

Out & About

50 + Active Adult Newsletter

San Marcos Parks & Recreation Department



January - March 2017

Welcome

Hello Everyone,

For many of us, the New Year inevitably brings New Year's resolutions and a great one to make is a resolution to become more active! I know, you have probably heard it all before, but study after study shows that staying active is extremely important to our health as we age.

Whether that be physical activity, social activity or mental activity, San Marcos Parks and Recreation will try to provide opportunities for you to stay healthy and active in the New Year.

Speaking of promoting health, one of the new programs that I am very excited to announce is "Doc Talk" sponsored by WellMed. This bi monthly program will allow you to listen to the doctor's presentation and then have the opportunity to ask the doctor questions about items that concern you.

We will also continue to provide you with informational seminars throughout 2017. The first one will be held on January 18, 2017. **Navigating Your Way through the Aging Process** will be presented by Virginia Sampson. **Safe Home Care**, presented by Gale Zavala, will take place February 7, 2017. These seminars are sponsored by Comfort Connection/ Nurses Unlimited.

Our **Golden Sweetheart's Ball** is just around the corner; tickets go on sale January 3, 2017. Purchase them early because they go fast! CTMC will host continue to host their **Social Spin** dances with the next one taking place on February 8, 2017. We have a great offering of new **Life Long Learning** classes that are open for registration. We will also continue to provide opportunities for you to enjoy area theatre performances with the next one taking place February 14-19. To keep everyone physically active throughout the year, we would like for you to join us for **SMASH Trail Tours, SMASH Bowling Socials, Finding Balance and Pickleball.**

If you would like to be more involved with your community, the next **Senior Citizen Advisory Board** will meet on Tuesday, March 14th at 2:00 PM at the San Marcos Activity Center. We have a great group that is ready to tackle some of the issues facing those who are over fifty in San Marcos area. If you are unable to attend our meetings, send us a letter or email and we will address your concerns, ideas and suggestions at our quarterly meetings.

Stay warm and stay active,
Nick Riali

SMASH Trail Tours

First or Second Wednesday of every month.

Join us for our walking program, S.M.A.S.H. Trail Tours. Trail Tours focuses on parks and natural areas that provide great walking trails. If you would like to walk the trails with us, bring something to drink, a hat and maybe a walking stick and camera. Please wear comfortable walking shoes. You do not need to walk the entire trails if you do not want to. We will meet at 10:00 AM at each park or natural area, on the first or second Wednesday of the month. This FREE program is for ages 50 and up. Join us for some outdoor adventures, friendly socializing and a little exercise. In case of inclement weather we will reschedule the specific Trail Tour for another month. For more information call 512.393.8400.

Schulle Canyon Natural Area, January 4: We will kick off the New Year with a tour at Schulle Canyon Natural Area. Take Ranch Road 12 (Moore St.) toward Wimberley. Turn right on

Holland St. at traffic light. Turn left on Alamo St. (2nd left). Follow Alamo to dead end at kiosk and parking area.

William & Eleanor Crook Park & San Marcos Wildlife Habitat, February 1: For February's Trail Tour will combine Crook Park with the San Marcos Wildlife Habitat Park that is located at 430 Riverside Dr. Take IH35 Frontage road to Riverside drive and turn right. William & Eleanor Crook Park will be on the left. William & Eleanor Crook Park & San Marcos Wildlife Habitat,

5 Mile Dam Park, March 8: Our tour for March will take place the second Wednesday of March at 5 Mile Dam Park. We will meet in the parking lot located near the soccer fields. Take Aquarena Springs Dr. to Post Rd. Continue to travel north on Post Rd until you cross the Blanco River. Turn left off of Post Rd onto S. Old Stagecoach Trail Rd. at the sign directing you to 5 Mile Dam Park.

