

2024

MAY

# South Austin Senior Activity Center



**3911 Menchaca Road Austin, Tx 78704**

**512.978.2400**

[www.austintexas.gov/departments/south-austin-senior-activity-center](http://www.austintexas.gov/departments/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](http://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!**



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.



## Hours of Operation

Monday/Thursday/  
Friday

8am-5pm

Tuesday & Wednesday

8am-9pm

## 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

May 1st

Bob Appel

And

The Kentucky Derby Dance

May 8th

The Nash Hernandez Orchestra Septet

May 15th

The Merles

May 22nd

Johnny McGowan's Rugged Gents

May 29th

Nite Shift

**\$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>

# TABLE OF CONTENTS

Hours of Operation.....1	Arts & Crafts.....13
Evening Hours.....2	Community Classes.....14
Registration Info.....3	Movie.....15
Upcoming Events.....4	Open Play.....16
Health and Wellness.....5 & 6	Flyers.....17 & 18
Health and Wellness .....7 & 8	Public Meetings.....19
Recreation Games.....9 & 10	Trips & Lottery Info.....20
Calendar Of Events.....11 & 12	Meals on Wheels Menu.....21 & 22

# UPCOMING EVENTS

## The Planning Ahead Coach!



**Registration:**  
May 1st - May 16th  
**Class:**  
May 17th  
10 - 11am

Learn valuable information for protecting your independence and life savings from the ever increasing costs of living , age related health problems, money grubbers, and long term care costs to enjoy your golden years.

## Price is Right

### Sponsored by Travis County Sheriffs Office



**Registration:**  
May 1st - May 17th  
**Class:**  
May 21st  
10 - 11:15



Come on down! The Price is Right is an American television game show where contestants compete by guessing the prices of merchandise to win prizes.

## Mother's Day Craft



**Registration:**  
May 1st - May 9th  
**Class:**  
May 10th  
10:15 - 11:10am

Come make a decorative wine glass for mother's day.

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

# HEALTH & WELLNESS

<b>DAY</b> WED	<b>TIME</b> 9 - 10a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256524

## YOGA

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



Instructed by video tape

## SENIORSIZE

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

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

Instructor: Kade Green

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

## SENIOR HEALTH AND FITNESS

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



Instructed by video tape

# 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 Tai Chi begin**

**May 7th, 2024**

**10 - 11a**

6 Sessions Tuesdays OR Thursdays only	
RESIDENT	\$30
NON-RESIDENT	\$36
ACTIVITY # 256420	

DROP IN SINGLE CLASS	
RESIDENT	\$5
NON-RESIDENT	\$6
ACTIVITY # 256420	

12 Sessions Tuesdays & Thursdays only	
RESIDENT	\$50
NON-RESIDENT	\$62
ACTIVITY # 256420	

## LINE DANCE

<b>DAY</b> MON	<b>TIME</b> 1 - 2p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256501

### Beginner Class

For starters, learn basic steps & easy dances.

### High Beginner Class

Next step for beginners.

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



<b>DAY</b> THUR	<b>TIME</b> 1 - 2p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256503

### Improver Class

Learn more skills for a variety of dances.

### Intermediate Class

For experienced dancers. Need higher level skills.

<b>DAY</b> THUR	<b>TIME</b> 2 - 3p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256502

# HEALTH & WELLNESS

## Bowling Tuesdays

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

Every Other Tuesday



<b>DAY</b> TUES	<b>TIME</b> 8:45 - 11:15a
<b>FEE</b> \$7	<b>ACTIVITY #</b> N/A

<b>DAY</b> FRI	<b>TIME</b> 2 - 3p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256521

## 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.



Instructor: Patti Gagne

## 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.

Next Class TBA



<b>DAY</b> WED	<b>TIME</b> 10 - 11a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256306

# HEALTH & WELLNESS

## QI GONG

QI Gong is a system of coordinated body-posture, movement, breathing, and meditation used for the purposes of health, spirituality, and martial-arts training.

Instructor: Frits Wolff



<b>DAY</b> MON	<b>TIME</b> 9 - 10a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256421

<b>DAY</b> WED	<b>TIME</b> 1 - 2p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256705

## BALLROOM DANCE

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



Instructor: Chris Ng  
Assistant: Connie Ng

## ZUMBA GOLD VIDEO

A lower-intensity version of the typical Zumba class and was designed to meet the anatomical, physiological and psychological needs of seniors.

