



# SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-978-2400

Monday/Thursday/Friday 8:00am - 5:00pm

Tuesday 8:00am - 9:00pm

Wednesday 8:00am - 10:00pm

[www.austintexas.gov/department/south-austin-senior-activity-center](http://www.austintexas.gov/department/south-austin-senior-activity-center)

Austin Parks and Recreation Department - Seniors



# JULY 2019



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.



## 2019 Registration Begins November 26th!!!

### 2019 PARD Waivers and South Austin Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2019 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

### Since January 3, 2017 SASAC has used 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 2019 waiver and have your picture taken and a card printed for your account.

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

## 2019 Evening Hours

SASAC will be open Tuesdays until 9:00pm and Wednesdays until 10:00pm.

## Evening Dance Clubs

### **Waterloo Squares**

Tuesday Nights - Square Dancing from 7 – 8:45 pm  
Square-dance the night away to a live caller!

### **Wednesday Night Dance Club**

Wednesday Nights - Country & Western Dancing from 7:30 - 9:45pm  
Come dance the night away to a live band! \$5 per person charge

July 3rd - Nite Shift (July 4th Celebration)    July 24th - Chip Sneed  
July 10th - 3 Chord Rodeo    July 31st - Hired Guns  
July 17 - Alibi's

## UPCOMING EVENTS

We will be closed July 4th, in observance of Independence Day

### **Aging is Cool**

July 22nd, 24th and July 26th

10:00a - 11:00a FREE

Brain health is as important as physical health as you age. Help your clients keep their brains active while learning about the world of science (NASA, The Moon Landing, Robots). Space is limited so register early.



### **Ballroom Dancing**

Begins Thursday, July 11th

1:00p - 2:00p FREE

Come learn classic ballroom dancing techniques in this 4 week program. No partner required.



### **Leave Your Legacy Estate Planning Seminar**

Tuesday, July 16th

9:00a - 10:00a FREE

Andy Nichole, a Financial Advisor, will be sharing effective ways to plan your estate and pass wealth to your loved one.



### **You Have the Power to Outsmart the Scammers**

Tuesday, July 30th

FREE

Learn how to spot red flags and steps you can take to protect yourself from fraud



### **Mobile Computer Lab**

July 25th Aug 15th & 29th

Thursdays / 1-2p Free



### **4th of July Celebration**

Wednesday, July 3rd

1:00p - 3:30p FREE

Join us for hotdogs, frito pies and a baseball movie to celebrate Independence Day! Movie will be Fever Pitch.

## PUBLIC MEETINGS

### SASAC ADVISORY BOARD MEETING

Friday, July 12th at 12:00pm

### SOUTH AUSTIN AARP #2426

Wednesday, July 17th 1-4 p

### NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, July 18th 9:20-12 p

### Birthday Celebration

Thursday, July 25th  
12pm

Join us for cake and ice cream to celebrate all July birthdays!!!

### AARP Smart Driver TBA

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 winter 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 9am**



## CARD GAMES

### Free Play Bridge

*Mondays, Wednesdays & Fridays*  
11a - 1p  
**FREE**

### Progressive Bridge

*Monday, 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

*July 11th & 25th 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.*

### Gym Hours

Mondays 8a-4:45p

Tuesdays 8a-8:45p

Wednesday 8a-9:45p

Thursday 8-4:45p

Friday 8a-4:45p

**SUBJECT TO CHANGE**

### 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**

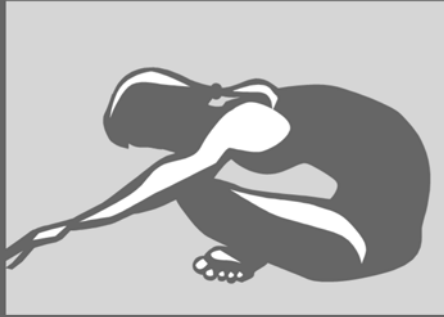
### SENIOR HEALTH AND FITNESS

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

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**

Session 5: June 25th – August 2nd

**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

# FITNESS

### 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

\*Thursdays 2:30-3:30p\*

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

Thursdays 1:15- 2:15 p

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

**Instructor: Patti Gagne  
FREE**

### 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**

### 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 w/ Instructor**

Fridays 1:30 – 2:30 pm

**Instructor: Jacque Cotrell**

Improve your muscle strength,  
coordination, posture and mobility.  
Come on out and shake it! You must  
pre-register **FREE**



