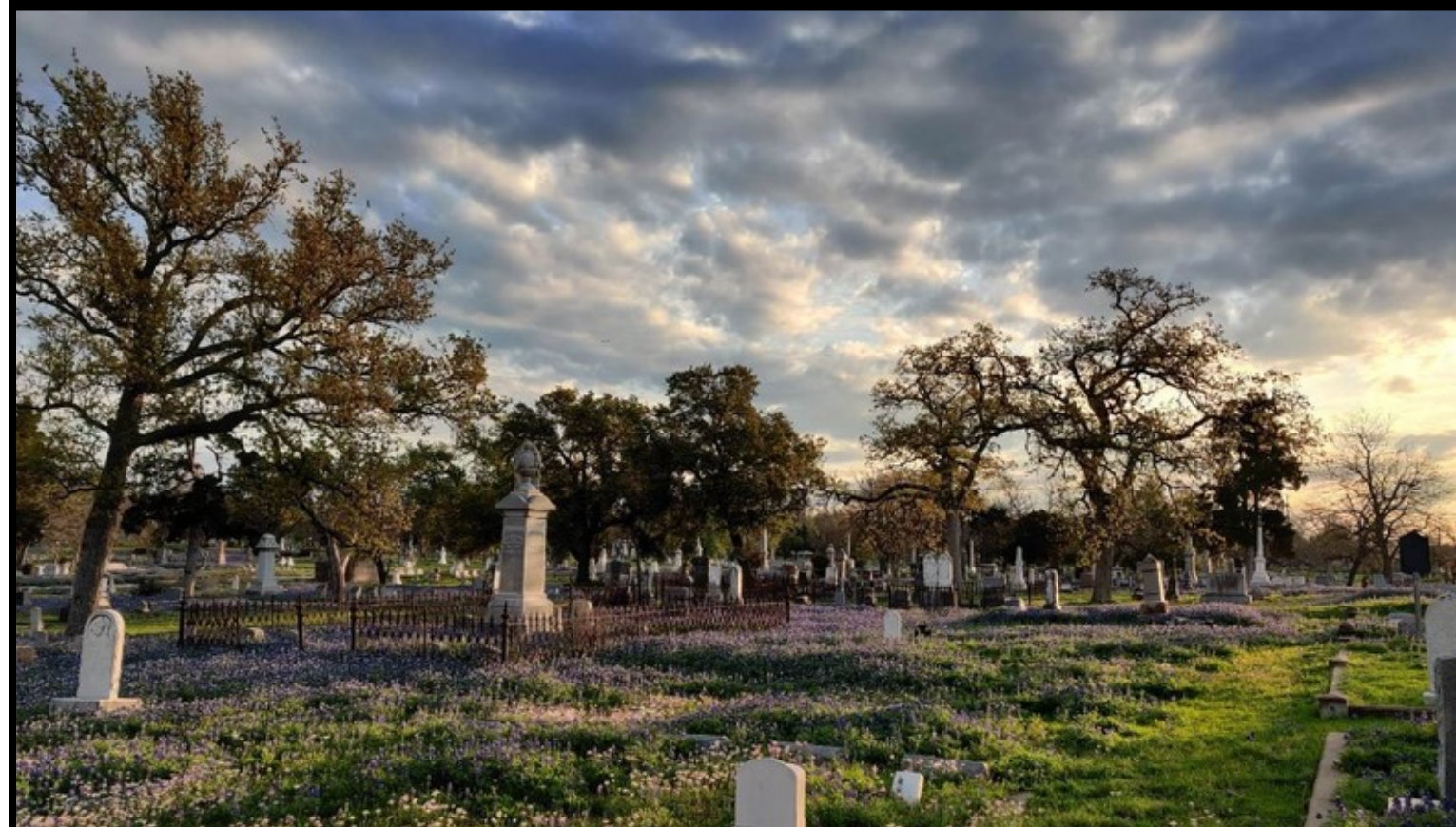


2024

OCTOBER

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704

512.978.2400

www.austintexas.gov/department/south-austin-senior-activity-center

Austin Parks and Recreation Department - Seniors

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

Tuesday 8:00am-9:00pm

Wednesday 8:00am-10:00pm



austintexas.gov/varsitygeneration

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.