<b>DAY</b> MON	<b>TIME</b> 10 - 11p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256507



## 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".

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

### Tin Gau

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

<b>DAY</b> WED	<b>TIME</b> 1 - 4p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256951

### 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.

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

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

<b>DAY</b> MON/FRI	<b>TIME</b> 10 - 1p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256957

### Chess Club

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

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.

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

### Pinochle


An Ace-Ten card game typically for two to four players and played with a 48-card deck. Players score points by trick-taking and also by forming combinations of cards into melds.

<b>DAY</b> TUE	<b>TIME</b> 1 - 4p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256956

### Bingo

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
<p><b>Special Events are in BLUE</b>  <b>Cancellations are in RED</b>  <b>Field trips are in Green</b></p>		<p><b>1</b>  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</p>	<p><b>2</b>  Everyone Paints 8 - 4  Sr. Health &amp; 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</p>	<p><b>3</b>  Movie 9 - 11  Chess Play 10 - 1  Free play Bridge 11 - 1  Mahjong 12:30 - 4  Stretch and Strength 2 - 3</p>
<p><b>6</b>  <b>Qi Gong No Class</b>  Garden Meeting 9:30 - 10:30  Chess Play 10 - 1  Zumba 10 - 11  Free Play Bridge 11 - 1  Beg. Line Dance 1 - 2  High Beg. Line Dance 2:30 - 3:30</p>	<p><b>7</b>  Sr. Health &amp; Fitness 8:30 - 9:30  Tai Chi 10 - 11  Pinoche 1 - 4  Bingo 1 - 3  Mahjong 12:30 - 4  Waterloo Squares 6:45 - 8:45</p>	<p><b>8</b>  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  Wednesday Night Dance 7 - 9:30</p>	<p><b>9</b>  Everyone Paints 8 - 4  Sr. Health &amp; Fitness 8:30-9:30  Quilters 9 - 2  Tai Chi 10-11  Improver Line Dance 1-2  Intermediate Line Dance 2 - 3  <b>Ballet Austin</b>  <b>The Sleeping Beauty 6:30 - 9:30</b></p>	<p><b>10</b>  <b>Card Making With Melissa 9 - 10</b>  Movie 9 - 11  Chess Play 10 - 1  <b>Mother's Day Craft 10:15 - 11:10</b>  Free play Bridge 11 - 1  <b>Advisory Board 12 - 1</b>  Mahjong 12:30 - 4  Stretch and Strength 2 - 3</p>
<p><b>13</b>  <b>Qi Gong No Class</b>  Garden Meeting 9:30 - 10:30  Chess Play 10 - 1  Zumba 10 - 11  Free Play Bridge 11 - 1  Technology 1 - 3  Beg. Line Dance 1 - 2  High Beg. Line Dance 2:30 - 3:30</p>	<p><b>14</b>  Sr. Health &amp; Fitness 8:30 - 9:30  Bowling 8:45 - 11:15  Tai Chi 10 - 11  Pinoche 1 - 4  Bingo 1 - 3  Mahjong 12:30 - 4  Waterloo Squares 6:45 - 8:45</p>	<p><b>15</b>  Yoga 9 - 10  Ceramics Circle 9-12  Seniorsize 10:30-11  Free Play Bridge 11-1  Mexican Train 12:15-3:15  <b>Ballroom Dance No Class</b>  Painters 1-3:30  Tin Gau 1 - 4  <b>AARP 1 - 4</b>  Wednesday Night Dance 7 - 9:30</p>	<p><b>16</b>  Everyone Paints 8 - 4  Sr. Health &amp; Fitness 8:30-9:30  Quilters 9 - 2  <b>NARFE 9:30 - 10:30</b>  Tai Chi 10-11  Improver Line Dance 1 - 2  Intermediate Line Dance 2 - 3</p>	<p><b>17</b>  Movie 9 - 11  Chess Play 10-1  <b>The Planning Ahead Coach 10 - 11</b>  <b>Barton Creek Square Mall 10:45 - 11</b>  Free Play Bridge 11-1  Mahjong 12:30 - 4  Stretch &amp; Strength 2 - 3</p>
<p><b>20</b>  <b>Qi Gong No Class</b>  Garden Meeting 9:30 - 10:30  Chess Play 10 - 1  Zumba 10 - 11  Free Play Bridge 11 - 1  Beg. Line Dance 1 - 2  High Beg. Line Dance 2:30 - 3:30</p>	<p><b>21</b>  Sr. Health &amp; Fitness 8:30 - 9:30  <b>Lady Bird Johnson</b>  <b>Wildflower Center 8:45 - 11</b>  Tai Chi 10 - 11  <b>Price Is Right 10 - 11:15</b>  Pinoche 1 - 4  Bingo 1 - 3  Mahjong 12:30 - 4  Waterloo Squares 6:45 - 8:45</p>	<p><b>22</b>  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  Wednesday Night Dance 7-9:30</p>	<p><b>23</b>  Everyone Paints 8 - 4  Sr. Health &amp; Fitness 8:30-9:30  Quilters 9 - 2  Tai Chi 10-11  Improver Line Dance 1 - 2  Intermediate Line Dance 2 - 3</p>	<p><b>24</b>  Movie 9 - 11  Chess Play 10-1  Free Play Bridge 11-1  Beginning Mahjong 1 - 3  <b>Stretch &amp; Strength No Class</b></p>
<p><b>CLOSED FOR</b>  <b>MEMORIAL DAY</b></p> <p>*****  *****</p>	<p><b>28</b>  Sr. Health &amp; Fitness 8:30 - 9:30  Bowling 8:45 - 11:15  Tai Chi 10 - 11  Pinoche 1 - 4  Bingo 1 - 3  Mahjong 12:30 - 4  Waterloo Squares 6:45 - 8:45</p>	<p><b>29</b>  Yoga 9 - 10  Ceramics Circle 9-12  Seniorsize 10:30-11  <b>Grub Club Buffet Palace 10:50 - 12:15</b>  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  <b>Capitol Of Texas Postcard Club 7 - 9</b></p>	<p><b>30</b>  Everyone Paints 8 - 4  Sr. Health &amp; Fitness 8:30-9:30  Quilters 9 - 2  Tai Chi 10-11  <b>Birthday Celebration 12 - 12:30</b>  Improver Line Dance 1-2  Intermediate Line Dance 2 - 3</p>	<p><b>31</b>  Movie 9 - 11  Chess Play 10 - 1  Free play Bridge 11 - 1  Mahjong 12:30 - 4  Stretch and Strength 2 - 3</p>

