



50+ Programs

NEWSLETTER

Tips and information for today / Week of August 24th 2020



First off we would like to say THANK YOU for doing your part to slow the spread of the coronavirus. I know we sound like a broken record and everyone is ready to come back, trust us, we are ready too! One thing we would like you to know is that WE CARE very much for all of our friends and we are committed to keeping everyone safe and healthy during these times, but also in bringing fun programs to you all. As we go into September go ahead and check the National Days coming up with the link provided; <https://nationaldaycalendar.com/september/>. Some of them are really funny! We are always adding new activities to YouTube so check them out in the Austin Parks and Recreation YouTube Channel under 50+ Programming! If you would just like to talk and catch up please give us a call or email, we always loving hearing from you all. Stay safe and stay loved!

- Lynnette Lara



Speaking of centennial celebrations, what an honor it was to meet and celebrate World War II veteran Bill Derenberger on his 100th birthday. "Derenberger has but one piece of advice about life. 'Love your neighbor,' he says. 'Before she died, Alvina would cook for the whole block and I'd give it away. I loved to give things away. I just love people.'"

Love Your Neighbor



Wind speed, cost of damage, deaths, intensity, and width are a few ways to define the "largest hurricane". If using wind speed, intensity, or width as the definition, it is necessary to explain whether the measurement was recorded at landfall or was it the highest measurement recorded in the hurricane's life cycle. Click below to read about the largest hurricane to hit the United States.

Largest Hurricanes



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.

Links provided are suggested viewing and are not managed by the City of Austin



ENTERTAINMENT & OPPORTUNITY

MENTAL FLOSS



The tumultuous events of 2020 have brought an array of complications to our daily lives, which is why news of two asteroids projected to come close to hitting Earth in the next few months was greeted with some concern. Would we have to deal with the fallout of a galactic natural disaster, too?

[Asteroids in 2020?](#)

BE ACTIVE: Community Education Associate and certified yoga instructor Kylie Phillips leads you through a yoga flow exercise inspired by your favorite superheroes!

['Superhero' Yoga Flow](#)

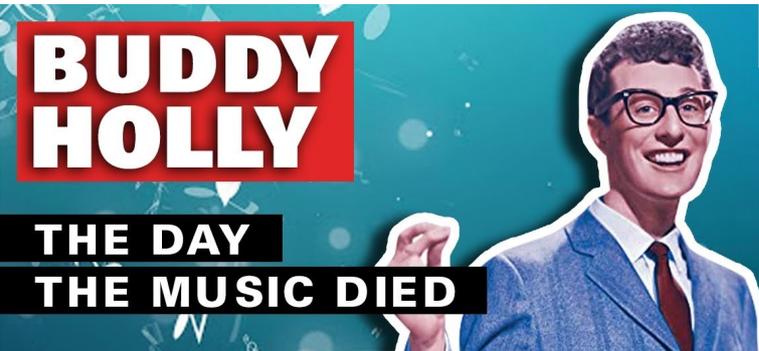


BE WELL: We have "muscle memory" for a variety of physical and emotional experiences. Butler Center for Dance & Fitness Director Vicki Parsons has tips on how to use this tool to better manage stressful situations.

[Stress Muscle Memory](#)

When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses reassembles his old team in a last-ditch effort to survive and uncover his assailants.

[RED Movie Pick of the Week](#)



On February 3, 1959, American rock and roll musicians Buddy Holly, Ritchie Valens, and "The Big Bopper" J. P. Richardson were killed in a plane crash near Clear Lake, Iowa, together with pilot Roger Peterson. The event later became known as "The Day the Music Died."

[The Day the Music Died](#)

MALA BEADS CRAFT

COMING IN SEPTEMBER!

RX CRAFT – PRESCRIPTION FOR FUN – MALA BEADS FOR MEDITATION

Please call to register for the Craft Kit Available Monday, August 31. We can mail it or deliver it to you, or we can make arrangements for you to come to the Senior Centers and pick it up.

What Are Mala Beads?

Mala beads hold a lot of mystery. They're made in a range of different colors and materials, and while they're used for generally the same reason, they mean something slightly different to all who wear them. If you're curious how you might be able to use a mala, you've come to the right place.

