



SOUTH AUSTIN SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

512-978-2400 Monday-Friday 8a-5p

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



Austin Parks and Recreation Department - Seniors



JUNE 2017



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

NEW Daily Check-in Procedure

Starting January 3, 2017 SASAC will use a new automated check-in procedure

ALL participants will be asked to scan in daily on the computer. To ensure you are ready, please complete a 2017 waiver and have your picture taken and a card printed for your account.

Stop by the SASAC Reception Desk to complete the process TODAY!!!

SASAC Closed for Annual Facility Maintenance

The Parks and Recreation Department will close SASAC beginning Friday, June 2nd at 5p until Monday, June 12th at 8a

For annual maintenance, repair, cleaning and special projects. During this time the facility will not be available for public use - all facility programming, meetings and rentals will be cancelled.

SASAC will reopen to the public on Monday, June 12th at 8:00a

We apologize for the inconvenience this may cause. The scheduled maintenance activities are essential and necessary to maintain a quality and safe facility to our patrons.

The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a to 5p, with special evening and weekend rentals. Some of the many services we provide include: gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals. Friendly staff and volunteers are happy to answer any questions and to guide interested parties through the registration process. A calendar year donation (January-December) of \$10 is appreciated, and an additional \$10 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a to 1p, or you may register and pay by mail. We thank you for your support and look forward to seeing you here soon.

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UPCOMING EVENTS



Stretch and Strength - NEW CLASS

Fridays 1:30 - 2:30pm (Starts June 16th)

Join Patti Gagne as she teaches you how to balance the body's strength and flexibility.

Cost: Free



VOLUNTEERS NEEDED

We are looking for volunteers to call Bingo on Wednesdays or Fridays.

If interested, please see the front desk.



Zumba - NEW CLASS

Thursdays 1:30 - 2:30pm

Have fun and move to the music. Come join us for our new Zumba class on Thursdays!

Cost: Free



NEW PHONE NUMBER

We have upgraded our current phone system. Our new number is (512)978-2400

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, June 7th

SASAC ADVISORY BOARD MEETING

Wednesday, June 14th 12 - 1pm

SOUTH AUSTIN AARP #2426

Wednesday, June 21st 1 - 4p

NATIONAL ACTIVE/ RETIRED FEDERAL EMPLOYEES

Thursday, June 22nd 9-12:30p

AARP Smart Driver

Thursday, June 29th

12:30 - 4:30p

This class is designed for the mature driver & it **will not dismiss traffic violations.**

** For insurance discount only **

Fee: \$15 for AARP Members
\$20 for non-AARP Members

Sign up in advance at the front desk.

Payment due on the day of class:

CASH OR CHECKS ONLY
payable to AARP

COMMUNITY GARDEN OF EATIN'

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

Every Monday at 9a



CARD GAMES

Free Play Bridge

Mondays, Wednesdays & Fridays

11:30a - 1p

FREE

Progressive Bridge

Mondays, Wednesdays & Fridays

1 - 3p

FREE

Advanced Free Play

Monday 11a - 2p &

Thursdays 9 - 11:30a

This group focuses on:

- Competitive Bidding
- Chicago Style Scoring
- Duplicate Practice
- Peer Coaching

FREE



Gentle Duplicate Bridge

Tuesdays 12:30 - 3:30p

Led by Larry Davis,

Contract Instructor

\$5.00

Friday Morning Free Play

Fridays 9 - 11am

Beginner's welcome

FREE

Hand and Foot Canasta

Thursdays,

8th, 22nd and 29th

12-4p

A challenging game that's good for the brain.

Friendly social group willing to teach you how to play.

FREE

Pinochle

Tuesdays & Thursdays 8a - 2p

FREE

FITNESS

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.

*You should consult your physician
or other health care professional
before starting any fitness program
to determine if it is
right for you and your needs.*

YOGA

**Mondays, Wednesdays
and Fridays 9 - 10a**

Increase your strength and balance
while gaining flexibility. Feel better
physically & spiritually.

Contact Instructor:

Charlie Pivert

**Fee: \$10 drop-in class
\$25 for 3 classes**

SENIORCIZE

Wednesdays 10:30 - 11a

Join Kade for a workout geared
towards adults 50 and older.

Seniorcize is a great way to stay
active and get back into shape.

Instructor: Kade Green

FREE

SENIOR HEALTH AND FITNESS

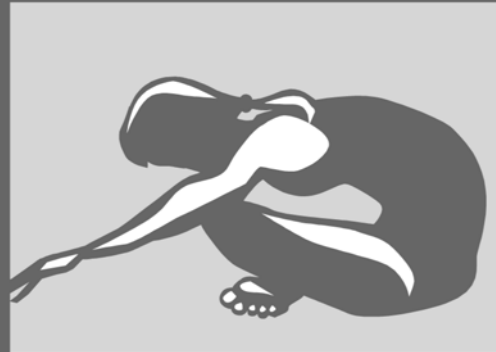
Tuesdays 9 - 10a

Thursdays 8:30 - 9:30a

Total body cardiovascular workout
taught in a FUN class format.