SOUTH AUSTIN SENIOR ACTIVITY CENTER

The South Austin Senior Activity Center (SASAC) functions as a special use resource facility for persons 50 years of age and older. The 12,311-square-foot facility is nestled among numerous large oak and cedar trees on 4.61 acres of parkland. An attractive and colorful community flower garden, located just off the back porch, is a wonderful setting for conversations and outdoor games. Facilities include rooms for ceramics, billiards, exercise, meetings, arts and crafts, cooking and other multipurpose programs.

The SASAC is a \$2.1 million project approved by voters in the 1992 bond election built on land donated to the City of Austin. The project was completed in 1995 and named after the vibrant and active community in which it is located.

Stop by and let the friendly **SASAC** staff and volunteers show you around. **Hope to see you soon!**



Hours of Operation
Monday/Thursday/Friday
8am-5pm
Tuesday
8am-9pm
Wednesday
8am - 10pm



To better serve you please visit the front desk to complete a 2024 Austin Parks and Recreation Department Waiver and ensure your information is current.

Austin Parks And Recreation Department Refund Policy
The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks And Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$35 processing charge will be refunded. A medical verification may be required. Please allow 4 - 6 weeks for refunds to be processed and mailed - no cash refunds will be given. If the refund amount is less than \$35 , no refund will be issued but you may receive a class credit form to be used within 90 days.

2024 EVENING HOURS

SASAC will be open Tuesdays until 9pm and Wednesdays until 10pm

Waterloo Square Dance
Tuesdays
6:45-8:45pm
Square-dance the night away to a live caller!

Wednesday Night Dance Club
7pm – 9:30pm

October 2nd
Bob Appel And Jake Penrod 5-Piece Band

October 9th
The Nash Hernandez Orchestra Septet For A Timeless Memories Dance

October 16th
The Johnathans

October 23rd
3 Chord Rodeo

October 30th
Monte Good And Jukebox Deluxe For Our Annual Halloween Party

\$5 CASH COVER AT THE DOOR

REGISTRATION INFORMATION

WALK-IN Monday through Friday from 8am to 5pm

You may walk into South Austin Senior Activity Center to register in person by completing a registration form and giving it to a SASAC staff member to date, time and process. You must be in the current RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.

CALL 512.978.2400

You may call South Austin Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.

ONLINE via the City of Austin Website

(user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at:

<https://www.austintexas.gov/department/online-registration>

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UPCOMING EVENTS

Afternoon With Lynnette

Registration: October 10th - October 21st

Class: October 21st
1:30 - 2:30pm

Come have some fun!

Humana PPO Information Seminar

Registration: October 2nd - October 23rd

Presentation: October 25th
9:30 - 10:30am

Pauline from Humana. It is essential to stay up to date on any changes in health insurance policies that may affect your coverage.

Pumpkin Decorating

Registration: October 2nd - October 25th

Class: October 29th
9:30 - 10:30am

Embellish with paint, stickers, beads, buttons, markers, and some glitter.

Halloween Costume Contest

Registration: October 2nd - October 31st

Presentation: October 31st
Starts at 11:45am



You're never too old to enjoy the fun of dressing up. I can't wait to see the costumes you come up with!

You can sign up for classes/events at front desk during registration periods

HEALTH & WELLNESS

SENIORSIZE

A low-impact aerobic exercise program developed especially for senior adults. Seniorsize is a great way to stay active and get back in shape.