Follow us **on Face-  
book at:**

**Austin Parks and Recreation  
Department - Seniors**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 9-10</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3</p>	<p>2 Pinochle 8-2 Sr. Health &amp; Fitness 9-10 Knitting &amp; Crocheting 9-11 <b>*Tai Chi 10-11</b> Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Waterloo Squares 7-8:45</p>	<p>3 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Progressive Bridge 1-3 Painters 1-3:30 Movie 1-3:30 Wednesday Night Dance 7-9:45p</p>	<p>4 <b>CLOSED</b></p>	<p>5 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11:-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30</p>
<p>8 Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 9-10</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30</p>	<p>9 Pinochle 8-2 Sr. Health &amp; Fitness 9-10 Knitting &amp; Crocheting 9-11 <b>*Tai Chi 10-11</b> Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Waterloo Squares 7-8:45p</p>	<p>10 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7-9:45p</p>	<p>11 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health &amp; Fitness 8:30-9:30 Canasta 12-4 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30</p>	<p>12 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30</p>
<p>15 Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 9-10</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Bible Study 1-3 Beg. Line Dance 1-2</p>	<p>16 Pinochle 8-2 Sr. Health &amp; Fitness 9-10 Knitting &amp; Crocheting 9-11 <b>*Tai Chi 10-11</b> Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Waterloo Squares 7-8:45p</p>	<p>17 Yoga 9-10 Ceramics 9-11 Technology 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 <b>AARP 1-4</b> Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7-9:45p</p>	<p>18 Pinochle 8-2 Oil Painting 8-4 Honey Bee 8-2 Advanced Bridge 9-11:30 Sr. Health &amp; Fitness 8:30-9:30 Austin Rockin' Line Dance 9:30-11 <b>NARFE 9-12</b> Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30</p>	<p>19 Yoga 9-10 Friday Morning Bridge 9-11 Cardmaking 8:30-10 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30</p>
<p>22 Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 9-10</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2p Free Play Bridge 11:-1 Progressive Bridge 1-3 Bible Study 1-3 Beg. Line Dance 1-2</p>	<p>23 Pinochle 8-2 Sr. Health &amp; Fitness 9-10 Knitting &amp; Crocheting 9-11 <b>*Tai Chi 10-11</b> Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Waterloo Squares 7-8:45p</p>	<p>24 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7-9:45p</p>	<p>25 Pinochle 8-2 Oil Painting 8-4 Advanced Bridge 9-11:30 Sr. Health &amp; Fitness 8:30-9:30 Birthday 12p Canasta 12-4 Austin Rockin' Line Dance 9:30-11 Stretch and Strength 1:15-2:15 Line Dance 2:30-3:30</p>	<p>26 Yoga 9-10 Friday Morning Bridge 9-11 Chess Play 10-12 <b>*Tai Chi 10:15-11:15*</b> Free Play Bridge 11-1 Bingo 1-3 Progressive Bridge 1-3 Zumba 1:30-2:30</p>
<p>29 Yoga 9-10 Spanish 9-10:30 <b>Garden Meeting 9-10</b> Chess Play 10-12 Zumba 10:15-11:15 Advanced Free Play 11-2 Free Play Bridge 11:-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30</p>	<p>30 Pinochle 8-2 Sr. Health &amp; Fitness 9-10 Knitting &amp; Crocheting 9-11 <b>*Tai Chi 10-11</b> Mexican Train 12:15-3:15 Mahjong 1:15 - 3 Gentle Dup. Bridge12:30-3:30 Waterloo Squares 7-8:45p</p>	<p>31 Yoga 9-10 Ceramics 9-11 Seniorcize 10:30-11 Free Play Bridge 11-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30 Wednesday Night Dance 7-9:45p</p>		

# JULY 2019

## TRIPS

**LOTTERY REGISTRATION DUE: Friday, July 5th**  
**LOTTERY RESULTS AVAILABLE: Monday, July 8th**  
**REGISTRATION FEES DUE: Monday, July 15th**

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 8th @ 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.



