

Out & About

Active Older Adult Newsletter



San Marcos Parks & Recreation Department

November—December 2022

We would like to thank our Gold Sponsors for making the 2022 Senior Expo possible !

- *Amerigroup Texas *Advanced Home Health *Alexis Pointe Senior Living *Ashford Wellington**
- *Barajas Insurance Group *Baylor Scott & White Health *Bois D'Arc Assisted Living**
- *Brookdale San Marcos North *CapTel Outreach *Caring Senior Service**
- *CHRISTUS HomeCare *CommuniCare *Cypress Healthcare and Rehabilitation Center**
- *Howerton Eye Clinic *Humana *MedicareMall *Medicare & Retirement Solutions**
- *Mindful Metamorphosis * Ozona Bank *Reliable Broker Solutions, LLC *Senior Helpers**
- *Texan Renew Hearing Center *Texas Physical Therapy Specialists**
- *Texas Secretary of State VoteReady Campaign *Total Wellness—San Marcos *UnitedHealthcare**
- *VITAS Healthcare *Walgreens *WellMed Medical Management**

The Expo will take place on Thursday, October 27, 2022 from 10AM – 2 PM at the San Marcos Activity Center. This is FREE event and there will be vendor booths, vendor drawings, light lunch refreshments, a vendor booklet, great door prizes and other freebies! Call (512) 393-8275 for more information. Additional parking behind St. John the Evangelist Catholic Church. Shuttle bus service will be provided.

Thanksgiving Luncheon—Sponsored by Brookdale Senior Living

We would like to thank our new sponsor, Brookdale Senior Living, for sponsoring our Thanksgiving Luncheon. This is a combined sponsorship between Brookdale San Marcos North and Brookdale San Marcos South. It will take place on Thursday, November 10, 2022 from Noon—2:00 PM at the San Marcos Activity Center. The Luncheon will begin at noon and bingo will follow. Please DO NOT bring a dessert to this luncheon, dessert will be provided. We have not been able to have this event for the last two years and this has always been one of our most popular events. It is so popular that all the spots available have already been filled. There is currently a waitlist for this luncheon, so if you have registered for it and you are unable to come, please cancel your reservation so someone else is able to attend. Thank you again Brookdale Senior Living for sponsoring one of our biggest and best events of the year!

Super Senior Jeopardy

What is a fun, new trivia based program offered at the San Marcos Activity Center to those 60 and above? If you answered Super Senior "Jeopardy," you would be correct. This group social will include playing a "Jeopardy like" trivia game from JeopardyLabs.com. Super Senior "Jeopardy" will take place at 2:00 PM on **Tuesday, November 29, and Tuesday, December 20, 2022**. Participants will take turns choosing the category and amount of the question. Each participant will have the opportunity to answer each question. For every correct answer, participants will be awarded the "amount" of the question. For every incorrect answer, the "amount" of the question will be deducted from the participant's score. Points are not awarded or deducted for unanswered questions. Registration is not required. For more information, visit www.sanmarcostx.gov/activesmtx and click on ACTIVITIES or call 512-393-8280. Super Senior Jeopardy and JeopardyLabs.com is not affiliated with Jeopardy!® or Sony Pictures Digital Inc. Jeopardy!® is a registered trademark of Sony Pictures.

Christmas Celebration Luncheon —Sponsored by CHRISTUS HomeCare

CHRISTUS HomeCare will be sponsoring our first ever CHRISTUS Christmas Celebration Luncheon on **Thursday, December 15, 2022**. The luncheon will take place from Noon—2:00 PM at the San Marcos Activity Center. The Luncheon will begin at 12:00 Noon and Bingo will follow. We expect this to be as popular as the Thanksgiving Luncheon. Details are still being worked out and we will announce when registration will open for this event at our monthly 60+ events. If you register for this and you are unable to come, please cancel your reservation so someone else is able to attend. Dessert will be provided. Thank you CHRISTUS HomeCare for sponsoring our first CHRISTUS Christmas Celebration Luncheon!

