

# Out & About

## 50 + Active Adult Newsletter

San Marcos Parks & Recreation Department



July - September 2019

## Welcome

If the latest temperatures are any sign of what is to come this summer, it looks like those triple digits are right around the corner. We understand that remaining active during the summer months sometimes proves to be a challenge, so let us help you out. Stop by the San Marcos Activity Center and pay us a visit. We are sure to have a something you can enjoy, while staying cool in our air-conditioned facility.

Speaking of the Activity Center, you might want to consider becoming a member. Membership includes: use of the pool, weight room, cardio equipment, basketball gym, racquetball courts, indoor walking track and our Pickleball program. Exercise becomes extremely important as we age and if your 50 + the membership fee for residents is only \$52 per year, and your spouse can join for \$38. The non-resident membership fee is \$126 and \$94 for your spouse. Take advantage of this great facility for a great price!

We have some exciting events in store for you this quarter. To begin with, Aging is Cool will be back on July 24th with another round of Brain Training, sponsored by WellMed. Texan Renew Hearing Center will conduct ear examinations on August 1, before bingo. CTMC will host the 7th Annual Senior Day Dance on August 21. Also taking place during the Senior Day Dance, the San Marcos Senior Citizen Advisory Board will be presenting the second "San Marcos Community Outstanding Senior Citizen Volunteer Award" to a well-deserving, local individual. Please join us for this exciting event.

We will be teaming up with Deborah Carter, Public Services Librarian, and staff from the San Marcos Public Library for a FREE onsite Facebook for Seniors Workshop on September 4. The fourth "step" of our Two-Stepping Around Texas Walking Program is the second leg of our Big City Tour. It will also start on Wednesday, September 4, 2019 and will run for 16 weeks. Damsel in Defense will be back for another Senior Citizen Self Defense workshop. The workshop is on Tuesday, September 24 is for all seniors, male and female.

UnitedHealthcare is continuing their sponsorship of Parks and Recreation 50+ events in 2019. For this quarter, they will be sponsoring our Monthly Bingo in July and September and the SMASH Bowling Social in August. 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!

*-Nick Riali*

# Travel Group Trips

Many of our trip policies have changed so please read the new rules carefully when registering. You can register online or at the Parks and Recreation Main Office. Registering at the San Marcos Activity Center or over the phone is no longer an option. Registration for casino trips is only available at the Parks and Recreation Main Office at 401 E. Hopkins.

A minimum number of participants are required for the trips to make. Please register before the registration deadline.

If you require any ADA accommodations, you must contact us 30 days prior to the trip by submitting the City's ADA Reasonable Accommodation Request Form. 30 days notice is required for ADA accommodations and will be prioritized in the order in which they are received by our City ADA Coordinator.

## 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 knick 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.

## September Trip - TBD

We are currently working on planning the September trip. Please check the Activity Center and Parks & Recreation office for flyers around the end of July.

## 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](http://www.austinbridge.org) or contact the local TCBA club director, Harry Ingham at 512-392-7612.

## 50+ Events Sponsored by UnitedHealthcare

UnitedHealthcare will continue to sponsor Parks and Recreation programs for the rest of 2019. For this quarter, UnitedHealthcare will be sponsoring Monthly Bingo on July 11 and September 5 and our Bowling Social on August 22. Don't miss this chance to go bowling with us, at no cost to you. For the rest of the year, UnitedHealthcare will sponsor another very popular Movie Event in October, Monthly Bingo in November and our Special, White Elephant, Holiday Bingo in December.

## 50+ Two-Stepping Around Texas Walking Program - Second Leg of the Big City Tour

**Kickoff Event - Wednesday, September 4, 2019 at 4:00 PM** at the San Marcos Activity Center  
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 fourth "step" of this program is the second leg of our Big City Tour. It will start on Wednesday, September 4, 2019 and will run for 16 weeks. The first leg of the tour we walked the distance from San Marcos to Dallas, 226 miles. Now, we will walk from Dallas to Houston totaling 240 miles. We are going to increase our daily number of steps for this leg. It can be done by walking 5,000 (up from 4,000) steps per day (2.5 Miles) or 17.5 miles per week for 14 weeks. Participants who complete the entire virtual tour will receive a special item of recognition. Walk on your own, with a friend or with a group, inside, outside or on a treadmill. We encourage you to sign up and invite your family and friends to join you!

We will try to have group walks every Monday morning at the San Marcos Activity Center, so we can encourage each other and update our mileage logs. You can keep track of your miles and steps with a smartphone, Fitbit or other simple pedometer. Membership to the San Marcos Activity Center is not required for this program, however if you would like to walk on the indoor track at times other than our scheduled group walks, then you will need to become a member.

The kickoff event will be on Wednesday, September 4, 2019 at 4:00 PM. The kickoff event and this program is sponsored in part by CTMC Creation Health. 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 Holiday celebration on Wednesday, December 11, 2019 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. We have six courts for Pickleball, which has allowed us to designate three courts as competitive courts and three courts as recreation courts. 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](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. The Bowling Social on August 22 is sponsored by UnitedHealthcare. Join us on that day and enjoy some bowling at no cost to you!  
**July 25, August 22 (Sponsored by UnitedHealthcare), September 19**

## Facebook for Seniors

Join us for a Free Facebook for Seniors Workshop and learn how to sign up for Facebook and stay connected with friends and family members! The City of San Marcos Parks and Recreation and the San Marcos Public Library are partnering up to bring you Facebook for Seniors on **Wednesday, September 4, 2019** from 10:00am-12:00pm at the San Marcos Activity Center. Join Deborah Carter, Public Service Librarian, and staff from the San Marcos Public Library, for a FREE onsite Facebook Workshop. Find long lost friends and relatives, learn how to share pictures, get involved with people and groups around you and follow your interests and hobbies. Space is limited to 40 participants and registration is required. Twenty computers will be provided, but you are welcome to bring your own. 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 Facebook.



