

Out & About

50 + Active Adult Newsletter

San Marcos Parks & Recreation Department



April - June 2019

Welcome

I'm sure everyone is ready to enjoy the warmer temperatures and extra sunlight that comes with the recent change of seasons. Spring is a great time to socialize with others, try something new, get out, be active, and most of all, have some fun! We have some exciting things in store for you in the coming months, so please read all about them in this issue of Out and About.

To begin with, we are teaming up with Damsel in Defense to bring you a Senior Citizen Self Defense workshop in April. The Damsel Self Defense Workshop is for all seniors, male and female. Howerton Eye Clinic will be conducting a free vision screening before our bingo event on April 4th. Aging is Cool will be back on April 24th with another round of Brain Training, sponsored by WellMed.

If you would like to get more exercise, please join us for our walking program, Two-Stepping around Texas! This ongoing program will continue throughout 2019. Our Gulf Coast tour will be ending in April and the next "Step" in the program will be the first leg of our Big City Tour. The Kickoff event for this will be May 1. If you would like something more than just walking for exercise then why not give Pickleball a try? You have a great opportunity to learn about this sport during our Free Introduction to Pickleball Clinic on April 5, 2019. We are also offering Pickleball drill and play, lessons and clinics through May of 2019.

UnitedHealthcare is sponsoring numerous Parks and Recreation 50+ events throughout 2019. For this quarter, they will be sponsoring the SMASH Bowling Social in April, game day in May, and the extremely popular Movie Event in June.

A new newsletter also means another great selection of our popular Life-Long Learning courses. We have partnered with the Life Long Learning Organization of San Marcos to offer some unique classes that are sure to be a hit! CTMC's Creation Health Institute will continue to host their Social Spin dances with one taking place in April and one in June!

I am also excited to announce that The San Marcos Senior Citizen Advisory Board is seeking nominations for the second recipient of the "San Marcos Community Senior Citizen Volunteer Award". This award was established to recognize and honor a senior citizen whose volunteer efforts have made San Marcos a better place in which to live. A nomination form is included inside this newsletter with the award's description and instructions on how to nominate an individual for the award. It is presented every two years with the next recipient being honored on National Senior Day, Wednesday, August 21, 2019 at the San Marcos Activity Center during CTMC's Social Spin Senior Dance.

-Nick Riali

Travel Group Trips

Pearl Brewery Shopping

Join us April 17 as we go to the Pearl Brewery shopping center in San Antonio to enjoy eating and shopping in boutiques. You can also enjoy lounging in one of the picturesque green spaces or take a stroll along the North Riverwalk. We will be meeting at the Activity Center at 9:00 am and will be back at 3:30 pm. The trip fee is \$16 and includes your round trip transportation. Don't forget to bring money for lunch and shopping! Registration begins February 19, 2019 and ends March 29, 2019. Call for availability after March 29.

Becker Vineyards Lavender Festival

Come with us on May 5 as we go to the Becker Vineyards Lavender Festival! We will be meeting at the Activity Center at 10:00 am and will be back at 4:30 pm. Get ready for an afternoon filled with food, music, wine and farmers market style shopping. There will be tables and chairs but feel free to bring a blanket to hang out on and a picnic lunch to enjoy if you like! Trip fee is \$16.00 and includes round trip transportation and parking. Don't forget to bring your spending money! Registration begins March 4, 2019 and ends April 17, 2019.

Kolache Trail - the other leg

Travel the southeast kolache trail with us on June 27! We will leave the Activity Center at 7:00 am and will be back around 5:15 pm. We will be visiting 6 iconic kolache places including Wiekel's Bakery, Jr's Place, Hruskas, Kountry Bakery, Prasek's, and Old Main Street Bakery. We will spend 30 minutes at each stop ensuring we have time to try and take home as many as we like! Some places will have lunch options along with the kolaches. Trip price is \$25 and that includes transportation to all places, so make sure to bring kolache money!! Registration begins April 1, 2019 and ends June 7, 2019.

