



# 50+ Programs

# NEWSLETTER

Tips and information for today / Week of August 10th 2020



Hello everyone, I hope you are having a wonderful August, as well as staying safe and healthy! As the stay at home order continues so does our quest to bring you engaging virtual programming! We hope our newsletters help you stave-off boredom and keep your minds and bodies engaged in fun and enjoyable activities. We hope you continue to be safe and stay healthy so we can see your bright and smiling faces again once we can reopen our doors safely! If there is anything you would like to see in the future do not hesitate to email us here at [southaustinsenioractivitycenter@austintexas.gov](mailto:southaustinsenioractivitycenter@austintexas.gov). We hope you continue to stay safe and as active as possible!

- Daniel Mendoza



Want to get out, but not really get out? How about a trip to a Drive-In Movie Theatre?! If you're like me and love going to the movies, even if just by yourself, then a drive-in theatre may be the answer to some "stuck at home blues."

It was on June 6th, 1933 that Richard Hollingshead opened the first theater for in Camden, N.J. People paid 25 cents per car as well as per person to see the British comedy *Wives Beware* under the stars. The concept of showing movies outdoors wasn't novel; people often watched silent films on screens set up at beaches or other places boasting an abundance of sky. However, it took an auto-parts salesman such as Hollingshead to see the genius in giving a car-loving society one more activity they could do in their vehicles. Drive-ins started to really take off in the '50s. Drive-ins offered more flexibility than indoor theaters.

Austin, TX is no stranger to movies and movie theaters. At a population of nearly one million and continually growing, Austin's borders also keep expanding. New housing and commercial developments are reaching into neighboring municipalities such as Kyle and Buda, where the Doc's Drive-In Theatre experience is always available. The Drive-In Theatre location lays just outside Austin's city limits, but it lives in the heart of Austin citizens from north to south. So grab your mask, buckle-up, catch a movie and experience the drive-in theatre!

## Drive-In Theatre Experience



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.

Links provided are suggested viewing and are not managed by the City of Austin



# ENTERTAINMENT & OPPORTUNITY



The impressive UNESCO World Heritage Site of Naumburg Cathedral towers over the city of Naumburg. It dates from the 13th century and is built in a mixture of Romanesque and Gothic styles. Although it looks great from the outside, it's on the inside where the real treasure lies - let's find it!

[Naumburg Cathedral](#)

Learning to speak Spanish? Check out our free Spanish lessons and our children's stories in Spanish (Good for adults too!) We've also got reviews of Spanish courses if you're ready to get serious. Enjoy!

[The Spanish Experiment](#)

## THE *Spanish* EXPERIMENT



## MENTAL FLOSS

Like the Golden Arches of McDonald's that came before it, the familiar gold and pyramid-shaped roofs of Fotomat locations acted as a beacon. Instead of hamburgers, Fotomat was in the photography business, offering tiny huts situated in shopping plaza parking lots that were staffed by just one employee. Men were dubbed Fotomacs. Women were known as Fotomates, and management required them to wear short-shorts, or "hot pants," in a nod to the strategy used for flight attendants at Pacific Southwest Airlines.

[Fotomat](#)



Have you ever wondered what our staff and instructors at Ballet Austin eat to stay healthy and fuel their bodies? Well, we asked them to share their favorite healthy recipes and we want to share them with you! Here is Pilates Instructor, Boo Wong, sharing her Chocolate Coconut Cream Pudding.

