

# NEWSLETTER

For the Month of June 2021

- HELLO -  
JUNE

I am so excited to finally announce that the senior centers will be reopening on Monday, June 21st. We will start with very limited class offering and very strict safety guidelines, but at least we are starting!! As we work out all the details we will send out more specific information for everyone. We are so excited to take this step forward and look forward to seeing all of you again very soon.

- Kelly Maltsberger ( Recreation Program Manager of Senior Centers / Activities )



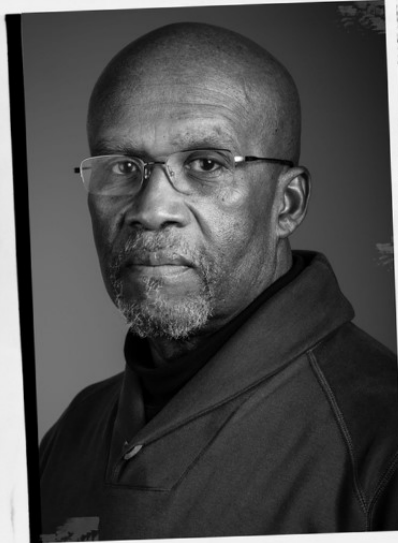
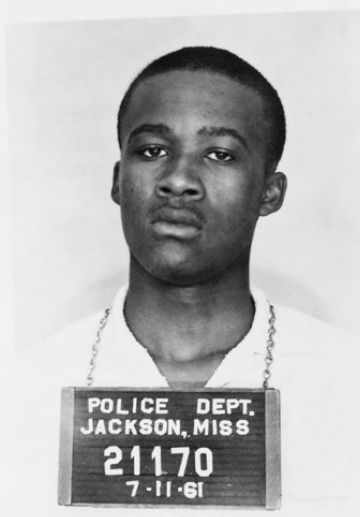
## GREAT OUTDOORS MONTH

On June 5th of 2019, the US Senate officially designated June 2019 as 'Great Outdoors Month.' 'Great Outdoors Week' began under President Clinton in 1998 and has grown under the Bush, Obama, and Trump administrations into a month-long celebration of the outdoors. Since 2008, governors from across the country have joined in designating June as a month to celebrate the great outdoors and more than half the states have already proclaimed June as Great Outdoors Month! Click [here](#) to see all the proclamations across the states below.





# VOICES OF THE FREEDOM RIDERS



To mark the 60th anniversary of the Freedom Rides, we spoke with veterans of the movement, as well as author Eric Etheridge, whose book *Breach of Peace* features a photo-history of the 1961 Mississippi Freedom Riders and offers a window into what it felt like to live through this pivotal moment in history. Click [here](#) to read the full Q&A article!

# HOW SHE Rolls™



Meet Carrie Morey -- an award-winning baker, cookbook author and entrepreneur who is growing a tiny made-by-hand mail order biscuit company into a booming business with a ravenous following. Nurturing a family of three teenage girls and a demanding business in Charleston, South Carolina, Carrie is always in a state of motion. Through the bustle and demand, mishaps and triumphs, flour shortages, employee conflict, soccer games and missed birthdays -- what Carrie craves most is just to make it home in time for supper! The inaugural season of *How She Rolls* features a delicious mixture of mouth-watering Southern fare, the highs and lows of entrepreneurship and a view of family life in the Lowcountry of South Carolina. Click [here](#) to see episodes!



# The Paramount Summer Classic Film Series

Presented by  METRO

Classic Films. Classic Experience. Flashing marquee lights. Buttery popcorn. Colossal screen. It's that movie palace atmosphere, an air-conditioned oasis. THIS is how movies were meant to be seen. The 46th Annual Paramount Summer Classic Film Series presented by CapMetro returns Thursday, May 27. This year, we'll be announcing new films each month. Check back [here](#) for our "July Films" schedule drop on Tues, June 22.

## SONGS UNDER THE STARS SUMMER CONCERT SERIES

**zACH**  
T H E A T R E

The show goes on! Back by popular demand, we are pleased to announce the **Songs Under the Stars: Summer Concert Series!** Socially-distanced, live, and outdoors on the People's Plaza, we're "running it back" June 10th - August 8th. Four Concerts, eight Weekends, and a whole lot of Summer fun! No Summertime sadness around here! Choose from the Rockabilly Kings, 70s Female Rockstars, Come Together: Beatles Redux, or an 80's Dance Party. Click [here](#) to preview the concerts.





## AFRICAN - AMERICAN MUSIC APPRECIATION MONTH

The United States has been celebrating African-American Music Appreciation Month in June since 1979. The month of June is set aside to appreciate the contributions of African-American musicians, composers, singers, and songwriters in American culture. The month honors the history and rich African traditions that gave birth to different styles of music such as rap, hip-hop, jazz, rhythm and blues, barbershop, and swing. It is also the month to celebrate creative inspiration and appreciate the impact that African-American music has had on generations of performers and music lovers! Click [here](#) for full article.



