



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-978-2400 Monday-Friday 8a-5p

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

 Austin Parks and Recreation Department - Seniors



JULY 2017



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.

2017 REGISTRATION HAS NOW BEGUN!

2017 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2017 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!!!

NEW Daily Check-in Procedure

Starting January 3, 2017 SASAC will use a new automated check-in procedure

ALL participants will be asked to scan in daily on the computer. To ensure you are ready, please complete a 2017 waiver and have your picture taken and a card printed for your account.

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

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.

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

UPCOMING EVENTS



Stretch and Strength - NEW CLASS

Fridays 1:30 - 2:30pm (Starts June 16th)

Join Patti Gagne as she teaches you how to balance the body's strength and flexibility.

Cost: Free



Independence Day Closure

Tuesday, July 4th

The center will be closed in observance of Independence Day. We will reopen on Wednesday, July 5th at 8:00am.



Zumba - NEW CLASS

Thursdays 1:30 - 2:30pm

Have fun and move to the music. Come join us for our new Zumba class on Thursdays!

Cost: Free



NEW PHONE NUMBER

We have upgraded our current phone system. Our new number is (512)978-2400

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, July 5th

SASAC ADVISORY BOARD MEETING

No Meeting until September

SOUTH AUSTIN AARP #2426

Wednesday, July 19th 1 - 4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, July 20th 9-12:30p

AARP Smart Driver Thursday, July 27th 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:

**CASH OR CHECKS ONLY
payable to AARP**

COMMUNITY GARDEN OF EATIN'

Join our group on Mondays to help with our Summer garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Monday at 9a



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,
July 13th and 27th
12-4p*

A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.
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.

*You should consult your physician
or other health care professional
before starting any fitness program
to determine if it is
right for you and your needs.*

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**

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

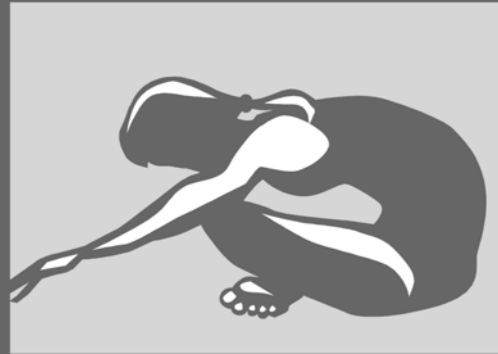
Tuesdays 9 - 10a

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, June 20th – Aug 1st

Fridays, June 23th - July 28th

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

Stretch and Strength

Fridays 1:30 - 2:30pm

Join Patti Gagne as she teaches
you how to balance the body's
strength and flexibility.

Instructor: Patti Gagne

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



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**

ZUMBA

Thursdays 1:30 - 2:30pm

Improve your muscle strength,
coordination, posture and mobility.
Come on out and shake it! This is a
drop in class. **FREE**



Follow us on Facebook at:

**Austin Parks and Recreation
Department - Seniors**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 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	4 <p style="text-align: center;">Closed for Independence Day</p>	5 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 Deaf Association 1-4	6 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Honey Bee Quilters 9-2 Austin Rockin' Line Dancers 9:30-11 Zumba 1:30-2:30	7 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Bingo 1-3 Progressive Bridge 1-3 Stretch and Strength 1:30-2:30
10 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 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. Line Dance 2-3:30	11 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	12 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Progressive Bridge 1-3 Bingo 1-3 Painters 1-3:30	13 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health & Fitness 8:30-9:30 Austin Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 Zumba 1:30-2:30	14 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Bingo 1-3 Progressive Bridge 1-3 Stretch and Strength 1:30-2:30
17 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 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. Line Dance 2-3:30	18 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 Card Making 9-10 *Tai Chi 10-11 Mexican Train 12:15-3:15 Mahjong 1:15 - 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	19 Yoga 9-10 Ceramics 9-11 Technology Class 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 AARP1-4 Painters 1-3:30	20 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 NARFE 9:30-12:30 Honey Bee Quilters 9-2 Austin Rockin' Line Dancers 9:30-11 Zumba 1:30-2:30	21 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Bingo 1-3 Progressive Bridge 1-3 Stretch and Strength 1:30-2:30
24 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 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. Line Dance 2-3:30	25 Pinochle 8-2 Sr. Health & Fitness 9-10 Knitting 9-11 *Tai Chi 10-11* Mexican Train 12:15-3:15 Mahjong 1:15- 4 Gentle Dup. Bridge 12:30-3:30 Ping Pong 12:30-3	26 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Progressive Bridge 1-3 Bingo 1-3 Painters 1-3:30	27 Pinochle 8-2 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advanced Bridge 9-11:30 Rockin' Line Dancers 9:30-11 Hand and Foot Canasta 12-4 AARP Smart Driver Zumba 1:30-2:30	28 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 *Tai Chi 10:15-11:15* Free Play Bridge 11:30-1 Bingo 1-3 Progressive Bridge 1-3 Stretch and Strength 1:30-2:30
31 Yoga 9-10 Spanish 9-10:30 Garden Meeting 9-10 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. Line Dance 2-3:30				

JULY 2017

TRIPS

LOTTERY REGISTRATION Due: Friday, July 7th

LOTTERY RESULTS AVAILABLE: Monday, July 10th

REGISTRATION FEES DUE: Friday, July 14th

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, July 14th at 12pm 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.



