

2024

APRIL

South Austin Senior Activity Center



3911 Menchaca Road Austin, Tx 78704

512.978.2400

www.austintexas.gov/departmentsouth-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



Hours of Operation

Monday/Thursday/
Friday
8am-5pm
Tuesday & Wednesday
8am-9pm

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.



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

April 3rd

The Johnathans

And

50's Sock Hop, Root Beer Floats & Popcorn

April 10th

The Alibi's

April 17th

Monte Good

April 24th

3 Chord Rodeo

\$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 Wellness7 & 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

Solar Eclipse

Registration:
April 1st - April 5th

Presentation:
April 8th
1pm - 2pm



PAM Bingo

Registration:
April 1st - April 15th

Presentation:
April 16th
1pm - 3pm



Attorney Jeff Hunt Estate Planning Workshop



Registration:
April 1st - April 15th

Presentation:
April 17th
10am - 11am

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

Card Making With Melissa



Registration:
April 1st - April 15th

Presentation:
April 19th
9am - 10am

Alexandra Clark PhD Assistant Professor UT at Austin

Registration:
April 1st - April 24th

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

Understanding the relationship between heart health and the brain!

Cinco De Mayo



Registration:
April 15 - April 29th

Presentation:
May 3rd
10am - 11am

Mothers Day Craft

Registration:
April 22nd - May 8th

Presentation:
May 10th
10am - 11am



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

HEALTH & WELLNESS

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

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

Instructor: Kade Green

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

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

Beginner Class

For starters, learn basic steps & easy dances.

High Beginner Class

Next step for beginners.

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



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

Improver Class

Learn more skills for a variety of dances.

Intermediate Class

For experienced dancers. Need higher level skills.

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

HEALTH & WELLNESS

Bowling Tuesdays

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

Every Other Tuesday



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

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



DAY WED	TIME 10 - 11a
FEE N/A	ACTIVITY # 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



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

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

April; Learn to Jitterbug

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.

DAY MON	TIME 10 - 11p
FEE N/A	ACTIVITY # 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".

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

Tin Gau

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

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

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

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

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!

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

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.

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

DAY TUE	TIME 1 - 4p
FEE N/A	ACTIVITY # 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
1 Qi Gong 9 - 10 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	2 Sr. Health & Fitness 8:30 - 9:30 Bowling No Class Tai Chi 10 - 11 Pinoche 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	3 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	4 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	5 Movie 9 - 11 Chess Play 10 - 1 Free play Bridge 11 - 1 Mahjong 12:30 - 4 Stretch and Strength 2 - 3
8 Qi Gong 9 - 10 Garden Meeting 9:30 - 10:30 Chess Play 10 - 1 Zumba 10 - 11 Free Play Bridge 11 - 1 Technology No Class Solar Eclipse 1 - 2 Beg. Line Dance 1 - 2 High Beg. Line Dance 2:30 - 3:30	9 Sr. Health & Fitness 8:30 - 9:30 Bird Watching 8:30 - 12 Tai Chi 10 - 11 Pinoche 1 - 4 Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	10 Yoga 9 - 10 Golden Rollers Depart TBA BST @ Virginia L. Brown Rec 9 - 11:15 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	11 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	12 Movie 9 - 11 Chess Play 10 - 1 Free play Bridge 11 - 1 Advisory Board 12 - 1 Mahjong 12:30 - 4 Stretch and Strength 2 - 3
15 Qi Gong 9 - 10 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	16 Sr. Health & Fitness 8:30 - 9:30 Bowling 8:45 - 11:15 Tai Chi 10 - 11 Pinoche 1 - 4 PAM Bingo 1 - 3 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	17 Yoga 9 - 10 Golden Rollers Depart TBA Ceramics Circle 9-12 Attorney Jeff Hunt Estate Planning 10 - 11 Seniorsize 10:30-11 Free Play Bridge 11-1 Mexican Train 12:15-3:15 Ballroom Dance No Class Painters 1-3:30 Tin Gau 1 - 4 AARP 1 - 4 Wednesday Night Dance 7 - 9:30	18 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	19 Movie 9 - 11 Card Making with Melissa 9 - 10 Chess Play 10-1 Free Play Bridge 11-1 Mahjong 12:30 - 4 Stretch & Strength 2 - 3
22 Qi Gong 9 - 10 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	23 Sr. Health & Fitness 8:30 - 9:30 Tai Chi 10 - 11 Pinoche 1 - 4 Bingo 1 - 3 LBJ Presidential Library 12:30 - 2:30 Mahjong 12:30 - 4 Waterloo Squares 6:45 - 8:45	24 Yoga 9 - 10 Golden Rollers Depart TBA 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	25 Everyone Paints 8 - 4 Sr. Health & Fitness 8:30-9:30 Quilters 9 - 2 Alexandra Clark PhD Assistant Professor UT At Austin 9:30 - 10:30 Tai Chi 10-11 Improver Line Dance 1 - 2 Intermediate Line Dance 2 - 3	26 Movie 9 - 11 Chess Play 10-1 Free Play Bridge 11-1 Beginning Mahjong 1 - 3 Stretch & Strength 2-3
29 Qi Gong 9 - 10 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	30 Sr. Health & 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			Special Events are in BLUE Cancellations are in RED Field trips are in Green