[Boo Wong Chocolate Cream Pudding Recipe](#)



# ENTERTAINMENT & OPPORTUNITY

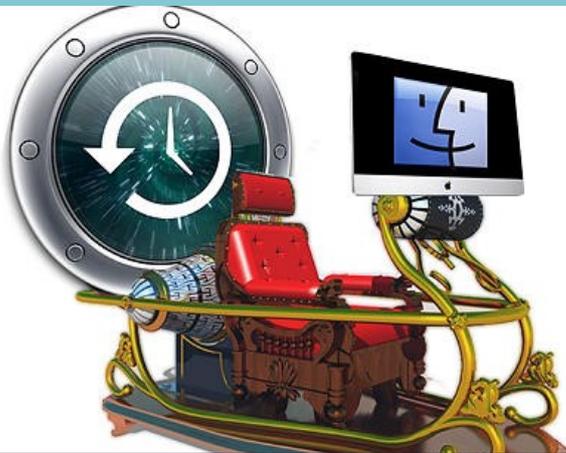


In celebration of Charleston's 350th Birthday, Chamber Music Charleston is embarking on a project to share the fun and whimsy of the iconic dance, "The Charleston," with audiences all over the world through various virtual and social media platforms. Natasha Nast of the Palmetto City Ballet teaches you how to dance "The Charleston" Part of "The Charleston Project"

[Dance the Charleston](#)

Does your mailbox fill up with newspaper ads from different grocery stores? Make them into plantable seed paper to give as gifts or plant in your own garden! Many grocery store ads are now compostable making them easy to break down with the seeds to grow pretty flowers from what could have been trash. Follow this GKC activity and have fun!

[Seed Paper](#)



We've begun a new project! We are trying to create an Austin Time Machine of Events! We are asking everyone to send us your favorite Austin memories from near and far so we can research them and put them all together. So if you have a favorite memory of Austin please email it to us so we can put it in our category. Our email is below.

[\*Southaustinsenioractivitycenter@austintexas.gov\*](mailto:Southaustinsenioractivitycenter@austintexas.gov)

## MOVIE PICK

In this remake of the classic French farce "La Cage aux Folles," engaged couple Val Goldman (Dan Futterman) and Barbara Keeley (Calista Flockhart) shakily introduce their future in-laws. Val's father, Armand (Robin Williams), a gay Miami drag club owner, pretends to be straight and attempts to hide his relationship with Albert (Nathan Lane), his life partner and the club's flamboyant star attraction, so as to please Barbara's father, controversial Republican Sen. Kevin Keeley (Gene Hackman).

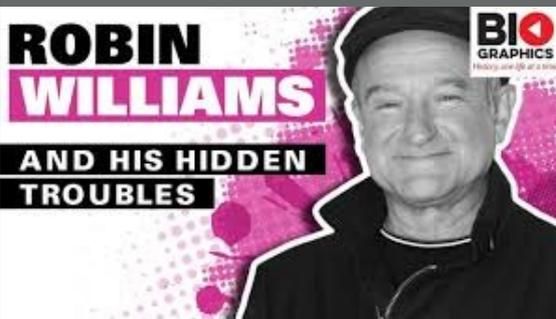


# ROBIN WILLIAMS



After developing his improvisational style as a stand-up comedian, Robin Williams landed his own television show, *Mork and Mindy*, and moved into leading parts in film with Robert Altman's *Popeye*. He played numerous memorable film roles, both comedic and dramatic, and after three previous nominations he won an Academy Award for best supporting actor in *Good Will Hunting*.

[www.Biography.com](http://www.Biography.com)



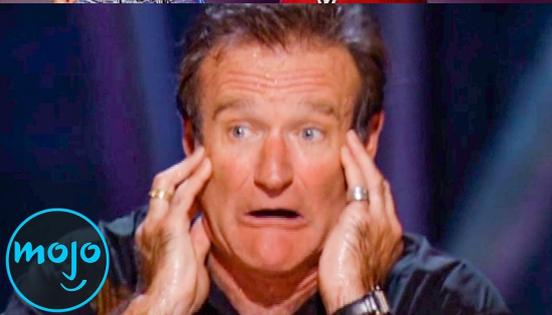
He was a comic genius who had only one speed - full throttle. From the moment he burst into our lives as an alien on *Happy Days*, he amazed us with a range of talent that left us breathless. Yet, behind the manic shtick of Robin Williams was a man who was deeply plagued by depression. He had other demons, such as alcohol and cocaine. Still he kept us entertained to the very end, which made it all the more unfathomable to his legion of fans and admirers when he took his life, at the age of 63.

