



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-448-0787 Monday-Friday 8a-5p

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

 Austin Parks and Recreation Department - Seniors



DECEMBER 2015



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.

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f Austin Parks and Recreation Department - Seniors

ANNOUNCEMENTS

HOLIDAY CLOSURE DATES:

Thursday, December 24th
 Friday, December 25th
 Friday, January 1st



2016 REGISTRATION HAS NOW BEGUN!

INTERESTED IN BEING A BOARD MEMBER?

Want to lend a hand planning activities, special events, and programs? Be a voice for SASAC participants by applying to be a SASAC advisory board member. You must be a registered participant and be able to attend a monthly meeting on the second Wednesday @ 12pm. If you would like more information or would like to complete an application, please stop by the front desk.

SPECIAL PROGRAMS AND EVENTS



ORNAMENT MAKING

Tuesday, December 8th 9-10a

Bring a personal touch to your tree by making your own ornament

Cost: Free - sign up by Friday, December 4th

Sponsored by WELLMED

HOLIDAY BREAKFAST

Friday, December 11th 8:30a

Enjoy a special performance from the SoCo Women's Chorus while enjoying a warm breakfast.



Sponsored by the South Austin Senior Activity Center Advisory Board

Cost: Free - Sign up by Wednesday, December 9th - 2p

WIFI ANNOUNCEMENT

Please bear with us while the WIFI service is transitioning to a new company.

Until this process is complete, the center will be without WIFI. Check for updates at the front desk.

Thanks for your patience!



PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, December 2nd 1-4p

SASAC ADVISORY BOARD MEETING

Wednesday, December 9th 12-1p

SOUTH AUSTIN AARP #2426

Wednesday, December 16th 1-4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, December 17th 10a-1p

AARP Smart Driver Thursday, December 17th 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'

The Fall gardens are now planted! Join our group on Mondays and help us have the largest Winter harvest yet.

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
1-3p
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 9-11am
Beginner's welcome
FREE

Hand and Foot Canasta

Thursdays,
December 10th & 31st
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

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**

No Class Friday, December 11th

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

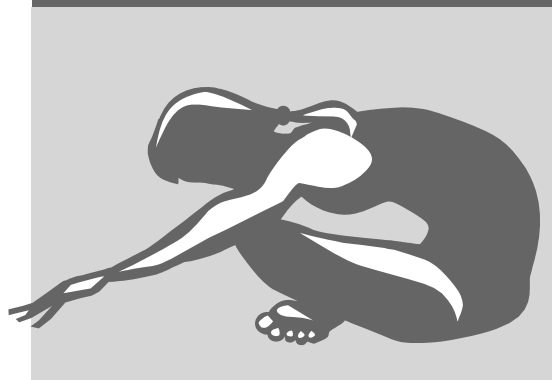
FREE

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, Nov 3rd - Dec 8th
Fridays, Nov 6th - Dec 18th**

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

DANCE

BEGINNER LINE DANCE

Mondays 1-2p

Socialize & learn the basic
steps to fun line dances.

**Instructor: Joan Cox
(512)288-4135**

FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scout 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

DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Requires Advance Registration*</p>	<p>1 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11* *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3</p>	<p>2 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-11 Progressive Bridge 1-3 Deaf Association 1-4 Painters 1-3:30</p>	<p>3 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 *Club 5k 8:30-9:30* Advanced Bridge 9-11:30 Honey Bee Quilters 9-2 Austin Rockin' Line Dancer 9:30-11 Int Line Dancing 1:30-3</p>	<p>4 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</p>
	<p>7 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 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</p>	<p>8 Pinochle 8-2 Sr. Health & Fitness 9-10 *Ornament Making 9-10* Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3</p>	<p>9 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-11 Progressive Bridge 1-3 Painters 1-3:30</p>	<p>10 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</p>
<p>14 Yoga 9-10 Garden Meeting 9-10 Spanish 9-10:30 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</p>	<p>15 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 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3</p>	<p>16 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-11 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4</p>	<p>17 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</p>	<p>18 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</p>
<p>21 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 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</p>	<p>22 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3</p>	<p>23 Yoga 9-10 Ceramics 9-11 Free Play Bridge 11:30-11 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Readin', Ritin' & Rectin' 2-3</p>	<p>24 Closed for Holiday</p>	<p>25 Closed for Holiday</p>
<p>28 Yoga 9-10 Garden Meeting 10-11 Spanish 9-10:30 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</p>	<p>29 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 Mexican Train 12:15-3:15 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3</p>	<p>30 Yoga 9-10 Ceramics 9-11 Free Play Bridge 11:30-11 Progressive Bridge 1-3 Painters 1-3:30</p>	<p>31 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</p>	<p>1 Closed for Holiday</p>

TRIPS

LOTTERY REGISTRATION:

Wednesday, November 25th at 8:30a thru at Friday, December 4th at 5p

LOTTERY RESULTS AVAILABLE:

Monday, December 7th at 12p

REGISTRATION FEES DUE: Thursday, December 7th by 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, December 7th 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.