What is a mala?

A mala is a string of 108 beads with one bead as the *summit* or head bead called a "guru" bead. Malas are used as a tool to help the mind focus on meditation, or count mantras in sets of 108 repetitions.

A **mantra** is any word, phrase, or sound that helps to keep your mind focused.

Practicing **mantras** throughout life can be helpful to keep you focused, but they become especially helpful during your yoga and meditation practices

Why use a mala?

Meditation is tricky! It can be challenging to sit still and quiet your mind for a period of time. The mala provides a much-needed anchor in these situations. It also allows the user to keep easy count during mantra repetitions.

MEDITATION ZOOM SESSIONS USING YOUR MALA BEADS COMING SOON



SPORTS

QUICK QUESTION

presented by
Apartments.com

PITCH TYPES



Can you tell the difference between a curveball and a slider? What about a fastball and a changeup? You might not realize it, but small discrepancies in finger placement are the difference between a 100 mile-per-hour fastball and a 65-mile-per-hour knuckleball. On this episode of Quick Question (pres. by Apartments.com), we dive in on the evolution of pitch types, from the genesis of the fastball, to the innovation of breaking pitches like the curveball, changeup and slider. We also analyze everyone's favorite pitch: The Knuckler. We examine some of the best pitchers who varied their pitch types, like Red Sox legend Pedro Martínez and Mariners great/current Braves pitcher Félix Hernández.

[Quick Question: Pitches](#)



Which team should make a play for Safety Earl Thomas?

[Where will Earl Thomas Land?](#)

DOVER FULL HIGHLIGHTS



Get the full rundown from Sunday's Drydene 311 at Dover International Raceway as several good cars are caught up in an early accident at Dover and Jimmie Johnson continues to fight for a spot in the 2020 NASCAR Cup Series Playoffs.

[Full Highlights from Dover NASCAR](#)



LUKA MAKES PLAYOFFS HISTORY WITH 40+ PT TRIPLE-DOUBLE



Luka Dončić goes off for 43 PTS, 17 REB, 13 AST and buries the incredible game-winner to lift the Mavericks in OT and tie the series 2-2! Luka Dončić is the first player in NBA Playoff's history to record 43 PTS, 17 REB, 13 AST or better in a game. He also joins Oscar Robertson and Charles Barkley as the only players in postseason history to tally 40p/15r/10a.

[Luka Dončić Makes History](#)

LEGACY JOURNAL

Legacy Journal



1. Full birth name & birthdate.
2. Where were you born?
3. Siblings names.
4. Describe a favorite childhood memory.
5. What did you like to do as a child?
6. What were your parents names?
7. What were your parents like?
8. How are you most like your dad?
9. How are you most like your mom?
10. How did you meet your spouse?
11. What was your first impression of her/him?
12. What were your first dates like?
13. Tell us your proposal story.
14. How did you know he/she was the one?
15. Describe your wedding day.
16. What was life like as a young married couple? (struggles, fun things?)
17. Describe your college/young career life.
18. Describe the places you've lived.
19. Children's names and birthdates.
20. Tell us about each of your children.
21. What is one of your fondest memories as a young family?
22. What are you most proud of as you reflect on your life?
23. Do you have an unfulfilled dream?
24. How would you describe yourself?
25. Did you have any mentors over the years?
26. Please write a message to your grandchildren about life and love . . .and anything else.

We'd love for you to answer these questions for us! Just type it up in an email and send it to us so we can learn more about you and share your story with others in future newsletters. We can always keep it anonymous when sharing if you would like. This is a fun way to look back on treasured memories, give prominent advice to others, and brag about great times you have had in this wonderful life! Send it to southaustinsenioractivitycenter@austintexas.gov



THE BEATLES

The history behind Liverpool's most famous sons The Beatles is quite something. From their first encounters, tours of the world and subsequent break-up; click the link to delve in to a brief account of the world's most famous band.

