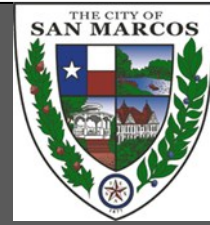


Out & About

Active Older Adult Newsletter

San Marcos Parks & Recreation Department

May - June 2022



We are excited to announce that The San Marcos Activity Center will reopen on May 2, 2022! The hours of operation will be: Monday-Thursday 6 AM to 9 PM (pool to close at 8:30pm), Friday 6 AM to 7 PM and Saturday 10 AM to 5 PM. Active Older Adult Programs that were originally scheduled to take place at the San Marcos Activity Center, but were moved to Dunbar Recreation Center, will return to the Activity Center in May. This includes: Bingo, Brain Training, Game Day, Group Game Time, Limited Balance and our SMASH Senior Socials. Step by Step Painting and some Life Long Learning Classes will continue to be held at Dunbar Recreation Center and at the newly renamed Pauline Espinosa Community Hall (formerly known as the Rec Hall). Our Adult Pickleball program will also resume in May. It will be offered from 8:30-11:30 AM on Tuesdays, Thursdays and Fridays. By registering for any Active Older Adult program, 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.](#) We would also like to invite you to take a look at the new [Senior Resource Directory, by clicking here.](#) You will find information for various services for seniors, non-profit organizations, volunteer opportunities and government agencies. More entries will be added, so bookmark the page and visit it often - Nick Riali

SMASH Senior Social — Sponsored by Brookdale San Marcos

Join us for **Free Coffee and Donuts** provided by our new sponsor, Brookdale San Marcos! Whether you are new to the area or a lifelong resident, get to know other area seniors at our new SMASH (San Marcos Active Senior Hotspot) Senior Social. If you are aged 60 or above and you haven't been out or socialized for a while or if you are just looking for something to do, then stop by and say hello and enjoy a cup of coffee and a donut. Participants will be seated at 6-foot round tables, across from each other, while they get the opportunity to meet new people or reconnect with old friends. We will have a few icebreaker activities to get things going. The next SMASH Senior Social will take place at the San Marcos Activity Center, located at 501 East Hopkins, at 10:00 AM on Wednesday, May 25, 2022. 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 the social. Bring a friend, it will be a SMASH!

Step by Step Painting—Sponsored by WellMed

Step By Step Painting has been such a big hit that San Marcos Parks and Recreation and WellMed decided to team up to bring you this program every other month. 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 and San Marcos Parks and Recreation. Step by Step Painting will take place at 10:00 AM on Thursday, June 16, 2022 at the Pauline Espinosa Community Hall, located at 170 Charles Austin Drive, next to the Lion's Club tube rentals. Please note the change of venue, time and day of the week, from previously held Step by Step events. Two participants will be seated at each six foot table, instead of one. This will NOT be a socially distanced event. Masks are optional at all city facilities. Registration is required and is limited to 50. Register for Step By Step Painting by visiting sanmarcostx.gov/activesmtx and clicking on ACTIVITIES or by calling 512-393-8280.

Active Older Adult Group Game Time

We invite you to join us for one of our newest programs: 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 *Never Have I Ever*. 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 AOA Group Game Time by visiting sanmarcostx.gov/activesmtx and clicking on ACTIVITIES or by calling 512-393-8280. Group Game Time will take place at the San Marcos Activity Center at 2:00 PM on Tuesday, May 10, 2022 and Tuesday, June 21, 2022. We will add new games at your request!

Active Older Adult Bingo—Sponsored by WellMed

Indoor Bingo is back at the Activity Center. Come join the fun, B4 during 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. 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 6-foot round tables, across from each other. Four people will be seated per table. Masks are optional. It will take place at 2:00 PM at the San Marcos Activity Center, on Wednesday, May 4, 2022 and Wednesday, June 1, 2022. For more information, call 512-393-8280.

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. Space is limited for Limitless Balance so registration is required. Register for Limitless Balance at sanmarcostx.gov/activesmtx and click on ACTIVITIES or call 512-393-8280. Limitless Physical Therapy is located at 101 Uhland Rd #115 in San Marcos. Phone: (512) 878-0351.

Dates for Limitless Balance are: Tuesday, May 3, 2022 and Tuesday, June 7, 2022 .

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. Game Day will not be held on Monday, May 30, 2022. 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.

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 scheduled event.

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. Drawing From Old Photos

When: Fridays: May 6, 13, 20, 27, June 3

Where: San Marcos Activity Center

Time: 10 AM to 1 PM

Fee: \$50.00

Course Description: Create expressive, yet elusive images inspired by old photographs.

This course will teach you how to simplify complex shapes, build texture, interpret values accurately, build lights and darks with hatched line, and to develop your technical drawing skills in drawing. Demos, presentations, one-on-one instruction, and critiques will be part of this course.

