

NEWSLETTER

Tips and information for today / Month of January 2021



Happy New Year everyone and welcome to 2021! Hoping this new year brings the greatest gift of having us all back together again safely so we can see each other's smiles once again! Now that the holidays are officially over and décor is put away may we look towards a year with great opportunity and new found relationships. Enjoy this newsletter and always contact us if you need anything at all!

Continuingly missing you all - Justin Perez (South Austin Senior Activity Center)

Free Tax Preparation

The AARP Foundation is back this tax season to help you prepare you taxes! A great free way to get the help you may need for filing. It will all be virtual and online this year to keep each other safe. Please fill free to use the contact information above to get a hold and plan ahead of time.



In your Area

To get more information about our virtual/online services this tax season:

- * Contact a tax preparer from your area by email at TX2D05@aarpfoundation.org
- * Visit aarpfoundation.org/taxaide, or
- * Call us toll-free at 1-888-227-7669

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age – especially if you are 50 or older or can't afford paid tax preparation

AARP Foundation®

TEXAS THROUGH YOUR LENS



To tell the story of a state this vast and diverse, the Bullock Texas State History Museum needs your perspective. *Texas Through Your Lens* is a photography project that invites you to be a part of history by entering your photographs in themed competitions and galleries. All submissions will be included in an online gallery for friends, family, and visitors to enjoy. **Big Bend National Park Photography Competition**; What have you photographed at Big Bend National Park? Did your lens capture something that words can't describe? How does your unique view reflect Big Bend's timeless beauty? Entered photographs tell the story of how you connect to Big Bend National Park. Select photographs were included in the Bullock Museum's exhibition, [click here to journey Into Big Bend](#).

GEOCACHE AUSTIN

February 1 – March 31, 2021

Do you have what it takes to find the caches we have hidden around Austin??

No entry fee, all ages welcome!

Registration information at
www.capitalcityathletics.com

Prizes will be awarded for your finds!

Registration opens on January 4, 2021



Geocaching is an outdoor recreational activity, in which participants use a Global Positioning System (GPS) receiver or mobile device (cell phone) and other navigational techniques to hide and seek containers, called "geocaches" or "caches", at specific locations marked by coordinates all over the city. A typical cache is a small waterproof container containing a logbook and sometimes a pen or pencil. The geocacher signs the log with their established code name and dates it, in order to prove that they found the cache. After signing the log, the cache must be placed back exactly where the person found it. Larger containers such as plastic storage containers (Tupperware or similar) or ammunition boxes can also contain items for trading, such as toys or trinkets, usually of more sentimental worth than financial. Geocaching shares many aspects with benchmarking, trigpointing, orienteering, treasure hunting, letterboxing, waymarking and Munzee.

BINGOCIZE

Welcome to Bingocize 2021 for the City of Austin and anyone else who would like to join us. Please invite your friends, family, neighbors. Let's have fun together. Contact your center to get the zoom links and find a new card to play with this year. May it bring you much good luck and fun.



Henry Louis Gates, Jr. explores the family secrets of journalist Gayle King, film director Jordan Peele, and comedian Issa Rae, introducing them to ancestors who raise profound questions about the shape and meaning of their family trees. For more information [click here](#).



'I Cry At Night': Afghan Mothers Struggle To Feed Their Children In The Pandemic
The U.N. finds that nearly half of all children younger than 5 in Afghanistan, a total of some 3.1 million, are facing acute malnutrition. Mothers share their plight to provide the children sustenance. [Click here for full article](#).



Smithsonian
National Air & Space Museum



At the National Air and Space Museum, we spend a lot of time looking at and talking about the stars, but in June 2018, we were visited by a different kind of star. Parts of the superhero blockbuster Wonder Woman 1984 were filmed at the National Air and Space Museum, Hirshhorn Museum and Sculpture Garden, National Museum of Natural History, and other DC landmarks. [Click here for more information.](#)

LUNCH & LEARN



Since 1960, the Austin Nature & Science Center has provided hands-on nature exhibits, education programs and recreation activities for countless visitors, teachers and children of all ages that increase awareness and appreciation of the natural environment. ANSC is dedicated to the exploration of the natural world by providing safe, fun, and stimulating activities that engage both mind and body, while instilling a sense of respect, pride, and concern for the environment and all living things. Spend your lunch hour learning with Professor Sean Gulick, Jackson School of Geosciences, University of Texas at Austin. In this exciting program, Professor Sean Gulick will guide us through an exploration of Earth's five largest mass extinction events through key areas of geologic discovery! If you'd like to register for this free event [click here.](#)



The bad backs, elbow pain, and creaky knees so common in older people often aren't just "old age." In fact, the source of this stiffness plagues many young people as well. The culprit is arthritis: a condition that affects over 90 million people in the U.S. alone. What makes arthritis so pervasive, and why haven't we found a cure for it? Kaitlyn Sadtler and Heather J. Faust investigate. [Directed by CUB Animation, narrated by Bethany Cutmore-Scott, music by James Wood]. [Click here for video.](#)



A 24-hour helpline in the UK known as Samaritans helped Sophie Andrews become a survivor of abuse rather than a victim. Now she's paying the favor back as the founder of The Silver Line, a helpline that supports lonely and isolated older people. In a powerful, personal talk, she shares why the simple act of listening (instead of giving advice) is often the best way to help someone in need. [Click here for more information.](#)



This seems fitting..... Groundhog Day is a 1993 American fantasy comedy film directed by Harold Ramis and written by Ramis and Danny Rubin. It stars Bill Murray, Andie MacDowell, and Chris Elliott. Murray portrays Phil Connors, a cynical television weatherman covering the annual Groundhog Day event in Punxsutawney, Pennsylvania, who becomes trapped in a time loop forcing him to relive February 2 repeatedly. The film also stars Stephen Tobolowsky, Brian Doyle-Murray, Marita Geraghty, Angela Paton, Rick Ducommun, Rick Overton, and Robin Duke. [Click here to watch the trailer.](#)



Welcome back, Austin! It was great to wrap up 2020 with you at our classic holiday film series. Kick off 2021 with music by Charlie Starr of Blackberry Smoke or the comedy of Tim Dillon. You can find our full list of health and safety initiatives below, which we have seamlessly and successfully integrated since reopening this past September. You can also find a consolidated list of Paramount, Stateside, and Moontower Comedy show changes. [For more information please click here.](#)



• TAI CHI • & SENIORSIZE

STAY ENGAGED: VIRTUAL TAI CHI / SENIORSIZE via ZOOM

We are excited to announce that TAI CHI & SENIORSIZE are back!

We are having our first sessions coming January 2021

STAY ENGAGED: Virtual *TAI CHI* via Zoom

Session 1: January 5th - February 12th

Tuesdays & Thursdays from 11:00am - 12:00pm

STAY ENGAGED: Virtual *SENIORSIZE* via Zoom

Session 1: January 6th - February 11th

Wednesdays from 10:30am - 11:00am

ADVANCED REGISTRATION REQUIRED

CALL 512.978.2400 or EMAIL SOUTHAUSTINSENIORACTIVITYCENTER@AUSTINTEXAS.GOV to register!



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.



NORTH AUSTIN TAI CHI