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 10:30 - 11a |
| FEE N/A | ACTIVITY # 256505 |

Instructor: Kade Green

SENIOR HEALTH AND FITNESS

Total body cardiovascular workout taught in a FUN class format. Four sets of activities. (15 minutes each)

| | |
|--------------------------|-----------------------------|
| DAY TUE & THUR | TIME 8:30 - 9:30a |
| FEE N/A | ACTIVITY # 256506 |



Instructed by video tape

Water Aerobics

The performance of aerobic exercise's in a pool. It focuses on aerobic endurance, resistance training and creating an enjoyable atmosphere. Sign up on our **lottery** list for a chance to have fun in the sun

| | |
|--------------------|----------------------------|
| DAY TUES | TIME 10:45 - 12p |
| FEE N/A | ACTIVITY # N/A |

Coming Back Summer 2025



HEALTH & WELLNESS

T'AI CHI

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.

All levels welcome in this class and must make a 6 week commitment.

NEXT SESSIONS for all T'ai Chi begin

October 29th, 2024

10 - 11a

| 6 Sessions Tuesdays OR Thursdays only | |
|--|------|
| RESIDENT | \$30 |
| NON-RESIDENT | \$36 |
| ACTIVITY # N/A | |

| DROP IN SINGLE CLASS | |
|-------------------------|-----|
| RESIDENT | \$5 |
| NON-RESIDENT | \$6 |
| ACTIVITY # N/A | |

| 12 Sessions Tuesdays & Thursdays only | |
|--|------|
| RESIDENT | \$50 |
| NON-RESIDENT | \$62 |
| ACTIVITY # N/A | |

LINE DANCE

| | |
|-------------------|-----------------------------|
| DAY MON | TIME 1 - 2p |
| FEE N/A | ACTIVITY # 256501 |

Beginner Class

For starters, learn basic steps & easy dances.

| | |
|--------------------|-----------------------------|
| DAY THUR | TIME 1 - 2p |
| FEE N/A | ACTIVITY # 256503 |

Improver Class

Learn more skills for a variety of dances.

High Beginner Class

Next step for beginners.

| | |
|-------------------|-----------------------------|
| DAY MON | TIME 2:30 - 3:30p |
| FEE N/A | ACTIVITY # 256509 |



Intermediate Class

For experienced dancers. Need higher level skills.

| | |
|--------------------|-----------------------------|
| DAY THUR | TIME 2 - 3p |
| FEE N/A | ACTIVITY # 256502 |

HEALTH & WELLNESS

STRETCH & STRENGTH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands. All levels are welcomed and fun is guaranteed.

| | |
|-------------------|-----------------------------|
| DAY FRI | TIME 2 - 3p |
| FEE N/A | ACTIVITY # 256521 |



Instructor: Patti Gagne

ZUMBA

An interval-style dance fitness party that combines low-intensity and high-intensity moves

Instructor: Joe Rivera



| | |
|-------------------|-----------------------------|
| DAY MON | TIME 10 - 11a |
| FEE N/A | ACTIVITY # 256507 |

GOLDEN ROLLERS

Come along for some recreation and fun on recumbent bicycles. Everyone will be able to go pedaling on the track at Dittmar. All participants will receive an orientation class and given the opportunity to practice starting, stopping, and turning. It's never too late to ROLL! Come out with us and have some fun.

Starting October 16th



| | |
|-------------------|--------------------------|
| DAY WED | TIME 9 - 10a |
| FEE N/A | ACTIVITY # N/A |

HEALTH & WELLNESS

BALLROOM DANCE

Ballroom dance provides an opportunity to learn and improve the art of ballroom dancing in a lively social setting.

Instructor: Chris Ng
Assistant: Connie Ng



| | |
|-------------------|-----------------------------|
| DAY WED | TIME 1 - 2p |
| FEE N/A | ACTIVITY # 256705 |

Bowling Wednesday

Come Join us for a great time bowling at Westgate Lanes. Pay fees at bowling alley.

Every other Wednesday



| | |
|-------------------|--------------------------|
| DAY WED | TIME 1 - 3p |
| FEE \$7 | ACTIVITY # N/A |

YOGA

Connect the body, breath, and mind. Use physical postures, breathing exercises, and meditation to improve overall health.