San Antonio IKEA

San Antonio finally got an IKEA and we are going on July 16! We will be meeting at the Activity Center at 10:00 am and will be back at 2:30 pm. Come with us as we take time to explore and shop until we drop! IKEA has just about anything and everything you need from furniture items to every knik knack you need to make your house a home. IKEA also has a dining area to enjoy some good Swedish meatballs! Trip cost is \$15 a person and that includes round trip transportation so be sure to bring money for your shopping and lunch! Registration begins April 29, 2019 and ends June 28, 2019.

Two Nights at Coshatta! Fall

Join us for gaming action at the Grand Casino Coshatta world-class luxury resort and gaming complex in Kinder, LA. We will make two quick stops on the way there 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. We will check out of the Inn at Noon on the departure day 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 \$85 per person, double occupancy. This includes round-trip transportation, \$23 coin coupon per person, two night 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. We will be taking a second bus if we have enough people. Registration is only available at the Parks and Recreation Office, 401 E. Hopkins. Dates TBA. Check the Activity Center and Parks & Rec Office for a flyer at the end of June. Registration begins July 8, 2019.

Duplicate Bridge

The City of San Marcos Parks and Recreation has partnered with the Texas Capital Bridge Association to offer Duplicate Bridge every Friday from 10:00 a.m. to 1:30 p.m. at the San Marcos Activity Center. The San Marcos club is a member of the American Contract Bridge League (ACBL), which has over 167,000 members who play duplicated bridge in 3200 clubs across the United States, Canada and Mexico. To find out more information about the Texas Capital Bridge Association, visit www.austinbridge.org or contact the local TCBA club director, Harry Ingham at 512-392-7612.

Game Day Club

Join the San Marcos Game Day Club. This Free social club meets every Monday at the San Marcos Activity Center, Meeting Room 1, from 12:30-4 PM. Game materials for Bridge, Mexican Train Dominoes, Hand & Foot, and 42 are provided. New members are welcome. **Pre-Registration is required**, same day registration is not allowed! Members, make sure you arrive on time to get in on a game! Call Parks & Recreation at 512-393-8400.

50+ Events Sponsored by UnitedHealthcare

UnitedHealthcare will continue to sponsor numerous programs for us in 2019. Every other month, UnitedHealthcare will sponsor our Monthly Bingo program. During the months that they are not sponsoring Bingo, they will either be treating us to a movie at the Starplex 12 movie theater, taking us bowling at Sunset Bowling Lanes, or playing Santa at our Special Holiday Bingo. For this quarter, UnitedHealthcare will be sponsoring our Bowling Social on April 18, game day in May, and another Movie Event that is tentatively scheduled for June 19. The movie events are somewhat difficult to advertise because the theatre schedule for new movies only come out 2 weeks in advance. You can RSVP early to attend whatever movie UnitedHealthcare chooses, to nriali@sanmarcostx.gov or call (512) 393-8275 so we can get a head count to reserve enough seats. Please make sure to leave your phone number and we will call you back when the movie information is available to confirm your tick purchase. Previous movie events included Mama Mia 2, Black Panther, Fighting With My Family and the 75th Anniversary showing of Casablanca. The tentative date for the next movie is **Wednesday, June 19** and the time is usually around 2:00 PM.

50+ Two-Stepping Around Texas Walking Program - Big City Tour

The San Marcos Parks and Recreation Department is continuing their free walking program for the 50+ community. Our goal is to get people up and exercising in a fun, healthy and interesting way and to create a social community to help motivate you in your walking. The third "step" of this program is our Big City Tour. It will start on Wednesday, May 1, 2019 and will run for 16 weeks. This tour will eventually take us from San Marcos to Dallas, down to Houston, over to San Antonio and back up to San Marcos. This is the first leg of the Big City Tour, a "virtual" walk to Dallas totaling 226 miles. The kickoff event will be on **Wednesday, May 1, 2019** at 6:00 PM. The kickoff event and this program is sponsored in part by CTMC Creation Heath. If you would like to participate but are unable to attend the kickoff event, you can stop by the San Marcos Activity Center, pick up a registration packet, and receive all of the information you will need to join. We will have a wrap-up celebration during the CTMC Creation Health Social Spin celebration of National Senior Citizens Day on Wednesday, August 21 from 2-4 PM at the San Marcos Activity Center. The Walking Program is free and open to ages 50 and up. For more information, call Nick Riali at (512)-393-8275 or visit <http://sanmarcostx.gov> and visit the 50+ page under Park and Recreation - Activities.

