

# December



# 2019



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) **974-3914** or Relay Texas 7-1-1.

# GENERAL INFORMATION

PARD/Lamar Senior Activity Center (LSAC) Waivers and Lamar Senior Activity Center Advisory Board Registration

ALL participants must have a current completed waiver on file to participate in 2019 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

### **PHOTO ID & AUTOMATED CHECK-IN PROCESS**

LSAC is now participating in a city-wide electronic automated check-in process for the PARD Recreation and Senior Activity Centers. Registered participants are issued a photo id card which you scan when you enter the center to help us easily track center usage, monitor programming activities and secure COA-PARD support.

If you do not have a 2019 waiver and/or an ID card, please stop by the Staff desk and complete the necessary documents on your next visit to the center. Once your 2019 waiver information is in the "Pass" registration system it only takes a few minutes to get your photo ID on the spot or at your next visit during posted registration hours.

# **HOURS OF OPERATION**



Computer Lab Hours of Operation\*\* M 9a – 8p T/W/Th 9a-4p F 9a-1p; 6-9p



The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. All participants must fill out the required annual PARD waiver at the lobby Volunteer Receptionist or Staff desk. The friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$6 is required if you would like a newsletter mailed to your home and/or \$3 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's programs and day to day operations. *We thank you for your support!* 

# PUBLIC MEETINGS

**Texas Alliance for Retired Americans (TARA)** Thursday, December 19 12:30p

**Texas PUBLIC Employees Association (TPEA)** Friday, December 13 9a

### Austin Palette Club New members & guests welcome

Tuesdays, 10a



Handicraft Group New members and guests welcome Wednesdays 1p

**BeMused Literari** Tuesdays, 1:30-3p

### LSAC Advisory Board Meeting

Public Invited 2nd Wednesday of the month Wednesday, Dec. 11 2p

If you have an agenda item, please submit to Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, December 6, 2019.

Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.

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# LSAC HOLIDAYS

LSAC will be closed Tuesday, December 24 & Wednesday, December 25 for the Christmas Holiday.



LSAC will be closed Wednesday, January 1 for the New Year Holiday.

# **GAMES**

## **BINGO & BIRTHDAYS with LUNCH**

Wednesday, January 15, 2020 **NO BINGO IN DECEMBER** 10a-11:30a

\$3 for lunch & \$.25 per card

Ring in the New Year with Bingo and Birthdays with Lunch Celebration!



👔 Tell your friends, sign up early and come on down! The cost is \$3 for Iunch and you must sign up and pay in advance by noon on Friday, January 10, 2020. Late registration and day of drop-in will NOT be

available for the Lunch Bingo event! You may also pay for your cards in advance when you sign up and pay for the event, or purchase cards the day of the event. Remember: In your birthday month you will receive 2 FREE bingo cards. Sign-up and payment for the Bingo with lunch will begin Jan. 2

> \*\*Payment to LSACAB is due at the time of registration\*\* Cash or Check only - Check payable to: Senior Activity Center

Bingo and Birthday Celebration Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer.

# SOCIAL GAMES

Mexican Train Dominos

Mondays, 12:30p Led by LSAC Volunteer, Mil Love

(No Thursday meet-ups in December) Thursdays, 12:30p Led by LSAC Volunteer, George de Villiers

**Bunco** 

Rummikub\*

Tuesdays, December 10 & 31; 1p Led by LSAC Volunteer, Claudia Savio

Wednesday, January 15; 10a

SAC Advisory Board sponsored; (see page 4)

Tuesday, December 3 & 17; 12:45p Led by LSAC Volunteer, Carolyn Rickard

**Bingo & Birthdays No December Bingo** 

Pinochle-Advanced~

Wednesdays, 12:30p Led by LSAC Volunteer, Ernest Lovato

**Mah Jongg** (Wright-Patterson rules)

Thursdays, 1p No Group Leader at this time

~If you would like to learn Pinochle, let us know of your interest and when we have enough interested participants we will consider adding beginner classes.

> \*Rummikub and a variety of board games are always available for pick up games anytime in the lobby!

# BRIDGE

### American Contract Bridge League (ACBL)\* **Duplicate Bridge**

Mondays, 12:00-3:30p Friday ACBL Game: 10:30a December 6 & 20 \$6-\$8 per day

All players must have a current PARD ID Card and LSAC Waiver on file. Contact Larry Davis, 512-343-6942,

for specific questions concerning ACBL play at LSAC. Pay Game Leader on day of play for ACBL Games

\*Room subject to change due to COA PARD/LSAC events

# ENRICHMENT

# **CITIZEN SCIENCE CLUB**

Everyday citizens contributing to scientific research projects.