Instructed by video tape

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 9 - 10a |
| FEE N/A | ACTIVITY # 256524 |



RECREATION & GAMES

Mexican Train Dominoes

The object of the game is for a player to play all the tiles from his or her hand onto one or more chains, or trains, emanating from a central hub or "station".

| | |
|-------------------|------------------------------|
| DAY WED | TIME 12:15 - 3:15p |
| FEE N/A | ACTIVITY # 256959 |

Tin Gau

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 1 - 4p |
| FEE N/A | ACTIVITY # 256951 |

classic four player trick-taking game using one set of Chinese dominoes with aim to win last trick in each round.

Traditional Chinese Mahjong

A tile-based game that was developed in the 19 century in China and has spread throughout the world since the early 20th century. It is played by four players.

| | |
|-------------------------|-----------------------------|
| DAY TUE & FRI | TIME 12:30 - 4p |
| FEE N/A | ACTIVITY # 256958 |

Beginners class every 4th Friday of the month from 1pm to 3pm.

Chess Club

| | |
|-----------------------|-----------------------------|
| DAY MON/FRI | TIME 10 - 1p |
| FEE N/A | ACTIVITY # 256957 |

One of the oldest and most popular board games, played by two opponents on a checkered board with specially designed pieces of contrasting colors. New players and all levels welcome!

RECREATION & GAMES

Free Play Bridge

| | |
|---------------------------|-----------------------------|
| DAY MON/WED/FRI | TIME 11 - 1p |
| FEE N/A | ACTIVITY # 256950 |

This classic card game is perfect for players of all ages, and it's a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active.

Double Deck - Pinochle

An Ace-Ten card game typically with four players. Players score points by trick-taking and also by forming combinations of cards into melds.

| | |
|-------------------|-----------------------------|
| DAY TUE | TIME 1 - 4p |
| FEE N/A | ACTIVITY # 256956 |

Bingo

| | |
|----------------------------|-----------------------------|
| DAY TUE | TIME 1 - 3p |
| FEE ¢50 per card | ACTIVITY # 256961 |

