



50+ Programs NEWSLETTER

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



We all have our own pandemic stories: sitting in Zoom meetings, staying at home if able, collecting an array of masks, and being deprived of human connection that doesn't require screens. These stories of shared experiences are what connect us. ZACH is full of storytellers hoping to ignite joy among our audiences, cultivate empathy among us, and illustrate stories that are different than our own. Austin isn't Austin without ZACH because we tell the stories of our community that connect us. ZACH isn't ZACH without you because your support enables those stories to become conversations and moments of impact. Discover the impact of our vision from a few of ZACH's storytellers:

ZACH Storytellers



Fix-It At Home! is an online repair workshop series, a part of Fix-It Austin, that will teach Austinites how to repair household items and learn other useful skills from the comfort of their own home. Classes will be hosted throughout the summer and will range from learning how to sew by hand (or by machine), to repairing a bike or household appliance. All classes are interactive and taught by a local instructor.

Fix-It At Home

HELLO!

Yes, that's me..... in a hole.... in the picture down below with 2 great friends, Macke and Fro. The picture is old, but it's something I've done every summer pre-Covid for going on 8 years. The story behind the picture is long, but the synopsis is simple; care for others, Love each other, and lift each other up. It's something that the staff of 50+ Programming has loved doing with our dear friends and participants for a long time now. You've heard it time and time again and it goes without saying; we love and miss you all very much and cannot wait to open our doors and see your smiling faces again. As we find ways to continue to bring you the best possible programming virtually please keep in contact with your family and friends as well. We've greatly learned that any type of support is great support and lifts spirits high! A simple phone call goes a tremendous way or even mail a letter! May we continue in the *Peaceful Easy Feeling*,

*" 'Cause I got a peaceful easy feeling.
And I know you won't let me down
'Cause I'm already standing on the
ground. " - The Eagles*

- Justin Perez (SASAC)



SPORTS



Are you excited for football season to begin?! So are we! Sports is sports and being able to root on your favorite teams in any capacity helps bring some normalcy back during this pandemic. In this 2020 season preview we break down the biggest playmakers, hottest matchups, and recap the craziest offseason storylines. **Click the picture above** to get all the information you need to know before the NFL season starts this week!



Each Wednesday this football season, the Horns247 staff will answer the Question of the Week. With the Longhorns first game of the year right around the corner, this week's topic takes a look at some of the toughest challenges Texas will face on the schedule during the 2020 season. **Click the picture above to read the full interview!**



In this crazy 2020 season, we've already passed the halfway point. This September, we're going to see insane postseason races, along with unprecedented seasons completed by players (.400 batting average anyone?). This episode of Top 9 breaks down everything you need to know for September in MLB! Watch as Fernando Tatis Jr. and the Padres, along with Mookie Betts and the Dodgers and so many others try to secure their Postseason spots! **To watch the video click the picture above!**

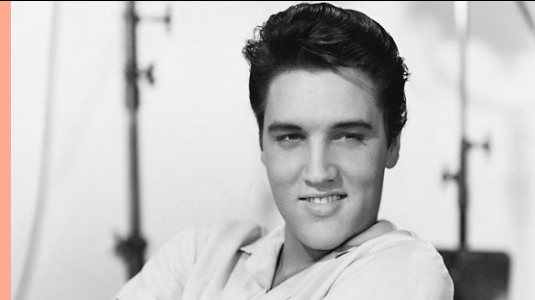


From a guy who got little to know interest from NBA teams to getting drafted 2nd overall to now winning Rookie of the Year, Morant is a future superstar. **Click the picture above to watch** Ja Morant's 2019-20 NBA Kia Rookie of the Year Mixtape Video!

ELVIS PRESLEY

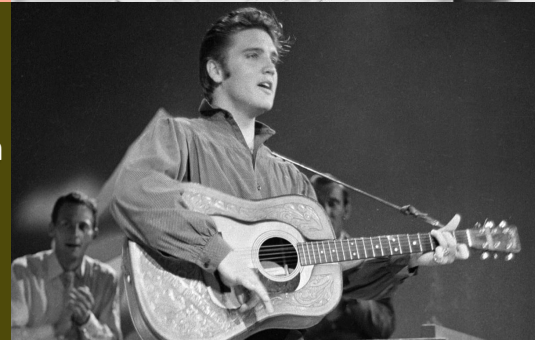
Elvis Presley came from very humble beginnings and grew up to become one of the biggest names in rock 'n' roll. By the mid-1950s, he appeared on the radio, television and the silver screen. On August 16, 1977, at age 42, he died of heart failure, which was related to his drug addiction. Since his death, Presley has remained one of the world's most popular music icons.

[Elvis Presley Biography](#)



The King of Rock and Roll teams up with TV's reigning variety program, as Elvis Presley appears on "The Ed Sullivan Show" for the first time on September 9, 1956. After earning big ratings for "The Steve Allen Show," the Dorsey Brothers "Stage Show" and "The Milton Berle Show," Sullivan finally reneged on his Presley ban, signing the controversial singing star to an unprecedented \$50,000 contract for three appearances.