MAY 2024

# ARTS & CRAFTS

## Honey Bee Quilters

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

<b>DAY</b> THUR	<b>TIME</b> 9a - 2p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256400

## Everyone Paints

Come in and share your creativity with other painters!

<b>DAY</b> THUR	<b>TIME</b> 8a - 4p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256700

## Wednesday Painters

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

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

## Ceramics Circle

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

<b>DAY</b> WED	<b>TIME</b> 9 - 12a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256702

## Card Making with Melissa

Second Friday of The Month  
May 10th



<b>DAY</b> FRI	<b>TIME</b> 9 - 10a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256703

# COMMUNITY CLASSES

## Technology Forum

Second And Fourth Monday Of The Month  
May 13th and 27th (No Class)

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.

<b>DAY</b> MON	<b>TIME</b> 1 - 3p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256402

## The Book Club

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



<b>DAY</b> WED	<b>TIME</b> 2 - 3p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256660



## 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.**

First Thursday of each month

<b>DAY</b> THUR	<b>TIME</b> 2 - 4p
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256305



<b>DAY</b> MON	<b>TIME</b> 9:30a
<b>FEE</b> N/A	<b>ACTIVITY #</b> 256407

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.

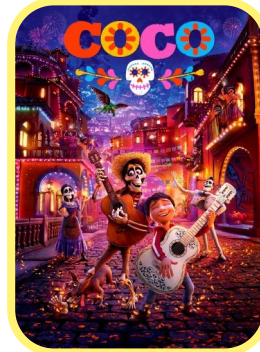
Monday's at 9:30am



# MOVIES

## Coco

Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer.



DAY	TIME	FEE	ACTIVITY #
FRI 5/3	9a	N/A	256907



## 80 For Brady

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

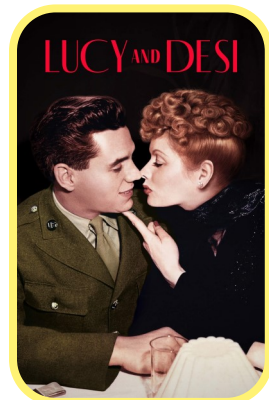
DAY	TIME	FEE	ACTIVITY #
FRI 5/10	9a	N/A	256907

## The Martian

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive and can survive until a potential rescue.



