

# Out & About

## 50 + Active Adult Newsletter

San Marcos Parks & Recreation Department



October - December 2016

## Welcome

Hello All,

Now that the recent rains ushered in some cooler temperatures, it's time to get out and about enjoying, what is, my favorite time of the year. One thing I like to do in the cooler temperatures of autumn is to walk, and what better place to get your steps in, than in our beautiful parks and natural areas. If you like spending time walking outside enjoying nature and getting a little exercise, please join us for our monthly SMASH Trail Tours! SMASH stands for San Marcos Active Senior Hotspot.

If walking the trails in our parks and natural areas isn't for you then maybe you would like to join us for our SMASH Bowling Social at Sunset Bowling Lanes. This yearly event has now become a monthly program! If walking or bowling with us isn't your cup of tea, then maybe you would like to take in a show at Texas State. San Marcos Parks and Recreation in coordination with Texas State's Department of Theatre and Dance will continue to offer SMASH Theatre Socials this fall and winter. We also have another round of Life Long Learning courses that might pique your interest.

That's not all, Comfort Connection will be sponsoring three great seminars presented by VeeCee Spear, Tami Martin and Keith S. Leuty. They will also provide assistance with signing up for Medicare during the open enrollment period. Lena Tolbert will again be presenting AARP's Foundation Finances 50+, a three part program to help you better understand your finances. CTMC will be hosting a social spin in October and December and they are also sponsoring our Thanksgiving luncheon in November. Thank you Lisa Adams and everyone at CTMC for all your support! Get the specifics for all of these great programs and many more in this issue of Out & About!

The next Senior Citizen Advisory Board will meet on Tuesday, December 13th at 2:00 PM at the San Marcos Activity Center. We have a great new 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.

~ Nick Riali

## SMASH Trail Tours

Remember, SMASH Trail Tours has a new time, 10:00 AM! 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.

### **Ringtail Ridge Natural Area, October 5:**

Our next tour will be at Ringtail Ridge Natural Area. Take Ranch Road 12 (Moore St.) toward Wimberley about 1/10th mile past Craddock Ave. Turn right onto dirt road between Dakota Ranch Apartments and Crestwood Center. Follow road until you reach the big oak and parking lot behind the apartments.

**Prospect Park, November 2:** November's Trail Tour will take place at Prospect Park. From downtown San Marcos, take W Hopkins St. to N Bishop St. Turn west (uphill) on Bishop and left on Prospect St. Go 2.5 blocks to dead end. Park on street near kiosk to your right. Parking is limited.

**Lower Purgatory, December 7:** The final Trail Tour of the year will be the lower portion of Purgatory Creek Natural Area. From downtown San Marcos, take W. Hopkins St. past Bishop and Belvin Streets to the intersection of Hunter Road and Wonder World Drive (Hopkins turns into Hunter). Just past the intersection of Hunter and Wonder World, turn right onto an unpaved road to the parking area and trailhead.

## Travel Group Trips

### State Fair of Texas - October 6, 2016

Howdy Folks! Join us on Thursday, October 6, 2016 as we head to Fair Park in Dallas, TX, to enjoy great food, entertainment, shows, rides, exhibits, and more! We are going on Senior Citizen Day and ages 60+ will be admitted FREE! Anyone ages 5 and over are welcome. Come with us to see Big Tex and ride the Texas Star! Be sure to bring extra money for food and souvenirs. Registration begins on August 8 and ends September 23. Trip cost is \$46 for ages 60+ and \$64 for ages 59 and under. Fee includes round trip transportation and admission into the fair. We will leave the Activity Center at 6AM and arrive back around 8PM.

### Wimberley Shopping December 3, 2016

Join us for holiday shopping at the Wimberley Market Days. This trip requires the ability to travel long distances. Trip cost includes round trip transportation. Lunch and shopping are on your own. We will only be taking one bus. We will depart at 8AM and will return at 3PM. Registration is from October 3 - November 18.

### **YOUR AD COULD BE HERE!**

Reach over 1,500 citizens age 50+ quarterly by advertising in this newsletter. For more information and rates email [jmach@sanmarcostx.gov](mailto:jmach@sanmarcostx.gov)

# Programs Sponsored by Sponsored By Comfort Connection/ Nurses Unlimited

## **Meet with a Medicare Specialist: October 18, November 15 and November 29**

It is Medicare Open Enrollment time and if you have questions, we are here to help. Come and meet with a Medicare specialist to discuss your specific Medicare questions and learn about Medical and Prescription Plans that are available in the San Marcos area. Visit us at any time from 9:00 - 1:00 pm. at the San Marcos Activity Center on October 18, November 15 and November 29. Our specialist, Tami Martin, will be on site during this time to answer your questions and assist you with your enrollment.