Bowling Tournament (Austin, Texas) Thursday, July 27th

SASAC's annual bowling tournament is back. All levels are welcome to play and win prizes.

Departure Time: 8:45a

Returning Time: 2p

Fee: Resident : \$13

Non-Resident: \$14

Additional Expenses: Purchase of Lunch

Activity Level: High

Natural Bridge Caverns (New Braunfels, Texas) Tuesday, August 1st

Join us for an adventure with SASAC on a tour of the Nature Bridge Caverns. Learn the mysteries that lie beneath the earth and how they were.

Departure Time: 8:30a

Returning Time: 3:30p

Fee: Resident : \$26

Non-Resident: \$27

Additional Expenses: Purchase of Lunch

Activity Level: High



TRIPS

Roller Derby (Austin, Texas) Saturday, August 5th

Get ready to rumble with the Derby Girls! The Putas Del Fuego vs. Holy Rollers fight to move up in the ranks of the Austin league.

Departure Time: 6:30p

Returning Time: 10:30p

Fee: Resident: \$23

Non-Resident: \$24

Additional Expenses: Purchase of Dinner

Activity Level: Low



IFLY TRIP 2017



Looking for an adventure? Join South Austin Senior Activity Center's senior excursion trips.

VISUAL, LITERARY & PERFORMING ARTS



Let's Sing-a-Long Wednesday July 12th & 26th 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

Thursday, July 6th & 20th
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: September

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: \$48 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo

Wednesdays, July 12th, & 26th **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 1:15-3p
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, July 19th

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:

Domingo Herrera

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
3 Diced BBQ Chicken Confetti Coleslaw Tater Gems Hamburger Bun Apple Crisp	4 <i>Closed for Holiday</i>	5 Sliced Turkey and Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fresh Banana	6 Roast Beef with Gravy Corn and Lima Beans Sliced Carrots Dinner Roll Fruited Cherry Gelatin	7 John Yocum's Lemon Pepper Fish Baked Sweet Potato Green Beans with Onions Whole Wheat Breadstick Fresh Fruit
10 Buffalo Chicken Pasta Tuscany Vegetables Squash Medley Dinner Roll Fresh Fruit	11 Swiss Steak Parslied Potatoes Mixed Vegetables Wheat Bread Vanilla Pudding	12 Judith's Smoked Sausage Confetti Coleslaw Ranch Beans Hot Dog Bun Hot Pineapple Tidbits Mustard	13 Chilaquiles Casserole Brown Rice Brussels Sprouts Wheat Bread Fresh Fruit	14 Cajun Chicken Whole Kernel Corn Mixed Greens Cornbread Fresh Fruit
17 Piccadillo Beef Spanish Brown Rice Fiesta Vegetables Wheat Tortilla Fresh Fruit	18 Creamy Garlic Cheese Ravioli  Tossed Salad Italian Vegetables Whole Wheat Breadstick Hot Pineapple Tidbits	19 BBQ Honey Mustard Turkey Meatballs Whipped Potatoes Spinach Cornbread Fresh Fruit	20 Cranberry Dijon Chicken Creamed Peas Glazed Carrots Wheat Bread Fresh Fruit	21 Veracruz Chicken Couscous Pilaf Broccoli Texas Bread Fresh Fruit
24 Turkey Rice Casserole Broccoli Glazed Carrots Dinner Roll Fresh Fruit	25 Salisbury Beef with Onion Gravy Parslied Potatoes Brussels Sprouts Wheat Bread Ambrosia Pudding	26 Charlene's Tuna Macaroni Salad Three Bean Salad Cucumber Onion Salad Saltine Crackers Banana Pudding	27 Suellen's Baked Chicken with Gravy Mashed Spiced Yams Collard Greens Wheat Bread Fruited Lemon Gelatin	28 Honey Cashew Beef and Broccoli Brown Rice Herbed Green Beans Wheat Bread Fresh Fruit
31 Bruschetta Chicken Meatballs Orzo Pasta Italian Vegetables Whole Wheat Breadstick Fresh Fruit				

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
Aliana Kallivoka Interim Assistant Director
Angela Means, Interim Assistant Director
Lucas Massie, Division Manager
David Crabb, Seniors Program Manager

SASAC Advisory Board 2016

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Willie Williams, Vice President
Joan Cox, Secretary
Kitti Greenough, Treasurer
Elaine Benton
Iola Canady
Carolyn Drake
Raisa Edelman
Margaret Hughes
Margie Mendez



City Manager

Elaine Hart, Interim 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

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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

Kelly Maltzberger, Recreation Program Supervisor
Maria Reyes, Recreation Program Coordinator
Lynnette Lara, Recreation Programs Specialist
West Baxter, MSRLS, Recreation Programs Specialist
Kaitie Hilburn, Administrative Associate
Joe Asevedo, Building and 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.