60+ Indoor Cornhole

Stop by and check out our new program, 60+ Indoor Cornhole. Cornhole is similar to horseshoes except you use wooden boxes called cornhole platforms and corn bags, instead of horseshoes and metal stakes. Contestants take turns pitching their bags at the platform until a contestant reaches the score of 21 points. A bag in the hole scores 3 points, while one on the platform scores 1 point. Benefits of playing Cornhole for Senior Citizens include mobility and leg strength, depth perception and vision, and balance and hip mobility. Whether you're a seasoned player or new to this sport, join us every month for 60+ Indoor Cornhole at the San Marcos Activity Center. Registration is not required. For information, visit sanmarcostx.gov/activesmtx or call 512-393-8280. **Cornhole will be held at 2:00 PM on Thursday, November 17 and Thursday, December 8, 2022**

SMASH Senior Social — Sponsored by Brookdale San Marcos

Our SMASH Senior Social is kicking it up a notch! Join us for some great entertainment as you enjoy **Free Coffee and Donuts** provided by Brookdale San Marcos! Whether you are new to the area or a lifelong resident, get to know other area seniors at our SMASH Senior Social and enjoy some local entertainment at the same time. We are currently working on having some local entertainers perform at our SMASH Senior Socials! The next one will take place at the San Marcos Activity Center at 10:00 AM on **Wednesday, November 30, 2022**. Registration is not required. Bring a friend, it will be a SMASH.

Limitless Balance—Sponsored by Limitless Physical Therapy

San Marcos Parks and Recreation in coordination with Limitless Physical Therapy brings you Limitless Balance. Join us each month for a different topic that includes a variety of activities that will improve your safety and decrease your risk of falls. This class is designed for those 60 and above, at all activity levels, to improve confidence, strength and flexibility while maintaining or increasing mobility. This class is offered once a month, usually on the first or second Tuesday of the month, from 1:00—2:00 PM at the San Marcos Activity Center. Participants need to wear loose, comfortable clothing with rubber-soled shoes. Registration is preferred but is no longer required. You can register for Limitless Balance at sanmarcostx.gov/activesmtx and click ACTIVITIES or call 512-393-8280. Limitless Physical Therapy is located at 101 Uhland Rd #115 in San Marcos. Their phone is (512) 878-0351. **Dates for Limitless Balance are: Tuesday, November 1 and Tuesday, December 6, 2022 .**

Silver Singers Karaoke-Sponsored by UnitedHealthcare

Calling all music lovers ages 60 and above! It's karaoke time! Unleash your inner Rock Star, or Country Star, at our next Silver Singers Karaoke event on December 14, 2022 at 2:00 PM at the San Marcos Activity Center. Whether you're a natural star on stage or you only sing in the shower, you'll have a great time singing your favorite songs and enjoying some light refreshments provided by UnitedHealthcare! If you suffer from stage fright and you're not ready to grab the mic, that's okay, you're welcome to join us anyway. We had some great singers perform at our October event. Registration is not required. Bring a friend, it will be a SMASH! **The Next Silver Singers Karaoke is Wednesday, December 14, 2022**

Step by Step Painting—Sponsored by UnitedHealthcare

Step by Step Painting is now sponsored by UnitedHealthcare. Participants will be led by an art instructor that will take them step by step through the creation of their painting. All participants will be painting the same subject. This is a free event and all supplies will be provided by UnitedHealthcare and San Marcos Parks and Recreation. Step by Step Painting will take place **at 11:00 AM on Friday, December 2, 2022** at Dunbar Recreation Center, located at 801 Martin Luther King Drive. Two participants will be seated at each six foot table. Registration is required and is limited to 40. Register for Step By Step Painting by visiting sanmarcostx.gov/activesmtx and clicking on ACTIVITIES or by calling 512-393-8280. This is a very popular program that fills up and ends up with people on a waitlist. If you register for this event and you are unable to come, please cancel your reservation so someone else is able to attend.