Travel Group Trips

Coushatta - March 2017

Join us for gaming action at Grand Casino Coushatta world-class luxury resort and gaming complex in Kinder, LA. We will make two quick stops on the way and on the way back for meals and bathroom breaks. We will depart the Activity Center at 9 AM and arrive at the casino by 4 PM on date TBA. We will check out of the Inn at Noon on date TBA and leave from the casino at 2 PM. We will arrive back at the Activity Center around 9 PM. Please bring money for gambling, other meals, and shopping. Please park in the back of the Activity Center parking lot. Trip cost is \$50 per person. This includes round-trip transportation, \$23 coin coupon per person, room fees, and portage fees. Remember to pair up with the person you would like to room with when you register! Ages 21+! No refunds. Please sign up for the wait list if the trip is full. If we get enough people signed up, we will take a second bus. Trip dates will be announced via flyer at the Activity Center by January 11. Tickets will go on sale January 23.

If you have an idea for a travel group trip, email jmach@sanmarcostx.gov and let her know!

18th Annual



Golden Sweethearts Ball

February 10, 2017

6pm - 10pm

San Marcos Activity Center

Come celebrate with dinner, dancing, music, and door prizes!

Advance tickets only.
Tickets available beginning
January 3 for \$16
\$20 after February 1



This is a special Valentine's Celebration for couples and singles in San Marcos and surrounding communities. It will include an elegant dance with music by Sound Experience and a catered dinner. Dinner will be served at 7:00 PM. Attire is dressy to semi-formal. Advance tickets ONLY, available at the Parks and Recreation Main Office, located at 401 E. Hopkins or the San Marcos Activity Center at 501 E. Hopkins. Ticket sales begin January 3, 2017. All ticket sales are final. Seating is limited, so don't wait! The deadline is Wednesday, February 8, 2017. all 393-8400 to purchase tickets or for more information.

SMASH Theatre Socials

Great news! The SMASH social club special rate can now be used for ALL performances, not just opening night! The discount rate is \$10.00 per ticket plus a \$2.00 processing fee, for performances on Tuesday - Sunday. If you attend the Tuesday night performance, you will not have to pay the \$2.00 processing fee. Even though TX State has a senior ticket price for 65 and older, if you are between the ages of 50 and 65 you can also receive the discount. JUST ENTER THE DISCOUNT CODE SMASH to receive your discount when purchasing your ticket. You will need to purchase tickets on your own from Texas State! You can go on-line and pre-purchase tickets at <http://www.txstatepresents.com> or purchase your ticket at the box office in advance or the night of the show. The Box Office normal hours are Monday – Friday from noon to 5pm at the Theatre Center. Parking is available at Edward Gary Street Garage for \$6.00. SMASH Theatre Socials are brought to you by San Marcos Parks and Recreation in coordination with Texas State's Department of Theatre and Dance.

The World According To Snoopy: February 14-19, 2016; Patti Strickel Harrison Theatre; Tuesday-Saturday 7:30 PM – Saturday and Sunday 2:00 PM. Based on the comic strip "PEANUTS" by Charles M. Shultz, Music by Larry Grossman, Lyrics by Hal Hackady, Book by Charles M. Shultz Creative Associates, Warren Lockhart, Arthur Whitelaw and Michael L. Grace. Directed by Kaitlin Hopkins.

Social Spin

Central Texas Medical Center (CTMC) in partnership with the City of San Marcos, presents the Social Spin. The Social Spin is a free CREATION Health dance and mixer for active retirees. This mixer is designed to encourage a healthy celebration of activity, healthy refreshments and developing more interpersonal relationships among the area's retirees. These gatherings are held every other month at the San Marcos Activity Center, located at 501 East Hopkins Street. Each event features a different theme and guests are encouraged to participate in the fun.

Valentine's Theme, February 8, 2017. Grab your sweetheart and friends to celebrate a day of love and laughter. Dress up in your pink and red finery. RSVP by calling 512.753.3818.