## BIOGRAPHY

### WHO INSPIRED SAM & DIANE'S RELATIONSHIP?

Everybody knows the names Sam and Diane. Predating iconic TV couples such as Ross and Rachel or Jim and Pam, the Cheers characters quickly became the topic of water-cooler conversations when the sitcom premiered in September 1989. Diane Chambers (Shelley Long) was a snooty grad student turned waitress whose cultured upbringing played in contrast with bar owner Sam Malone's (Ted Danson) salt-of-the-earth bar frankness. As much as the strange bedfellow pairing set the stage for future onscreen relationships, even Sam and Diane were modeled after somebody else. "We wanted to create a show around a Katharine Hepburn-Spencer Tracy-type relationship," co-creator and executive producer James Burrows told the New York Times. "She is uptown, he is downtown." Read the full article [here](#).






# 7 FACTS ABOUT THE STONEWALL RIOTS

The movement for LGBTQ rights in the United States dates at least as far back as the 1920s, when the first documented gay rights organization was founded. Since then, various groups have advocated for LGBTQ rights and the movement accelerated in the wake of the Stonewall Riots of 1969. Click [here](#) to see a list of surprising facts about Stonewall and the struggles and milestones of the gay rights movement.



## ***WILL INTERSTELLAR TRAVEL EVER BE POSSIBLE?***

 **Discovery**  
CHANNEL

Listen folks, I love a good sci-fi movie as much as anyone. Cruising around the galaxy, finding weird stuff, and blowing up aliens--it's all good. But just because a writer can come up with something, it doesn't make it possible. I'm sorry to say that we're going to be bound to our solar system for a really, really long time. As in, probably forever. Let's get some perspective. The nearest star to Earth (which is also home to a small rocky world!) is Proxima Centauri, which sits a little less than 4 light-years away. Four! That's doesn't sound like a lot, does it? Imagine making a scale model of our solar system. Let's say in that scale model you put the Earth three feet away from the Sun. In that scale model, Proxima Centauri would sit about 200 miles away. Click [here](#) for full article.





**TED**Talks

Painter Alyssa Monks finds beauty and inspiration in the unknown, the unpredictable and even the awful. In a poetic, intimate talk, she describes the interaction of life, paint and canvas through her development as an artist, and as a human. Click [here](#) for video.



Almost 30 years ago, Pico Iyer took a trip to Japan, fell in love with the country and moved there. A keen observer of the human spirit, Iyer professes that he now feels he knows far less about Japan -- or, indeed, about anything -- than he thought he knew three decades ago. In this lyrical meditation on wisdom, Iyer expands on this curious insight about knowledge gained with age: that the more we know, the more we see how little we know. Click [here](#) for video.





# SENIOR CENTERS --- RE-OPENING

MONDAY, JUNE 21ST  
*LIMITED PROGRAMS ONLY*

We are excited to announce that the center will be re-opening June 21, 2021. Pre-registration will be required for all available programs. We will be adhering to COVID-19 protocols to ensure participant safety and masks are recommended to be worn at all times. More details and information to come in the next few weeks.


We are excited to see you all again!



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.





A background image showing a person's hands on a steering wheel, driving a car. The image is slightly blurred and has a soft, warm tone.

# RE-OPENING!

## PARD SENIOR TRANSPORTATION

We are excited to announce the re-opening of the City of Austin's Parks & Recreation Senior Transportation! We know it has been a long time of persisting through this pandemic, but we are grateful to have the opportunity to open back up to assist you with your transportation needs. As of now we are assisting with transportation for personal errands and medical appointments for registered patrons.

We hope this is just the beginning of safe steps in coming back to a form of normalcy and are excited to see you all again very soon.

# 512-974-1464

Click [here](#) for Senior Transportation General Info and Rider's Guide to register



# DO YOU HAVE **Concerns** **about falling?**



A MATTER OF  
**BALANCE**

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.**

## **WHO COULD BENEFIT?**

***Anyone 60 years or older who:***

- is concerned about falls
- is interested in improving balance, flexibility, and strength
- has fallen in the past
- has restricted activities because of concerns about falling
- is able to problem solve and remember discussions

## **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- reduce fall risks at home
- exercise to increase strength and balance

**\*Upcoming Online  
9-week Workshop\***

**ONLINE – JOIN WITH COMPUTER,  
TABLET OR SMART PHONE**

**Wednesdays  
June 2 – July 28  
9:00 – 11:00**

## **REGISTRATION IS REQUIRED**

There is **NO COST** to participate  
Class size limited to 12 participants

**To REGISTER, please contact:**

**Jessica Martone  
jmartone@capcog.org**

*Sponsored by  
Area Agency on Aging of the Capital Area*



**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

Funded in part by Health and Human Services



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**Friday  
June 4 – July 30  
1:00 – 3:00**

## **REGISTRATION IS REQUIRED**

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**To REGISTER, please contact:**

**Jessica Martone  
jmartone@capcog.org**

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**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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Funded in part by Health and Human Services



*I'm still worried  
about leaving  
my house.*

*I miss my  
friends and the  
things we used  
to do.*

# Times are tough. We're here to help.

No problem is too big or too small.



(4357)

## 512-472-HELP

Free Emotional Support | Apoyo Emocional Gratuito

 IntegralCare.org



Press 1 for English, then 7 to speak with a counselor.

*I'm nervous  
about getting  
a vaccine.*

*I havent seen  
my grandkids in  
over a year.*