A game of chance played with cards having numbered squares corresponding to numbered balls drawn at random and won by covering five such squares in a row.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | 1 Sr. Health & Fitness 8:30 - 9:30 Mosaics 9 - 12 Tai Chi 10 - 11 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45 | 2 Yoga 9 - 10 Ceramics circle 9 - 12 Seniorsize 10:30 - 11 Free play Bridge 11 - 1 Mexican Train 12:15 - 3:15 Ballroom Dance 1 - 2 Painters 1 - 3:30 Tin Gau 1 - 4 Book Club 2 - 3 Wednesday Night Dance 7 - 9:30 | 3 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Improver Line Dance 1-2 Intermediate Line Dance 2 - 3 Senior Tech Pals 1:1 Workshop 2 - 4 | 4 Legacy Memoirs 9 - 10:30 Movie 9 - 11 Chess Play 10 - 1 Free play Bridge 11 - 1 Mahjong 12:30 - 4 Improv Comedy Workshop 12:30 - 2 Stretch and Strength 2 - 3 |
| 7 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Creative writing 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30 | 8 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45 | 9 Yoga No Class Ceramics circle 9 - 12 Seniorsize No Class Free play Bridge 11 - 1 Mexican Train 12:15 - 3:15 Ballroom Dance 1 - 2 Bowling 1 - 3 Painters 1 - 3:30 Tin Gau 1 - 4 Wednesday Night Dance 7 - 9:30 | 10 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3 | 11 Card Making With Melissa 9 - 10 Legacy Memoirs 9 - 10:30 Movie 9 - 11 Chess Play 10 - 1 Free play Bridge 11 - 1 Advisory Board 12 - 1 Mahjong 12:30 - 4 Improv Comedy Workshop 12:30 - 2 Stretch and Strength 2 - 3 |
| 14 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Technology 1 - 3 Creative Writing 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30 | 15 Sr. Health & Fitness 8:30 - 9:30 Mosaics 9 - 12 Tai Chi 10 - 11 Warren Wildlife Gallery 10:45 - 2:30 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45 | 16 Yoga 9 - 10 Golden Rollers 9:45 - 11 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Painters 1-3:30 AARP 1 - 4 Tin Gau 1 - 4 Wednesday Night Dance 7-9:30 | 17 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30 - 9:30 Quilters 9 - 2 NARFE 9:30 - 10:30 Tai Chi 10 - 11 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3 | 18 Legacy Memoirs 9 - 10:30 Movie Cancelled Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Improv Comedy Workshop 12:30 - 2 Stretch & Strength 2 - 3 |
| 21 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Afternoon With Lynnette 1:30 - 2:30 Creative Writing 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30 | 22 Sr. Health & Fitness 8:30 - 9:30 Tanger Outlets San Marcos 9:30 - 1:30 Tai Chi 10 - 11 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45 | 23 Yoga 9 - 10 Golden Rollers 9:45 - 11 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Bowling 1 - 3 Painters 1-3:30 Tin Gau 1 - 4 Wednesday Night Dance 7-9:30 | 24 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3 | 25 Dr Pepper Museum 8:30 - 4 Legacy Memoirs 9 - 10:30 Humana PPO Seminar 9:30 - 10:30 Movie 9 - 11 Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Improv Comedy Workshop 12:30 - 2 Beginning Mahjong 1 - 3 Stretch & Strength 2 - 3 |
| 28 Garden Meeting 9 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Technology 1 - 3 Creative Writing 1:30 - 3:30 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30 | 29 Sr. Health & Fitness 8:30 - 9:30 Pumpkin Decorating 9:30 - 10:30 Little Red Bar Steak House 9:45 - 1:30 Tai Chi 10 - 11 Pinochle 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45 | 30 Yoga 9 - 10 Golden Rollers 9:45 - 11 Ceramics Circle 9-12 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance 1 - 2 Painters 1-3:30 Tin Gau 1 - 4 Wednesday Night Dance 7-9:30 Capitol Of Texas Postcard Club 7 - 9 | 31 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Tai Chi 10-11 Halloween Costume Contest 11:45 Birthday Celebration 12 - 12:30 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3 | Special Events are in BLUE Cancellations are in RED Field trips are in Green |

OCTOBER 2024

ARTS & CRAFTS

Honey Bee Quilters

The Honey Bees invite anyone interested in quilting to join their weekly meetings.

| | |
|--------------------|-----------------------------|
| DAY THUR | TIME 9a - 2p |
| FEE N/A | ACTIVITY # 256400 |

Everyone Paints

Come in and share your creativity with other painters!

| | |
|--------------------|-----------------------------|
| DAY THUR | TIME 8a - 4p |
| FEE N/A | ACTIVITY # 256700 |

Wednesday Painters

If you use pastels, oils, acrylics, etc., bring your supplies and enjoy the fun.

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 1 - 3:30p |
| FEE N/A | ACTIVITY # 256701 |

Mosaics With The Austin Mosaic Guild (AMG)

Bring your mosaic project's and join other mosaic enthusiasts as you work. This is not a class but a gathering of mosaic enthusiasts with varying skill levels. you do not have to be a member of AMG to participate. Please come to share your mosaic creativity and enjoy the camaraderie. Bring your own supplies, tools, substrates, etc. Art paper or plastic sheets for protecting tables would be most welcomed. Remember the last 20 minutes will be used for everyone to pack up and clean up. Drop by and check us out because the possibilities are endless and the results are amazing.

| | |
|--------------------|--------------------------|
| DAY TUES | TIME 9 - 12p |
| FEE N/A | ACTIVITY # N/A |

First And Third Tuesday Of The Month

Ceramics Circle

Bring your ceramic project and join other ceramics enthusiasts as you work.