SMASH Bowling Socials

Join us every month for a SMASH Social Club, Bowling Social. Due to popular demand, this yearly event has become a monthly program! The City of San Marcos Parks and Recreation and Sunset Bowling Lanes are hosting a Bowling Social every month. These bowling events are for ages 50 + and will be held from 2-4 PM at Sunset Bowling Lanes, 1304 HWY 123, San Marcos, TX. The fee for this event is \$5.00/ person and includes shoe rental and 2 games of bowling. We do ask that you RSVP to nriali@sanmarcostx.gov or call 512.393.8275 so we can get a head count to reserve enough lanes. The \$5.00 cost will be paid to Sunset Bowling on the day of the event. For more information call 512.393.8400. Bring a friend, it will be a SMASH!

January 19
February 23
March 23

Pickleball

We now have six courts available for Pickleball. This has helped us accommodate our increasing number of participants while eliminating the wait time between games. Adult Pickleball open play is offered on Tuesdays, Thursdays and Fridays from 9:00 – 11:00 AM at the San Marcos Activity Center! Pickleball is free for Activity Center members. Nonmembers will be charged the daily use rate of \$3.25 for residents and \$4.25 for nonresidents. Paddles and balls are available for those who do not have their own. If you would like to learn more about the sport you are welcome to attend a session to observe and give it a try, free of charge. For more information call 512.393.8275.

Safe Home Care

February 7, 2017

Join us for this informational seminar on Tuesday, February 7, 2017 from 1:00-2:00 PM at the San Marcos Activity Center, presented by Gale Zavala and Sponsored By Comfort Connection/Nurses Unlimited.

Topics of discussion include: Tips for preventing injury and illness in the home; fall prevention in all rooms of the home, using assistive devices, and preparing for emergencies.

Game Day

Held every Monday-except City Holidays! What is Mexican Train Dominoes? Come find out and join us for games and fun! We provide light refreshments and game materials for Bridge, Mexican Train Dominoes, Hand & Foot, and 42. Bring a potluck lunch item or snack to share if you'd like. Arrive on time to get in on a game! San Marcos Activity Center, Meeting Room 1, from 12:30-4 PM. FREE! Call Parks & Recreation at 512.393.8400.

Monthly Luncheons

Enjoy a meal and some socialization at our monthly luncheons! We provide bingo, prizes, drinks, and fun! Most luncheons are potluck unless otherwise noted, so please bring a dish to attend.

Location: San Marcos Activity Center
Noon-2 PM.

January 12 – Superior Luncheon-

Celebrate National Soup Month with us. We will provide our favorite soup for you to enjoy. Please bring a dish, side or dessert to share.

February 16 – Morning Meal Luncheon-

Celebrate National Hot Breakfast Month with us by bringing your favorite breakfast dish to this luncheon! We will provide biscuits and gravy.

March 16 – Saucy Luncheon - Celebrate National Sauce Month with us by bringing a main dish made with your favorite sauce. If not, please bring a side dish or dessert to share. We'll provide our favorite sauce covered dish as well.

Doc Talk

February 2, 2017

Join us every other month, right before Bingo, for our new program, Doc Talk. Dr. Pothuluri from WellMed will give a presentation on various health topics throughout the year and then you will have the opportunity to ask her questions about items that concern you. The first meeting will take place at the San Marcos Activity Center on February 2, 2017 at 1:00 PM. This first meeting doesn't have a specific topic. It will be a general introduction to the program and to Dr. Pothuluri. It will also provide the doctor with the opportunity to learn about the topics you would like her to cover in the future. Doc Talk is sponsored by WellMed.

Go Green!

We are trying to cut down on the amount of paper we are using. We encourage you to help us cut down on costs and opt to receive an electronic copy of the newsletter. Please email Jennifer Mach at jmach@sanmarcostx.gov to sign up. Paper copies will still be available at the Activity Center and an electronic copy can be found at www.sanmarcostx.gov/parks.

Blood Pressure Clinic

Thursday, January 5

Thursday, March 9

Come have your blood pressure and pulse checked for FREE! Everyone needs to keep up with this important information! Comfort Connection is hosting this FREE blood pressure clinic at the Activity Center before Bingo. The Clinic will be from 12:00-2:00 PM in the Multipurpose Room at the Activity Center. There is no registration required. Please call 512.393.8400 if you have any questions.