DAY	TIME	FEE	ACTIVITY #
FRI 5/17	9a	N/A	256907



## Lucy And Desi

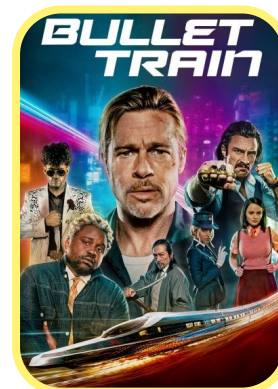
This film will explore the rise of comedian icon Lucille Ball, her relationship with Desi Arnaz, and how their groundbreaking sitcom I Love Lucy forever changed Hollywood, cementing her legacy long after her death in 1989.

DAY	TIME	FEE	ACTIVITY #
FRI 5/24	9a	N/A	256907

## Bullet Train

Five assassins aboard a swiftly-moving bullet train find out that their missions have something in common.

DAY	TIME	FEE	ACTIVITY #
FRI 5/31	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.

## 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.

## Gym Hours

**Mondays** 8a - 4:30p  
**Tuesdays** 8a - 8:30p  
**Wednesday** 8a - 9:30p  
**Thursday** 8a - 4:30p  
**Friday** 8a - 4:30p

## BILLIARDS

DROP IN AND PLAY SOME GAMES WITH OTHER PATRONS.

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

## Billiards Room Hours

**Mondays** 8a - 4:30p  
**Tuesdays** 8a - 8:30p  
**Wednesday** 8a - 9:30p  
**Thursday** 8a - 4:30p  
**Friday** 8a - 4:30p  
**SUBJECT TO CHANGE**



Austin Acoustical Cafe

# GROUCHY LIKE RILEY



# ROXI COPLAND

**SATURDAY, MAY 11TH**

**DEPART 4:45PM TO DINNER AT SERRANOS RESTAURANT  
SHOW BEGINS AT 7PM AT LAMAR SENIOR ACTIVITY CENTER  
RETURN TIME DEPENDS ON SHOW, USUALLY BETWEEN 9:30PM - 10:00PM**



**\$20.00 + COST OF MEAL**



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.



# Lady Bird Johnson Wildflowercenter The University of Texas at Austin

The University of Texas at Austin Lady Bird Johnson Wildflower Center is the Botanic Garden of Texas. The Center promotes its mission to inspire the conservation of native plants through its internationally recognized sustainable gardens, education and outreach programs, and research projects.

**TUESDAY, MAY 21ST**

**DEPART @ 8:45AM**

**RETURN @ 11:00AM**

**\$15.00**



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# PUBLIC MEETINGS

## SASAC ADVISORY BOARD MEETING

Second Friday of each Month

<b>DAY</b> FRIDAY 10th
<b>TIME</b> 12 - 1p

## SOUTH AUSTIN AARP #2426

Third Wednesday of each month

<b>DAY</b> WEDNESDAY 15th
<b>TIME</b> 1 - 4p

## NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

<b>DAY</b> THURSDAY 16th
<b>TIME</b> 9:30 - 10:30a

## CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

<b>DAY</b> WEDNESDAY 29th
<b>TIME</b> 7 - 9:30p

# FIELD TRIPS

**OLDER AMERICANS MONTH**  
AGING UNBOUND: MAY 2023

**When:** Saturday, May 4th  
**Depart:** 9:30am  
**Return:** 1:15pm  
**Fee:** FREE  
**Activity Level:** Low

**GROUCHY LIKE RILEY**  
w/ ROXI COPLAND  
LAMAR SENIOR ACTIVITY CENTER  
Austin Acoustical Cafe

**When:** Saturday, May 11th  
**Depart:** 4:45pm  
**Return:** 9:30pm (Depending on ending)  
**Fee:** \$20 + cost of dinner  
**Activity Level:** Low

**When:** Tuesday, May 21st  
**Depart:** 8:45am  
**Return:** 11:00m  
**Fee:** \$15.00  
**Activity Level:** Moderate / Walking Outside

**BALLETAUSTIN**  
*The Sleeping Beauty*

**BARTON CREEK SQUARE**  
A SIMON MALL

**When:** Thursday, May 9th  
**Depart:** 6:30pm  
**Return:** 9:30pm  
**Fee:** FREE  
**Activity Level:** Low

**When:** Friday, May 17th  
**Depart:** 10:45am  
**Return:** 1:00pm  
**Fee:** FREE  
**Activity Level:** Moderate / Walking

**BUFFET PALACE**  
the GRUB CLUB

**When:** Wednesday, May 29th  
**Depart:** 10:50am  
**Return:** 12:15pm  
**Fee:** FREE + cost of lunch  
**Activity Level:** Low