[The Ed Sullivan Show](#)



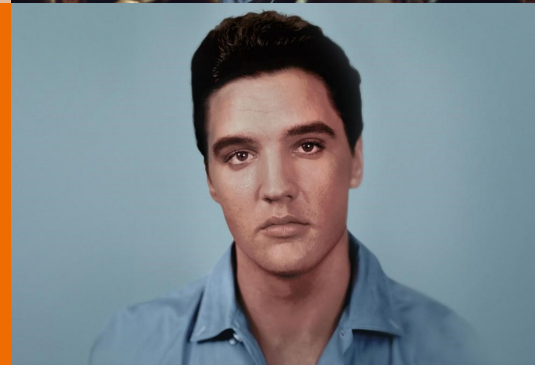
To narrow Presley's recorded legacy to a simple 40 recordings is quite the impossible task. Some prefer the era of the early Elvis, while some enjoy the '60s sounds after his discharge. And, to an extent his later catalog doesn't get the respect it deserves -- he turned in covers of "My Way" and "Goodtime Charlie's Got The Blues" that, at the very least, equaled the original -- with all due respect to the "Chairman of the Board." So, here are 40 Elvis Presley songs that can fit on any playlist, any time.

[Elvis' Top 40 Best Songs](#)



Elvis Presley's devilishly handsome looks, iconic voice, contagious moves, and addictive personality set the tone for a brand new era of entertainment. He could serenade with a ballad, belt out a country tune, mesmerize with a gospel song, and make you move like never before with a dance number. Everyone remembers the Las Vegas Elvis for his karate-inspired white jumpsuit, but don't let that define the King; Elvis Presley had an unprecedented cultural impact on America.

[The King Who Changed America](#)



Elvis Presley movies, ranked best to worst with movie trailers when available. Elvis Presley's highest-grossing movies have received a lot of accolades over the years, earning millions upon millions around the world. The order of this list is decided by how many votes each film receives, only the most highly rated Elvis Presley movies will be at the top of the list. People often debate each other over what the greatest Elvis movie of all time is, so if you and a friend are arguing about this, use this list to end the squabble once and for all.

[Best Elvis Presley Movies](#)



ENTERTAINMENT & OPPORTUNITY

RED HOT & SOUL IN THE HOUSE SEPTEMBER 26, 2020

Join ZACH favorite J. Robert Moore and The Carpenter Hotel for a virtual night of cocktails, songs, conversation, and everything Mid Mod! Sean Hoard, The Beverage Director for the Mighty Union and Grace Gates, the Food & Beverage Director of the Carpenter Hotel will be leading this interactive class where participants will learn to make a few of their classic cocktails: The Gibson, Oaxacan Old Fashioned, and Grae Interrupted. Participants will learn the techniques of shaking, stirring and building cocktails.

[Drinks and Drama](#)

We're so excited to welcome you back for the 45th annual Paramount Classic Film Series presented by CapMetro starting this Friday, September 11th. When you're ready, we're ready with strong health initiatives in place that allow us to safely and responsibly open our doors for both patrons and staff.

[Summer Classic Film Series](#)

Paramount Summer Classic Film Series



Turn your home into a custom nail salon! With just a bobby pin and a few colors, you can follow along with Ballet Austin Academy Registrar Emily McLaughlin and make gorgeous nail art at home.

[BE WELL: Creative Nail Art](#)

Try out this delicious summer salad recipe from Ballet Austin Academy Curriculum Director Jen Hart! Arugula, peaches, and shaved fennel come together to make the perfect late summer dish. You are sure to enjoy it and please feel free to share the recipe with your friends and family!

[EAT WELL: Jen Hart Summer Fruit Salad](#)



ENTERTAINMENT & OPPORTUNITY

MENTAL FLOSS



The British monarchy is transforming Sandringham Estate into a drive-in movie theater. Queen Elizabeth II inherited the Norfolk country home from her father, King George VI and she usually spends the holidays there. Though attendees probably won't see the queen herself — she's been staying at the Windsor Castle throughout the pandemic—watching a movie on royal turf will still be an unforgettable experience.

[**Sandringham Estate Theatre**](#)



Lionel Essrog is a lonely private detective who doesn't let Tourette's syndrome stand in the way of his job. Gifted with a few clues and an obsessive mind, Lionel sets out to solve the murder of Frank Minna -- his mentor and only friend. Scouring the jazz clubs and slums of Brooklyn and Harlem, Essrog soon uncovers a web of secrets while contending with thugs, corruption and the most dangerous man in the city.