Bingo

Experience the thrill of winning and the joy of getting together with others! Each month we provide Bingo with great prizes, and light refreshments. Come join the fun B-4, during, and after! If you would like to play more games, please help us by bringing some prizes we can use. Thank you to everyone who has brought prizes. Location: San Marcos Activity Center from 2-3 PM. FREE! For more information call 512.393.8400.

January 5 – Resolution Bingo

February 2 – Groundhog Day Bingo

March 8 - Crafty Bingo

Finding Balance

Third Tuesday of the Month

Don't miss this great monthly program brought to you by the City of San Marcos Parks and Recreation in coordination with CTMC Home Health.

What it is- Exercise class with a focus on balance activities. There are new exercises and activities every class meeting. **Purpose-** Optimize safety & decrease the risk of falls in the community of retirees. **Benefits-** Decrease risk of falls, improve confidence, improve strength & flexibility, boosts immune system, maintain/increase mobility.

Age Range- 50+/ Retired community for those of all activity levels. **When-** The class will be offered on Tuesday, January 17, February 21 and March 21 from 2-3 PM at the San Marcos Activity Center. Participants need to wear loose/stretchy comfortable clothing with rubber soled shoes. **Sponsored by-** CTMC Home Health!

Navigating Your Way Through the Aging Process

Join us for this informational seminar on **Wednesday, January 18, 2017** from 10:00-11:00 AM at the San Marcos Activity Center, presented by Virginia Sampson and Sponsored By Comfort Connection/Nurses Unlimited. We will discuss how to prepare a plan for you and your loved one that will guide you through the inevitable changes brought about by aging and/or illness. This will include how to preserve your assets and put your legal affairs in order so you can focus on caring for your loved one and find ways to pay for the new living arrangements or medical care needs. Our presentation will help you to meet your specific needs and the needs of your loved ones.

Topics of discussion include:
Asset Protection, Wills, Trusts, Powers of attorney and other critical documents, Evaluation of long term care payment options, Veterans Administration and Medicaid benefits to pay for long term care

Life Long Learning

San Marcos Parks and Recreation, in partnership with Texas State University's Retired Faculty and Staff Association (RFSA) is offering new Life Long Learning courses for the greater San Marcos area beginning in January and February. Adults of any age are welcome to register so please let friends and family members know. To REGISTER or for more information stop by the Activity Center at 501 East Hopkins, The Parks and Recreation Main office at 401 East Hopkins, Call 512.393.8400 or visit www.sanmarcostx.gov/activeSMTX and search LLL for courses.

I. "The Business of May Next": The Story of the United States Constitution

Wednesdays: February 1, 8, 15, 22, and March 1, 2017

Time: 1:00 to 2:15 PM

Site: San Marcos Activity Center

Cost: \$10.00

One American historian writes that the story of the Constitution is "a story that Americans ought to keep telling themselves as long as the nation it helped to form may last." This class will explore in a lecture/discussion format the fascinating story of our Constitution: its makers, its contents, its history and the riveting tale of ratification.

Presented by Jo Snider a veteran of nearly thirty years of college and university teaching of American history. She holds B. A. and M.A. degrees from Southwest Texas State University and the University of Texas in Austin. She brings not only knowledge yet a high level of enthusiasm to the study of history.

II. How to Listen to and Understand Great Music

Mondays: February 6, 13, x, 27, March 6,13, & 20, 2017

Time: 10:30 to 11:45 AM

Site: San Marcos Activity Center

Cost: \$20.00

Throughout history, Western music has been a mirror of the social, political, and religious events and aesthetic ideals of its time. In this first course, you will be introduced to the themes, concepts, and terminology used to better understand concert music, classical music, popular music, and Western music explored in this course as well as future courses in our series "How to Listen to and Understand Great Music".

Presented by Dr. Robert Whalin, Professor Emeritus of Music at Texas Sate University.