**Snorkeling with the Park Rangers (Austin, Texas)**  
**Friday, July 19**

Have you always wanted to learn how to snorkel and explore Barton Springs pool. Join us on this adventure!

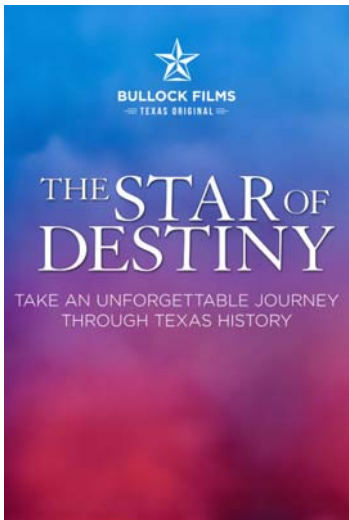
**Departure Time: 9:00AM**  
**Returning Time: 12:30PM**  
**Fee: Resident: Free**

**Activity Level: High—Must be able to swim in water temperature that is 67**

**The Bob Bullock Texas State History Museum (Austin, Texas)**  
**Wednesday, July 31st**

Join us as we visit the Texas State History Museum, watch an interactive short film titled The Star of Destiny, and eat at The Story of Texas Café.

**Departure Time: 10:00AM**  
**Returning Time: 2:00PM**  
**Fee: \$20.00**  
**Extra expense: Purchase of Lunch**  
**Activity Level: Moderate**



## TRIPS



**Texas Roller Derby (Austin, Texas)**  
**Saturday, August 10<sup>th</sup>**

An Austin original, TXRD has been wowing crowds since 2001 into the sport of roller derby. Get ready to rumble with the Roller Girls! The Cherry Bombs vs. Holy Rollers fight to move up in the ranks of the Austin league.

**Departure Time: 6:30PM**  
**Returning Time: 10:30PM**  
**Fee: \$25.00**  
**Additional Expenses: Purchase of Dinner**  
**Activity Level: Low**



**Austin Central Library (Austin, Texas)**  
**Thursday, August 15th**

Relax with us and enjoy the vibe at the Austin Central Library. This library provides access to digital information, technology and community resources as well as traditional books. We will be having lunch at the library's Cookbook Bar & Café.

**Departure Time: 10:00AM**  
**Returning Time: 2:00 PM**  
**Fee: Free**  
**Extra Expense: Purchase of Lunch**  
**Activity Level: Mild**



**12<sup>th</sup> Annual S.A.L.T. Fair (Austin, Texas)**  
**Tuesday, August 20th**

Join us on a trip to Dittmar Activity Center and meet our local police officers at Senior and Law Enforcement Together. Learn what do to in any situation and what's available to keep you safe and protected.

**Departure Time: 8:45AM**  
**Returning Time: 12:30PM**  
**Fee: Free**  
**Activity Level: Low**

## VISUAL, LITERARY & PERFORMING ARTS



### **Honey Bee Quilters**

**Thursday, July 18th**  
**9a - 2p**

The Honey Bees invite anyone interested in quilting to join their monthly meetings.  
Contact: Charlotte Mackelvery  
(512) 652-8587

### **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!

**Let's Sing-a-Long**  
**Wednesday July 24th & 31st**  
**12:15 - 1:30p**

Bring your instrument and your singing voice. Celebrate the gift of song!

**Everyone Paints**  
**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.

**Card Making**  
**July 19th 8:30a -**  
**10:00am**

## **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 10th, 24th, 31st **AND** Every Friday  
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**

**m - f 8:30 - 4:45p**  
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 17**

**9-11a**

**(In lobby)**

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.