Pickleball

We have extended the hours for Adult Pickleball Open Play! It is now offered on **Tuesdays, and Thursdays from 9:00 AM– 12:00 Noon and 9:00 – 11:30 AM on Fridays**, at the San Marcos Activity Center. Pickleball is free for Activity Center members. Nonmembers will be charged the daily use rate of \$3.00 for residents and \$4.00 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 512.393.8400.

SMASH Bowling Socials

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 393-8400. The Bowling Social on April 18 is sponsored by UnitedHealthcare. Join us on that day and enjoy some bowling at no cost to you!

April 18, May 16, June 20

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.

April 4, May 2, June 6

Pickleball Clinics

Participating in our Pickleball clinics provides a group learning environment that is inclusive, friendly, and fun. Besides making new friends and getting exercise, you will also be taught stroke development and strategies that will improve your Pickleball game. Players will be placed in groups with others of similar skill level. **Wednesdays from 9-11am, April-May** San Marcos Activity Center Gym with Amy Yarbrough and Randall Wood (Certified Pickleball Instructors) Cost: \$35 per person. To register visit www.pickleballsanmarcos.com.

Intro to Pickleball Clinic

Have you heard about this new sport sweeping across the nation? Maybe you have seen news stories about the fastest growing sport in the country and wanted to learn how to play. Well now is your chance to experience the game with the funny name with beginners just like yourself. Join certified Pickleball instructors Amy Yarbrough and Randall Wood as they team up to host a Free Introduction to Pickleball clinic from 9 – 10 AM on **Friday, April 5, 2019** at the San Marcos Activity Center. In the past 10 years, the growth of Pickleball has exploded mainly in senior communities throughout the United States. Pickleball is cross between badminton, tennis & ping-pong. It is played on a court that is 20 ft. x 44 ft. with wooden/composite paddles and a wiffle ball. Paddles and balls will be available at the clinic. Don't be afraid of trying something new and once you play, you'll be hooked.

Pickleball Drill & Play

The first 45 minutes will cover one skill of Pickleball where players will be put through repetitive drills and developmental games geared toward that skill. The last 45 minutes will be devoted to fun game play to work on the skill in open game situations.

Mondays from 8:30-10am, April-May San Marcos Activity Center Gym with Amy Yarbrough and Randall Wood (Certified Pickleball Instructors). Cost: \$10 per person. To register visit www.pickleballsanmarcos.com.

Pickleball Group Lessons

Small group lesson (1.5 hours) designed for a group of 3-4 people. **Mondays 10:00-11:30am, April-May** San Marcos Activity Center Gym. This is an economical way to receive more personal detailed instruction and strategy with Amy Yarbrough and Randall Wood (Certified Pickleball Coaches) \$25 per person. To register visit www.pickleballsanmarcos.com

SMASH Sack Lunch & Bingo

Join us for our new lunch program, SMASH Sack Lunch Social and Bingo! Each meeting, participants will need to bring their own sack lunch to eat while socializing with friends before we play Bingo. Beverages will be provided as well as bingo prizes and other goodies. Location: San Marcos Activity Center from 12-2 PM. FREE! For more information, call 512-393-8400.

April 11, May 9, June 13

Free Vision Screening

Are you having trouble reading this Newsletter? Maybe objects or signs in the distance seem out of focus. If you notice some vision problems, or if you would just like to ask an eye doctor some questions, then join us for a Free Vision Screening at the San Marcos Activity Center. Howerton Eye Clinic will be conducting this free vision screening / ask a doctor session from **1:00-2:00 PM on Thursday, April 4**, before Bingo. There is no registration required. Please call 512-393-8400 if you have any questions.