Four sets of activities
(15 minutes each).

**Instructed by video tape
FREE**



T'AI CHI

Tuesdays 10-11a

Fridays 10:15-11:15a

Tuesdays, May 9th – June 13th

Fridays, May 12th - June 16th

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

Fee: 6 Sessions Tuesdays OR Fridays only

Residents: \$30

Non-Residents: \$36

12 Sessions Tuesdays AND Fridays

Residents: \$50

Non-Residents: \$62

Drop in - per class

Resident: \$5

Non Resident: \$6

DANCE

BEGINNER LINE DANCE

Mondays 1- 2p

Socialize & learn the basic
steps to fun line dances.

**Instructor: Joan Cox
(512)288-4135**

FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2 - 3:30p

Scout your boots for a healthy body
and mind. Have fun, make friends,
and learn a variety of dances.

**Instructor: Joan Cox
(512)288-4135**

FREE

Austin Rockin' Line Dancers Thursdays

9:30 - 11a

Rocking Chairettes is a line dance
group that performs at various
locations around Austin and has
been honored with several awards.

**Instructor: Sonja Hemmes
(512)531-9122**

FREE



ZUMBA GOLD VIDEO FOR BEGINNERS

Mondays 10:15-11:15a

Improve your muscle strength,
coordination, posture and mobility.
Come on out and shake it! This is a
drop in class. **FREE**



Follow us on Facebook at:

**Austin Parks and Recreation
Department - Seniors**

TRIPS

LOTTERY REGISTRATION Due: Friday, June 2nd

LOTTERY RESULTS AVAILABLE: Monday, June 5th

REGISTRATION FEES DUE: Friday, June 16th

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after Monday, June 5th at 12pm to find out if you were selected for a trip. Staff will call you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.



Juneteenth Fashion Show (Austin, Texas) Wednesday, June 14th

The City of Austin Seniors Programs participants will unite to celebrate Juneteenth this year at Virginia L. Brown Recreation Center. Celebrate in style with a grand fashion show. If you are interested in being a model, please inform staff.

Sign up at Front Desk by June 8th to participate

Departure Time: 9:30a
Returning Time: 2p
Fee: Free - Lunch included
Activity Level: Low



LBJ Presidential Library (Austin, Texas) Wednesday, June 28th

Come tour the Presidential LBJ Library with SASAC. Learn about the life, history, legacy of LBJ during his presidency.

Departure Time: 8:45a
Returning Time: 3p
Fee: Resident : \$9
Non-Resident: \$10
Additional Expenses: Purchase of Lunch
Activity Level: Low

TRIPS

Austin Duck Adventure (Austin, Texas) Friday, June 30th



Feeling adventurous and want to see Austin like you never seen it before? Join SASAC trip on the Austin Duck Adventure and take a ride through downtown and Lake Austin.

Departure Time: 10:30a
Returning Time: 3:30p
Fee: Resident: \$17
Non-Resident: \$18
Additional Expenses: Purchase of Lunch
Activity Level: High - Entrance has steep stairs

Gospel Brunch at Stubb's BBQ (Austin, Texas) Sunday, July 2nd



An Austin original hot spot to see a live gospel showcase. Enjoy their world-renowned buffet, featuring items like southern-style grits, migas, fried catfish, and BBQ brisket.

Departure Time: 9:45a
Returning Time: 2p
Fee: Resident: \$32
Non-Resident: \$33
Additional Expenses: Add-ons to meals
Activity Level: Mild— Stairs to get to restrooms



Swimming with Dolphins



Camping at Colorado Bend

VISUAL, LITERARY & PERFORMING ARTS



Let's Sing-a-Long Wednesday June 14th & 28th 12:15 - 1:30p

Bring your instrument and your singing voice. Celebrate the gift of song!

Oil Painters Thursdays 8a - 4p

Come in and share your creativity with other painters!

Wednesday Painters Wednesdays 1 - 3:30p

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

Ceramics Circle Wednesdays 9 - 11a

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

Honey Bee Quilters Thursday, June 8th & 22nd 9a - 2p

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

Contact: Amelia Greene
(512) 282-5507

Knitting & Crocheting Tuesdays 9 - 11a

Bring what you are working on. Share ideas, skills and learn. Participants are willing to teach beginners wanting to learn!

Writing the Stories of Your Life

Next Session: September
9:45-11:15a

Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories, so that you can assemble them into your life story.

Contact instructor in advance for information & availability.

