

Out & About

50 + Active Adult Newsletter

San Marcos Parks & Recreation Department

October - December 2019



Welcome

I'm sure most of you are like me and you can't wait for it to finally cool down a little so we can get out and about and enjoy some autumn temperatures. We have all been anxiously waiting for a change of seasons and this change of season happens to bring a few changes to our programs.

Recently, UnitedHealthcare's representative, Daniela Thomas, has decided to pursue other interests. At this time, UnitedHealthcare has not hired her replacement. Unfortunately, this means that they will not be sponsoring the events that were previously scheduled in October, November and December. We are very grateful for their support of our programs over the years, and we hope to continue our relationship with UnitedHealthcare in the future. We would like to thank Daniela personally, and wish her the best of luck in her new endeavor.

Thankfully, we will not have to cancel any previously scheduled events. WellMed, the current sponsor of Brain Training, has agreed to sponsor our special Holiday Bingo in December. In addition, they have agreed to sponsor another popular movie event on October 23, 2019. As with previous movie events, we have not finalized the time or selected the movie.

We also have some special programs coming up that are made possible by another great partner, Central Texas Medical Center. Central Texas Medical Center's Creation Health Institute will be hosting a social spin in the months of October and December and will continue to sponsor our Thanksgiving luncheon in November.

We do have one more change to announce, Wimberley Home Health will no longer be able to sponsor our Blood Pressure clinic. At this time, we are looking to find a new organization to conduct this program and we hope to have one by November.

Not to be forgotten, new Life Long Learning (LLL) courses begin in October. There will be a free vision screening before our weekly bingo on October 3rd, conducted by Howerton Eye Clinic. It is also time for SMASH Theatre Socials at Texas State. Get the specifics for all of these great programs and many more in this issue of Out & About!

-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.

All American Trip

Join us in celebrating all our American heroes and reflect on the sacrifices that service members make to ensure our freedom on **Tuesday, November 12, 2019** to celebrate Veterans Day. We will be touring the Texas Military Forces Museum to be followed by a scenic hill country lunch on your own at The County Line in Austin. Bus leaves the Activity Center at 9 a.m and we will return by 4p.m. We hope to see you in your best red, white, and blue! **Registration is from September 3 - October 25.**

Age: 18Y and up

Date(s): Nov 12

Day(s): Tue

Time: 9:00 am to 4:00 pm

Fee: \$18.00

Riverwalk Holiday Shopping

Holiday shopping and twinkling lights on the San Antonio Riverwalk-what a festive way to spend the afternoon! Join us as we head to San Antonio on **December 10** for shopping and festivities along the Riverwalk. Fee includes round trip transportation. Shopping and meals are on your own. **Registration is from September 30 - November 22.**

Age: 18Y and up

Date(s): Dec 10

Day(s): Tue

Time: 12:00 PM - 9:00 PM

Fee: \$10.00

Two Nights at Coshatta! Spring

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 two days later and leave from the casino at 2 PM. We will arrive back at the Activity Center around 10 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. **Registration begins on January 27, 2020.**

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.

Starplex 12 Movie Event Sponsored by WellMed

I am happy to announce that WellMed will be sponsoring our next movie event at the Starplex 12 movie theatre on **October 23, 2019**. As with previous movie events, we have not finalized the time or the movie yet. 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 WellMed 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 ticket purchase. You can also stop by the Activity Center or join us for one of our many programs to find out the details for this movie, once we get closer to the date.

SMASH Theatre Social at Texas State

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 \$15 for Wednesday–Sunday performances (price includes a \$2 processing fee). There is a special \$12.00 Senior Price for Tuesdays only (opening night). You do not need a code for this Tuesday only senior price. 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.

Dates are subject to change.

October 1-6: Rosenkrantz and Guildenstern Are Dead, by Tom Stoppard (Harrison) directed by Allison Price

October 29-November 3: The Survivors, by Katie Bender (Mainstage) directed by Jerry Ruiz

November 19-24: Little Women (The Musical), by Knee, Dickstein and Howland (Harrison) directed by Alex Rodriguez

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 for ages 18 and up. 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 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. **October 17, November 21, December 19**

Thanksgiving Luncheon

San Marcos Parks and Recreation, invites you to join us to for our Thanksgiving luncheon on **Thursday, November 14, 2019** sponsored by Central Texas Medical Center. You **MUST** pre-register for this event. Registration begins October 7 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. Please **DO NOT** bring a dessert to this luncheon, dessert will be provided by WellMed. 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. Please call 393.8400 if you have any additional questions! Location: San Marcos Activity Center from Noon-2 PM. **FREE!** For more information call 512.393.8400.

Special Holiday Bingo

The San Marcos Parks and Recreation Department is hosting a free Holiday Bingo Social on **Wednesday, December 18, 2019** sponsored by WellMed. Take a break from the crazy rush of the holiday season and come enjoy some games of bingo! This event is different from our regular Bingo Socials, as the prizes, sponsored by WellMed, are presented with a twist! All 12 of the prizes will be wrapped and presented in a White Elephant fashion. Participants who win will have the option of selecting a wrapped prize, or selecting a prize that has already been opened. If the gift is stolen, then the person whom the gift has been taken from gets to in turn steal another prize from a different participant or choose another wrapped item. This adds another whole element of fun! Location: San Marcos Activity Center 2:00 PM. **FREE!** For more information, call 512.393.8400.

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. **October 3, November 7, December 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.

October 10, December 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.

