

# NEWSLETTER

Tips and information for today / Week of December 7nd, 2020



I trust that you're good and safe. There are some people who in life make you laugh a little louder, smile a little bigger and live just a little bit better. That will be you!! Rest assured, that when it's safe to walk back thru the doors, we will be ready to dance, laugh, chat, quilt and sew once again! Most importantly, we will be ready to make lots of new memories together!

Miss you so much!! - Sharon Bryant-Campbell (Conley Guerrero Senior Activity Center)



Hosted by the Trail of Lights Foundation, the annual event in Zilker Park celebrates the unique spirit and people that make Austin the place we love to call home. The 56th annual Austin Trail of Lights is returning to the city's iconic Zilker Park as a drive-thru only event. The most beloved, and longest running holiday tradition of its kind in Texas' capital city, Austin Trail of Lights powered by H-E-B, welcomes hundreds of thousands of guests from Central Texas and around the world each year for its jubilant displays of lights. [Click here for more information.](#)



The holiday spectacular will be a one-mile driving attraction that will immerse visitors in millions of holiday lights, décor pieces standing at over 30' tall, a 6-story light show tree and much more. Upon arrival guests will receive special holiday cookies courtesy of H-E-B (while supplies last) before joining Pepper and Mint on their journey to deliver letters to Santa. Guests can stay cozy in their cars while passing through holiday villages sponsored by Valero, Spectrum, Germania Insurance, Texas Lottery, Kendra Scott, KXAN, Texas Capital Bank, ABS Recycling, Chick-fil-a of Bastrop and Hi Tech Motorcars. In addition to exploring Peppermint Parkway, guests can get into the holiday spirit at COTA's Peppermint Plaza. Located in the Grand Plaza, friends and family can enjoy rides at the COTALAND Kiddie Amusement Park, food trucks and a meet & greet with Pepper & Mint. Peppermint Plaza will be open from 6 - 10:30 p.m. on weekdays and from noon - 10:30 p.m. on weekends. [Click here for more information.](#)



Tire of the same 'ole books or simply can't find the next book to put on your list to read? Well you are surely in luck! NPR has put together a vast list of thousands of books organized by category and filters to help you find just the right one for you to read next. From the always "staff picks" to book club ideas and even "funny stuff" and love stories. You are surely to find your next book to cozy up to with a warm cup of coffee or tea during these colder days in Texas. For all the information [click here.](#)

# REMINISCING

A new program is starting up soon! A program for reminiscing will be coming in February. You will receive a letter with questions once a month to respond to. In the completion of the class a book will be made for you to keep of all of your answers. If you'd like to participate in this program please let us know so we can prepare supplies.