## Wednesdays, 9:30a - 10:30a FREE

(No meeting 12/25 & 1/1)

Please register with LSAC staff. If you have questions or want more information on the research projects, etc., please speak with Maria "Myr" Hernandez, Group Leader

<u>Coming in January</u> Insects and Other Arthropods Presentation by Austin Nature and Science Center Wednesdays, January 8, 15, & 22 9:30 - 10:30a FREE

Are you a lifelong learner who likes nothing more than trying to understand this beautiful world just a little bit more than you did yesterday? Don't miss this opportunity to expand your knowledge in this <u>3-part series</u> on Insects and Other Arthropods.

Please register with LSAC Staff beginning December 20, 2019



## CHESS ANYONE?



Would you like to learn to play chess or practice your skills? Then you've come to the right place! LSAC volunteer, George de Villiers, loves to play and teach chess and has agreed to share his knowledge and to spread the love of the game here at LSAC!

**1 on 1 Classes or Games by Appointment** Call George at 210-360-9432

# ENRICHMENT

## **AARP** Smart Driver Program

Instructor: Beverly Martin

<u>Next Class</u>: Thursday, December 12, 9a-1p This is Beverly's last class, as she is retiring. Thanks Beverly for all of your years of service to LSAC & Austin participants! 2020 class dates were not available prior to printing this guide. You may search for other classes via: <u>https://www.aarpdriversafety.org/</u>

> <u>This ONE DAY CLASS is designed for the mature driver.</u> Does not dismiss traffic violations.

For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members \$20 for Non-AARP Members

**Preregister at the LSAC Reception Desk or call 512-978-2480** Pay Instructor the day of class: CASH OR CHECK ONLY



# ENRICHMENT

### WRITING THE STORIES OF YOUR LIFE

Your memories are your real family treasures!

Have fun learning techniques for retrieving, writing and polishing your memories so you can begin assembling them into your life story.

<u>Two separate</u> classes to choose from!

Mondays 2 - 3:30p Session: Jan. 6 - Feb. 24 (No class 1/20 and 2/17)

Thursdays 1:30 - 3p Session: Jan. 9 - Feb 13 Fee \$48 per session (includes 6 classes)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information

# **PLEASE TAKE NOTICE:**

# 2020 PARD WAIVERS AND UPDATES WILL BEGIN THE LAST WEEK OF DECEMBER.

# HEALTH AND WELLNESS



### 9:30a Fridays\* FREE (12/13 class in South Rm) NO Class 12/20/19

This class is modified and the choreography focuses on **balance, range** of motion and coordination. Everyone is encouraged to move at their own pace—all levels welcome, no judgement...just get moving!

Jacque Cotrell, Certified Zumba® Gold Instructor and LSACAB Volunteer

Please complete a 2019 PARD Waiver before attending class.



STRENGTH & STRETCH

FRIDAYS AT 11:25a (12/13 class in South Rm) NO CLASS 12/27/19

### Patti Gagne, PARD Instructor

- Balance the body's strength and flexibility while improving coordination and agility in a fun relaxed atmosphere.
- All classes are geared toward active adults 50+ but everyone is welcome.
  - All classes are FREE

Please complete a 2019 PARD Waiver before attending class.

# HEALTH AND WELLNESS



### Exercise~

Mondays 9 - 10a Wednesdays 11a-12p Fee: FREE (no class 12/25 & 1/1)

Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class with enjoyable music and good folks! Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Instructor: Rebecca Brownlow, LSAC Staff Instructor

Please complete a 2019 PARD Waiver before attending class.

### Fitness Room~

Monday 9a - 8p T/W/Th 9a - 4p Friday 9a - 1p and 6p-9p



Come use the free Fitness room. Learn how to safely and properly operate the elliptical, treadmill & recumbent bike. Work out on your own and at your own pace...rain or shine! See pg. 11 Personal Training info if you are interested in getting one on one instruction in the fitness room.

(Open workout time subject to change pending LSAC/ PARD classes, programs, closures, etc.; you may want to call ahead to check availability)

~You should consult your physician or other health care professional before starting any fitness program to determine what is right for you and your needs.