[History of The Beatles](#)



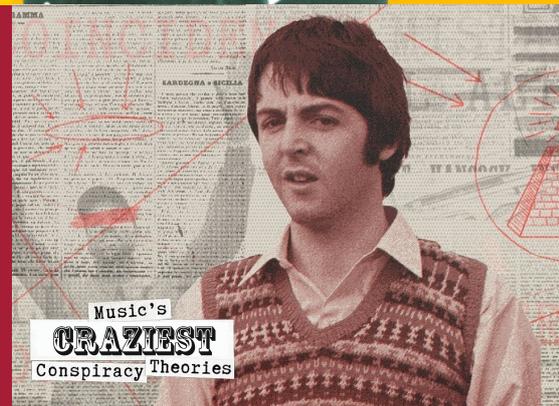
In this video, we take a deep dive into the writing, recording, and perpetual popularity of "Here Comes the Sun." This short film features original research and new insights, an exclusive interview with Beatles insider Eddie Veale, and a peek at the individual layers of the recorded work. George Harrison's "Here Comes the Sun" is considered one of the finest examples of his Beatles-era songwriting.

[Here Comes the Sun Story](#)



Fifty years ago, a Detroit DJ accidentally started the biggest hoax in rock & roll history: the "Paul is dead" craze. It blew up on October 12, 1969, when Russ Gibb was hosting his show on WKNR. A mysterious caller told him to put on the Beatles' White Album and spin the "number nine, number nine" intro from "Revolution 9" backwards. When Gibb tried it on the air, he heard the words, "Turn me on, dead man." The clues kept coming. At the end of "Strawberry Fields Forever," John says, "I buried Paul." What could it all mean?

[Is Paul McCartney Dead?](#)



By our calculations, the Beatles recorded 227 songs that were officially released over the years, not including BBC or live tracks. Still, things get a little complicated in our list of All 227 Beatles Songs Ranked Worst to Best. We should also note it was way more difficult putting together the bottom half of this list than it was the top part. With so many great songs in their catalog, uncovering "lesser" Beatles tracks is no simple task, even when they seemed to make it easy once in a while.

[All The Beatles Songs Ranked](#)



The Beatles' January 30, 1969 rooftop gig is unforgettable. But what led up to it is a story on its own. In this two-part series, we're exploring why and how they ended up on the roof, as opposed to anywhere else. This video, Part 1, details what the band was up to after the release of the White Album. Late 1968 live concerts by The Beatles were - unbelievably - partially planned and publicly discussed. The shows never happened, but - as explained here - they were the foundation for the Get Back sessions and rooftop concert. Make sure to click on Part 2!

[The Beatles and the Rooftop Gig](#)



VIRTUAL FUN



VIRTUAL FIELD TRIPS

Nature is the fantastic factory that makes the building blocks of all our lives—food, drinking water, the stuff we own, and the air we breathe. That’s why The Nature Conservancy and its 550 scientists have created Nature Lab: to help students learn the science behind how nature works for us and how we can help keep it running strong.

[The Nature Conservancy](#)

‘Great Lakes Now’ brings along viewers on a virtual field trip to learn more about the importance of **coastal wetlands**, the danger of **algal blooms** and a deep dive into **Lake Sturgeon**.

[Great Lakes Virtual Field Trip](#)

‘Birthplaces of Music: A Virtual Field Trip’ is a fully interactive, virtual field trip through the world of music history. During this trip, you will visit the birthplaces of four of the most popular genres of music in the world today: classical, jazz, rock ‘n’ roll, and country. The birthplaces of these great forms of music are Vienna, Austria; New Orleans, Louisiana; Cleveland, Ohio; and Bristol, Tennessee-Virginia respectively. In short, this virtual field trip will provide you with a deeper understanding of the history of each form of music, its particular artists, and its specific sound. In the end, you will be able to see how each physical location played a part in shaping and forming its own special sound and culture in the world of music.

[Birthplace of Music](#)



JUDY GARLAND



Judy Garland's stiff competition for the role of Dorothy in "The Wizard of Oz" was strong, but she has become synonymous with her role in the 1939 MGM Musical. Click below to read how the iconic role almost went to a well-known multi-talented child star.

[Dorothy almost wasn't Dorothy](#)



Judy Garland signed a movie contract with MGM at the age of 13. In 1939, she scored one of her greatest on-screen successes with *The Wizard of Oz*. In 1950, MGM dropped her from her contract. In the 1960s, Judy Garland spent more time as a singer than an actress. Click below to read Judy Garland's full biography.