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 9 - 12a |
| FEE N/A | ACTIVITY # 256702 |

Card Making with Melissa



| | |
|-------------------|-----------------------------|
| DAY FRI | TIME 9 - 10a |
| FEE N/A | ACTIVITY # 256703 |

Creative Writing

Each Monday afternoon a supportive group of creative friends read, discuss, and write poetry, fiction, and creative non-fiction. Join us to discover the stories hiding in your memories.

| | |
|-------------------|-----------------------------|
| DAY MON | TIME 1:30 - 3:30p |
| FEE N/A | ACTIVITY # N/A |

COMMUNITY CLASSES

Technology Forum

Having trouble with your computer, tablet, or smart Phone? Have a general curiosity about current technology? Come to the technology forum and learn how easy it can be. We are here to help you! Please bring your equipment with you for us to assist you.

| | |
|-------------------|-----------------------------|
| DAY MON | TIME 1 - 3p |
| FEE N/A | ACTIVITY # 256402 |

Second And Fourth Monday Of The Month October 14th & October 28th

Book Club

Come join us for great discussions!
First Wednesday of each month

AUSTIN
PUBLIC
LIBRARY

| | |
|-------------------|-----------------------------|
| DAY WED | TIME 2 - 3p |
| FEE N/A | ACTIVITY # 256660 |

Legacy Memoirs Workshop

Every Friday

Your memories can be a priceless gift for family and friends. Discover easy ways to turn your memories and thoughts into your personal memoir. To register sign up at the front desk.

| | |
|-------------------|---------------------------|
| DAY FRI | TIME 9 - 10:30a |
| FEE N/A | ACTIVITY # N/A |

Improve Comedy Workshop



Join us weekly to laugh, create, and connect in a spontaneous and supportive environment.

| | |
|-------------------|---------------------------|
| DAY FRI | TIME 12:30 - 2p |
| FEE N/A | ACTIVITY # N/A |



Senior Tech Pals 1:1 Technology Workshop

This program partners with local tech companies such as Google, Intel, Dell, and IBM, we will have employees who volunteer to teach technology courses in a 1:1 fashion. There will be 8, 30 minutes sessions with a different topic each month.

(must pre-register if interested) No Walk In's.

| | |
|---------------------|-----------------------------|
| DAY THURS | TIME 2 - 4p |
| FEE N/A | ACTIVITY # 256305 |



Join our group on Mondays to help with our seasonal garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

| | |
|-------------------|-----------------------------|
| DAY MON | TIME 9:30a |
| FEE N/A | ACTIVITY # 256407 |

Monday's at 9am

MOVIES

Wolfs

Two rival fixers cross paths when they're both called in to help cover up a prominent New York official's misstep. Over one explosive night, they'll have to set aside their petty grievances and their egos to finish the job.

| DAY | TIME | FEE | ACTIVITY # |
|----------|------|-----|------------|
| FRI 10/4 | 9a | N/A | 256907 |



Galaxy Quest

The alumni cast of a space opera television series have to play their roles as the real thing when an alien race needs their help. However, they also have to defend both Earth and the alien race from a reptilian warlord.

| DAY | TIME | FEE | ACTIVITY # |
|-----------|------|-----|------------|
| FRI 10/11 | 9a | N/A | 256907 |

NO MOVIE

| DAY | TIME | FEE | ACTIVITY # |
|-----------|------|-----|------------|
| FRI 10/18 | 9a | N/A | 256907 |



Shaun Of The Dead

The uneventful, aimless lives of a London electronics salesman and his layabout roommate are disrupted by the zombie apocalypse.

| DAY | TIME | FEE | ACTIVITY # |
|-----------|------|-----|------------|
| FRI 10/25 | 9a | N/A | 256907 |

OPEN PLAY

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is always willing to teach anyone interested in joining them. Everyone is welcome to join this fun social game.

TABLE TENNIS

Table tennis, also known as ping-pong and whiff-whaff, is a racket sport derived from tennis but distinguished by its playing surface being atop a stationary table, rather than the court on which players stand. Paddles and Balls available at the front desk.