## Easy Yoga~\*

Wednesdays 2-3:15p Nov. 27 - Jan. 8 (Closed 12/25 & 1/1)

Contract Instructor: Lisa Kadlec Fee: \$50 for one session \$80 for two sessions \$15 Drop In

Designed to make yoga easy, gentle and accessible to adults 50+. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of yoga that help in prevention and management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety. If you can breathe and smile, you are fit to practice yoga in this class.



### YOGA CLASS REGISTRATIONS Register with and pay the Contract Instructor before class. No transfers, refunds or make-ups for missed classes. All class participants must have a current completed LSAC PARD waiver on file.

# HEALTH AND WELLNESS

Gentle Yoga~\* Mondays & Thursdays 2-3:15p Dec. 2 - Jan. 9 (no class 12/26)

> Contract Instructor: Lisa Kadlec Fee: \$75 for one session \$110 for two sessions \$15 Drop In



The "Gentle Yoga" class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

### Both Yoga classes are led by: Lisa Kadlec, RYT-200, Certified Yoga Instructor & Yoga Therapist

Lisa has taught yoga in Austin for 15 years to people of all ages, sizes and with various challenges. She also has a background in movement & dance with a degree in music. Lisa incorporates music, mudras and sound therapy in her class to enhance your yoga experience & practice.

\*For questions about LSAC Yoga classes, please email: <u>lekhappylife16@gmail.com</u>

## Tai Chi~

Tuesdays 1-2p Fridays 12:30-1:30p Nov. 5 - Dec. 20 Next Session: Jan. 7 - Feb. 14

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact. Instructor: Kade Green Fee:

Res/Non-Res \$30/\$36 (Tue only) Res/Non-Res \$30/\$36 (Fri only) Res/Non-Res \$50/\$60 (Tue & Fri) Res/Non-Res\$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.

## Personal Training~

Rebecca Brownlow, LSAC Instructor,

LSAC Instructor, offers small group and individual Personal Training sessions after her Monday & Wednesday exercise classes. If you are interested in this opportunity, please speak with Rebecca about the details. \$5 fee for one 1/2 hour session/ by appointment only.

Contact Rebecca to set time and date: 512-978-2480 or email: rebecca.brownlow@austintexas.gov

# HEALTH AND WELLNESS

### Afternoon Pilates Class Tuesdays 2:30 -3:30p FREE

Taught by Rebecca Brownlow, LSAC



staff instructor. Pilates offers a greater understanding of individual

movement, posture, strength, and balance. If you are looking to strengthen your abdomen and pelvis as well as maintain good posture, then Pilates is for you.

Please complete a 2019 PARD Waiver prior to attending your first class.

Find Balance and Strength Thursdays, 10:30 – 11:30a FREE

Taught by LSAC staff, Leti Alvarez

& Laura Adams This class is designed to increase your range of motion, strength



and improve balance. We will use light hand and ankle weights and low impact resistance training set to fun music! Perfect for all levels.

Please complete a 2019 PARD Waiver prior to attending your first class.



# FUN FOR ALL



## Good Fun with Good People!

## Looking for a fun, friendly, social game? LSAC "Open Play" TABLE TENNIS Mondays 10:30a-1p FREE

Novice to Advanced—ALL PLAYERS WELCOME! Time & date subject to change due to special programs, classes, activities, etc. Check with LSAC staff about setting up on other days & times pending room/space availability.



Tuesdays, 2-3p FREE

All levels of experience welcome! Come dance with us! We do a variety of fun easy dances to music of all genres. Wear whatever is comfortable; you don't need special dance shoes. Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing led by **Connie Shell, LSAC Volunteer!!!** Please complete a 2019 PARD Waiver prior to attending your first class.

### Improver Line Dance Class (High Beginner to Intermediate)

Tuesdays 1-1:45p FREE

### Linda Fugate, Volunteer Leader

**Take your Line Dancing to the next level!** This class offers dance instruction for seniors who have enough experience to dance at the high beginner, easy intermediate level. Students should be familiar with basic step patterns such as vine, jazz box and K step. Dances taught will prepare students to participate in dance events outside of class.

Please complete a 2019 PARD Waiver prior to attending your first class.