APRIL 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

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

Third Friday of The Month
April 19th



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

COMMUNITY CLASSES

Technology Forum

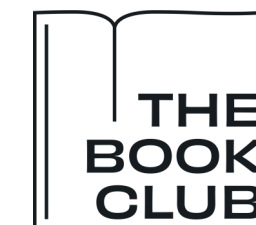
Second And Fourth Monday Of The Month
April 8th and 22nd

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

The Book Club

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



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



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



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

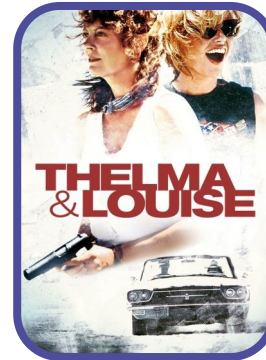
Join our group on Mondays to help with our seasonal garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Monday's at 9:30am

MOVIES

Thelma & Louise

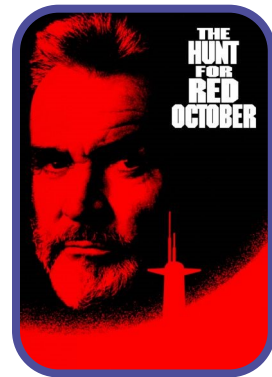
Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police, as these two women escape for the crimes they committed.



DAY	TIME	FEE	ACTIVITY #
FRI 4/5	9a	N/A	256907

The Hunt For Red October

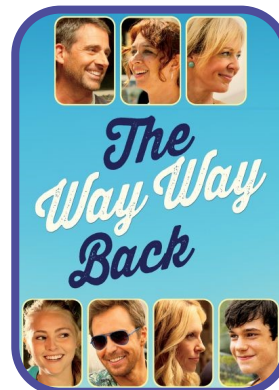
In November 1984, the Soviet Union's best submarine captain violates orders and heads for the U.S. in a new undetectable sub. The American CIA and military must quickly determine: Is he trying to defect or to start a war?



DAY	TIME	FEE	ACTIVITY #
FRI 4/12	9a	N/A	256907

The Way Way Back

Shy 14-year-old Duncan goes on summer vacation with his mother, her overbearing boyfriend, and her boyfriend's daughter. Having a rough time fitting in, Duncan finds an unexpected friend in Owen, manager of the Water Wizz water park.



DAY	TIME	FEE	ACTIVITY #
FRI 4/19	9a	N/A	256907

Ghostbusters: Afterlife

When a single mom and her two kids arrive in a small town, they begin to discover their connection to the original Ghostbusters and the secret legacy their grandfa-



DAY	TIME	FEE	ACTIVITY #
FRI 4/26	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.