LOTERIA

This classic Mexican game has images instead of numbers on the boards. Listen for the caller to sing out a riddle or name of an image and then place a token on your board if you have it. The first player to get 4 tokens in a row and call out "¡Lotería!" wins.

CRIBBAGE

A fifteenth century game. An ordinary card deck and a peg board keeps points scored. The race of pegs around the board is often exciting. Those interested can meet us to enjoy the game Mondays at 9:30am.

CANASTA

a card game resembling rummy, using two packs. It is usually played by two pairs of partners, and the aim is to collect sets (or melds) of cards.

GYM

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.

BILLIARDS

DROP IN AND PLAY SOME GAMES
WITH OTHER PATRONS.

CHECK OUT OUR TWO TABLES. POOL
BALLS AND QUES SUPPLIED BY THE
CENTER.

BRINGING SENIORS TOGETHER
COME ONE, COME ALL!

SPOOKTACULAR



A HALLOWEEN-THEMED EXTRAVAGANZA!
OCTOBER 18, 2024 | 9AM - 11AM

WEAR YOUR YOUR BEST COSTUMES
AND JOIN THE CONTEST!

★ GAMES, PRIZES, SNACKS, COSTUME CONTEST

THE SOUTH AUSTIN SENIOR ACTIVITY CENTER
3911 MENCHACA RD, AUSTIN TX 78748



LUNCH WILL NOT BE PROVIDED

austintexas.gov/varsitygeneration



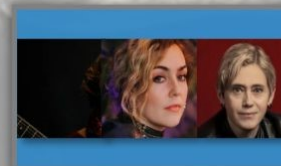
The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.



Austin Acoustical Cafe

Upcoming Shows

2024



**GIBSON, MILANTA
& PRICE**

Songwriters In-the-Round
Open: **Patterson Barrett**

**Saturday
OCT 5**



**JIM & SUSIE
MALCOLM**

Scottish Folk
Open: **Chad Richards**

**Saturday
NOV 9**

**NO SHOW
HOLIDAY BREAK**

**Saturday
DECEMBER**



Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austinacousticalcafe.org

Doors Open at 6:30pm
Music Starts at 7:00pm
Buy Tickets at Website



austintexas.gov/varsitygeneration

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PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Second Friday of each Month

| |
|------------------------|
| DAY FRIDAY |
| TIME 12 - 1p |

SOUTH AUSTIN AARP #2426

Third Wednesday of each month

| |
|-------------------------|
| DAY WEDNESDAY |
| TIME 1 - 4p |

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

| |
|------------------------------|
| DAY THURSDAY |
| TIME 9:30 - 10:30a |

CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

| |
|--------------------------|
| DAY WEDNESDAY |
| TIME 7 - 9:30p |

FIELD TRIPS



When: Tuesday, Oct. 15th
Depart: 10:45am
Return: 2:30pm
Fee: FREE + cost of meal
Activity Level: LOW



When: Tuesday, Oct. 22nd
Depart: 9:30am
Return: 1:30pm
Fee: \$2.00 + cost of meal
Activity Level: MODERATE



When: Friday, Oct. 25th
Depart: 8:30am
Return: 4:00pm
Fee: \$16.00 + cost of meal
Activity Level: MODERATE



When: Tuesday, Oct. 29TH
Depart: 9:45am
Return: 1:30pm
Fee: \$4.00 + cost of meal
Activity Level: LOW













LOTTERY REGISTRATION DUE: OCT. 9th LOTTERY RESULTS AVAILABLE: OCT. 10th

All trips/activities are done through a lotto registration. To be eligible, you must be a current participant of the South Austin Senior Activity Center. If you are selected for any trip or activity please pay ASAP. Staff will call or text you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval



