

# Out & About

## Active Older Adult Newsletter

San Marcos Parks & Recreation Department

September-October 2021



Thank you for your patience while we have moved forward with the reintroduction of indoor, in person, Active Older Adult events at the San Marcos Activity Center. The Activity Center remains closed on Thursdays. This will affect scheduling of some of our programs, like Bingo. Bingo was previously held Thursdays, but will now be offered once a month on Wednesdays, for the rest of 2021. Programs that have already reopened to in person meetings include: Game Day, Bingo, Pickleball, Life Long Learning Classes, Limitless Balance conducted by Limitless Physical Therapy and a new program, Group Game Time. Additional programs returning in September and October include: new Life Long Learning Classes, Brain Training sponsored by WellMed, Informational Seminars conducted by Hope Hospice and our Bowling Socials at Sunset Bowling Lanes. We will also be conducting some special events, sponsored by WellMed. They include a free Produce Giveaway in September and Step By Step Painting in October and December! Masks at the San Marcos Activity Center and other City facilities are optional. Anyone experiencing COVID-19 symptoms is discouraged from entering a City facility, park, or recreational area. Read about all of our programs in this issue of Out and About. – Nick Riali

### 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 older, 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. The next meeting of Limitless Balance will be at 1:00 PM on Tuesday, September 14, 2021. Space is limited to 15 participants for Limitless Balance, so registration is required. You can register for Limitless Balance by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280. By registering for the Limitless Balance, you agree to the City of San Marcos Parks and Recreation Department Release and Waiver of Liability. [Click here to view and sign the Release and Waiver of Liability.](#) October's Limitless Balance will be at 1:00 PM on Tuesday, October 5, 2021. Limitless Physical Therapy is located at 101 Uhland Rd #115 in San Marcos. Phone: (512) 878-0351.

### Free Produce Giveaway—Sponsored by WellMed

San Marcos Parks and Recreation in coordination with WellMed will be handing out bags of fresh produce to local area seniors. This free curbside pickup event will take place on Thursday, September 23, 2021 at the San Marcos Activity Center parking lot. You must be a senior aged 60 or older to receive a bag. There is a limit of 150 bags. Registration IS required for this healthy heart, produce giveaway. Only individuals registered for this event will receive a bag. Distribution of the produce bags will be from 10 AM - 12 PM. You can register for bag of produce by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280.

## Game Day Club

Join the San Marcos Game Day Club. This social club meets every Monday (except City Holidays) at the San Marcos Activity Center from 12:30 PM to 4:00 PM. The previous membership to this club has expired for all members. Anyone interested in joining the Game Day Club must register for a Game Day Club 2.0 membership by calling the Activity Center at 512-393-8280 or by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on MEMBERSHIPS and selecting the Game Day Club 2.0. By registering for the Game Day Club Membership, you agree to the City of San Marcos Parks and Recreation Department Release and Waiver of Liability. [Click here to view and sign the Release and Waiver of Liability](#). Game materials for Bridge, Mexican Train Dominoes, Hand & Foot, and 42 are provided. Refreshments will not be served or shared. Members must bring their own snacks and drinks. New members are welcome. Pre-Registration is required, same day registration is not allowed! Please arrive on time to get in on a game.

## Active Older Adult Bingo—Sponsored by WellMed

Indoor Bingo is back. It will take place at 2:00 PM on Wednesday, September 15, 2021 at the San Marcos Activity Center. Please note the new time for September's Bingo event. 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. Each person will be given 1 sheet of paper with 4 Bingo cards printed on the paper and a small cup of beans. Participants will use beans to mark the numbers. The card sheets and the beans will be discarded at the end of the event. Participants will be seated at ends of 6-foot rectangular tables. Only two people will be allowed per table. Masks are optional at the San Marcos Activity Center. October's Bingo will take place at 2:00 PM on Wednesday, October 13, 2021. For more information, call 512-393-8280.