Materials List: Charcoal paper pad (white), 11x14 or larger, small sketch pad, Soft 4B, medium 2B general's brand charcoal pencils, white chalk pencil, kneaded eraser, Exacto knife and blade, pencil sharpener, Staedtler Mars plastic eraser, General's Factis mechanical eraser in retractable holder (or similar), ruler, 3m low tack tape, tracing paper, water jar, paper towel, #6 round synthetic paint brush, workable fixative (Spectra makes one called Spectra Fix Pastel Fixative that is non toxic and workable), drawing board/masonite board on which to tape your paper. Access to old photographs for reference and a printer

About Your Instructor: Roxana Tuff

Roxy is a metalsmith and illustrator who holds a BFA in Painting and Drawing and MFA in Painting. She is an outstanding instructor having taught in the art studio area at Texas State for 14 years and for LifeLong Learning-San Marcos for 6 years.

Images by Miquel Wert



Course 2. Watercolor Studio

When: Mondays: May 2, 9, 16 and 23

Where: Dunbar Recreation Center

Time: 10 AM to 12:00 PM

Fee: \$20.00

Course Description: Work on watercolors at your own pace. You choose the subject and composition. Visit with other artists as you work and know that help is available should you encounter a problem. Weekly studio time gives structure and accountability to your hobby.

Materials: Watercolors, watercolor paper, brushes, 1" painters' tape, plastic tumbler or cup for water, paper towels, #2 pencils, eraser, kneaded eraser, access to camera, computer, and printer. Bring pen and ink if you like.

About your instructor: Kelly 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. If you have questions about purchasing art supplies, please contact Kelly at kingke666@gmail.com.

Course 3. Art and Creative Writing

When: Wednesdays (5): August 3, 10, 17*, 24, 31

Where: Pauline Espinosa Community Hall (formerly known as the Rec Hall) * Dunbar Recreation Center

Time: 1:30 PM to 3:00 PM

Fee: \$25.00

Course Description: Different art forms can feed on each other and by engaging in several art forms, you'll find your creativity expands. In this class, we will combine art with writing to dig deeper into our own personal lives. In each class we will focus on a specific artist by learning about their lives and viewing pieces of their art. After exploring their world, we will create a piece of art mimicking their style. Then we will write a short piece about how our lives connect to the art we created. Be warned - This class isn't for people who want to become painting masters or hang their work in a museum, rather this class is for people wanting to be creative, explore where their creative ideas come from in their life, and have a lot of fun!

Supplies:

All supplies will be provided!

About Your Presenter: Brooke Pillifant

Brooke is a professional storyteller and artist who enjoys working with a variety of mediums. Her passion is unlocking creativity in others which spurred her to create Rough Draft, a non-profit that works with incarcerated men and women to process trauma through literacy/art.

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 Thursday of the month. 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, 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!

Dates for SMASH Bowling are: Thursday, April 28— Thursday, May 19— Thursday, June 23

Adult Open Play Pickleball

Pickleball is back at the Activity Center! It will offered from 8:30—11:30 AM on Tuesdays, Thursdays and Fridays for adults aged 18 and above beginning May 3, 2022. We have six courts available for Open Play Pickleball, three in each gym. Three courts are designated as competitive courts and three courts as recreation courts. This will help us accommodate advanced and beginner level Pickleball players. 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 and sign 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. Non-members are charged the daily use rate of \$6.00 for adults 18 to 60, \$3.00 for ages 60 and above.

Additional Life Long Learning Classes

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 below, contact Marianne Reese at 512-216-6427 or lifelonglearningsm@gmail.com

Science Fiction Favorites

WHEN: Wednesdays: May 11 TIME: From 2:00 to 3:30 PM **MORE BOOKS COMING!**

WHERE: Comfort of Your Home via Zoom FEE: FREE - JOIN ANY SESSION

Course Description

This book discussion group will focus on the most popular science fiction books written in this century. The books on the list are limited to those that have won both the Hugo and Nebula Awards since 2000. The Hugo award is selected by science fiction fans while the Nebula award is selected by science fiction writers. There are only 25 books that hold the rare honor of winning both awards.

May 11 – The Stone Sky, by N.K. Jemisin (2017)

Presented By: Patricia Pattison

Texas Literature Book Club... continues

WHEN: Wednesdays: May 11, June 8 TIME: From 6:30 to 8:00 PM

WHERE: Comfort of Your Home via Zoom FEE: FREE - JOIN ANY SESSION

Course Description

Participants will read and discuss old, new, fiction, and non-fiction works by Texas authors. Your provocateur will add context by weaving in interesting “historical tidbits” as well as background information on each author.

May 11 –Savage Season by Joe R. Lansdale’s

June 8—Isaac's Storm by Erik Larson

DATES TO REMEMBER:

Bingo: Wednesday, May 4 and Wednesday, June 1

Group Game Time: Tuesday, May, 10 and Tuesday, June 21

Pickleball: Every Tuesday, Thursday and Friday

SMASH Bowling Socials: Thursday, May 19, Thursday, June 23

Game Day: Every Monday except City Holidays

Limitless Balance: Tuesday, May 3 and Tuesday, June 7

SMASH Senior Social: Wednesday, May 25

Step by Step Painting: Thursday, June 16, 2022