[Garland Biography](#)



There was no orchestra, no microphones ... just a piano ... and the two ladies filled the Rehearsal Hall with such vocals and emotion it was staggering and brought on waves of chills. Together, as they build in volume and emotion to the finale, the two deliver a masterful and unselfish one-of-a-kind performance that would have shattered windows.

[Garland and Streisand](#)



The Judy Garland Museum, home of the world's largest Judy Garland and Wizard of Oz collection, the restored Historic House, the Children's Discovery Museum, and beautiful gardens. You are in for a real treat with exhibits, artifacts, Museum Store, and the Lincoln Carriage, featured in "The Wizard of Oz", which was pulled by the "horse of a different color." Come, enjoy, and step back in time. After all "there is no place like home."

[Judy Garland Museum](#)



Winter 1968 and showbiz legend Judy Garland arrives in Swinging London to perform a five-week sold-out run at The Talk of the Town. It is 30 years since she shot to global stardom in *The Wizard of Oz*, but if her voice has weakened, its dramatic intensity has only grown. As she prepares for the show, battles with management, charms musicians and reminisces with friends and adoring fans, her wit and warmth shine through. Even her dreams of love seem undimmed as she embarks on a whirlwind romance with Mickey Deans, her soon-to-be fifth husband. Featuring some of her best-known songs, the film celebrates the voice, the capacity for love, and the sheer pizzazz of "the world's greatest entertainer."

[Judy Movie IMDb](#)

EXERCISE

Join us in watching Patti Gagne's Stretch and Strength videos! She's put together a handful of videos for us to all be able to watch at home and follow along with the exercises. We hope you enjoy them as much as we do!

[Hand and Finger Exercise](#)



STRETCH
STRENGTHEN

Patti Gagne

virtual



ZUMBA

gold

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! Here is her email and Facebook links.

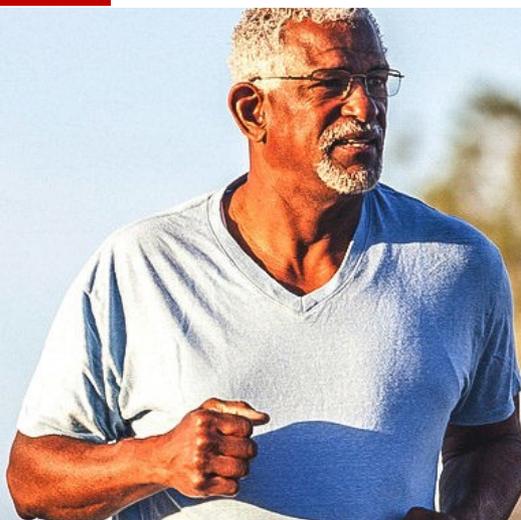
[Facebook Group](#)

jacqueline.cotrell47@gmail.com

Kade's style of teaching, developed over the last several years, combines individual attention and group focus. His easy going manner and love of teaching give students confidence and faith in his abilities. He brings together his ability to tailor instruction to each individual and his ability to communicate the subtleties of an ancient art to modern students to make T'ai Chi accessible to those who train with him.



[Kade Green Channel](#)



RESOURCES



Integral Care

[Integral Care](#)

Integral Care is offering anyone Covid-19 related counseling through Integral Care. Clients can call the main crisis number @ 512-472-(HELP) 4357, and request to speak to a someone who can help them manage anxiety or depression related to the COVID-19 pandemic. Currently this service is set to be available for the next 60 days

In partnership with Meal on Wheels and More, PARD senior activity centers and 3 recreation centers are distributing meals for curbside or parking lot pick up. Each registered participant was given 10 shelf stable meals to take to their home. Although the pick ups listed already occurred, we encourage you to check back for future distribution dates.



[Congregate Meal Update](#)

COVID-19 INFORMATION



Austin-Travis County information for online enrollment for Free COVID-19 Testing .

[Free COVID-19 Testing Enrollment](#)

Due to COVID-19, we are not currently offering in-person tax preparation, but we still want to help! Foundation Communities has teamed up with GetYourRefund.org to help you file your taxes online with the help of our IRS-certified tax preparers from April 8 to May 8, 2020.