*The*  
**Nutcracker**

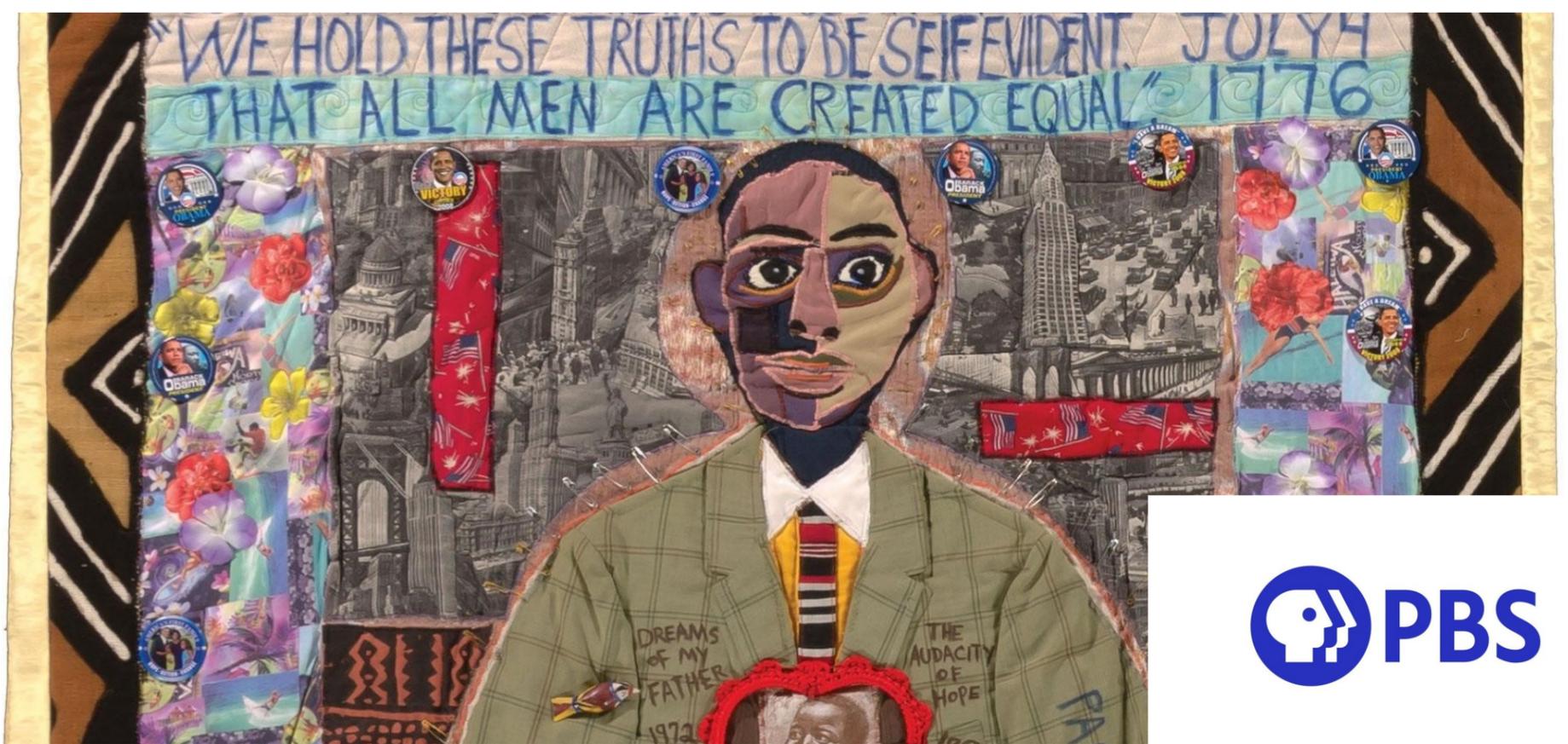
HOME FOR THE HOLIDAYS

58<sup>TH</sup> ANNUAL CELEBRATION PRESENTED BY THE  
GEORGIA B. LUCAS FOUNDATION FUND

**ba** BALLET  
AUSTIN

BRING THE NUTCRACKER HOME FOR THE HOLIDAYS! Support Ballet Austin and bring your favorite holiday tradition, THE NUTCRACKER, "home for the holidays" this December through a multi-day, multi-media celebration you can enjoy from anywhere! Put on your party clothes and gather your quarantine mates because this month, we're bringing the ultimate holiday dance party to you! Experience Artistic Director/Choreographer Stephen Mill's wintertime classic, THE NUTCRACKER ballet, in a 90-minute, high-definition film you can enjoy on-demand, anywhere you have Internet access, starting Dec. 12. Watch your favorite scenes, with iconic music and choreography like the "Waltz of the Flowers," unfold on stage from the comfort and safety of home.

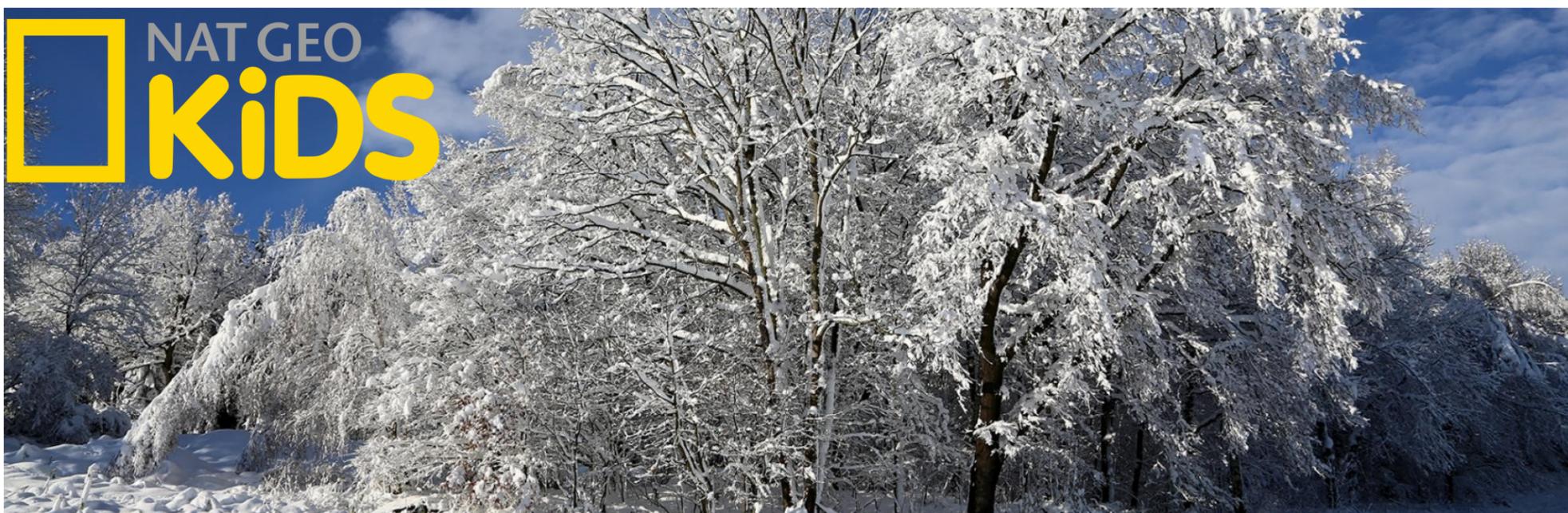
It's never been easier to celebrate this holiday tradition with family and friends—or treat everyone on your shopping list to the magic of the world's best-known ballet. A tax-deductible donation to Ballet Austin is your ticket to this dance party. [Click here for more information.](#)