Life Long Learning Classes

San Marcos Parks and Recreation in association with The Life Long Learning Organization (LLL) of San Marcos is offering new Life Long Learning courses. Classes are primarily for those age 60 and above, but adults of any age are welcome to register. To REGISTER, call 512.393.8280 or visit sanmarcostx.gov/activesmtx and search "LLL" for Life Long Learning courses. All classes will be conducted in a socially distanced setting with 1 person seated per six foot table.

Course 1. Art Studio

When: Mondays: November 14, 21, 28 December 5 and 12

Where: Dunbar Recreation Center

Time: 10:00 AM to 12:00 PM

Fee: \$20.00

Course Description: Work on your art projects at your own pace. You choose the subject, composition, and medium. Artists who work in watercolors, oil, acrylics, color pencils and mosaics are invited to participate. Weekly studio time gives structure and accountability to your hobby. The benefit of the Studio is the opportunity to visit with other artists as you work and know that help is available should you encounter a problem. Assistance is available in areas of color and composition for all mediums, although Kelly can be especially helpful with watercolors, her area of expertise.

Materials: All that will be provided are individual tables and chairs; bring the materials you need for your projects. Please remember to bring paper towel to clean your equipment and messes, but don't bring any cleaning fluids, like turpentine, that will create potentially harmful odors.

About You Instructor: Kelley King: Kelly started studying and creating art as a teenager and still loves it! She taught in the public schools for 29 years; for 10 years her focus was on teaching art. Her art talent and teaching experience make her the ideal presenter. For questions about purchasing art supplies, please contact Kelly at kingke666@gmail.com.

The Life Long Learning Organization also conducts classes virtually via ZOOM or at other venues. Visit LLSanmarcos.org for additional information on classes. If you would like to register for one of the courses on the right, contact Marianne Reese at 512-216-6427 or lifelonglearningsm@gmail.com. If the class takes place at the San Marcos Public Library call 512-393-8200 to register!

**We would like to thank our
2022 Senior Expo Silver Sponsors**

***Area Agency on Aging of the Capital Area**

***Crossroad Insurance Group *Hope Hospice**

***Debra Burroughs, Independent Mary Kay Skin Care Consultant**

***Senior Citizen Center Community Action Inc.**

NEW BOOK CLUB—IN PERSON

1) Mystery Book Club—Call the San Marcos Public Library at 512-393-8200 to register!

WHEN: Wednesdays, November 2, December 7

TIME: From 2:00 to 3:30 PM

WHERE: San Marcos Public Library

FEE: FREE - JOIN ANY SESSION

This book discussion group will focus on the members' choices of mystery books. The list provided below is only a suggestion; group members can suggest alternatives at any time. When the group is established, members will vote on selected books as well as the preferred time and place of meetings. Membership is open, but please register by calling the Library.

November 2 A Stranger in the House by Shari Lapena

December 7 The Last Thing He Told Me by Laura Dave

Presented By: Patricia Pattison—Pat is a retired law professor from Texas State.

2) Science Fiction Favorites

WHEN: Nov 9, Dec 14

TIME: From 2:00 to 3:30 PM

WHERE: Comfort of Your Home via Zoom

FEE: FREE - JOIN ANY SESSION

Email lifelonglearningsm@gmail.com to register!

This group enjoys reading and discussing science fiction books that are nominated by participants. Every member can nominate as many books as they choose, then the group votes for their favorites. The following list is only a suggestion; participants can recommend alternatives at any time.

November 9 – The City We Became, by N.K. Jemisin (2021)

December 14 – Trail of Lightning, by Rebecca Roanhorse (2018)

Presented By: Patricia Pattison—Pat is a retired law professor from Texas State.

3) Methods for Locating Immigration Records

WHEN: Wednesdays: Oct 26, Nov 2, 16

TIME: From 10:00 to 11:30 AM

WHERE: Comfort of Your Home via Zoom

FEE: \$45.00

email lifelonglearningsm@gmail.com to register.

Session 1 – Where&When Did Your Ancestor Enter the U.S.?

Session 2 – Naturalization: It's a Process!