## Informational Seminar—Presented by Hope Hospice

Join us for this new program of informational seminars brought to you by Hope Hospice. They will take place once every quarter. Some of the topics that will be discussed are: Humor in Aging, Balance and Flexibility, Stress and Aging, Diabetes, Where Do We Go From Here, Love Your Heart, Depression, Normal Aging vs Dementia and many more. The first seminar will take place on Tuesday, September 8 from 10:00—11:00 AM at the San Marcos Activity Center. It will take place in a socially distanced setting with one person seated per six foot table. The topic for September 8 is "Humor in Aging." Space is limited. Registration is required. You can register for this Informational Seminar presented by Hope Hospice by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280.

## Active Older Adult Group Game Time

We invite you to join us for a new program: Active Older Adult Group Game Time. This group social will include playing fun, group games in a socially distanced setting. We will play games like *I Should Have Known That*, *Fact or Fiction*, *Been There Done That* and *Over Under*. The next meeting of AOA Group Game Time will take place at the San Marcos Activity Center at 2:00 PM on September 21, 2021. A different game will be played during each Group Game Time meeting, until all of the games have been played. One participant will be seated per 6 foot table. Space is limited. Registration is required. You can register for our AOA Group Game Time program by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280. By registering for AOA Group Game Time you agree to the City of San Marcos Parks and Recreation Department Release and Waiver of Liability. [Click here to view and sign the Release and Waiver of Liability](#). October's Group Game Time will take place at 2:00 PM on October 19, 2021.

## 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 for the greater San Marcos area. The classes are primarily for those age 60 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, call 512.393.8280 or visit [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and search LLL for Life Long Learning courses. All Life Long Learning Classes will be conducted in a socially distanced setting with 1 person seated per six foot table. If either class has to be canceled for any reason, participants will receive a credit on their account instead of a refund.

### **Course 1.** The Unpredictable Portrait in Graphite & Watercolor

**When:** Tuesdays: September 7, 14, 21, 28 and October 5

**Where:** San Marcos Rec Hall— 170 Charles Austin Drive (by Lion's Tube Rental)

**Time:** 10 AM to 1 PM **Fee:** \$50.00

**Course Description:** Create unpredictable portraits of people and animals by combining expressive watercolor processes, and graphite illustration.

#### **PROJECTS:**

- \*Explore Patterns & the use of trompe l'oeil.
- \*Use bold Color fields as contrast for an illustrated image.
- \*Enhance your graphite illustration with expressive watercolor

#### **PROCESS:**

Choosing an image, transferring image to paper, using the graphite pencils, mixing colors, layering color, making multicolor washes, creating back-runs, splashing, masking out, lifting out color, pouring color

#### **Materials:**

Watercolor paper 9x12 or larger (either hot or cold press)  
Drawing board on which to tape your paper, painter's tape, Tube or pan watercolor set, Titanium White GOUACHE small tube (also called Permanent white), Several sizes of round watercolor brushes: example #4, #6, #8, #12, mixing tray/palette with multiple wells, White gel pen, Graphite pencils-HB, 2B, 4B, 6B, pencil sharpener, kneaded eraser, paper towels, small sea sponge, jar for water

**Presented by Roxana Tuff:** Roxy is a metalsmith and illustrator who holds a BFA in Painting and Drawing and a MFA in Painting. She is an outstanding instructor having taught in the art studio area at Texas State for 14 years and for Life-Long Learning for 6 years.

### **Course 2.** Intermediate Quilting

**When:** Fridays: September 7, 24 October 11, 8, 15, 22

**Where:** San Marcos Activity Center

**Time:** 9:30 to 11:00 AM **Fee:** \$50.00

**Course Description:** In this class we will be making a lone star quilt wall hanging. This design is easily enlarged. Piecing is more complex than Beginning Quilting but not expert level.

#### **Necessary Supplies**

A sewing machine, rotary cutter\*, cutting mat\*, acrylic ruler\*, clips and/or straight pins (flower top), thread and extra bobbin. \* available at Walmart for \$30 for all 3.

For questions text 512-423-1715

**Presented by Sharon Blancarte:** Sharon has been sewing since she was 6 years old primarily making clothing and crafts until 15 years ago. At this time she began to quilt and has made almost 100 quilts given as gifts and others sold including custom-made ones. The love of color and the limitless patterns continue to inspire and excite her.

