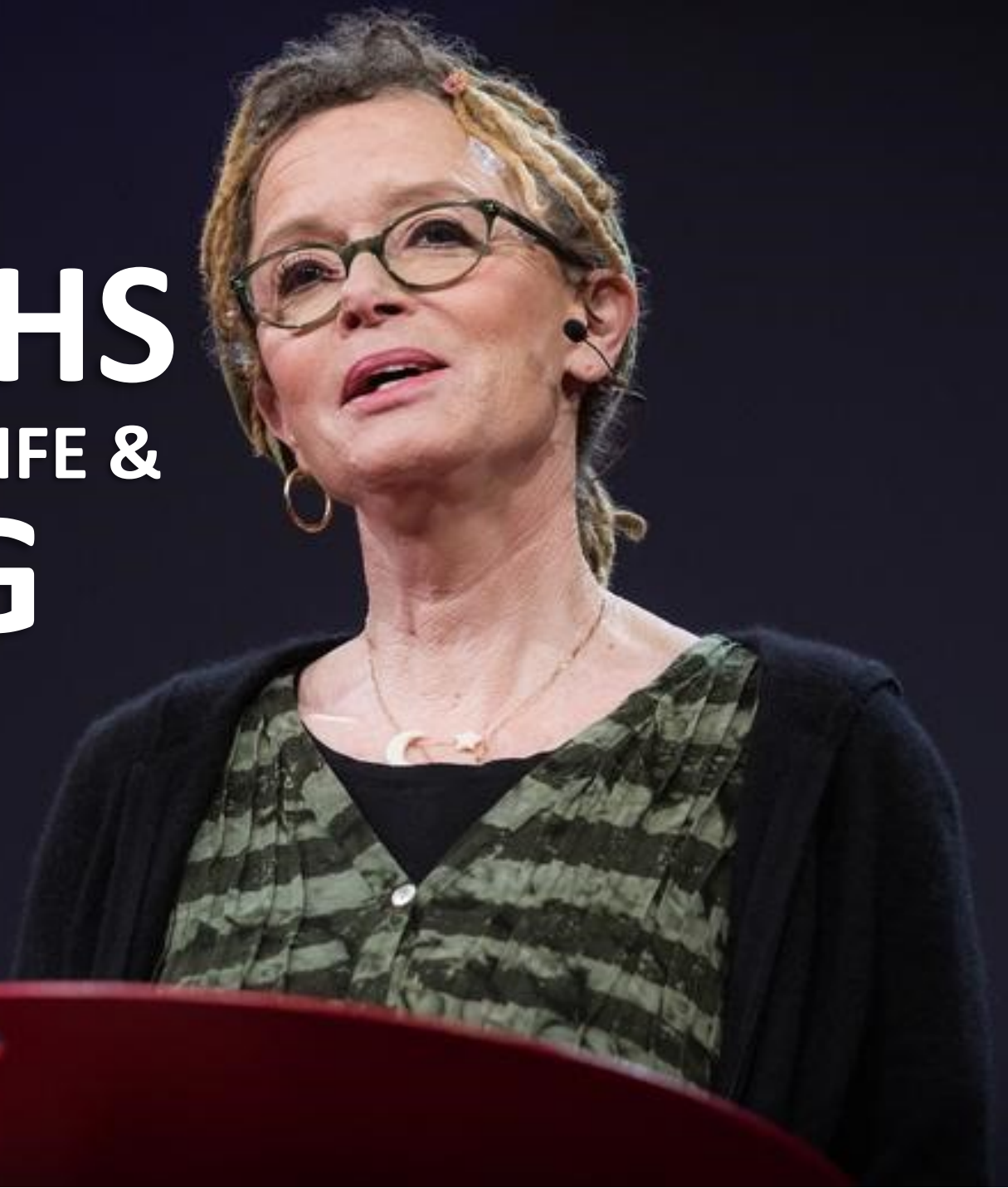
Economic Opportunity, Culture, and Affordability

Wednesday, February 17th 6:30pm-8:00pm

There will be Spanish and ASL interpretation available at the meetings, other language interpretation available upon request.

Are you unable to attend the virtual town hall sessions or do you want to give additional feedback? No problem, we want to hear from you! Please share your concerns and/or opinions by completing this survey: <https://www.surveymonkey.com/r/AFA2021>. The survey opens on Thursday, January 21st and closes Monday, February 22nd. For more information regarding the survey or if you would like our staff to speak to your group directly, please contact us via email at: AgeFriendlyAustin@austintexas.gov or call (512) 972-5023.

