

# SENIOR ACTIVITIES

**R**etirement age is a springboard for a new lease on life.

There's more time to play, and more time to enjoy your surroundings and nowhere in Texas can you do more of both those things than in Austin. Here, retirement living grants you more options, more scenery and more sunshine to enjoy it all in. We have some of the best health care around and one of the highest restaurant per capita ratings in the US. Our local golf courses rank as some of the most scenic, challenging and available in the nation and the area lakes provide a bountiful playground for water junkies.

Seniors are encouraged to become active in the community, passing on their years of wisdom through mentoring or volunteering. Several organizations have organized networks for just such a purpose. Likewise, should a retiree need support or services themselves, Austin has developed a broad network of organizations lending counseling services, support services or hospice treatment. The following is a summarization of the choices available to retirees in Austin.

## *Just For Fun*

### **Austin Area Quilt Guild**

(512) 448-5152

### **Fifty Plus Dance Club**

(512) 345-7190

## *Learning*

### **Austin Community College**

5903 Middle Fiskville Rd.  
(512) 223-7000

### **Elderhostel, University of Texas**

(512) 471-3500

### **Lifetime Learning Institute**

Concordia Lutheran College, 3400 I-35  
(512) 452-7661

### **University of Texas, Continuing Education**

The Thompson Conference Center,  
(512) 471-3121

## *Community Activities*

### **Conley-Guerrero Senior Activity Center**

808 Nile St.  
(512) 478-7695

### **Lamar Senior Activity Center**

2874 Shoal Crest Avenue  
(512) 474-5921

### **South Austin Senior Activity Center**

3911 Manchaca Rd.  
(512) 448-0787



## *Advocacy*

### **Gray Panthers of Austin**

3710 Cedar St.  
(512) 458-3738

## *Transportation*

### **Medi Wheels**

(512) 476-6325

### **Caring Senior Service**

(512) 310-2273

## *Food Services*

### **Groceries-to-Go**

(512) 476-6325

### **Meals on Wheels and More**

(512) 476-6325

## *Caregivers*

Far Northwest (512) 250-5021

North Central (512) 453-2273

Northeast (512) 459-1122

South (512) 445-5552

West (512) 472-6339

Round Rock (512) 310-1060

Pflugerville (512) 538-1152

Georgetown (512) 868-9544

Telephone Reassurance Program

United Austin for the Elderly

(512) 476-6325

Round Rock (512) 244-2207

## ***Job Opportunities***

### **Austin Senior Aides**

(512) 480-3006

### **Old Bakery and Emporium**

(512) 477-5961

### **Older Worker Program**

Goodwill Industries (512) 476-5335

### **Texas Workforce Commission**

South (512) 381-1695

North (512) 719-4145

East (512) 223-5400

Round Rock (512) 244-2207

## ***Volunteer Opportunities***

### **American Red Cross**

Central (512) 928-4271

Williamson County (512) 255-9899

### **Care Calls**

(512) 476-6325

### **Caregivers**

(512) 472-6339

### **Court Appointed Special Advocates**

(CASA) (512) 459-2272

### **Foster Grandparents**

(512) 454-4731

### **Retired & Senior Volunteer Program (RSVP)**

(512) 473-4130

### **United Way**

(512) 323-1899



# AUSTIN WATER SPORTS

Someone once said that people from the north grow up in the snow like people from Texas grow up in the water. They must have been referring to Austin. With over 7 area large lakes and a multitude of creeks, rivers, swimming holes, and pools, the Austin community has its pick of water bound fun.