**The Life Long Learning Organization also conducts classes virtually via ZOOM or at other venues. Visit [www.LLSanmarcos.org](http://www.LLSanmarcos.org) for additional information on classes. If you would like to register for one of the courses below, contact Marianne Reese at 512-216-6427 or [lifelonglearningsm@gmail.com](mailto:lifelonglearningsm@gmail.com)**

#### **Exploration of Greek Myth and Personal Narrative**

WHEN: Fridays October 1, 8, 15 and 22 From 10-11 AM

WHERE: Comfort of your home via Zoom FEE: \$20.00

Myths are stories created to teach people about something important and meaningful. They were often used to teach people about events that they could not always understand, such as illness and death, or earthquakes and floods. In this course we will read and explore some of the well-known Greek myths and gods/goddesses along with a few that might be quite new to you!

#### **What Does That Really Mean? Exploring Current Issues and Related Jargon**

WHEN: Tuesdays (8): Sept. 7, 14, 21, 28 and Oct. 5, 12, 19, 26 From 2:00 to 3:15 PM

WHERE: Comfort of Your Home via Zoom FEE: \$20.00

As the consequential 2022 mid-term elections loom on the horizon, we are bombarded with issues and jargon presented in seemingly contradictory ways by Democrats and Republicans. (What's new, right?) This course will attempt to cut through the fog of politics by presenting fact-based information on eight current issues, allowing ample time for discussion.

#### **ART Across the AGES**

WHEN: Wednesdays (6): Sept. 22, 29 and Oct. 6, 13, 20, 27 From 10:30 to 11:45 AM

WHERE: Comfort of Your Home via Zoom FEE: FREE

We begin again our study of art history with this comprehensive examination of the sweep of art from the Paleolithic to the 21st century. This straightforward chronological examination of Western art will also include side trips into the signs and symbols of Islamic, Asian, African, and Jewish art.

## SMASH Bowling Social

Bowling Socials are back! 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. The next bowling social will take place on Thursday, September 16, 2021. The fee for this event is \$5.00/ person and includes shoe rental and 2 games of bowling. Please RSVP to [nriali@sanmarcostx.gov](mailto:nriali@sanmarcostx.gov), call (512) 393-8275 or register for this event by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities, 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 393-8275. Bring a friend, it will be a SMASH! October's Bowling Social will be held on Thursday, October 21, 2021.

## Adult Pickleball Open Play

Pickleball is offered from 8:30—11:30 AM on Tuesdays, Wednesdays and Fridays for adults aged 18 and above. We have six courts available for open play Pickleball, three in each gym. The gyms are no longer designated as competitive or recreational, everyone plays with everyone. Participants must bring their own paddles and ball. All players 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 agree to the waiver when attending Pickleball at the Activity Center. [Click here to view the Release and Waiver of Liability .](#) Pickleball Open Play rules and guidelines are subject to change without notice. Pickleball is a cross between badminton, tennis and ping-pong. It is played on a badminton-sized court 20 ft. by 44 ft. with paddles, a wiffle ball and a net that is lowered to 34 inches. Players volley the ball back and forth to try to score on the opposition. Pickleball is free for Activity Center members. Nonmembers are charged the daily use rate of \$6.00 for adults 18 to 60 and \$3.00 for ages 60 and above.

## Brain Training with 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 60 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 Tuesday, October 12 from 10-11 AM at the San Marcos Activity Center. Brain Training is a Free quarterly event, sponsored by WellMed. Space is limited so registration is required. You can register for Brain Training by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280. By registering for Brain Training, you agree to the [City of San Marcos Parks and Recreation's Release and Waiver of Liability.](#)

## Step By Step Painting—Sponsored By WellMed

Join us for this fun, socially distanced art class, Step By Step Painting, Sponsored by WellMed. 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 for Step by Step Painting will be provided by WellMed. Step by Step Painting will take place at 1:00 PM on Friday, October 22, 2021 at the Dunbar Recreation Center located at 801 West MLK in San Marcos. Space is limited to 16, registration is required. You can register for Step By Step Painting by visiting [www.sanmarcostx.gov/activesmtx](http://www.sanmarcostx.gov/activesmtx) and clicking on activities or by calling the Activity Center at 512-393-8280. By registering for Step By Step Painting, you agree to the [City of San Marcos Parks and Recreation Department Release and Waiver of Liability.](#)