Blood Pressure Clinic

Come have your blood pressure and pulse checked for FREE! Everyone needs to keep up with this important information! Angels for Elders and Wimberley Home Health is hosting this FREE blood pressure clinic at the Activity Center before Bingo. The Clinic will be from 1:00-2:00 PM at the Activity Center. There is no registration required. Please call 512-393-8400 if you have any questions.

May 2

Finding Balance

Don't miss this great monthly program brought to you by the City of San Marcos Parks and Recreation in coordination with our new sponsor, Comfort Keepers. This is an exercise class with a focus on balance activities. There are new exercises and activities every class meeting. The purpose of this program is to optimize safety & decrease the risk of falls in the community of retirees. This will improve confidence, improve strength & flexibility, boost your immune system and maintain/ increase mobility for ages 50+ for those of all activity levels. The class is offered on the third Tuesday of every month from 2-3 PM at the San Marcos Activity Center. Participants need to wear loose, comfortable clothing with rubber-soled shoes. Sponsored by Comfort Keepers!

April 16, May 21, June 18

Life Long Learning

San Marcos Parks and Recreation in cooperation with Life Long Learning of San Marcos is once again offering new Life Long Learning courses for the greater San Marcos area beginning in January. 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 and search LLL for Life Long Learning courses. A minimum number of registrants is required for these classes to make.

I) Personal Finance

Where: San Marcos Activity Center

When: (6) Thursdays: April 4, 11, 18, 25, and May 2

Time: 6:00 to 7:15 PM

Fee: FREE...but you do need to register

Description: This financial workshop will focus on Week 1: Nuts and Bolts of Stocks, Week 2: Focus on Fixed Income, Week 3: An Investor's Tour of Mutual Funds, Week 4: Tax-Free Investing and Week 5: Rules of the Road. These 5 topics provide a foundation that allows you to better understand investing and to help make a more informed decision throughout your investing life. Presented by Trish Wilder. Trish, a financial advisor working through Edward Jones, offered a well-received, FREE class for LLL in fall 2018. As a financial advisor she believes it's important for all investors to clearly understand (a) the basics of investing, (b) what they are working toward (goals), and (c) the level of risk one is comfortable accepting. Trish will NOT attempt to have you join her at Edward Jones, but rather much better understand your financial choices.

II) Sketching from Life

Where: Cephas House: 217 W. MLK Drive, San Marcos, TX

When: Fridays: April 5, 12, 19, 28, May 3, 2019

Time: 10:00 AM to 12:30 PM

Fee: \$50

Description: This course will teach you to sketch from direct observation. You will build your draftsmanship skills in interpreting form. We will focus on proportional awareness, line quality, controlling tonal changes, creating convincing perspective, and understanding the quality of light and shadow.

***See Activity Center for materials list.

III) Travel Sketch: Sketching with Pen & Ink and Watercolor

Where: Cephas House: 217 W. MLK Drive, San Marcos, TX

When: (5) Fridays: April 5, 12, 19, 28 and May 3

Time: 1:30 to 4:00 PM

Fee: \$50.00

Description:

In this course, you will learn to document cityscapes and landscapes with quick single line studies in pen & ink with watercolor washes applied. There will be demos and digital presentations as well as a few field studies. We will discuss perspective rules for drawing buildings and basic pen & ink and watercolor techniques for building the illusion of mass, depth, and texture. Learn to mix the colors you see.***See Activity Center for materials list.

IV) Drawing with Watercolor and Ink

Where: Cephas House: 217 W. MLK Drive, San Marcos, TX

When: (5) Fridays: May 17, 24 & 31 and June 7 & 14

Time: 10:00 AM to 12:30 PM

Fee: \$50.00

Description: Develop your expressive voice with watercolor and ink. This experimental drawing class will encourage you to be loose in style, technical in drawing, and playful in your designing. We will look at contemporary drawing done with watercolor and ink. We will talk about design and how to come up with interesting compositions. There will be demonstrations on using watercolor, pen and ink techniques and building designs. There will be lots of studio work time to create your work in a setting where you can enjoy feedback and artistic interaction.***See Activity Center for materials list.