# COMPUTER CLASSES

## **TECH TIME!** 1:1 tutoring

### Instructor: Mendy Marshall; Register with Kimberly Flores 512-978-2483

Meet individually for a private lesson! Topics may include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8. Bring your own laptop or use the computers in the lab. Select a one (1) hour time slot from the dates and times listed below and contact Kimberly Flores 512-978-2483 to complete an info sheet at least one week prior to class. The instructor will review info sheet prior to confirmation of the tutoring session to insure she can help with your topic. Payment due at time of class confirmation

Date: **Tutoring time slots available:** 

Dec. 5 (9:30-10:30a)	(10:30-11:30a)	(1:30-2:30p)	(2:30-3:30p)
Jan. 9 (9:30-10:30a)	(10:30-11:30a)	(1:30-2:30p)	(2:30-3:30p)
Jan. 23 (9:30-10:30a)	(10:30-11:30a)	(1:30-2:30p)	(2:30-3:30p)

Fee: Resident \$5/ Non-Resident \$6 per one (1) hour session Limit 1 student per session; no refunds on canceled or transferred classes

# **GROUP COMPUTER CLASS**



austinfree.net in digital literacy that are open to all. Austin Free-Net continues to offer *free classes* 

### **Computer Basics** Wednesday, December 11 10-11a FREE

The skills that will be addressed help people to:

 $\rightarrow$ use desktop computers

- $\rightarrow$ understand the Windows operating system
- $\rightarrow$ use email to communicate with others
- $\rightarrow$ use the Internet to find information

 $\rightarrow$ locate events, transportation, and opportunities for learning

 $\rightarrow$ use social media

 $\rightarrow$ use an online calendar for scheduling and event reminders

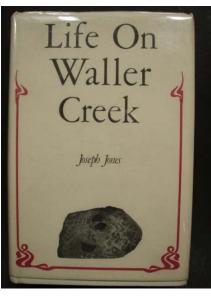
Register with LSAC Staff - Limited Space

# SPECIAL EVENTS

### 2019 LAMAR SENIOR ACTIVITY CENTER LUNCHTIME LECTURE SERIES

Geography of Flowing Water: Rivers, Streams, Nature and Culture By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

## The Cultural Geography of Flowing Water Wednesday, December 11 NOON to 1p **Urban Stream: Life on Waller Creek**



We will end this year of exploring the geography of flowing water by examining the cultural geography of an urban creek. Austin's Waller Creek is one of the most scientifically studied urban creeks in America, but it also has several books dedicated to its cultural history, with none more important than Life on Waller Creek. Joseph Jones describes this book as a "palaver" about a creek he loved and studied for over 50 years, but the book is much more than idle speech, and we will use it and the creek itself to explore the cultural geography of downtown

Austin. Past and present remain entwined in the landscape of Waller Creek, and the landscape is now being reshaped for the future as "Waterloo Greenway" and the UT Medical School and more. Join us in December to learn about the cultural geography of Austin's Waller Creek.

### FREE and Open to the Public Meets in the LSAC South Room

Bring a lunch, bring a friend or just come to enjoy this interesting and informative presentation! Registration not required.

# SPECIAL EVENT

# Annual Holiday Party

Pre-registration required beginning 11.18.19; **Registration deadline is December 2** Space Limited; NO Drop-Ins day of event

# /EEEEHAH!!!

TUESDAY, 12/10/2019 11:30A (Doors open @ 11:15A) \$5 plus a TOY FOR BROWN SANTA

For every toy you bring, receive an extra raffle prize ticket!

# SPECIAL PROGRAMS

# Holiday Coffee Social Hour

Monday, December 16 10-11a Cost: 1 dozen Christmas co



Cost: 1 dozen Christmas cookies or goodies to share



Coffee, Tea and Milk provided by LSAC

Wear your brightest Holiday Outfits & share your favorite holiday sweets with others at this social get together. Those wearing their Sparkling Outfits will be eligible for the raffle prize drawing!

Please preregister with LSAC Staff so we will have an accurate participant count!