Learn about contemporary quilters from diverse traditions as we celebrate the important role quilts have played in our country's story. Featuring Susan Hudson, Victoria Findlay Wolfe, Michael A. Cummings, Judith Content, the International Quilt Museum, and special guest Ken Burns. PBS premiere December 27, 2019 (check local listings) [Click here for more information.](#)



An effective COVID-19 vaccine is just the first step in ending the pandemic, says global health strategist Johanna Benesty. In this illuminating talk, she explores the various barriers to "equitable access" -- making sure COVID-19 therapeutics are available to all -- and shares a creative approach to research and development that could ensure vaccines are rolled out fairly, efficiently and at a global scale. [Click here to watch the video.](#)



Every wondered about all the winter celebrations that happen yearly and where they originate from? Learn about unique traditions, celebrations, and holidays that occur around the world during December and January. [Click here for the full article.](#)



# MOVIE PICK

## “THAT THING YOU DO”

Wily band manager Mr. White helps a small town band achieve big time success when they release a Beatles-style pop song in 1964. Pennsylvania band the "Oneders" become a sensation after their drummer breaks his arm, and is replaced by jazz enthusiast, Guy Patterson, who injects something a bit different into their music.

[Click here to watch the trailer.](#)

Presented by the Downtown Austin Alliance

# DOWNTOWN HOLIDAY 20 STROLL 20



We are thrilled to announce the Downtown Holiday Stroll is returning for its 26th year! Instead of just one night, this year's Stroll will be a month-long, COVID-conscious celebration with free activities and holiday happenings, reimagined to make it fun and easy for the whole family to explore downtown while staying safe. We invite the community to mask up and come back downtown to celebrate the holiday season with safe, socially-distanced festivities beginning November 28 through December 31! [Click here for more information.](#)



# STRETCH STRENGTHEN

**WITH PATTI GAGNE**

Virtual Stretch and Strength starting Wednesday October 7th, 2020 at 1:30pm - 2:30pm. Join Patti for 45 minutes of Stretch and Strength in the comfort of your own home via Zoom. Manage arthritis, exercise safely, decrease joint pain and stiffness, improve daily function and reduce anxiety and depression, along with many other benefits! Register by email to [sharon.bryant-campbell@austintexas.gov](mailto:sharon.bryant-campbell@austintexas.gov) or call 512-978-2660 for more information.



virtual gold  
**ZUMBA**<sup>®</sup>

Jackie is doing a virtual Zumba class on Friday mornings at 10:30AM if anyone would like to join her. There are two ways to join her: you can go to my "Virtual Zumba Gold classes with Jackie" Facebook page and join the group, or you can email Jackie and she will send you an email invitation once she sets up the meeting for the class. Then you can join straight from your email via the link in the invitation. Jackie hopes to see you there! **[Click on picture for Facebook link.](#)**



# GENTLE YOGA

The Asian American Resource Center is offering Gentle Yoga with Patti via Zoom on Tuesdays, October 14th and 27th at 10:00am. Bilingual with English / Mandarin interpretation. Email [aarc@austintexas.gov](mailto:aarc@austintexas.gov) to register or for more information. Hope to see you there!



# 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 [SOUTHASTINSENIORACTIVITYCENTER@AUSTINTEXAS.GOV](mailto:SOUTHASTINSENIORACTIVITYCENTER@AUSTINTEXAS.GOV) to register!