**LOTTERY REGISTRATION DUE: May 2nd LOTTERY RESULTS AVAILABLE: May 3rd**

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
<p><b>*Due to unavailability of certain items, appropriate substitutions may need to be made.</b></p> <p><b>**Milk Is Served Every Meal</b></p>	<p> Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>	<p>1</p> <p>Szechuan Pork Roast Brown Rice Cauliflower With Red Peppers Wheat Bread Fresh Fruit</p> <p>Cal: 600</p>	<p>2</p> <p>Cesar Chicken Mixed Beans Green Beans And Carrots Wheat Bread Lemon Pudding</p> <p>Cal: 726</p>	<p>3</p> <p>Mexican Beef Picadillo Savory Lime Corn Brussels Sprouts Corn Tortilla (2) Fresh Fruit</p> <p>Cal: 669</p>
<p>6</p> <p>Tim Andrew's BBQ Pork Rib Patty Lentil Vegetable Pilaf Cauliflower Wheat Bread Fresh Fruit</p> <p>Cal: 632</p>	<p>7</p> <p>Five Spice Chicken Northern Beans Ginger Carrots Texas Bread Fresh Fruit</p> <p>Cal: 717</p>	<p>8</p> <p>Pepper Beef Steak Brown Rice Mixed Vegetable Blend Wheat Bread Fresh Fruit</p> <p>Cal: 708</p>	<p>9</p> <p>Turkey Brunswick Stew Multigrain Elbow Pasta Cheesy Spinach Saltine Crackers Fruited Orange Gelatin</p> <p>Cal: 640</p>	<p>10</p> <p>Mother's Day Homestyle Pork Roast Oven Roasted Potatoes Catalina Vegetable Blend Dinner Roll Nutty Buddy Bar</p> <p>Cal: 636</p>
<p>13</p> <p>Baked Chicken With Country Gravy Whipped Potatoes With Skins Peas And Carrots Texas Bread Fresh Fruit</p> <p>Cal: 667</p>	<p>14</p> <p>Italian Shells And Cheese Whole Kernal Corn Broccoli Wheat Bread Fresh Fruit</p> <p>Cal: 674</p>	<p>15</p> <p>Beef Taco Mexican Brown Rice Charro Beans Whole Wheat Tortillas Fruited Strawberry Gelatin Taco Sauce</p> <p>Cal: 752</p>	<p>16</p> <p>Pork Chop Suey Creamed Peas Spring Vegetables Blend Wheat Bread Fresh Fruit</p> <p>Cal: 674</p>	<p>17</p> <p>Cold Meal Pimento Cheese Lettuce And Tomato Pasta Salad Wheat Bread (2) Tropical Punch</p> <p>Cal: 818</p>
<p>20</p> <p>Salisbury Beef With Gravy Cheesy Potatoes Catalina Vegetable Blend Wheat Bread Fresh Fruit</p> <p>Cal: 666</p>	<p>21</p> <p>Cheese Omelet Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit</p> <p>Cal: 611</p>	<p>22</p> <p>Mozzarella Chicken Meatballs Whole Grain Penne Pasta Herbed Green Beans Dinner Roll Fruited Lime Gelatin</p> <p>Cal: 679</p>	<p>23</p> <p>Lemon Pepper Pollock Cajun Brown Rice Mixed Greens Cornbread Fresh Fruit</p> <p>Cal: 758</p>	<p>24</p> <p><b>Closed - No Delivery</b></p>
<p>27</p> <p><b>Closed - No Delivery</b></p>	<p>28</p> <p>Turkey Taco Pinto Beans Steamed Cauliflower Corn Tortilla (2) Fresh Fruit Taco Sauce</p> <p>Cal: 709</p>	<p>29</p> <p>Suellen's Baked Chicken With Gravy Macaroni And Cheese Dilled Carrots Wheat Bread Fruited Cherry Gelatin</p> <p>Cal: 653</p>	<p>30</p> <p>Rosemary Butter Sliced Ham Lima Beans Okra And Tomatoes Cornbread Fresh Fruit</p> <p>Cal: 715</p>	<p>31</p> <p>BBQ Breaded Chicken Seasoned Lentils Green Beans Hamburger Bun Fresh Fruit</p> <p>Cal: 756</p>



# 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

Kelly Ekwurzel, Treasurer

Elaine Benton

Deborah Gaston

Don Nichols

Margie Mendez

Cathy Oxley

Melanie Miller

Josie Samilpa

**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.