## *Boat Rentals*

### **AquaVentures**

2215 Westlake Dr.  
(512) 327-2200

### **Beach Front Boat Rentals**

Volente Beach, 16107 Wharf Cove  
(512) 258-8400

### **Elite Boat Club**

(512) 797-5358

### **Emerald Point Marina & Just For Fun Watercraft Rental**

5973 Hilina Rd.  
(512) 266-1535



### **Lakeway Marina**

Lakeway on Lake Travis  
103-A Lakeway Drive  
(512) 261-7511

### **Sun & Fun Watercraft Rentals**

1600 Scenic Dr.  
(512) 306-1820

## *Canoe, Kayaking, Rowing*

### **Austin Canoe & Kayak**

(512) 719-4386

### **Austin Paddling Club**

(512) 914-2536

### **Capital Cruises**

Hyatt Hotel Town Lake  
(512) 480-9264

### **Zilker Park Canoe Rentals**

2000 Barton Springs Rd.  
(512) 478-3852

### **Austin Rowing Club**

223-B E. Cesar Chavez Blvd.  
(512) 472-0726

## *Sailing & Windsurfing*

### **The Austin Yacht Club**

5906 Beacon Dr.  
(512) 266-1336

### **Commander's Point Yacht Basin**

4600 Commander's Point Dr., Lake Travis  
(512) 266-2333

### **Sail Aweigh**

(512) 250-8141

### **Texas Sailing Academy**

101 Lakeway Dr., Lake Travis  
(512) 261-6193

### **Volente Beach**

16107 Wharf Cove  
(512) 258-5109



## *Scuba Diving & Water Skiing*

### **Aquatic Adventures**

12129 R.M. 620  
(512) 219-1220

### **Tom's Dive & Ski**

5909 Burnet Rd.  
(512) 451-3425



### **Austin Ski Club**

(512) 327- 1115

### **Capital Area Water Ski Club**

(512) 244-9721

## *Pools*

### **Bartholomew Pool**

1800 E. 51<sup>st</sup> St.  
(512) 928-0014

### **Barton Springs**

Zilker Park, 2201 Barton Springs Rd.  
(512) 476-9044

### **Deep Eddy**

401 Deep Eddy Ave.  
(512) 472-8546

### **Garrison**

6001 Manchaca Rd.  
(512) 442-4048

### **Mabel Davis**

3427 Parker Ln.  
(512) 441-5247

### **Northwest Austin Pool**

7000 Ardath St.  
(512) 453-0194

### **Wells Branch Pool**

2106 Klattenhoff Dr.  
(512) 251-9932

## *Holes*

### **Blue Hole**

County Rd. 173, Wimberley  
(512) 847-9127

### **Hamilton Pool**

Hamilton Pool Rd.,  
F.M. 3238, off Texas Hwy. 71  
(512) 264-2740

### **Krause Springs**

Spur 191, off Texas Hwy. 71  
(830) 693-4181



# SPECTATOR SPORTS

Some like to be in the middle of the action, and some just like to watch it from the sidelines. Whatever your preference, Austin's got you covered. From football to rodeos, there are enough sporting events happening in this town to keep you entertained the entire year through.

## ***Austin Ice Bats***

Ice Hockey  
7311 Decker Lane  
(512) 927-PUCK  
Star Tickets box office  
(512) 469-SHOW

In 1996 the Ice Bats, Austin's minor league ice hockey team, was formed to compete in the new Western Professional Hockey League (WPHL) against five other charter members. Since their first season, the Austin Ice Bats have finished in the top rankings. The Travis County Exposition Center, sometimes referred to as "The Bat Cave", has been home to this special team ever since, seating on average 6,200 people in total attendance per game. Tickets range from \$10 to \$35, with a discount of \$2 given for children under 12. Season tickets or game tickets may be purchased through the Ice Bats box office or Star Tickets outlets. Hockey fans are always welcome to watch the team practice during training camp, which starts the beginning of October.

## ***Round Rock Express***

Baseball  
Dell Diamond, 3.5 miles east of I-35  
on Hwy 79, Round Rock  
(512) 255-BALL (2255)  
(888) 597-7827 (Star Tickets)

What do you get when you mix former Texas Ranger Hall of Famer Nolan Ryan (nicknamed "The Ryan Express") and Michael Dell, founder of a computer dynasty headquartered in Round Rock, Texas? Answer: a minor league baseball team called the Round Rock Express playing in the new state of the art Dell Diamond stadium located in Round Rock. This 10,000-seat stadium is sold out on a regular basis, so it is always suggested that you make reservations far in advance. General admission ranges from \$4 to \$8. Their season runs from April to September.



## ***Austin Lone Stars***

Soccer  
5446 U.S. Hwy. 290 W., Ste. 105  
(512) 892-7477  
(512) 469-SHOW (Star Tickets box office)  
Austin's professional soccer team, the Austin Lone Stars moved up from amateur status to pro in 1997. The home games are held in central Austin at the House Park Stadium (an Independent School District facility) located on 15<sup>th</sup> and Lamar Blvd. The Lone Stars are in the South Central Division of the D3 Pro League of the United System of Independent Soccer League (USISL), which is just two steps below Major League Soccer. Tickets are \$8 for adults and \$5 for children ages 3 to 17, while children under 3 years of age are admitted free. The season runs from April through July, with half of the games played at home and the other half away. The games usually start in the evening at approximately 7:30 – 8 p.m.