Senior Expo

Save the date! The 9th Senior Citizen EXPO, brought to you by the Senior Advisory Board and San Marcos Parks and Recreation, is on **Thursday, January 30, 2020** from 10 AM – 2 PM at the San Marcos Activity Center. This FREE event will connect you with goods, services, organizations, discounts, clubs and more in the San Marcos area that serve your needs. There will be vendor booths, freebies, light lunch refreshments, a vendor booklet and door prizes! Come out to discover what our community has for you. Vendor reservations need to be completed by December 13, 2019. Email nriali@sanmarcostx.gov for more info.

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!

October 15, November 19, December 17

Life Long Learning

San Marcos Parks and Recreation in association with The Life Long Learning Organization (LLL) of San Marcos is offering new Life Long Learning courses for the greater San Marcos area beginning in October. 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. Materials lists for art classes can be found online on ActiveNet by searching LLL or at the Activity Center.

1) Portrait Party

Where: Cephas House

When: Fridays: Oct 11, 18, 25 & Nov 1, 8

Time: 10:00 AM to 12:30 PM

Fee: \$50.00

Description: This will be an interactive portrait drawing class using various media, techniques and styles to create drawings and paintings of the human face.

We will be working from life as well as photographs to build inventive portraits. Individual approaches to interpreting imagery will be encouraged. We will talk about the use of various media and the process of making portraits and we will look at lots of contemporary portraiture for inspiration. Bring art materials that you are interested in using or already have in your possession. Presented By Roxana Tuff... Consummate Artist and Teacher!

2) Chemistry in the Kitchen

Where: San Marcos Activity Center

When: (6) Thursdays: Oct. 31, Nov. 7, 14, 21 & Dec. 5, 12.

Time: 10:00 to 11:30 AM

Fee: \$20.00

Description: Like everything on earth other than pure substances such as gold, silver and diamonds, foods are mixtures of different chemicals. In the kitchen the qualities of taste, aroma, color, texture, as well as nutritional value that we aim to produce are all manifestations of chemical properties. This 6-week course will cover (a) the four basic food molecules (water, proteins, fats and carbohydrates), (b) milk and dairy products, (c) eggs, (d) meat, (e) fish and shellfish, and (f) edible plants: fruits and vegetables, herbs and spices. The pace of the class and actual content covered will depend on the participants' questions, interests, and "food science acumen".

Presented by Marianne Reese. Marianne has

degrees in chemistry (BS, Suffolk University) and environmental science (MS, Rutgers), and doctorate in Educational Leadership (UT, Austin). She has taught at the high school level as well as multiple universities.

3) Level 3---Ukulele for Beginners

Where: San Marcos Activity Center

When: (6) Tuesdays Nov. 5, 12, 19, 26 & Dec. 3, 10

Time: 6:00 to 7:30 PM

Fee: \$50.00

Description: This 6-week course is designed for those who have completed the Level 2 Ukulele For Beginner's class and want to continue building their ukulele skills. Players who did not take Level 2 class are welcome to join this class, if they are already familiar with the topics covered in Levels 1 and 2, including tuning the instrument, basic chords in the keys of C, G, and F, as well as basic strumming patterns. After a brief review of the basics, in this class instructor Bob Guz will expand students' skills by teaching new chords and keys, additional chord progressions, and more advanced strumming patterns. Introductory finger-picking styles and reading ukulele tablature will also be covered. Of course, we'll also learn new songs -- including some old-time favorites and holiday tunes! -- and spend time playing and singing 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. Bob is president and music director of the Austin Ukulele Society (www.AustinUkuleleSociety.com), which he co-founded in 2011. He has played ukulele for over fifteen years and has been teaching folks to play and sing for nearly all of that time. This is Bob's third class with the LifeLong Learning Organization of San Marcos.

4) Animal Portraits in Oil

Where: Cephas House

When: (5) Fridays: Nov. 15, 22 & Dec. 6, 13, 20

Time: 10:00 AM to 1:00 PM

Fee: \$50.00

Description: Learn how to paint an animal portrait using traditional oil painting techniques. Learn to tone your painting surface, build an image from simple color shapes to more detailed ones, and to use brushwork to create the illusion of fur. Presented By Roxana Tuff.

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

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 12:00-2:00 PM on **Thursday, October 3**, before Bingo. There is no registration required. Please call 512.393.8400 if you have any questions

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!

Masquerade Theme, October 9, 2019

Wear your decorated masks. Dress up and have fun.

Holiday Theme, December 11, 2019

Wear festive sweaters and charms. Show your holiday spirit.

Golden Sweetheart's Ball

Parks and Recreation invites you to come to the 21st Annual Golden Sweethearts Ball from 6 PM-10 PM on **February 14, 2020!** 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, a catered dinner and great door prizes. Dinner will be served at 7:00 PM. Attire is dressy to semi-formal. Advance tickets available at the San Marcos Parks & Recreation Main Office, 401 E. Hopkins (512.393.8400). Ticket sales begin **December 2, 2019**. If you purchase your tickets before February 10th, the price is \$16.00. From February 10th-12th, the price will be \$20.00, so buy your tickets early! All ticket sales are final. Seating is limited, so don't wait! The deadline is Wednesday, February 12, 2020.

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, October 16** 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 - Oct 3

Social Spin - Oct 9, Dec 11

Brain Training - Oct 16

Movie @ Starplex - Oct 23

Thanksgiving Luncheon - Nov 14

Holiday Bingo - Dec 18

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.

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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.