	MONDAY	TUESDAY	WEDNESDAY	THUR	SDAY	FRIDAY	SAT/SUN
D E	2 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p	3 Austin Palette Club 10a Bunco 12:45p <b>Tai Chi 1p</b> Improver Dance 1p Line Dancing 2p Pilates 2:30p	4 Citizen Science 9:30 Exercise 11a Pinochle (Advanced) 12:30p Movie 1p Handicraft Group 1p Easy Yoga 2p	5 Tech Time 9:3 Ukulele Group Find Balance 3 Mexican Train Mah Jongg 1p Writing Storie Gentle Yoga	10:30a 10:30a 12:30p 5 <b>s 1:30</b>	Zumba Gold 9:30a Acrylic Painting 9:30a	7/8 Saturday, Dec. 7 Art - On & Off the Wall 9:30-4:00 Nut Sales too! Come Shop!
C E M	9 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p	10 Austin Palette Club 10a Holiday Luncheon Rummikub 1p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	11 Citizen Science 9:30 Computer Basics 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p LSAC Advisory Board Mtg. 2p TRIP: Fireman's Lunch	12 AARP Smart D Ukulele Group Find Balance Mexican Train Mah Jongg 1p Gentle Yoga	river 9a 10:30a 10:30a 12:30p	13 Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	14/15 Saturday December 14 TRIP: Holiday Home Tour
B E	16 Exercise 9a Coffee Social 10a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p	<ul> <li>17 <ul> <li>Austin Palette Club 10a</li> <li>Bunco 12:45p</li> </ul> </li> <li>Tai Chi 1p <ul> <li>Improver Dance 1p</li> <li>Line Dancing 2p</li> <li>Pilates 2:30p</li> </ul> </li> </ul>	18 Citizen Science 9:30 Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p TRIP: Holiday Lunch AAC	19 Ukulele Group Find Balance Mexican Train Mah Jongg 1p Gentle Yoga TRIP: Public Li	9 10:30a 10:30a 12:30p 9 <mark>2p</mark>	20 NO Zumba Gold Acrylic Painting 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	Happy First Day of Winter
R 2	23 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p		25 FOR HOLIDAY	26 Ukulele Group Find Balance Mexican Train Mah Jongg 1p NO Gentle Yop	9 10:30a 10:30a 12:30p	27 Zumba Gold 9:30a Acrylic Painting 9:30a NO Strength & Stretch NO Tai Chi Let's Dance 7:30p	28/29 Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- RED ink
0   9	30 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p	<b>31</b> Austin Palette Club 10a Rummikub 1p <b>NO Tai Chi</b> Improver Dance 1p Line Dancing 2p Pilates 2:30p	Jan 1 Happy New	Year	events, etc., list are subject to cl site to confirm. NOTE: Not all c	nd locations of classes, trips, mee ed in the LSAC program guide ar hange; contact program leader/co classes, programs, events, etc. are refer to guide for individual listings/in	e listed on the

# SPECIAL EVEN

# H's time to crack pecans!





Lamar Senior Activity Center is the only place in town providing this service for residents who have pecan trees and want to get the pecans cracked.

Nut cracking through January for 50¢/lb. Schedule of Hours for Drop-off and Pick-up of pecans for cracking:

### Mondays and Wednesdays from 9a-3p Fridays from 9a-1p

All pecans must be in brown paper bags with no more than 20 lbs. in each. Each bag must be clearly marked with: **PRINTED-Name and Primary Contact Number.** 

This Pecan Cracking and Nut Sales Fundraiser is very important to the current and future programs at the Center and we appreciate your support.

# SPECIAL EVENTS

It's that time of year! Nut Sales through Dec. 31

## Monday through Thursday 9a-3p Friday 9a-1p

In addition to whole pecans in shell, pecan halves and pieces, we will have your usual favorites - walnuts, cashews, pistachios, mixed and candied nuts plus snack mixes and local honey! Come stock up for holiday baking or gifts and support this LSAC Advisory Board annual fundraising event!

### Nuts 16oz bags

Almonds, Slivered & Raw \$8 Almonds, Chocolate Covered \$11 Cashews. Roasted/Salted \$10 \$5 Peanuts, Spanish Raw \$5 Peanuts, Hot & Spicy Pecan Halves \$13 \$12 Pecans, Pieces \$11 Pecans, Chocolate Covered \$11 Pecans, Praline, Cinnamon Pecans, Maple, Honey Roasted \$11 Pecans, Chocolate Caramel \$12 Pistachios, Roasted (in shell) \$9 \$7 Pretzels, Yogurt covered Pretzels. Milk Chocolate \$8 Pretzels, Peanut Butter \$8 \$8 Walnuts, Raw & Maple

### Mixed Packages 16oz

Sunny Islands Snack Mix	\$7
Fancy Fruit & Nut Mix	\$7
Mt. Bonnell Snack Mix	\$7
Trail Mix	\$7
Healthy Hill Country Trail Mix	\$8
Christmas Tree Pretzels (8oz)	\$5
Honey \$6 &	\$10
Honey Butter	\$6





# **EVENING PROGRAMS**



PILATES Mondays 6-7p FREE

Pilates improves flexibility, builds strength and develops control and endurance in the entire body.