## 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. **July 11, August 1, September 5**

## 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.

**July 18, August 15, September 12**

## 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.

## 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.

**July 11**

## 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!

**July 16, August 20, September 17**

# Life Long Learning

San Marcos Parks and Recreation in association with The Life Long Learning Organization of San Marcos is offering new Life Long Learning courses for the greater San Marcos area beginning in July. 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 courses.

## 1) Level 2 - Ukulele for Beginners

Where: San Marcos Activity Center

When: (6) Tuesdays: July 9, 16, 23, 30 and August 6 & 13

Time: 6:00 to 7:30 PM

Fee: \$50.00

Course Description: This 6-week course is designed for those who have completed the Level 1 Ukulele for Beginner's class and want to continue growing their ukulele skills. Players who did not take Level 1 class are welcome to join this class, if they are already familiar with the topics covered in Level 1, including tuning the instrument, common chords in the key of C (C, G, F, Dm, Am), and basic strumming patterns. After a brief review of the Level 1 basics, in this class instructor Bob Guz will expand students' skills by teaching the essential chords of other keys, additional chord progressions, and new strumming patterns. Barre chords and basic finger-picking technique will also be introduced. Throughout the class we will learn songs that demonstrate and provide opportunities to practice these new chords and techniques, which we'll play and sing together as a group. Participants will need a ukulele, a music stand, and enthusiasm to play and sing. Handouts and learning aids will be provided. Presented by Bob Guz.

## 2) Watercolor: Expressive Still-Life Painting

Where: Cephass House: located at 217 W. MLK Drive, San Marcos, TX

When: (5) Fridays: July 12, 19, 26 and August 2 & 9

Time: 10:00 AM to 12:30 PM

Fee: \$50.00

Course Description: This course will focus on both traditional and alternative processes in watercolor to encourage individual expression in creating still-life compositions. Materials List is available at the Activity Center or online on ActiveNet. Presented By Roxana Tuff.

## 3) Oil Painting: A traditional approach

Where: Cephass House located at 217 MLK Drive, San Marcos

When: (6) Fridays: Aug 23, 30, Sept. 6, 13, 20, 27

Time: 10:00AM to 2:30 PM...with a 1 hour lunch break

Fee: \$65 (\$3 an hour)

Course Description: In this course, you will learn about the tools and materials of oil painting, why and how they are used, how to set up your palette, how to do a grisaille underpainting. Learn how to build on top of the grisaille sketch with simplified color masses. Learn to apply exaggerated color blocks across the painting before correcting and refining color and value shapes. Learn about hard and soft edges, cast, and form shadows. Learn to use more color and less white in the light areas. Learn about oiling back a painting. Learn to work from "lean" to "fat" in terms of thickness of paint. Daily demos. Experience lots of contemporary oil paintings built from traditional techniques via digital presentations. Materials List is available at the Activity Center or online on ActiveNet. Presented By Roxana Tuff.

## 4) Genealogy Research Tip: Learn How to Use the Cluster Research Technique

Where: San Marcos Activity Center

When: (4) Tuesdays: September 3, 10, 17, and 24

Time: 10:00-11:30 AM

Fee: \$40.00

Description: This course is designed to instruct about "how" to do genealogy research rather than "what" record groups to seek. The starting point is how your genealogy is organized and where you have it stored. The focus for this course is to develop some new methods which can generate future research directions. This is an interactive course so you are welcome to bring a laptop or tablet to use. You will be provided with a weekly outline of the topics and methods that will be covered. General topics will include the use of timelines, research logs and spreadsheets for analyzing your own genealogy. The topics covered are designed as stepping stones to help you start using the Cluster Research Technique. By the end of this course both your sleuthing skills and your discernment of new genealogy discoveries will be improved. Presented by Cindy Foreman.

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

## Free Ear Examination

Texan Renew Hearing Center will be conducting free video Otoscopy (ear examination) at the San Marcos Activity Center from 1:00-2:00 PM on **Thursday, August 1**, before Bingo. They will be looking for excess wax buildup or abnormalities within the ear. There is no registration required. Please call 512-393-8400 if you have any questions.

## Social Spin

Central Texas Medical Center (CTMC) and The City of San Marcos Parks and Recreation are cohosting a FREE Senior Day Dance for ages 50 + on **Wednesday, August 21, 2019 from 2-4 PM** at the San Marcos Activity Center, located at 501 East Hopkins. This mixer is designed to encourage a healthy celebration of activity, healthy refreshments and developing more interpersonal relationships among the area's retirees. Dress up and celebrate Senior Citizens Day! Also taking place during the Senior Day Dance, the San Marcos Senior Citizen Advisory Board will be presenting the second "San Marcos Community Outstanding Senior Citizen Volunteer Award" to a well-deserving, local individual. Enjoy music, snacks door prizes and meet new friends at this FREE event, a great Creation Health activity!

## 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, September 24, 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, July 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!!!

**Finding Balance** - Jul 16, Aug 20, Sept 17

**Brain Training** - Jul 24

**Free Ear Examination** - Aug 1

**Social Spin** - Aug 21

**Two-Stepping Around Texas Kick-Off** -  
Sept 4

**Facebook For Seniors** - Sept 4

**Self-Defense Workshop** - Sept 24

## 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)

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## 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! [@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.