12 TRUTHS I LEARNED FROM LIFE & WRITING



A few days before she turned 61, writer Anne Lamott decided to write down everything she knew for sure. She dives into the nuances of being a human who lives in a confusing, beautiful, emotional world, offering her characteristic life-affirming wisdom and humor on family, writing, the meaning of God, death and more. [Click here for video.](#)



Enjoyed the Rocky franchise? Then you'll love this spinoff into CREED. Adonis Johnson (Michael B. Jordan) never knew his famous father, boxing champion Apollo Creed, who died before Adonis was born. However, boxing is in his blood, so he seeks out Rocky Balboa (Sylvester Stallone) and asks the retired champ to be his trainer. Rocky sees much of Apollo in Adonis, and agrees to mentor him, even as he battles an opponent deadlier than any in the ring. With Rocky's help, Adonis soon gets a title shot, but whether he has the true heart of a fighter remains to be seen. If you enjoy Creed make sure to check out Creed 2. [Click here for the Creed trailer.](#)



CONSIDERING Matthew Shepard

In October of 1998, Matthew Shepard was beaten, tortured, and left to die. Twenty years later his legacy is remembered in a unique production that uses music, poetry and interviews and to explore a pivotal time in our history. When a hate crime is committed, what does it mean to be a victim, a parent, a community member, a perpetrator? How do we learn to find hope in hopeless situations? [Click here for video.](#)



THOUGHTS OF HUMANITY, FAME & LOVE

 TED Talks

"I sell dreams, and I peddle love to millions of people," says Shah Rukh Khan, Bollywood's biggest star. In this charming, funny talk, Khan traces the arc of his life, showcases a few of his famous dance moves and shares hard-earned wisdom from a life spent in the spotlight. [Click here for video.](#)



WINTER 2020

STAY ENGAGED SERIES

PARD 50+ PROGRAMS



“MAD SCIENCE” WITH MARIA

Via ZOOM: FEBRUARY 24, 25 or 26 @ 2:30 p

Discover your inner scientist or just have fun conducting some simple experiments. Maria Hernandez will provide all supplies and guide you, via Zoom, through 3 different experiments:

Water Cycles—Growing Crystals—Lava Lamps

Sign up today and make arrangements to pick up the “Mad Science” Kit, or arrange to have LSAC/PARD Senior Transportation staff deliver the supplies to you. Contact LSAC if you have questions or want to register.

You may also contact South Austin or Conley-Guerrero Senior Centers to register.

Call or Email to register ! Jan. 25 - Feb. 18, 2021

LAMAR SENIOR ACTIVITY CENTER (LSAC)

2874 SHOAL CREST AVE / Austin, Tx / 78705


512-978-2480 (leave a message if no answer)

lamarsenioractivitycenter@austintexas.gov



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.





WINTER 2020

STAY ENGAGED SERIES

PARD 50+ PROGRAMS



PAINTING WITH REBECCA

Via Zoom: February 8, 17 or 22, 2021 @ 1p

Rebecca has a fun, easy painting project for all to enjoy! Your canvas, paints and brushes await you! Bring out your inner Artist at this fun social gathering on Zoom. There are three opportunities to paint with Rebecca. When you register for the activity, please choose only one date to attend, . You can arrange to either pick up the supplies at LSAC or have LSAC/PARD Senior Transportation deliver the supplies to you. Contact LSAC if you have questions or want to register. You may also contact South Austin or Conley-Guerrero Senior Centers to register.

Call or Email to register! Jan. 19 - Feb. 4, 2021

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WINTER 2020

STAY ENGAGED SERIES

PARD 50+ PROGRAMS



SOUTH AUSTIN SENIOR ACTIVITY CENTER WINTER PROGRAMS

Thank You



First Responders Appreciation Cards

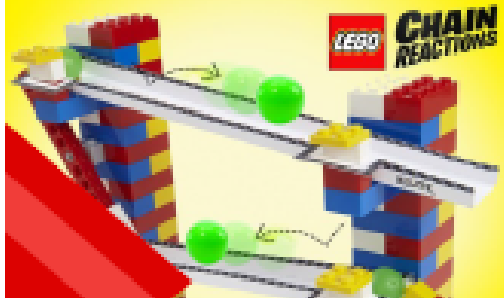
We all believe our First Responders are amazing! Everyone who has helped us during this past year to keep us safe has earned 5 stars. We are offering an opportunity to put that gratitude into an appreciation card. If you'd like to participate please contact us and let us know! Registration begins January 25th. We will have a social Zoom on February 12 at 9am!

Photo to Canvas

How to mount a photo to canvas! This is just about the easiest project in the world, and it takes a short amount of time as well. It can be a heartfelt handmade gift for a friend or family member. Registration begins January 25th. First Zoom date is March 5th at 10am!.



Science with Seniors – LEGO



LEGO Chain Reactions is packed full of ideas, instructions, and inspiration for 10 LEGO Machines that spin, swing, pivot, roll, lift, and drop. Each machine alone is awesome, but put them together and you get incredible chain reactions! Registration begins January 25th. First Zoom date is March 16th at 10am!

SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Menchaca Rd / Austin, Tx / 78704

512-978-2400

southaustinsenioractivitycenter@austintexas.gov

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