**FREE**

**Volunteer Instructors:**  
**Maria R. Luna**



# LUNCH

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
<b>1</b> Creole Meatloaf Whipped Potatoes with Skins 🥗 Okra and Tomatoes Wheat Bread Fudge Cream Cookie Margarine	<b>2</b> Diced Caesar Chicken Lemon Herb Pasta Green Beans with Carrots Wheat Pita Bread Lemon Pudding 🥗	<b>3</b> Independence Day Tim Andrew's BBQ Pork Rib Patty Coleslaw Seasoned Cubed Potatoes Hamburger Bun Apple Crisp	<b>4</b> <i>Closed for Holiday</i>	<b>5</b> Vegetable Beef Soup Dirty Brown Rice Orange Beets Saltine Crackers Fresh Fruit
<b>8</b> Ham/Broccoli/Rice Casserole Broccoli Parslied Carrots Dinner Roll Fresh Fruit Margarine	<b>9</b> Sloppy Joe Ranch Beans Tangy Spinach Hamburger Bun Cinnamon Swirl Pudding Pudding	<b>10</b> Chicken Quesadilla Caserole Brown Rice Green Beans with Onions Saltine Crackers Fresh Banana	<b>11</b> Roast Beef with Gravy Ranch Roasted Potatoes Catalina Vegetables Texas Bread Fruited Cherry Gelatin	<b>12</b> Turkey Pot Pie Whole Kernel Corn Brussels Sprouts Cornbread Fresh Fruit
<b>15</b> Beef with Peppered Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Fruit	<b>16</b> Pork Chow Mein Brown Rice Kyoto Edamame Vegetables Wheat Bread Fresh Fruit	<b>17</b> Country Fried Steak with Gravy Lima Beans Country Tomatoes Wheat Bread Caramel Vanilla Pudding	<b>18</b> Fajita Chicken Mexican Brown Rice Charro Beans Wheat Tortilla Fruited Orange Gelatin Taco Sauce	<b>19</b> Three Cheese Ziti Sliced Carrots Squash Medley Whole Wheat Breadstick Fresh Fruit
<b>22</b> Marsala Chicken Chuckwagon Corn Diced Beets Wheat Bread Fresh Fruit	<b>23</b> Ginger Pork Patty Seasoned Lentils Spinach Wheat Bread Fresh Fruit	<b>24</b> Suellen's Baked Chicken with Gravy Macaroni and Cheese Mixed Vegetables Wheat Bread Chocolate Pie Parfait	<b>25</b> Beef Stir Fry Saffron Rice Broccoli Wheat Bread Fruited Lime Gelatin	<b>26</b> Charlene's Tuna Salad Three Bean Salad Cucumber and Onion Salad Saltine Crackers Fresh Banana
<b>29</b> Ron Lantz's Meatloaf with Tomato Gravy Whipped Potatoes with Skins Cheesy Brussels Sprouts Wheat Bread Fresh Fruit	<b>30</b> Turkey Tetrizzini Broccoli Parslied Carrots Dinner Roll Buttercotch Swirl Pudding	<b>31</b> Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Apple Raisin Compote Mustard and Ketchup	*Due to unavailability of certain items, appropriate substitutions may need to be made.  **Milk is served every meal.	



## 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

Liana Kallivoka, PhD, P.E, Acting Director  
Vacant, Assistant Director  
Anthony Segrua, Assistant Director  
Lucas Massie, Acting Assistant Director  
Christa McCrathy, Division Manager  
David Crabb, Seniors Program Manager

## SASAC Advisory Board 2019

Willie Williams, President  
Raisa Edelman, Vice President  
Joan Cox, Secretary  
Kitti Greenough, Treasurer  
Elaine Benton  
Carolyn Drake  
Margaret Hughes  
Margarie Mendez  
Chris Ng



## City Manager

Spencer Cronk, City Manager  
Ray Baray, Chief of Staff  
Rey Arellano, Assistant City Manager  
Robert Goode, Assistant City Manager  
Sara Hensley, Interim Assistant City Manager  
Joe Pantalion, Interim Assistant City Manager  
Mark Washington, Acting Assistant City Manager

## Parks Board

Jane Rivera, Chair  
Richard DePalma, Vice Chair  
Michael Casias, Board Member  
Rick Cofer, Board Member  
Tom Donovan, Board Member  
Romteen Farasat, Board Member  
Dawn Lewis, Board Member  
Francoise Luca, Board Member  
Randy Mann, Board Member  
Fred Morgan, Board Member  
Mary Katherine Stout, Board Member

## SASAC Staff

Kelly Maltsberger, Recreation Program Supervisor  
Maria Reyes, Recreation Program Coordinator  
Lynnette Lara, Recreation Programs Specialist  
Justin I. Perez, Recreation Programs Specialist  
Joe Asevedo, Building and Grounds Assistant

**MISSION** Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places

### 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.