Join us for three, free, informational seminars at the San Marcos Activity Center. The subject matter, dates and times are as follows:

### **October 11 at 2:00 pm Choosing your Medicare Benefits for 2017**

Presented by Tami Martin MBA

Topics will include: Choosing a Medicare Provider, Using Your Prescription Drug Plan, Medicare/Supplement vs Medicare Advantage and Medicare Changes coming in 2017.

### **November 8 at 2:00 pm Five Documents Everyone Needs!**

Presented by Keith S. Leuty Attorney-Mediator

Topics that will be discussed are the 5 documents that everybody needs to have, what they do and why they are necessary. They are: Last Will and Testament, Statutory Durable Power of Attorney, Medical Power of Attorney, Disposition of Bodily Remains, Living Will a/k/a Directive to Physicians.

### **December 13 at 2:00 pm Making Your Long Term Care Plan**

Presented by VeeCee Spear and Tami Martin

Topics that will be discussed are: Compassionate Planning Team-Long Term Care Academy, How to plan for your long term care needs; Home Care, Independent Living, Assisted Living, Memory Care, Skilled Nursing Care.

## SMASH Theatre Socials

San Marcos Parks and Recreation in coordination with Texas State's Department of Theatre and Dance will continue to offer SMASH Theatre Socials. The SMASH social club special rate is for opening night performances ONLY. The discount rate is \$10.00 per ticket, for performances on Tuesday evenings. 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 \$5.00.

**Tartuffe by Moliere, Tuesday, October 4, 2016 at 7:30pm** - Patti Strickel Harrison Theatre, 405 Moon Street, 78666

**Ajax in Iraq by Ellen McLaughlin, Tuesday, November 1, 2016 at 7:30pm** - Theatre Center's Mainstage, 430 Moon Street, 78666

**Legally Blonde the Musical, Tuesday, November 15, 2016 at 7:30pm** - Patti Strickel Harrison Theatre, 405 Moon Street, 78666

## 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 social events are held every other month from 2PM – 4PM 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.

**Masquerade Theme, October 12, 2016** Wear your decorated masks. Dress up and have fun.

**Holiday Theme, December 14, 2016** Wear festive sweaters and charms. Show your holiday spirit.

## SMASH Bowling Socials

Now Held Every Month

Do you like to bowl but need someone to go with you? Maybe you have never bowled in your life, but always wanted give it a try. Now you can 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](mailto: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. Come join us, it will be a SMASH!

**Thursday, October 20**

**Thursday, November 17**

**Thursday, December 15**

## Pickleball

Our adult Pickleball program now has a dedicated challenge court! In addition, we added three courts to our program, to bring the total to six. This combination has helped us accommodate our increasing number of participants while also allowing us the opportunity to dedicate a court specifically for those that want to play more competitive 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.

## 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.

**October 13- Al Dente Luncheon-** It's National Pasta Month! We will provide our favorite pasta dish and we think you should too! If not, please bring a side or dessert to share.

### **November 10– Thanksgiving**

**Luncheon-** Join us to give Thanks as Central Texas Medical Center provides a full, FREE Thanksgiving meal. You MUST pre-register for this event. Registration begins October 3rd and you can register at the Activity Center or at the Parks and Recreation Main Office. Lunch will be from 12-1, with Bingo to follow. Doors will not open until 11:45. We ask that you bring a dessert to contribute to the luncheon! There is ALWAYS a wait list for this luncheon, so register early. Also, if you are unable to come, please cancel your reservation so someone else is able to attend. Additional Sponsors include Comfort Keepers and WellMed. Please call 512.393.8400 if you have any additional questions!



### **December 8– Signature Dish Luncheon**

– Bring your favorite dish, side or dessert that is your “signature” dish for sharing with friends and family. We will be providing our favorite as well.

## 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](mailto: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](http://www.sanmarcostx.gov/parks).

## Blood Pressure Clinic

**Thursday, November 3, 2016**

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 393-8400.

**October 6 - Haunted Bingo**

**November 3 – Cornucopia Bingo**

**December 1 – Cookie Cutter 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, October 18, November 15 and December 20 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!**

## AARP Foundation Finances 50+

**October 12, October 26 and November 9**

AARP's Foundation Finances 50+ is a 3 part financial capability program designed to motivate and empower participants to take charge of their financial future. The program assists individuals to make objective assessments, set appropriate goals and establish habits and behavior that will help them thrive. The sessions will give you a good handle on where you stand financially, plus simple, hands-on ways to make measurable progress toward your financial goals. The free workshop series hosted by Lena Clark will be held at the San Marcos Activity Center on Wednesday October 12, October 26 and November 9 from 10:00 AM – 12 Noon. For more information please visit [www.aarp.org/finances50plus](http://www.aarp.org/finances50plus) or contact Lena Clark and 512.392.3055 or [lena@tvcintegra.com](mailto:lena@tvcintegra.com)

## Life Long Learning - Classes start September 30

San Marcos Parks and Recreation, in partnership with Texas State University's Retired Faculty and Staff Association (RFSA) is once again offering new Life Long Learning courses for the greater San Marcos area beginning in September. The classes are primarily for those age 50 and above, but adults of any age are welcome to register. 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](http://www.sanmarcostx.gov/activeSMTX) and search LLL for Life Long Learning class. A minimum number of registrants is required for these classes to make.