[**Motherless Brooklyn Trailer**](#)

Certain table manners don't really need an explanation. Chewing with your mouth closed saves others from catching a glimpse of your half-masticated entrée, and placing a napkin in your lap saves your pants from collecting rogue crumbs. But eating with your elbows on the table seems to be both convenient and comfortable. So why is it so frowned upon?

[**Why is elbows on table rude?**](#)

MENTAL FLOSS



October Book Club; ***WHEN THE MEN WERE GONE***
BY MARJORIE HERRERA LEWIS.

The book is based on the true story of Tylene Willson, a women from Texas in the 1940's who, in spite of extreme opposition, become a female football coach to keep her students from beading off to war.

Call (512) 978-2400 to register.



MOTHERLESS BROOKLYN

ENTERTAINMENT & OPPORTUNITY

CALICO JACK

THE WORST PIRATE



Calico Jack was one of the most unique pirates that ever sailed on the Caribbean during the height of the Golden Age of Piracy. He was not a great fighter, and he never managed to grab incredible wealth, but modern public remembers him more than many other true pirate legends.

[The Worst Pirate](#)

Here is our upcoming Card Making Class Schedule! If you would like to take part in any of these dates please contact us at 512.978.2400 or email us at southaustinsenioractivitycenter@austintexas.gov

- Oct 9: Two Halloween Cards
- Nov 13: Two Christmas Cards
- Dec 11: Christmas Gift Tags
- Jan 8: 2 Valentine's Cards

CARDMAKING & PAPERCRAFT

Class

W/ MELISSA

Enchanted with organizing since her childhood, Marie Kondo began her tidying consultant business as a 19-year-old university student in Tokyo. Today, Marie is a renowned tidying expert helping people around the world to transform their cluttered homes into spaces of serenity and inspiration. Enjoy small segments of Netflix's KonMari on YouTube!

[KonMari on Youtube](#)

The world is a crazy place. Even the most ordinary, boring, everyday stuff can turn out to have a weird backstory—or do something you had no idea it could. For example, did you know that worms eat four to six times their weight each day? Or that trained pigeons can tell the difference between Claude Monet and Pablo Picasso? Who knew? Click below for more crazy facts!

[Mind Blowing Facts](#)

BESTLIFE



VIRTUAL FUN



Virtual Field Trips

We're Taking You On A Virtual Nature Break To The Most Gorgeous Spots In And Around Austin. While our prior parks post contains lots of educational experiences for the kiddos, these nature videos provide a bit more relaxation elements for everyone. And who doesn't need a little stress reliever these days? Here are a few virtual nature experiences from in and around Austin.



Gorgeous Spots in and Around Austin



In the spring of 1957, when Elvis Presley was 22, he purchased the home and grounds for just over \$100,000. The previous year had been a whirlwind - it was Elvis' first year of super-stardom including historic network television appearances, record-breaking live performances and armloads of gold record awards. At the time he bought Graceland, Elvis was working on his second motion picture, "Loving You," with "Jailhouse Rock" to follow, just the beginning of a long film career for Elvis Presley.

Graceland

From Coldplay to New York City's Metropolitan Opera, the best music in the world is only a click away. The show must go on — with or without a live audience. As the coronavirus crisis continues to unfold, many of us are adjusting to a new norm — working from home, keeping away from loved ones, and avoiding restaurants, bars, movie theaters, and gyms. Many cities have also halted events prone to hosting large crowds: parades, sports games, and concerts all dropped off the calendar. Click the link to find music live that you can view online!

TRAVEL+
LEISURE

Live Stream Music to Your Living Room



EXERCISE

Workout With Leti



Head on over to the Austin Parks and Recreation YouTube and let Leti from the North Lamar Senior Activity Center coach you through some of her exercise routines in Spanish!

[Workout w/ Leti in Espanol](#)

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.

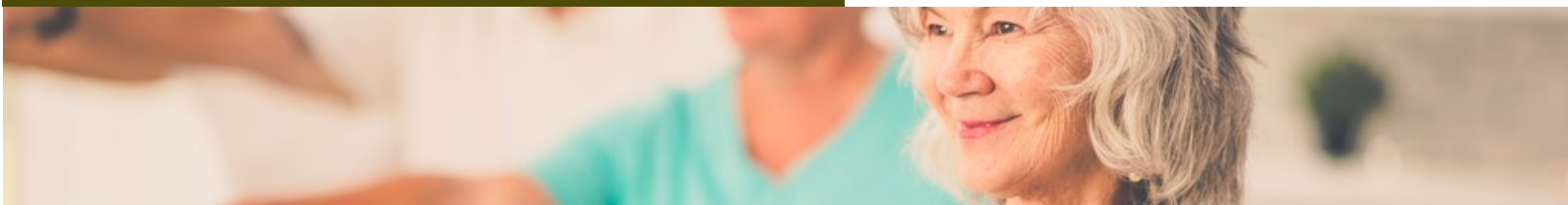
[Facebook Group](#)

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 (subject to extension of-course).

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.



MEALS on WHEELS

[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>