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
SUBJECT TO CHANGE

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

Basic Estate Planning Clinic

Saturday, April 27, 2024
10am-1pm

South Austin Senior Activity Center
3911 Menchaca Road
Austin, Texas 78704

Walk away with a fully executed Basic Estate Plan with all the documents you need during life and death!

APPOINTMENT ONLY!

Contact 512-978-2404 OR
Lynnette.lara@austintexas.gov
for registration or questions!

THIS IS A NEEDS BASED CLINIC.

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) 974-3916 or Relay Texas 7-1-1.



South Austin
Senior
Activity Center



NOTARY SERVICES
PROVIDED BY

SANCHEZ LAW
— TEXAS INJURY ATTORNEY —

SENIORS WITH A GOAL (SWAG)



"Wisdom Comes with Age...and Knowledge with Information"

Join Us for a Day of Information Sharing

Get answers to your questions regarding critical decisions about your health, home maintenance and safety, transportation options, estate planning & more.

Wednesday, May 1, 2024

9:00 am to 3:00 pm - FREE ADMISSION

Conley-Guerrero Senior Activity Center

808 Nile Street, Austin, Texas 78702

Breakfast & Lunch will be provided, as well as opportunities for Door Prizes!

—PLANNED PRESENTATIONS & SESSIONS—

Alzheimer's/Dementia
Zumba
Immunizations
Medicaid and Long-term Care



Meal Prep Demonstration
Estate Planning
Parkinson's Exercises
House Repairs

—INFORMATION BOOTHS—

- Senior Living & Caregiving
AGE of Central Texas
- Transportation
Capital Metro
- Dental Care Info & Supplies
National Dental Association
- County Services
Travis County



- Programs & Services
Central Texas Food Bank

- Parkinson's Evaluations & Info
Power for Parkinson's
- Digital Inclusion, Mentoring
Austin Area Urban League
- Smoke Detector Program
Austin Fire Department
- Weatherization Program
Austin Energy

For more information contact us at: theaustinlinks@gmail.com

Special Thanks to Our Sponsors!



PUBLIC MEETINGS

SASAC ADVISORY BOARD MEETING

Second Friday of each Month

DAY FRIDAY 12th
TIME 12 - 1p

SOUTH AUSTIN AARP #2426

Third Wednesday of each month

DAY WEDNESDAY 17th
TIME 1 - 4p

NATIONAL ACTIVE/RETIRED FEDERAL EMPLOYEES (NARFE)

Third Thursday of each month

DAY THURDAY 18th
TIME 9:30 - 10:30a

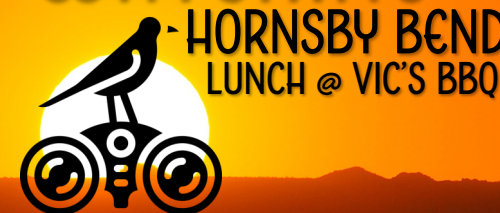
CAPITOL of TEXAS POSTCARD CLUB

Last Wednesday of each month

DAY WEDNESDAY 24th
TIME 7 - 9:30p

FIELD TRIPS

BIRD WATCHING



HORNSBY BEND LUNCH @ VIC'S BBQ
When: Tuesday, April 9th
Depart: 8:30am
Return: 12:00pm
Fee: FREE + cost of lunch
Activity Level: Moderate



BEN PALMER W/ GOLDPINE
Lamar Senior Activity Center
When: Saturday, April 13th
Depart: 5:00pm
Return: 9:00pm
Fee: \$20 + cost of dinner
Activity Level: Low



SENIORS WITH A GOAL
When: Wednesday, May 1st
Depart: 8:15am
Return: 3:30pm
Fee: FREE
Activity Level: Low



APRIL'S celebrations
BRINGING SENIORS TOGETHER
VIRGINIA L. BROWN RECREATION CENTER
When: Wednesday, April 10th
Depart: 9:00am
Return: 11:15am
Fee: FREE
Activity Level: Low



GRUB CLUB QUALITY SEAFOOD MARKET
When: Friday, May 3rd
Depart: 10:30am
Return: 12:30pm
Fee: FREE + cost of lunch
Activity Level: Low