We will use light weights and low impact resistance training. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Taught by LSAC staff, Leti Alvarez.

Please complete a 2019 PARD Waiver prior to attending your first class.



Mondays 7-8:15p Richard Maxwell, Instructor Fee: \$10 fee per class

Participants must pre-register with instructor

Join in a FUN exploration of your drawing skills with absolutely no pressure!

Contact Richard to register at themax1.rm@gmail.com



with Kimberly Monday, December 9 6:30-8p

We will only meet once this month and with the holiday our December project will focus on Holiday Ornaments. **No Jewelry class this month.** Come join the fun, make new friends and bring home your own handmade project each night!

<u>Craft Projects</u> December 9 - Acrylic pour Christmas Ornaments

Please register with LSAC staff



Fridays, 7:30-9:30p Band is David Kautz & Spectrum FEE: \$5 Dance Club Members \$7 Non Members



# LSAC FUN

## LAMAR UKULELE GROUP

It's a new Ukes Group led by Kevin Jolly, at LSAC!! Thursdays 10:30a On-Going—FREE!

Come join the group for musical fun. Ukuleles are available for your use. All are welcome!



# MOVIE

Movies, popcorn and snacks provided by LSACAB. Bring a friend and join us!



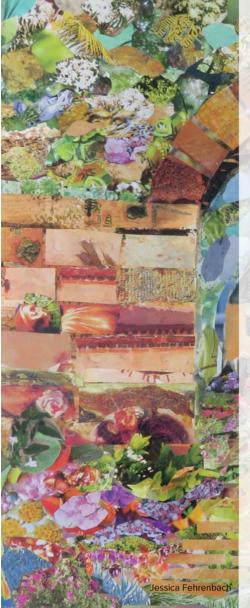
# Vednesday December 4 1-3p (2003) Romantic Comedy R 135 min

A British Christmas-themed romantic comedy written and directed by Richard Curtis and mostly filmed on location in London. It features an ensemble cast, composed of predominantly British actors. The screenplay delves into different aspects of love as shown through ten separate stories involving a wide

variety of individuals, many of whom are shown to be interlinked as the tales progress. The story begins five weeks before Christmas and is played out in a weekly countdown until the holiday, followed by an epilogue that takes place one month later.

# FALL ART SHOW

It's our 3rd Annual 29th Street Art & Skilled Crafts Market Grab a friend and shop for all your holiday gifts!



The 3rd Annual 29th Street Art & Skilled Crafts Market

## ART ON & OFF THE WALL

Saturday December 7, 2019 9:30 am - 4:00 pm

Lamar Senior Activity Center 2874 Shoal Crest Ave. Austin, TX 78705 512-978-2480

# FALL ART SHOW

Mark your Calendar! **Beautiful One-of-a-Kind Items One Day Only - Don't Miss It!** 



I call my work "Crystallized Dreams" because that is what my products are. My wife and I spent 26 years in Alaska until the long winters and dark skies got on our nerves, so we moved to Austin. Even though we had an oversized garage for a workshop, it became too full of crafts for us to park our car inside it. I am a self-educated craftsman, as well as a silversmith, woodworker and stone worker. I love to take photos of nature. I love the details of nature, whether seen through our eyes, the lens of a camera, or a microscope. I am a prospector, as well as a hunter of crystals and dinosaur bones. Now, I miss the public lands and untouched wilderness of Alaska. I hope my works speak to you and bring a bit of the Alaska Wilderness into your home.

The Lamar Senior Activity Center (LSAC) and Advisory Board co-sponsor this community art show & sale, featuring the works of Adults 50 years+. Please join us in celebrating the unique, creative perspectives of these gifted Austin artists.