The three art class are presented by Roxana Tuff, 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.

Additional LLL Classes are held at the San Marcos Library and the Price Center. For more info, check those locations.

SMASH Theatre Socials

Great news! Texas State's Department of Theatre and Dance will continue to offer a Senior Rate for all of their theatre performances. Ticket prices are \$12 for Tuesday – Thursday, and \$15 for Friday – Sunday (price includes a \$2 processing fee). You will need to purchase tickets on your own from Texas State! It is suggested to purchase tickets online in advance at <http://www.txstatepresents.com>. A live box office will be open one hour before each show. Discounted parking passes are available for the Edward Gary Street Garage for \$6.00. These can be purchased online with your order, or purchased on the day of the show at the box office. Feel free to contact Texas State's box office at 512-245-6513 with any questions regarding the purchasing of tickets. SMASH Theatre Socials are brought to you by San Marcos Parks and Recreation in coordination with Texas State's Department of Theatre and Dance.

Texas State Opera Theater and Texas State Symphony Orchestra present THE MAGIC FLUTE EPISODE 1 by W.A. Mozart, Harrison Theatre from March 28-31

Oscar Wilde's THE IMPORTANCE OF BEING EARNEST at the Theatre Center's Mainstage from April 9-14

THE HUNCHBACK OF NOTRE DAME at the Harrison Theatre from April 23-28

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. Come and enjoy some great food, entertainment and company!

Western Theme – April 10, 2019. Dust off your boots and grab your hat and mosey on over to the Activity Center for a rootin, tootin good time.

Luau Theme, June 12, 2019. Pull out the Hawaiian shirts and shorts and celebrate summer with us.

Self Defense Workshop

Senior Citizens should never be vulnerable to criminals who target them because of their age, so join us for this Senior Citizen Self Defense Workshop conducted by Damsel in Defense. The Damsel Self Defense Workshop is for all seniors, male and female, and will take place on **Tuesday, April 9, 2019** at 2:00 PM at the San Marcos Activity Center. Damsel Self Defense Workshops train Senior Citizens to develop Situational Awareness making them more alert to potential danger. The Workshops develop Senior Citizens to become less vulnerable, overcoming their age disadvantage and teach Senior Citizens to respond to threats and situations without panic through muscle memory. The Workshops also engage Senior Citizens in true to life situations and role-play effective and efficient means of survival. They equip Senior Citizens to be confident, aware, alert, prepared and win. A Damsel Prepared Senior Citizen is better able to keep themselves and their grandchildren safe when out and about.

Brain Training by Aging is Cool Sponsored by WellMed

Aging is Cool believes that no matter how old you are, you can still learn, be healthy, have fun and make a difference in the world. Whether you just turned 50 or even 90 years old, it's important to keep your brain healthy and active. Aging is Cool's Stay Smart series brings together brain training, physical movements and memory techniques to help you maintain and improve mental functioning. Enjoy fun and challenging classes that will keep you mentally sharp no matter your age. We invite you to join us for our next meeting on **Wednesday, April 24** from 2-3 PM at the San Marcos Activity Center. Brain Training is a Free event sponsored by WellMed.

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

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Important Dates!!!

Free Vision Screening - Apr 4

Self-Defense Workshop - Apr 9

Social Spin - Apr 10

Brain Training - Apr 24

Two-Stepping Around Texas Kick-Off - May
1

Free Movie - tentatively June 19

Social Spin - June 12

Contact Information

Mailing Address:

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San Marcos, TX 78666

Parks & Recreation Main Office

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San Marcos Activity Center

(501 E. Hopkins): 512.393.8280

E-mail: Nick Riali nriali@sanmarcostx.gov

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We're online...

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

Follow us on Twitter and Like us on Facebook! [@smtxCS](https://twitter.com/smtxCS)

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.