## ***Austin Wranglers***

Arena Football  
Frank Erwin Center, 1701 Red River St.  
(512) 471-3333  
(512) 477-6060 (UTTM box office)  
Your favorite Longhorn team isn't playing, football season is just about over, and you're looking for something fun to do in Austin? Check out the Austin Wranglers--Austin's very own Arena Football League team! In their 2004 debut season, the Austin

Wranglers racked-up six wins in the first nine games and finished with an 8-8 record. Between the football field and the entertainment possibilities throughout the Frank Erwin Center, the Wranglers home games are filled with action!

## ***Austin Toros***

Basketball  
Austin Convention Center.  
301 Congress #1275  
(512) 236-8333  
As a member of the NBA's Development League, the first fully affiliated minor league of the NBA, the Austin Toros opened their inaugural season in November 2005 at the Austin Convention Center. Nicknamed the D-League its designed to grow the sport of basketball, and offers fun, family entertainment at affordable prices ranging from \$8 to \$20. The Toros are affiliated with the NBA's Denver Nuggets, Houston Rockets, Los Angeles Clippers and the 2005 World Champion San Antonio Spurs.

## ***University of Texas Teams***

### ***Longhorns Football***

Darrell K Royal-Memorial Stadium,  
23<sup>rd</sup> St. and Campus Dr.  
(512) 477-6060 (UTTM box office)  
The Longhorns have been competing since 1893 and have left quite a mark on not only the Southwestern Conference, but have done their part to shape national collegiate football history. With many national and conference titles, more than three-dozen NCAA post-season bowl games, victory in 1996 of the first ever Big 12 Conference championship game, and the National Championship at the Rose Bowl in 2006, one would only deduct that UT has enjoyed performances by several talented



athletes. Heisman Trophy-winner and future NFL Hall-of-Famer Earl Campbell (1974-1977), 1998 Heisman Trophy-winner Ricky Williams, numerous All Americans and future NFL players and other trophy winners have made the Longhorns what they are today. The momentum is continued with Mac Brown, UT's 28<sup>th</sup> head football coach, succeeding John Mackovic in 1998 and major renovations made to the Darrell K Royal-Memorial Stadium expanding the seating capacity to over 85,000 fans. Football season runs from September through November.

### ***Longhorns Baseball***

Disch-Falk Field,  
I-35 and Martin Luther King Dr.  
(512) 471-3333, (800) 982-BEVO  
Established in 1895, this Longhorn baseball team has in its winning records 64 Southwest Conference titles, 27 appearances in the NCAA College World Series, and 6 national championships (the latest in 2005). Their season spans January to May with approximately 30 home games per year. UT baseball fans are certainly made comfortable in the Disch-Falk Field, which holds as many as 8,000 fans total. This is one of UT's sporting events that usually has tickets available at the gate.

### ***Longhorns Softball***

McCombs Field,  
Martin Luther King Dr. and Comal St.  
(512) 471-3333, (800) 982-BEVO  
As new kids on the block, this UT women's collegiate softball team has proven themselves quickly. In 1998, Coach Connie Clark led them to realize the NCAA regional championship, just two seasons after beginning varsity level play. These lady Longhorns play in a new \$4.5-million softball complex named McCombs Field, which is right next to UT's Disch-Falk Field. This young team has enjoyed the talent of pitcher Christa Williams, a 1996 Olympic gold medalist on the U.S. women's softball team. The title of First Team All Americans was given to Williams and Nikki Cockrell (shortstop/second base), in addition to the title shortstop Jodi Reeves earned as Second Team All American. You can catch these Longhorns playing approximately 11 home games (mostly double headers) during the season from February to April. It is advised to purchase your tickets earlier for these exciting games.

### ***Longhorns Basketball***

Frank Erwin Center, 1701 Red River St.  
(512) 471-3333  
(512) 477-6060 (UTTM box office)  
The Longhorns women's basketball team has won an impressive 80% of their games. Since 1976, Coach Jody Conrath has led this suc-

cessful team to win 10 regular season titles (out of 14 year's of the Southwest Conference), nine tournaments, and recognition as the first women's basketball team to have a perfect season with a 34-0 record in the history of the National Collegiate Athletic Association. Approximately 5,000 Longhorn fans on average enjoy each of the 16 home games held at the Frank Erwin Center from November to February.

### ***Runnin' Horns***

Basketball  
Frank Erwin Center, 1701 Red River St.  
(512) 471-3333  
(512) 477-6060 (UTTM box office)  
This team really packs the fans in, all 13,000 of them on average for a home game at the Frank Erwin Center. These Runnin' Horns while members of the Southwest Conference from 1915 to 1996, won 22 Southwest Conference titles with a total record of 648-449. Since 1997, the Horns and other Southwest Conference members such as Baylor, Texas A&M, and Texas Tech merged with Big 8 teams to form the Big 12. Join this outstanding team during their regular season games from November to February.