Austin Fire Department Senior Holiday Luncheon (Austin, Texas) Wednesday, December 9th

Join us for the Austin Fire Department's 13th Annual Holiday Lunch! Come out for a festive luncheon, prizes, and fun.

Departure Time: 8:15a

Returning Time: 3p

Fee: Free

Trip Limit: 17

Activity Level: Low

Trail of Lights (Austin, Texas) Monday, December 14th

Join us as we stroll around the Trail of Lights at Zilker Park. See thousands of lights of a variety of holiday themes and festive music that will get you in the mood for the Holidays! Don't miss this trip!



Departure Time: 5:30p

Returning Time: 8p

Fee: TBA

Additional Expenses: Dinner and Refreshments

Trip Limit: 12

Activity Level: High – Must be able to walk 1.25 miles of uneven surfaces

TRIPS

Esther's Follies (Austin, Texas) Thursday, December 17th

Known as Austin's Saturday Night Live...Weird and talented performers have come to the heart of downtown Austin for years to deliver laughs through song, dance, acting, and magic.



Departure Time: 5p

Returning Time: 10p

Fee: Residence \$27 - Must Be Paid by Thursday, December 10th

Non-Residence \$28

Additional Expenses: Dinner and Refreshments

Trip Limit: 17

Activity Level: Low



VISUAL, LITERARY & PERFORMING ARTS



Let's Sing-a-Long Wednesday

December 9th, 23rd & 30th
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 1-3:30p
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.

Honey Bee Quilters

Thursdays, December 3rd & 17th
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!

Writing the Stories of Your Life

Next Session: Wednesdays, October 22nd - December 9th
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.

Contact instructor in advance for information & availability.

Fee: \$45 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo

Wednesdays, December 9th, 23rd & 30th 1-3p **AND**
Fridays 1-3p
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 1-3p

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

TECHNOLOGY CLASS

Wednesday, December 16th
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:
Jose and Bertha Cruz**

LUNCH MENU

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Herbed Pork Loin Polenta Catalina Vegetables Wheat Bread Butterscotch Pudding	2 Sausage and Red Beans Orka and Tomatoes Turnip Greens Cornbread Fresh Banana	3 Beef Burgundy Whole Grain Rotini Pasta Broccoli with Lemon Zest Wheat Bread Fruited Orange Gelatin	4 Diced BBQ Chicken Cheesy Parslied Potatoes Carpi Vegetables Hamburger Bun Fresh Fruit
7 Cajun Meatloaf Oven Roasted Sweet Potatoes Spring Vegetables Dinner Roll Fresh Fruit	8 Turkey Rice Casserole Broccoli Stewed Tomatoes Wheat Bread Chocolate Pudding	9 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Crisp Mustard and Catsup	10 Lemon Caper Chicken Brown Rice Florentine Mixed Vegetables Wheat Bread Fresh Fruit	11 Apple Glazed Turkey Ham Black-Eyed Peas Medley Cabbage Cornbread Fresh Fruit
14 Soy Ginger Chicken Chuckwagon Corn Broccoli & Cauliflower Texas Bread Fresh Fruit	15 Turkey Couscous Casserole Rosemary Carrots Collard Greens Wheat Bread Fresh Fruit	16 Breaded Fish Tossed Salad Lentils Dinner Roll Hot Sliced Peaches Italian Salad Dressing	17 Oven Fried Chicken Whipped Potatoes Stewed Tomatoes Wheat Bread Vanilla Pudding	20 Roast Beef with Gravy Mashed Sweet Potatoes Brussels Sprouts Wheat Roll Fluffy Fruit Salad
21 Sweet and Sour Pork Sugar Snap Peas Broccoli and Carrots Wheat Bread Fresh Fruit	23 Diced Chicken Mole Lettuce and Tomato Pinto Beans Wheat Tortilla Hot Pineapple Tidbits	24 Beef Chili with Beans Herbed Green Beans Diced Beets Saltine Crackers Strawberry Swirl Pudding	25 Closed for Holiday	26 Closed for Holiday
28 Dijon Herb Chicken Mashed Sweet Potatoes Herbed Green Beans Dinner Roll Fresh Fruit	29 Beef Stew Diced Beets Cabbage Saltine Crackers Marble Pudding	30 Turkey and Swiss Cheese Lettuce and Tomato Tree Beans Salad Wheat Bread Fresh Fruit	31 Glazed Ham Black-Eyed Peas Medley Cabbage Cornbread Fudge Cream Cookie	1 Closed for Holiday

Austin City Council

Mayor and City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
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

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, CPRP, Seniors Program Manager

SASAC Advisory Board 2015

Kitti Greenough, President
Leigh Emrich, Vice President
Janice Ootsey, Treasurer
Elaine Benton, Secretary
Iola Canady
Carolyn Drake
Raisa Edelman
Margie Mendez



City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

SASAC Staff

Angela Niemiec, CPRP/CTRS, Programs Supervisor
Lynnette Lara, Programs Specialist
West Baxter, MSRLS, 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 financial viability providing an overall financially sound recreation program to the Austin community.