

Out & About

Active Older Adult Newsletter

San Marcos Parks & Recreation Department



March—April 2023

As the seasons change from Winter to Spring, some changes will also be taking place with a few of our programs. Beginning in March, our Bowling Socials will take place once a month on Thursday afternoons, instead of Wednesday afternoons. Sunset Bowling offers a Bowling Class for Texas State students on Wednesdays, and a league started bowling on Wednesdays, so we decided to go back to Thursdays. The change in the bowling schedule, required us to change when we conduct our 60+ Indoor Cornhole program. It will move from Thursday afternoons to Wednesday afternoons, once every month. Another change you may see in this issue of Out & About, is information on programs or activities that are not technically part of our 60+ programs but are events active older adults may want to attend. In this issue, we have provided information on the Native Plant Sale and Sustainability Fair at the San Marcos Discovery Center and additional classes offered by the Life Long Learning Organization via Zoom, at the San Marcos Public Library and other venues. Read about all the classes, programs, and events, in this issue of Out & About. - Nick Riali

Easter Celebration Luncheon —Sponsored by CHRISTUS HomeCare

CHRISTUS HomeCare will be sponsoring our first ever CHRISTUS Easter Celebration Luncheon on Wednesday, April 5, 2023. 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. Registration will open on Thursday, March 9, 2023 at 12:00 Noon. We expect this to be as popular as their Christmas Luncheon and this event is sure to have a waitlist. 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 Easter Celebration Luncheon!

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 March 22, 2023 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 December event. Registration is not required. Bring a friend, it will be a SMASH! **The Next Silver Singers Karaoke is Wednesday, March 22, 2023.**

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, March 28, and Tuesday, April 18, 2023.** 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.

60+ Indoor Cornhole

Stop by and check out one of our newest programs, 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 once a month for 60+ Indoor Cornhole, now on Wednesday afternoons, at the San Marcos Activity Center. Registration is not required. For information, visit www.sanmarcostx.gov/activesmtx or call 512-393-8280.

Cornhole will be held at 2:00 PM on Wednesday, March 15 and Wednesday, April 26.

Brain Training — Sponsored by Brookdale San Marcos North

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 90 years old, it's important to keep your brain active and healthy. 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. The next Brain Training will be held on **Tuesday, March 14, 2023** from 10-11 AM at the San Marcos Activity Center. Brain Training is a Free event, now sponsored by Brookdale San Marcos North! Registration is preferred but is no longer required. You can register for Brain Training by visiting www.sanmarcostx.gov/activesmtx and click on activities or call 512-393-8280.

Active Balance—Sponsored by CHRISTUS HomeCare

CHRISTUS HomeCare brings you our new balance class, Active Balance. Join us twice a month for a balance class that will improve your safety and decrease your risk of falls. This class is for those 60 and above, at all activity levels. It will improve confidence, strength and flexibility while increasing mobility. Active Balance will be held on the Second and Fourth Tuesday of the month, from 12:00 Noon—1:00 PM at the San Marcos Activity Center. Participants need to wear loose, comfortable clothing with rubber-soled shoes. Registration is preferred but is not required. You can register for Active Balance by visiting www.sanmarcostx.gov/activesmtx and click on activities or call 512-393-8280. **Dates for Active Balance are Tuesdays: March 14, 28 and April 11, 25.**

Step by Step Painting—Sponsored by UnitedHealthcare

Join us for our very popular program, Step by Step Painting, 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. The next Step by Step Painting will take place **at 2:00 PM on Friday, April 14, 2023** 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 program fills up fast and has people on a waitlist. If you register and are unable to come, please withdraw so others may attend.

Native Plant Sale and Sustainability Fair

You are invited to attend the Native Plant Sale and Sustainability Fair at the San Marcos Discovery Center from 9:00 AM to 2:00 PM on Saturday, April 1, 2023. There will be a live DJ, booths, demonstrations, activities and lectures. Come and get your perennials, trees/shrubs, grasses/vines, and veggies/herbs! The Discovery Center is located at 430 Riverside Drive in San Marcos. Visit www.sanmarcostx.gov/plantsale for more information. There will be an additional plant sale on Saturday, April 8 from 9:00 AM - 2:00 PM at the Discovery Center.