### ***More Sports***

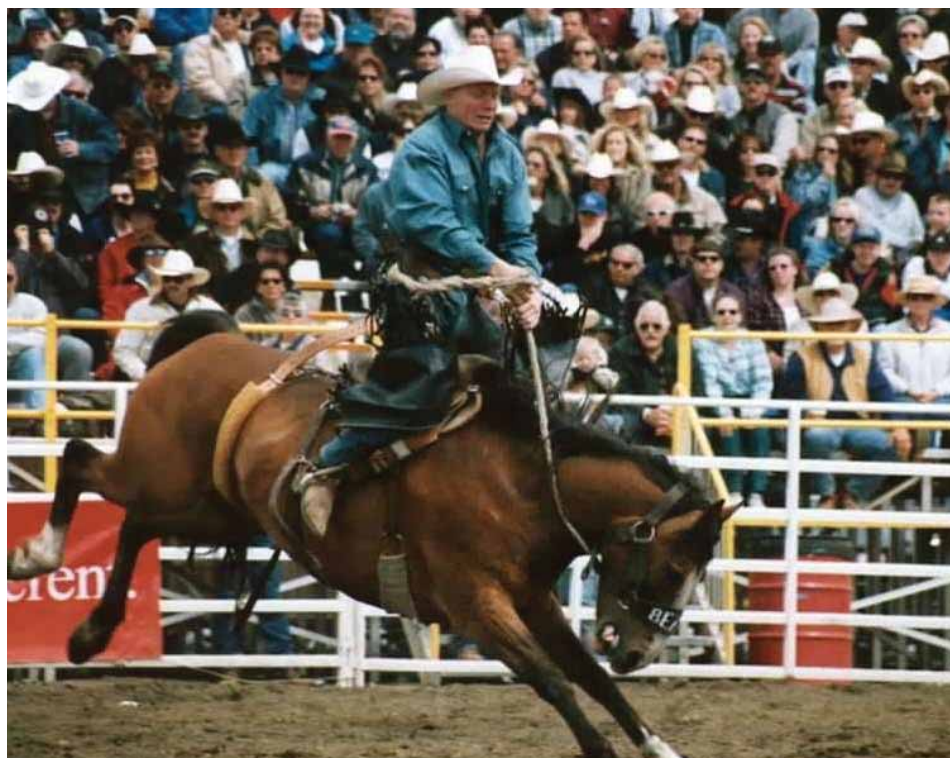
#### ***Running***

Austin Convention and Visitors Bureau,  
201 E. Second St.  
(512) 478-0098

The Austin area plays host to a myriad of race events throughout the year, but two races in particular have grown and continue to grow in popularity, the Freescale Marathon (formerly the Motorola Marathon) and the Capital 10,000. The Freescale Marathon experienced over 2,100 participating runners in 1998. Usually held on the second Sunday of February, runners begin in far Northwest Austin and run 26.2 miles to the shores of Town Lake downtown. Less than two months later, the Capital 10,000 kicks off its annual 10K race in April drawing an amazing 10,000 competitors and spectators. Austin's Convention and Visitors Bureau can provide one with more details about these and other available races.

#### ***Rodeos***

Austin/Travis County Exposition and Heritage Center, 7311 Decker Ln.  
(512) 919-3000  
(512) 477-6060 (UTTM box office)  
Set your calendar for eleven excitement packed days & nights of the annual Austin/Travis County Livestock Show & Rodeo starting in mid-March. This sport draws thousands of spectators to enjoy this huge competition of bull riding, steer wrestling, saddle bronc riding, team roping, barrel racing, bareback riding and livestock show. Austin's show ranks 31<sup>st</sup> out of the more than 750 Professional Rodeo Cowboys Association circuit.



## ***Sailboat Racing***

Austin Yacht Club, 5906 Beacon Dr.

(512) 266-1336

The Austin Yacht Club sponsors three major sailboat regattas a year to take full advantage of Austin's beautiful waterways. The first event of the summer is the Turnback Canyon Regatta held over Memorial Day weekend.

This spectacular race is over 25 miles long beginning at the Mansfield Dam and ending at Lago Vista. Typically, over 100 boats participate in this race. It can best be viewed from the Iguana Grill restaurant or Lakeway Inn.

The Governor's Cup Regatta is held over the Fourth of July weekend and can best be appreciated from the Oasis Restaurant on Lake Travis or the Mansfield Dam. The Fall Regatta entails two races over two days, the second day of which is held in the main basin at Lake Travis. Back to the Oasis Restaurant for spectators for this one too!