Fee: \$48 (6 sessions)

Contract Instructor: Rosalind Bond (512) 441-3014

RECREATION AND GAMES

Bingo

Wednesdays, June 14th, & 28th **AND** Fridays 1-3p
25¢ per card - 8 card limit

Chess Club

Mondays and Fridays 10a-12p
New players and all levels welcome!

Mahjong

Tuesdays 1:15-3p
Join in on the classic game!

Mexican Train Dominoes

Tuesdays 12:15-3:15p

Ping Pong

Tuesdays 12:30-3p
If you are interested in playing at a different time, please call ahead for room availability and to assure staff is available to set up the table.

Recreation Room

Complete with treadmills, recumbent bikes, elliptical machines, a weight system and pool tables. If you need assistance with using the exercise equipment, please let a staff member know. Available for daily use unless posted.

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study with Rev. David Dukes. All are welcome.

FREE

TECHNOLOGY CLASS

Wednesday, June 21st
9-11a

Having trouble operating your computer, tablet, or smart phone? Have a general curiosity about current technology? We are here to help you connect.

Please bring your equipment with you for us to assist you.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish language? This program will introduce you to the alphabet and basic phrases. Bring: notebook, pen/pencil, and a

Spanish dictionary (optional).

FREE

**Volunteer Instructors:
Domingo Herrera**

LUNCH MENU

Meet new friends while eating a hot, nutritious lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **9:30a** each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily **11:30a-12p** with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is **\$5.39**.

Due to the unavailability of certain items, substitutions are occasionally made.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Suellen's Baked Chicken with Gravy Mashed Spiced Yams Collard Greens Wheat Bread Fruited Lemon Gelatin	2 Honey Cashew Beef and Broccoli Brown Rice Herbed Green Beans Wheat Bread Fresh Fruit
5 <i>Closed for Maintenance Week</i>	6 <i>Closed for Maintenance Week</i>	7 <i>Closed for Maintenance Week</i>	8 <i>Closed for Maintenance Week</i>	9 <i>Closed for Maintenance Week</i>
12 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes California Vegetables Wheat Bread Fresh Fruit	13 King Ranch Chicken Casserole Whole Kernel Corn Squash/Zucchini/Tomatoes Whole Wheat Breadstick Fruited Strawberry Gelatin	14 Turkey Pot Pie Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit Margarine	15 Dan's Hamburger Lettuce and Tomato Ranch Beans Hamburger Bun Hot Sliced Apples Mustard and Ketchup	16 Turkey Breast with Gravy Cheesy Parslied Potatoes Capri Vegetables Dinner Roll Fudge Cream Cookie Margarine
19 Dill Cream Baked Chicken Garlic and Red Pepper Penne Green Beans with Onions Wheat Bread Fresh Fruit	20 Beef Chili with Beans Brown Rice Broccoli Cornbread Fresh Fruit Margarine	21 Homestyle Pork Roast Lima Beans Sliced Carrots Wheat Bread Fresh Fruit	22 Turkey Breast w/ Gravy Garlic Whipped Potatoes Mixed Vegetables Dinner Roll Butterscotch Swirl Pudding	23 Potato Crusted Fish Macaroni and Cheese Stewed Tomatoes Wheat Bread Fresh Fruit Tartar Sauce
26 Beef Spaghetti Brussels Sprouts Glazed Beets Wheat Bread Fresh Fruit	27 Country Captain Chicken Orzo Pilaf Scalloped Cabbage Dinner Roll Tropical Fruit	28 Turkey Taco Meat Lettuce and Tomato Pinto Beans Wheat Tortilla Apple Crisp Taco Sauce	29 Mary's Chicken Salad Pasta Salad Three Bean Salad Saltine Crackers Fruited Lemon Gelatin	30 Country Fried Steak Country Gravy Whipped Potatoes Italian Vegetables Dinner Roll Fresh Fruit

Austin City Council Mayor and City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Aliana Kallivoka Interim Assistant Director
Angela Means, Interim Assistant Director
Lucas Massie, Division Manager
David Crabb, Seniors Program Manager

SASAC Advisory Board 2016

Shirley Masterson, President
Willie Williams, Vice President
Joan Cox, Secretary
Kitti Greenough, Treasurer
Elaine Benton
Iola Canady
Carolyn Drake
Raisa Edelman
Margaret Hughes
Margie Mendez



City Manager

Elaine Hart, Interim City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

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Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

SASAC Staff

Kelly Maltzberger, Recreation Program Supervisor
Maria Reyes, Recreation Program Coordinator
Lynnette Lara, Recreation Programs Specialist
West Baxter, MSRLS, Recreation Programs Specialist
Kaitie Hilburn, Administrative Associate
Joe Asevedo, Building and Grounds Assistant

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.