FOUNDATION
COMMUNITIES

[Austin Tax Help](#)

Austin Emergency Financial Assistance Program

In these trying times, it's known one may need a little help so the City of Austin is doing it's part. Click below to be welcomed to the City of Austin Utility Bill Relief application process! A simple process can take a little strain off these days.

[Austin Bill Help](#)

Attached is a vote by mail application. Be sure to check "Annual Application" in Box 6a to assure you also automatically receive a ballot in October to vote by mail for the Presidential election.



[Vote by Mail](#)

EMERGENCY
FOOD
PROGRAM

<https://goodapplefoods.com/covid-19>

<https://favordelivery.com/seniors>

<http://connectatx.org>

<https://sustainablefoodcenter.org/latest/blog/food-access-resources-in-central-texas-during-covid-19>

FREE IN-HOME COVID-19 TESTING AVAILABLE

Austin Public Health is providing testing for those who are unable to leave their home to visit a test site. To schedule a home test, call 512-972-5560.

Testing is free. You will not be asked about your immigration status.

How do I make an appointment?

- Call the Austin Public Health nurse hotline at 512-972-5560. Press 1 for English, 2 for Spanish, 3 for Vietnamese and other languages.
- Hotline hours: Monday- Friday 8 a.m. - 6 p.m. and Saturday 9 a.m. -1 p.m.
- Patient information is confidential. You will not be asked immigration status.

Who should get in- home testing?

- Anyone with mobility issues, underlying health issues, or those without transportation in the Austin-Travis County area

Why should I get tested at home?

- If you are feeling too sick or weak to leave the house
- If you need to limit your exposure to others who may be sick
- If you are unable to get to a test site

Who will come to provide the test?

- An Austin Public Health clinical staff person will come to your home at an agreed date and window of time to perform the test

What should I do until I get my test results?

- We advise that you stay home, except to seek medical care. This helps stop the potential spread of COVID-19 and protects your health.
- Keep yourself away from other household members as much as possible. Keep all shared clean and disinfected.
- Wear a face covering if you must go anywhere outside your home.

Appointments are currently limited. More appointments will become available as the program grows.

PRUEBAS DE COVID-19 A DOMICILIO GRATIS

El Departamento de Salud Pública de Austin está ofreciendo pruebas para las personas que no pueden salir de sus casas para visitar un centro de pruebas. Para programar una prueba a domicilio, llame al 512-972-5560. La prueba es gratis. No se le preguntará sobre su situación migratoria.

¿Cómo hago una cita?

- Llame a la línea de enfermería de Salud Pública de Austin al 512-972-5560. Oprima el 1 para inglés, el 2 para español, el 3 para vietnamita y otros idiomas.
- Horario de la línea directa: lunes a viernes de 8 a.m. a 6 p.m. y sábados de 9 a.m. a 1 p.m.
- La información del paciente es confidencial. No se le preguntará sobre su situación migratoria.

¿Quién debe realizarse una prueba a domicilio?

- Cualquiera con problemas de movilidad, problemas de salud subyacentes o aquellos que no tienen transporte en el área de Austin - Condado de Travis

¿Por qué debe pedir hacerse la prueba a domicilio?

- Si se siente muy enfermo o débil para salir de su casa
- Si necesita limitar su exposición a otros que pudieran estar enfermos
- Si no puede ir a un centro de pruebas

¿Quién vendrá a realizar la prueba?

- Un empleado del personal clínico de Salud Pública de Austin irá a su casa en la fecha y rango de hora acordados para realizar la prueba

¿Qué debo hacer hasta que reciba los resultados de mi prueba?

- Le recomendamos que se quede en casa, excepto para buscar atención médica. Esto ayuda a detener la posible propagación de COVID-19 y protege su salud.
- Manténgase alejado lo más posible de otros miembros de su hogar. Mantenga limpio y desinfectado todo lo que compartan.
- Use una cubierta para la cara si tiene que salir de su casa.

En estos momentos las citas son limitadas. Habrá más citas disponibles a medida que crezca el programa.