NORTH AUSTIN TAI CHI



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.





# HOME FOR THE HOLIDAYS

## SENIOR APPRECIATION EVENT



**DECEMBER 15, 2020**  
**10-11 AM CST**

**Performances by  
Austin Symphony Orchestra**

**Event held via Zoom**  
**RSVP at [aarcatax.eventbrite.com](https://aarcatax.eventbrite.com)**

**For more info, email  
[aarc@austintexas.gov](mailto:aarc@austintexas.gov)**

**Interpretation available in  
Chinese & Vietnamese**

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# Virtual Strength & Stretch

*Starting Wednesday,*

*October 7, 2020 1:30p-2:30p*

## Join Patti for 45 minutes of Strength & Stretch and hang around to chat

**Location:** In the comfort of your own home via Zoom

### Benefits:

- Decrease joint pain and stiffness
- Develop an active lifestyle
- Exercise safely
- Improve daily function
- Manage arthritis
- Reduce anxiety and depression



Register: Email [sharon.bryant-campbell@austintexas.gov](mailto:sharon.bryant-campbell@austintexas.gov)  
or call (512) 978-2660 for more information.

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# 50+ Programming Presents Live Streaming via Zoom

Yoga Classes with Patti  
Mondays and Thursdays

1:30-2:30p



Yoga

Starting Monday, November 30<sup>th</sup>

Chair Yoga

Starting Thursday, December 3<sup>rd</sup>

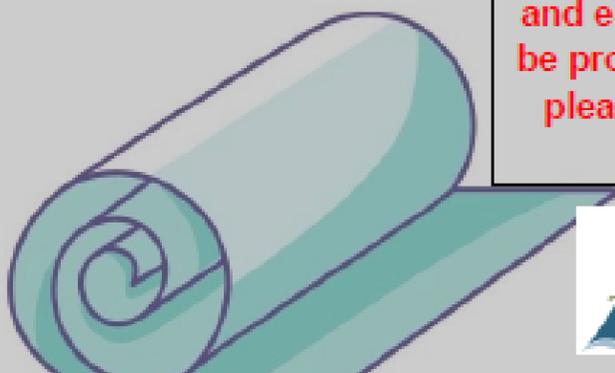
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## Decoupage Glass Lantern

**Registration: December 7th**

**Pickup Beginning: December 7th 9a-2p**

**Delivery: December 11th**



Using metal lanterns with glass panes, you will create a lovely decorative addition to your holiday home. You will receive a lantern, fabric, decoupage glue, and a light source. You will remove the glass panes, apply the glue, add the strips of fabric, replace the panes, add the light source and relax while enjoying a beautiful, mellow centerpiece.



## Candy Cane Vases

**Registration: December 7th**

**Pickup Beginning: December 7th 9a-2p**

**Delivery: December 11th**

As the holiday season approaches, here is a fun project to prepare for gift giving and home décor. We will provide wrapped candy canes, ribbon, a container and hot glue gun for this delightful project. Simply glue the candy canes to the container, either wrapped or not, to use in whatever capacity you decide; a candy dish, soap holder, plant holder, or unique gift "box". Let your imagination soar! Then as you sit back to admire your creation, enjoy the taste of that one remaining candy cane.



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## Mandala Rock Painting

**Registration: December 14th**

**Pickup Beginning: December 14th 9a-2p**

**Delivery: December 18th**



Earlier this year we produced a video called “Rock With a Purpose” in which we painted rocks and added little sayings, all with the idea of placing them where others could find them and be uplifted. This project takes the rock a step further by creating designs using only dots of acrylic paint. When completed, these rocks are true works of art, worthy and purpose or simple joy you decide. You will receive rocks, acrylic paint an applicator which creates slightly elevated dots, and a few ideas to get you started. When completed, these rocks are very elegant and beautiful. If however, your finished endeavor is not quite the way you had hoped, you can simply paint over it and start fresh.

It’s all for fun!

## Journal Notebook Kits

**Registration: December 14th**

**Pickup Beginning: December 14th 9a-2p**

**Delivery: December 18th**



In one way or another, each of us has been effected by the events of 2020. We are providing pretty journals in which you may pen your thoughts about this year and express your hopes for the year to come. It will hopefully provide a way for you to make closure on aspects that were less comforting and open your mind to a new beginning and the happier possibilities which the new year could bring. We hope your journaling will uplift you as you recount the strength with which you handled all the unfamiliar situations placed before you, how you adapted, how you reached out to others, how you survived and even thrived! You are remarkable! Write your amazing story!



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