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.

Course 1. Expressive Compositions in Sepia and Black Inks

When: Fridays: April 7, 14, 21, 28 and May 5

Where: Dunbar Recreation Center

Time: 10:00 AM to 1:00 PM

Fee: \$50.00

Course Description: By focusing on line quality, contrasts and placement of shapes, textures, and values, we will explore methods for making small drawings that have visual impact.

Considerations and Technical Approach:

Mark-making to build values, variations of line using the dip pen, use of positive and negative shapes within the design, economy of approach, use of pattern or repetition, implied edges, use of washes, and brushwork.



SUPPLIES

Paper Surface: Examples listed below.

Watercolor Paper

If you have watercolor paper already, just bring that. The hot press works best for ink, but I have used both with success.

Pentalic Watercolor Field Book 9x12 spiral bound (24 sheets)
(hotpress)-Master's Touch Watercolor Paper Pad 9x12 spiral bound

Drawing Ink: water-soluble

*Sepia drawing ink, Higgins brand or other

*This is a reddish brown ink.

Black Fine liner pen size 03 or 05: Example brands listed below.

Sakura Pigma Micro

Staedtler Pigment Liner

Waterproof India Ink: Buy a black ink that is at least water resistant when dry. Speedball Super Black

Dip pen holder and Japanese Nib or other "bowl" nib

(If you buy a set, get the one for sketching)

#6 round watercolor brush (synthetic or natural)

Other Supplies

glass jar for water, paper towels, HB pencil, pencil sharpener, kneaded eraser, low tack painters tape, Some kind of drawing board if you choose to work on individual sheets instead of in a field journal. *You will need access to a computer and printer

About You Instructor: 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 7 years.

Course 2. Survival Spanish 1

When: Tuesdays and Thursdays,
March 28, 30, April 4, 6, 11, 13, 18, 20

Where: San Marcos Activity Center

Time: 10:00 to 11:30 AM

Fee: \$40

Course Description: This is a class for those who are interested in learning Spanish fundamentals or improving the Spanish they know. While no previous knowledge of Spanish is required for the class, those who speak some Spanish will find opportunities to improve and expand their conversational skills. In order to ensure that you take away the most from the class, we'll focus on relevant vocabulary, the simplest verb constructs, seven essential "irregular" verbs, and a few short phrases, all that you need for a solid foundation for surviving in Spanish.

About You Instructor: Seth Worley: Seth began teaching Spanish after earning his Bachelor of Arts degree in Spanish and Art in 1979. For over 40 years, he has taught Spanish, not as a career, but because of his love for the language. As someone who learned Spanish as an adult, he understands the unique challenges of language acquisition for adult learners.

The Life Long Learning Organization also conducts classes virtually via ZOOM, at the San Marcos Public Library or at other venues. Visit WWW.LLLsanmarcos.org for additional information on classes. Contact The San Marcos Public Library at 512-393-8200 to register for classes offered at the library. For all other classes, contact Marianne Reese at 512-216-6427 or lifelonglearningsm@gmail.com.

Bridge Lessons: for Intermediate Players

Fee: Free - Call the San Marcos Library at 512-393-8200 to register

When: Fridays (8): March 3—April 28

Where: San Marcos Public Library

Time: From 1:00 to 3:30 PM **Presented By:** Mary Cisneros

Mystery Book Club... Continues

Join Any Session

Fee: Free - Call the San Marcos Library at 512-393-8200 to register

When: First Wednesday of the Month

Where: San Marcos Public Library

Time: From 2:00 to 3:30 PM **Presented By:** Patricia Pattison.

Science Fiction Favorites... Continues

Join Any Session

Fee: Free - Email lifelonglearningsm@gmail.com to register

When: Second Wednesday of the Month

Where: Comfort of your own home via Zoom

Time: From 2:00 to 3:30 PM **Presented By:** Patricia Pattison.