LUNCH MENU



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
|  Vegetarian Entrée  ≥ 1000mg Sodium | 1 Swiss Steak Chili Beans Stewed Okra Texas Bread Fresh Fruit Cal: 762  | 2 Breaded Chicken With Gravy Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Cal: 681 | 3 Balsamic Glazed Beef Meatballs Lima Beans Lemon Zest Broccoli Wheat Bread Fruited Strawberry Gelatin Cal: 681 | 4 Cold Meal Charlene's Tuna Macaroni Salad Marinated Beet Salad Marinated Carrots Wheat Bread Fresh Fruit Cal: 632 |
| 7 Beef With Country Gravy Whipped Potatoes With Skins Garden Vegetables Texas Bread Fresh Fruit Cal: 752  | 8 Turkey Pasta Bolognese Whole Kernal Corn Mixed Greens Wheat Bread Fresh Banana Cal: 619 | 9 Hunan Style Tofu  Lima Beans Broccoli And Carrots Texas Bread Fresh Fruit Cal: 716 | 10 Pesto Chicken Lemon Herb Pasta Green Beans Texas Bread Fresh Fruit Cal: 666 | 11 Cheese Omelet  Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604 |
| 14 CLOSED - NO DELIVERY | 15 Suellen's Baked Chicken With Gravy Couscous Pilaf Mixed Vegetables Texas Bread Fresh Fruit Cal: 704  | 16 Pollock Fish Nuggets Oven Roasted Potatoes Herbed Green Peas Dinner Roll Fresh Fruit Cal: 654 | 17 Beef Chili With Beans Brown Rice Catalina Vegetables Saltine Crackers Fruited Lime Gelatin Cal: 659 | 18 Spinach Macaroni And Cheese  Broccoli Garlic Parmesan Cauliflower Wheat Bread Fresh Fruit Cal: 725 |
| 21 Chili Garlic Chicken Brown Rice Brussels Sprouts And Corn Texas Bread Fresh Fruit Cal: 662  | 22 Turkey And White Beans Parslied Carrots Diced Beets Texas Bread Fresh Banana Cal: 700 | 23 Lemon Cape Chicken Lima Beans Okra And Tomatoes Cornbread Fresh Fruit Margarine Cal: 748 | 24 Pork Carnitas Pinto Beans Spanish Brown Rice Wheat Tortilla Fresh Fruit Taco Sauce Cal: 704  | 25 Cold Meal Mary's Yogurt Dill Chicken Salad Quinoa Pepper Salad Pasta Salad Saltine Crackers Fresh Fruit Cal: 621 |
| 28 Ron Lantz's Meatloaf With Brown Gravy Whipped Potatoes With Skins Brussels Sprouts Wheat Bread Fresh Fruit Cal: 624 | 29 Black Bean Chicken Brown Rice Ginger Carrots Dinner Roll Fresh Fruit Cal: 633 | 30 Cold Meal  Pimento Cheese Vegetable Couscous Salad Cucumber And Onion Salad Saltine Crackers Fresh Banana Cal: 709 | 31 Rosemary Butter Sliced Ham Pinto Beans Okra And Tomatoes Texas Bread Fruited Lemon Gelatin Cal: 710  | *Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk Is Served Every Meal |



VARSITY GENERATION

let's get together

SASAC Staff

Jason Miller Program Supervisor

Maria Reyes Recreation Program Coordinator

Lynnette Lara Recreation Programs Specialist

Justin Perez, Recreation Programs Specialist

Joe Asevedo Building and Grounds Assistant

Joe Asevedo Jr. Administrative Assistant

Kelly Maltsberger, CPRP, Program Manager

SASAC Advisory Board 2024

Chris Ng, President

Ken Cohen, Vice President

Fran Randall, Treasurer

Cathy Oxley, Secretary

Elaine Benton

Deborah Gaston

Don Nichols

Margie Mendez

Melanie Miller

Josie Samilpa

Martin M. Vega

Hours of Operation
Monday/Thursday/Friday
8am-5pm

Tuesday
8am-9pm

Wednesday
8am-10pm

Austin Parks and Recreation Department Vision:

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

Mission:

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