LOTTERY REGISTRATION DUE: April 5th LOTTERY RESULTS AVAILABLE: April 8th

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>1</p> <p>Sweet And Sour Diced Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit</p> <p>Cal: 691</p>	<p>2</p> <p>Turkey Taco Pinto Beans Steamed Cauliflower Corn Tortillas (2) Fresh Fruit Taco Sauce</p> <p>Cal: 709</p>	<p>3</p> <p>Suellen's Baked Chicken With Gravy Macaroni And Cheese Dilled Carrots Wheat Bread Fruited Cherry Gelatin</p> <p>Cal: 653</p>	<p>4</p> <p>Rosemary Butter Sliced Ham Lima Beans Okra And Tomatoes Cornbread Fresh Fruit</p> <p>Cal: 715</p>	<p>5</p> <p>BBQ Breaded Chicken Seasoned Lentils Green Beans Hamburger Bun Fresh Fruit</p> <p>Cal: 756</p>
<p>8</p> <p>Closed - No Delivery</p>	<p>9</p> <p>Lemon Butter Chicken Cheesy Parslied Potatoes Green Beans Texas Bread Fresh Fruit</p> <p>Cal: 664</p>	<p>10</p> <p>Cold Meal Pimento Cheese  Aztec Couscous Salad Carrot Raisin Salad Wheat Bread Fruited Lemon Gelatin</p> <p>Cal: 851 </p>	<p>11</p> <p>Thai Chili Pork Loin Whole Grain Penne Pasta Chinese Cabbage Wheat Bread Fresh Fruit</p> <p>Cal: 638</p>	<p>12</p> <p>Turkey Macaroni And Cheese Lentils California Vegetable Blend Texas Bread Fresh Fruit</p> <p>Cal: 793</p>
<p>15</p> <p>Coconut Chicken Confetti Brown Rice Japanese Vegetable Blend Texas Bread Fresh Fruit</p> <p>Cal: 665 </p>	<p>16</p> <p>Rosemary Pork Loin Whipped Potatoes With Skins Green Beans Wheat Bread Fresh Fruit</p> <p>Cal: 603</p>	<p>17</p> <p>Swiss Steak Chili Beans Stewed Okra Texas Bread Fresh Fruit</p> <p>Cal: 760 </p>	<p>18</p> <p>Cold Meal Tuna Macaroni Salad Marinated Beet Salad Marinated Carrots Wheat Bread Fruited Strawberry Gelatin</p> <p>Cal: 647 </p>	<p>19</p> <p>Balsamic Glazed Beef Meatballs Lima Beans Lemon Zest Broccoli Wheat Bread Fresh Fruit</p> <p>Cal: 633</p>
<p>22</p> <p>Ron Lantz's meatloaf With Brown Gravy Seasoned Lentils Brussels Sprouts Wheat Bread Fresh Fruit</p> <p>Cal: 711</p>	<p>23</p> <p>Turkey Tetrazzini Broccoli Parslied Carrots Wheat Bread Fresh Fruit</p> <p>Cal: 612</p>	<p>24</p> <p>Thai Chili Chicken Brown Rice Japanese Vegetable Blend Wheat Bread Fruited Lime Gelatin</p> <p>Cal: 638</p>	<p>25</p> <p>Dan Pruett's Hamburger Patty Lettuce And Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard And Ketchup</p> <p>Cal: 645</p>	<p>26</p> <p>Cheesy Macaroni  Seasoned Cauliflower Green Beans Almandine Dinner Roll Fresh Fruit</p> <p>Cal: 629</p>
<p>29</p> <p>Chicken Meatballs With Gravy Green Peas Cabbage Texas Bread Fresh Fruit</p> <p>Cal: 670</p>	<p>30</p> <p>Three Cheese Ziti  Glazed Carrots Green Beans Texas Bread Fresh Apple</p> <p>Cal: 744</p>		<p> Vegetarian Entrée</p> <p> ≥ 1000mg Sodium</p>	<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk Is Served Every Meal</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.