Courses Held Through the San Marcos Parks and Recreation Department

### 1. **Watercolor Course II** \*\*Registration Required

This course continues the development of creative and technical skills through a series of structured watercolor projects. The course focuses the continuing development of confidence in your watercolor painting, strategies, and the knowledge, maintenance, and care of materials. Further, to develop compositional skills, a personal use of color, personal imagery and aesthetic judgment.

Materials List: Same as for Watercolor I PLUS 1/4 inch thick piece of tempered Masonite (Hardboard) that is at LEAST 16X20 but no bigger than 18x24 inches from Lowe's or Home Depot and the smallest tube of Chinese (Zinc) White GOUACHE (opaque watercolor)

Location: Cephass House

When: Fridays, Sept. 30, October 7, 14, 21, 28 & Nov. 4

Time: 10:00 AM to noon

Cost: \$40.00

Presented by Roxana Tuff 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 and for Life-Long Learning since its inception.

## **2. Beginning Watercolor Course I**

**\*\*Registration Required**

The course is an introduction to the basic materials and techniques of watercolor for the beginner. Through a series of demonstrations and guided projects students will explore basic techniques of wash, graded wash and dry-brush as well as studies in value, color and composition. The course is intended to give the beginning watercolorist a foundation for continued study of the medium.

Location: Cephass House

When: Fridays, Sept. 30, October 7, 14, 21, 28 & Nov. 4

Time: 1:00 to 3:00 PM

Cost: \$40.00

Materials List for Beginning Watercolor- Hobby Lobby should have most of the supplies.

Paper: Watercolor paper tablet 11x15 in. 140 lb Cold press. Notable brands are Strathmore, Arches, and Winsor and Newton, but any 140lb cold press is acceptable. Paint: Staedtler Paint set 24-count watercolors Brushes: Master's Touch Fine Art Studio Brush Set (382648) round brushes. If you can't find these, buy a round watercolor #22 and round watercolor #8 at least. Other Supplies and Materials: Bag, box, or tool box for supplies; Artist's Palette 6 wells plastic; Master's Touch 2B pencil kneaded eraser; old toothbrush for splattering paint; paper towels; water jar; Multi surface Frog tape 1.88 inches or 3M Safe-Release Blue Painter's tape. Optional Supplies: small sea sponge; Chinese White gouache (opaque Zinc watercolor); Frisket and nib for applying (this is liquid Latex. Only buy if you are not allergic to latex); Gummed 2" watercolor tape (brown Kraft tape for taping down wet paper to board); 18 inch metal ruler; and exacto knife

Presented by Roxana Tuff 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 and for Life-Long Learning since its inception.

## **3) Seed Ball and Spiral Garden Construction**

Location: Discovery Center (the renamed San Marcos Nature Center)

When: Saturday, October 22nd, 2016

Time: 10:00 AM to 3PM (lunch provided)

Registration Required, Space is Limited

Registration: via city of San Marcos

[for more info contact: Marianne Reese ( [mr11@txstate.edu](mailto:mr11@txstate.edu))]

Seed Balls (also known as Earth Balls) are a whole habitat in a tiny clay ball, just need to add water and sun light. They are used to restore lost vegetation with native, non-invasive vegetation. Join us for an event for the **WHOLE FAMILY**. Each participant will go home with "seed balls" as well as having helped construct a permanent spiral garden for the City of San Marcos...and the knowledge to do so at your home.

Presented by Jim Bones, photographer, writer, and filmmaker, who will lead us through the hands-on process of making SEED BALLS as well as a SPIRAL GARDEN planted via seed balls. The garden will be a permanent structure at the San Marcos Discovery Center. You will go home with expanded ecological knowledge, seed balls of your own, and satisfaction of having helped construct a garden for all to watch grow. (Check out both "seed balls" and "spiral gardens" on the web for more info.)

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

## Native Plant Sale

Date: **October 15th, 2016**  
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 fall for a great selection of native plants that can bring color to your yard year round! Fall is a great time to get plants in the ground after it has cooled down and before winter begins.

## 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](mailto:nriali@sanmarcostx.gov)  
Jennifer Mach [jmach@sanmarcostx.gov](mailto:jmach@sanmarcostx.gov)

## We're online...

Download an electronic copy of this newsletter at [www.sanmarcostx.gov/parks](http://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.