III. Depicting Forms From Nature (maximum of 15 participants)

Saturdays: January 28, February 4, 11, 18, 25, & March 4, 2017

Time: 12:30 to 2:30 PM

Site: Cephas House

Cost: \$45.00

This class will use flowers and natural forms (such as bones, branches, and rocks) as our inspiration and as vehicles for study and expression. The fundamentals of drawing from observation will be explored and individual approaches to drawing process and materials will be encouraged.

Presented by Roxana Tuff. Roxana is a metalsmith and illustrator who holds a BFA in Painting and Drawing and a MFA in Painting. She has taught in the art studio area at Texas State for 14 years.

Materials List: Strathmore 400 Drawing paper (medium 80lb or heavyweight 100lb) 14"x17"; 4B and 6B pencils; extra soft vine charcoal; 1 extra soft charcoal pencil; kneaded eraser; white vinyl eraser; metal pencil sharpener; drafting tape or painter's tape; 2 large bulldog clips; drawing board or piece of Masonite approx. 18"x24". Optional for Advanced Students: india ink, watercolors, watercolor pencils, colored pencils.

IV. Introduction to Colored Pencil Techniques (max of 15 participants)

Saturdays: January 28, February 4, 11, 18, 25, & March 4, 2017

Time: 3:00 to 5:00 PM

Site: Cephas House

Cost: \$45.00

The class will cover color basics, color layering, blending, and burnishing to create rich colorful images in colored pencil. Materials List: Prisma color pencils set of at least 24 (not Verithin); Prisma color pencils ; Strathmore Colored Pencil Spiral Paper Pad 11"X14"-30 sheets; drafting tape or painter's tape; kneaded eraser; 2B pencil ; pencil sharpener ; Xacto knife ; drawing board, or piece of Masonite, approx. 18"x24" ; blending stump (tortillion).

Presented by Roxana Tuff. Roxana is a metalsmith and illustrator who holds a BFA in Painting and Drawing and a MFA in Painting. She has taught in the art studio area at Texas State for 14 years.

V. Portrait Drawing- a 3 day workshop (max of 12 students)

Thursday, January 19, Friday, January 20, and Saturday, January 21

Time: 10:00 AM to 3:00 PM (lunch noon to 1PM)

Site: Fish Hatchery

Cost: \$110.00

This three-day workshop will cover the basics of the portrait drawing process with a mix of lectures, demonstrations and exercises. You will learn the fundamental structure of the human head; to capture the facial features that make a subject unique and recognizable; to build the head, ears, and features using simple shapes; and to use value shapes of light and dark to create dimension.

Material List: 18x24 newsprint tablet; 4B and 6B pencils; soft vine charcoal; extra soft charcoal pencil, kneaded eraser; white vinyl eraser; metal pencil sharpener; drafting tape or painter's tape; 2 large bulldog clips; drawing board or piece of Masonite approx. 18"x24".

Presented by Roxana Tuff. Roxana is a metalsmith and illustrator who holds a BFA in Painting and Drawing and a MFA in Painting. She has taught in the art studio area at Texas State for 14 years.

City of San Marcos
Parks & Recreation Department
630 E. Hopkins
San Marcos, TX 78666

Spring Plant Sale

Date: **April 8, 2017**

Time: **9:00 a.m. - 4:00 p.m.**

Location: **Discovery Center** (previously the Nature Center); 430 Riverside Dr.

Looking for some great native plants to beautify your home and garden? Stop by the Discovery Center this spring for a great selection of native plants that can bring color to your yard year round!

Contact Information

Mailing Address:

630 E. Hopkins
San Marcos, TX 78666

Parks & Recreation Main Office

(401 E. Hopkins): 512.393.8400

San Marcos Activity Center

(501 E. Hopkins): 512.393.8280

E-mail: Nick Riali nriali@sanmarcostx.gov
Jennifer Mach jmach@sanmarcostx.gov

We're online...

Download an electronic copy of this newsletter at www.sanmarcostx.gov/parks.

Follow us on Twitter and Like us on Facebook!

IMPORTANT! If you have special needs and need assistance to attend a program or at a program, please let us know ahead of time, so we can accommodate your needs as much as possible.

Participants that require one-on-one assistance must have an assistant with them at a program.