Texas and Western Literature Book Club

Join Any Session

Fee: Free Email fjsnider@icloud.com to register

When: Second Wednesday of the Month

Where: Comfort of your own home via Zoom

Time: From 6:30 to 8:00 PM **Presented By:** Jo Snider

Line Dancing Lessons at the Historic Cheatham Street Warehouse

Fee: \$5.00 per session Email lifelonglearningsm@gmail.com to register

When: Tuesdays (9): Jan. 17, 24; Feb. 7, 21, 28; March 7, 14, 21, 28

Where: Cheatham Street Warehouse **Join Any Session!**

Time: From 5:00 to 6:00PM **Presented By:** Billy Grimsley

SMASH Bowling Social

San Marcos Parks and Recreation and Sunset Bowling Lanes are hosting a Bowling Social every month. These Bowling Socials will now take place, once a month, on Thursday afternoons instead of Wednesday afternoons. 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 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: Thursday March 23 and Thursday, April 20, 2023**

Adult Open Play Pickleball

Pickleball will is currently offered from **8:30—11:30 AM Mondays, Tuesdays, Wednesdays Thursdays and Fridays** at the San Marcos Activity Center for adults aged 18 and older. There are six courts available for Open Play Pickleball, three on each basketball court. 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. Pickleball is under the supervision of the Athletics Division of Parks and Recreation.

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, March 1 and Wednesday, April 12, 2023**. For information, call 512-393-8280.

Game Day Club—Bridge, Dominoes, Hand & Foot & More

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. Join us to play Bridge, Mexican Train Dominoes, and Hand & Foot. 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 is back! Each meeting, 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 on Thursday, March 9. The Sack Lunch Social will not take place in April because of the CHRISTUS Easter Celebration Luncheon. 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! **Dates for the Sack Lunch Social are: Thursday, March 9, 2023**

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.

DATES TO REMEMBER

Out and About Active Older Adult Calendar of Events March 2023

Game Day: Every Monday from 12:30—4:00 PM

Pickleball: Monday—Friday from 8:30—11:30 AM

Bingo: Wednesday, March 1 Begins at 2:00 PM

Registration Opens for CHRISTUS Easter Celebration Luncheon March 9 at Noon

Sack Lunch Social & Bingo: Thursday, March 9 Begins at 12:30 PM Bingo 1:00 PM

Brain Training: Tuesday, March 14 from 10:00—11:00 AM

Active Balance: Tuesday, March 14 from 12:00 Noon—1:00PM

Indoor Cornhole: Wednesday, March 15 Begins at 2:00 PM

Silver Singer Karaoke: Wednesday, March 22 Begins at 2:00 PM

Bowling Social: Thursday, March 23 Begins at 2:00 PM

LLL Survival Spanish 1 : Tuesday, March 28 from 10:00—11:30 AM

1st Class Meeting

Active Balance: Tuesday, March 28 from 12:00 Noon—1:00PM

Super Senior Jeopardy: Tuesday, March 28 Begins at 2:00 PM

April 2023

Game Day: Every Monday from 12:30—4:00 PM

Pickleball: Monday—Friday from 8:30—11:30 AM

Native Plant Sale and Sustainability Fair at the Discovery Center

Saturday, April 1, 2023 from 9:00 AM to 2:00 PM

CHRISTUS Easter Celebration Luncheon: Wednesday, April 5 Begins at Noon

LLL Expressive Compositions in Sepia and Black Inks : Friday, April 7 from

10:00 AM—1:00 PM 1st Class Meeting

Additional Native Plant Sale at the Discovery Center

Saturday, April 8, 2023 from 9:00 AM to 2:00 PM

Active Balance: Tuesday, April 11 from 12:00 Noon—1:00PM

Bingo: Wednesday, April 12 from Begins at 2:00 PM

Step by Step Painting: Friday, April 14 Begins at 2:00 PM

Super Senior Jeopardy: Tuesday, April 18 Begins at 2:00 PM

Bowling Social: Thursday, April 20 Begins at 2:00 PM

Active Balance: Tuesday, April 25 from 12:00 Noon—1:00PM

Indoor Cornhole: Wednesday, April 26 Begins at 2:00 PM

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