[The Darkness Behind the Light](#)



To this day, Robin Williams remains a comedy icon with the legacy of his film work living on. That legacy is a large part of the new documentary "Robin Williams: Come Inside My Mind," which is currently showing and streaming on HBO. Equally adept at outrageous comedy and sensitive drama, Williams was a one-of-a-kind performer, one whose unique style will likely never be equaled.

[20 Greatest Robin Williams Movies](#)



Top 10 funniest Robin Williams moments! Making people laugh just came naturally to this incredibly gifted comedian. For this list, we'll be looking at the most hilarious moments in TV, film, and pop culture from comedy legend Robin Williams. Our countdown includes *She Used to Fart in Her Sleep*, *Good Morning, Vietnam!*, *His Cecil B. DeMille Award Acceptance Speech*, and more! Did YOUR favorite Robin Williams moment make the list?

[Top 10 Funniest Moments](#)



*Robin's Wish* tells the powerful true story of actor/comedian Robin Williams' final days. For the first time, Robin's fight against a deadly neurodegenerative disorder, known as Lewy Body Dementia, is shown in stunning detail. Through a gripping journalistic lens, this incredible story sheds an entirely new light on the tragedy, beauty and power behind the mind of one of the greatest entertainers of all time. *Robin's Wish* debuts On Demand and Digital on September 1, 2020.

[Robin's Wish - Trailer](#)

# CHUCK BERRY

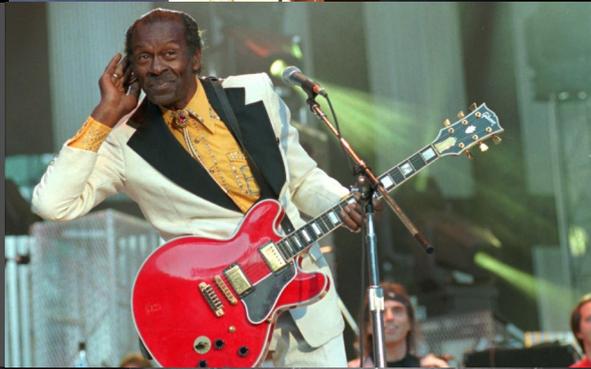
Considered by many as the "father of rock 'n' roll," Chuck Berry had early exposure to music at school and church. As a teen, he was sent to prison for three years for armed robbery. He began producing hits in the 1950s, including 1958's "Johnny B. Goode," and had his first No. 1 hit in 1972 with "My Ding-a-Ling." With his clever lyrics and distinctive sounds, Berry became one of the most influential figures in the history of rock music.

[www.Biography.com](http://www.Biography.com)



Berry got the name "Johnny" from Johnnie Johnson, a piano player who collaborated with Berry on many songs, including "Maybellene," "Roll Over Beethoven" and "Sweet Little 16." Johnson often wrote the songs on piano, and then Berry converted them to guitar and wrote lyrics. Berry joined Johnson's group, The Sir John Trio, in 1953, and quickly became the lead singer and centerpiece of the band. Read more songs facts in the link below!

[Chuck Berry Song Facts](#)



John Lennon said, "If you tried to give rock 'n' roll another name, you might call it 'Chuck Berry.'" Bob Dylan once called the musician "the Shakespeare of rock 'n' roll." His songs staked out the territory, in both sonics and lyrics, for a new art form, and in the decade from 1955 to 1965, he created a body of work filled with dozens of perfectly crafted masterpieces. The 15 songs below are just some of Mr. Berry's greatest compositions and recordings.

[15 Essential Chuck Berry Songs](#)



Although most of the material recorded during Chuck's work with the Chess brothers had been published until 1966, later re-issues and records provided additional material from these recording sessions. In addition there are some live recordings from this era which have not been released on Chess but on different labels many years later. This chapter will present you with the original Chess records first, followed by additional Chess recordings and out-takes published later. The chapter ends with a presentation of the live recordings between 1955 and 1966.