Session 3 – Naturalization Case Examples

About Your Presenter: Cindy Foreman, Genealogist

(genepath02@gmail.com) For the past 20 years, Cindy has been teaching classes and doing presentations in Central Texas on genealogy. She has a degree in History Education and is past President of the Austin Genealogy Society.

SMASH Bowling Social

San Marcos Parks and Recreation and Sunset Bowling Lanes are hosting a Bowling Social every month. These bowling events are for ages 60 + and will be held from 2-4 PM at Sunset Bowling Lanes, 1304 HWY 123, San Marcos, TX, usually on the third or fourth Wednesday of the month, except for December. The fee for this event is \$5.00/ person and includes shoe rental and 2 games of bowling. Please RSVP to Nick Riali at nriali@sanmarcostx.gov, call (512) 393-8275 or register for this event by visiting sanmarcostx.gov/activesmtx and clicking on ACTIVITIES. The \$5.00 cost will be paid to Sunset Bowling on the day of the event. For more information, call 393-8275. Bring a friend, it will be a SMASH!

Dates for Bowling are: Wednesday, November 30, Friday, December 16, 2022

Adult Open Play Pickleball

Pickleball is offered from **8:30—11:30 AM Monday through Friday** at the San Marcos Activity Center for adults aged 18 and older. There are six courts available for Open Play Pickleball, three in each gym. Three courts are designated as competitive courts and three courts as recreational courts. Pickleball is free for Activity Center members. Non-members pay the daily use rate of \$6.00 for adults 18 to 59, \$3.00 for ages 60 and above. Participants must bring their own paddle and ball.

Active Older Adult Bingo

You are invited to join us for 60+ Bingo at the Activity Center. Come join the fun, B4 and after. Registration for Bingo is no longer required. Participants must agree that they have read and understand the City of San Marcos Parks and Recreation Department Release and Waiver of Liability and will have to sign the waiver when attending Bingo. Participants will be seated across from each other at 6-foot round tables. Five people will be seated per table. Bingo will take place at 2:00 PM at the San Marcos Activity Center, on **Wednesday, November 16 and Wednesday, December 7, 2022**. For information, call 512-393-8280.

Game Day Club

Join the San Marcos Game Day Club. This social club meets every Monday (except City Holidays) from 12:30 PM to 4:00 PM at the San Marcos Activity Center. Anyone interested in joining the Game Day Club must register for a Game Day Club 2.0 membership by calling 512-393-8280 or by visiting sanmarcostx.gov/activesmtx and clicking on MEMBERSHIPS and selecting the Game Day Club 2.0. Game materials for Bridge, Mexican Train Dominoes, Hand & Foot, and 42 are provided. We will add new games at your request! Refreshments will not be served or shared. Members must bring their own snacks and drinks. New members are welcome. Registration is required. Please arrive on time to get in on a game.

SMASH Sack Lunch Social and Bingo

Our SMASH Sack Lunch Social and Bingo will be back in January! It was replaced by the Brookdale Senior Living Thanksgiving Luncheon in November and the CHRISTUS Christmas Celebration Luncheon in December. When it returns in January, participants will need to bring their own sack lunch to eat while socializing with friends before we play Bingo. Water and Tea will be provided as well as bingo prizes. The Sack Lunch Social will begin at 12:30 PM and Bingo will begin at 1:00 PM at the San Marcos Activity Center. This is a Free event and Registration is not required. Participants must agree that they have read and understand the City of San Marcos Parks and Recreation Department Release and Waiver of Liability and will have to sign the waiver when attending an event at the Activity Center. Bring a friend, it will be a SMASH!

IMPORTANT! Participants that require one-on-one assistance must have an assistant with them at a program. Individuals requiring an auxiliary aid or service for effective communication or a modification of policies or procedures to participate in a program, service, or activity of the City of San Marcos should contact the office of ADA Coordinator, Cindy Conyers (512.393.8065 or Voice/711 Texas Relay Service) or ADArequest@sanmarcostx.gov as soon as possible but no later than 72 hours before the event.