[Chuck Berry Records Guide](#)



Since the release of his breakthrough single "Maybellene" in 1955 guitarists around the world have been attempting to emulate and master the songs Chuck Berry and his guitars so effortlessly yielded. From Angus Young to Keith Richards, every rock guitarist to ever strap on a six-string is in debt to Berry and his musical innovation.

[Chuck's Guitars](#)

[Gibson Limited Edition 1955 ES-350T](#)



# VIRTUAL FUN



Enjoy a VR 360 walk through the Amazon Jungle with Amazon Wildlife Peru, based in Cusco. Our guide, Saulo, helped us find some fantastic wildlife. However, we did NOT shoot 360 VR video when looking at wildlife. Most of this video is walking through the jungle with occasional pauses to look at enormous ficus trees up close, vines, ants crawling up trees, ant nests, dense foliage, etc. You'll also hear some bird and monkey calls. Toward the end there are some bats outside a tree cave, up close, within 3 feet of the camera. Some of the jungle camp, Bonanza, and river boat trip is also included. Enjoy!

## [Tour the Amazon Jungle](#)

The Australian Convict Sites is an interesting and historic UNESCO World Heritage Site, located in various places around Australia. This site traces the convict history of Australia, highlighting the living conditions, employment, punishment and management of Australia's convicts, who arrived between 1788 and 1868.

## [Australian Convict Sites](#)



Melissa's Card Making Class via Zoom will be Friday September 11th from 10am - 11am. Call to register and we can deliver the card making supplies to you or you can swing by SASAC to pick them up. We'd be happy to see you!



Watch us dancing through time (Evolution Of Dance) from the 1920's - 2000's. Lindy Hop, Charleston, Tap, Rock n Roll, Swing, Disco, Breakdance, Hip Hop and the Viral trends of today.

## [Evolution of Dance](#)

This is a SUPER nice video of the Dance Evolution!! Which year is your favorite one?

## [Evolution of Dance by Years](#)

# TRAVELING JOURNAL

Times are difficult now with the COVID-19 PANDEMIC. I've been in lockdown for about 5 ½ months and haven't seen the inside of a grocery store in that time. I only do curbside pickup. I miss my friends and activities, but I at least get to socialize with my kids and grandkids by social distancing in one of our driveways and watching the kids kick the soccer ball in the cul de sac. My life is still a lot better than many other who have lost their jobs and must depend on the kindness of other to feed their families, or those in nursing homes who can't have any contact with their families at all. I pray that those out there living reckless lifestyles will be more considerate. I pray that they will develop a vaccine soon so we can go back to our lives. The thing I want most is to hug my children and grandchildren again. —*Jeanne Baert*

## KEEP THE FAITH

TWIST: God works in mysterious ways for your well-being. Researchers aren't entirely sure why people practicing a religion live longer, but they credit it is related to social life (seeing a pattern here?), volunteerism, stress-reducing prayer and attitude of gratitude



I saw this in a magazine last week and liked it because, although the symbols represent different faiths, they reflect what we have in common more than what separates us. Thoughts of kindness, patience and tolerance came to mind. In this time of the Covid-19 pandemic and isolation, one has time to think deeply and possibly find ways to express and demonstrate these longtime mental concepts. Ideas are always good but become more powerful when they are put into observable practice. —*Yolanda Delgado*



# SPORTS

**ON FIRST**  
WITH  
**PETE ALONSO**



## MIC'D UP

Step onto first base with Pete Alonso as he's mic'd up for the Mets' opening series against the Braves. It's the debut episode of *On First with Pete Alonso* presented by @Gatorade. Pete reacts to all the action, like Yoenis Céspedes' deep home run, and talks with Jeff McNeil and other Mets' teammates. He also chats with some Braves while they're on first, such as Braves' All-Star Freddie Freeman!

[\*On First With Pete Alonso\*](#)



After 66 scrimmages and more than 80 seeding games -- and plenty of fishing -- the matchups for the 2020 NBA playoffs are finally set.

[\*Inside the NBA: 2020 Playoff Preview\*](#)



Ryan Tannehill breaks down reading defenses, stick throws and more! How well do you think Ryan Tannehill matches up to your favorite quarterback from any era?

[\*Ryan Tannehill Reads Defenses\*](#)



Listen in to the best mic'd up sound from a fast moving Qualifying Round of the NHL's Return to Play. What were your favorite takes? Who are you rooting for this NHL Playoff season?

[\*Best of Mic'd Up NHL\*](#)

# EXERCISE

Join us in watching Patti Gagne's Stretch and Strength videos! She's put together a handful of videos for us to all be able to watch at home and follow along with the exercises. We hope you enjoy them as much as we do!

[Hand and Finger Exercise](#)



Patti Gagne

virtual

ZUMBA

gold

Jackie is doing a virtual Zumba class on Friday mornings at 10:30AM if anyone would like to join her. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! Here is her email and Facebook links.

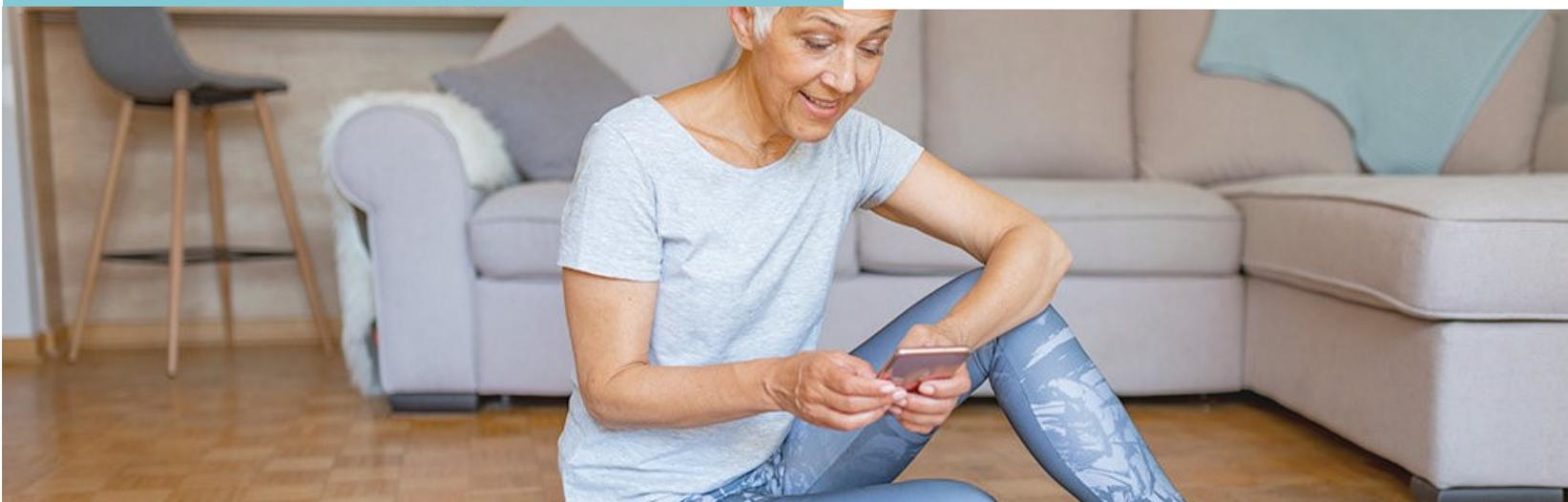
[Facebook Group](#)

[jacqueline.cotrell47@gmail.com](mailto:jacqueline.cotrell47@gmail.com)

Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.



[Kade Green Channel](#)



# FREE IN-HOME COVID-19 TESTING AVAILABLE

Austin Public Health is providing testing for those who are unable to leave their home to visit a test site. To schedule a home test, call 512-972-5560.

Testing is free. You will not be asked about your immigration status.

## How do I make an appointment?

- Call the Austin Public Health nurse hotline at 512-972-5560. Press 1 for English, 2 for Spanish, 3 for Vietnamese and other languages.
- Hotline hours: Monday- Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. -1 p.m.
- Patient information is confidential. You will not be asked immigration status.

## Who should get in- home testing?

- Anyone with mobility issues, underlying health issues, or those without transportation in the Austin-Travis County area

## Why should I get tested at home?

- If you are feeling too sick or weak to leave the house
- If you need to limit your exposure to others who may be sick
- If you are unable to get to a test site

## Who will come to provide the test?

- An Austin Public Health clinical staff person will come to your home at an agreed date and window of time to perform the test

## What should I do until I get my test results?

- We advise that you stay home, except to seek medical care. This helps stop the potential spread of COVID-19 and protects your health.
- Keep yourself away from other household members as much as possible. Keep all shared clean and disinfected.
- Wear a face covering if you must go anywhere outside your home.

*Appointments are currently limited. More appointments will become available as the program grows.*

# PRUEBAS DE COVID-19 A DOMICILIO GRATIS

El Departamento de Salud Pública de Austin está ofreciendo pruebas para las personas que no pueden salir de sus casas para visitar un centro de pruebas. Para programar una prueba a domicilio, llame al 512-972-5560. La prueba es gratis. No se le preguntará sobre su situación migratoria.

## ¿Cómo hago una cita?

- Llame a la línea de enfermería de Salud Pública de Austin al 512-972-5560. Oprima el 1 para inglés, el 2 para español, el 3 para vietnamita y otros idiomas.
- Horario de la línea directa: lunes a viernes de 8 a.m. a 6 p.m. y sábados de 9 a.m. a 1 p.m.
- La información del paciente es confidencial. No se le preguntará sobre su situación migratoria.

## ¿Quién debe realizarse una prueba a domicilio?

- Cualquiera con problemas de movilidad, problemas de salud subyacentes o aquellos que no tienen transporte en el área de Austin - Condado de Travis

## ¿Por qué debe pedir hacerse la prueba a domicilio?

- Si se siente muy enfermo o débil para salir de su casa
- Si necesita limitar su exposición a otros que pudieran estar enfermos
- Si no puede ir a un centro de pruebas

## ¿Quién vendrá a realizar la prueba?

- Un empleado del personal clínico de Salud Pública de Austin irá a su casa en la fecha y rango de hora acordados para realizar la prueba

## ¿Qué debo hacer hasta que reciba los resultados de mi prueba?

- Le recomendamos que se quede en casa, excepto para buscar atención médica. Esto ayuda a detener la posible propagación de COVID-19 y protege su salud.
- Manténgase alejado lo más posible de otros miembros de su hogar. Mantenga limpio y desinfectado todo lo que compartan.
- Use una cubierta para la cara si tiene que salir de su casa.

*En estos momentos las citas son limitadas. Habrá más citas disponibles a medida que crezca el programa.*

# RESOURCES



**Integral Care**

[Integral Care](#)

Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. Currently this service is set to be available for the next 60 days

In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.



[Congregate Meal Update](#)

## COVID-19 INFORMATION



Austin-Travis County information for online enrollment for Free COVID-19 Testing .

[Free COVID-19 Testing Enrollment](#)

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

FOUNDATION  
COMMUNITIES

[Austin Tax Help](#)

## Austin Emergency Financial Assistance Program

In these trying times, it's known one may need a little help so the City of Austin is doing it's part. Click below to be welcomed to the City of Austin Utility Bill Relief application process! A simple process can take a little strain off these days.

[Austin Bill Help](#)

Attached is a vote by mail application. Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the Presidential election.



[Vote by Mail](#)

<https://goodapplefoods.com/covid-19>

<https://favordelivery.com/seniors>

<http://connectatx.org>

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

EMERGENCY  
FOOD  
PROGRAM