Participating Artists Austin Palette Club Nona Kean April Bederman Randee M. Ketzel Betty Bray Frances Loera Dr. Yolanda Espinosa Janet MacDonald Jessica Fehrenbach Conrad Mertjes **Richard Fromme** Lyrae Perry Rocio Garcia Claudia Savio Mary Glover Toni/James Silver Janice Grady Ruth/Milburn Taylor Vivian Griffith Herky Trede Pete Holland Julie Williams

You will find

- · jewelry · handmade holiday crafts
- · polymer clay jewelry
- · fiber art
- photographic prints
- · crocheted items
- · hand dyed silk scarfs
- notecards
- · bags · folk art
- handmade soaps
- · quilted and sewing crafts
- · ceramics · mixed media art
- watercolor
- · oil and acrylic paintings
- and much more!

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.

# **CREATIVE ARTS**

## **Acrylic Painting**

Volunteer Instructor, Larry Drayer will offer FREE guidance and instruction in ACRYLIC PAINTING Fridays, 9:30a—12:30p

Space still available - Please Register with LSAC Staff

- The class is designed for artists of all skill levels
- Instruction and guidance is tailored to individuals' needs
- Advice on selecting supplies will be provided as needed
- Accomplished painters welcome to paint whatever they wish



## AUSTIN PALETTE CLUB

You're invited to visit the Austin Palette Club

Tuesdays 10 – 11:30a

Art demonstrations are presented on the 2nd and 3rd Tuesdays each month. Come meet the members and see if you might be interested in joining this creative, social group!

# **COMING IN JANUARY**

The Dougherty Arts Center and PARD Lending Library present:

## Beyond Beads Jewelry Tuesdays, January 7, 14 & 21

## 10-11:30a FREE

Go beyond beading and make your own jewelry components! Students will explore various jewelry techniques including making a fused glass pendant, wire-wrapping stones, and creating their own clay beads. Pieces will be assembled to create one of a kind works of wearable art!



Registration begins December 26 Space is Limited - Register with LSAC Staff

## ALL RHYTHMS PERCUSSION Mondays, January 27, February 3 & 10 11a-12p FREE

This class aims to provide a musical experience in the form of percussion and ensemble playing. We will go over basic rhythmic subdivision, song forms, various styles, learn & write songs. We will warm up with basic percussive exercises each session to instill a sense of a practice routine.

> <u>Space limited—Register with LSAC Staff</u> Registration begins December 26

# TRIP LOTTERY

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information on this process.

### DECEMBER 2019 TRIP LOTTERY FORMS SUBMISSION DATES AND TIMES:

Monday	Nov. 25	9a-7p
Tuesday	Nov. 26	9a-3p
Wednesday	Nov. 27	9a-1p

To complete a December 2019 LSAC Trip Lottery Form, **call 512-978-2480** during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via phone. You may also come by the Lamar Senior Activity Center during the same allotted days and times to personally complete your lottery registration form.

A completed and signed **2019 PARD/LSAC waiver** for *each* participant must be on file to participate in LSAC trips.

<u>Registration is also accepted **AFTER** lottery submission period for any trip openings and/or waitlists.</u>

Unless otherwise noted, trips will depart from the upper parking lot of Lamar Senior Activity Center, 2874 Shoal Crest Avenue

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process, <u>make payment by noon on Wed., Dec. 4 and confirm your trip(s).</u> *Cash/Credit Card/Checks accepted for LSAC trip payment. Failure to pay in full by the deadline will result in loss of your reservation.* 

"Courtesy Reminder Calls" are NOT guaranteed; participants are personally responsible for remembering trips dates, times, etc. If you require personal or one on one assistance during a trip or activity, you will need to register with your own travel buddy/personal aide to assist you. Staff can only provide limited assistance.

All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

# TRIPS

Prize Bingo, Austin Symphony Brass Quintet Concert, and Lunch

**Gus Garcia Recreation Center** 

Friday, December 6

**Christmas In the Community** 

"Christmas in the Community" is a free community-wide event where brass,



string, and woodwind ensembles of the Austin Symphony will canvass the Greater Austin area during the month of December. It is their mission to bring the sounds of the holidays to the community. The Brass Quintet will perform at the Gus Garcia Recreation Center. Prize Bingo 9:45-10:45, Performance 11a, Lunch following performance.

Depart: 9:15aReturn: 2pFee: This is a FREE eventActivity Level: MILD – MODERATE - Walking through indoor venues,possible steps and ramps



17th Annual Austin Fire Department Senior Holiday Lunch Hosted by the Conley-Guerrero Senior Activity Center Wednesday, December 11

Fun event with a delicious lunch and LOTS of prize giveaways, games and fun! Come meet someone new and visit with your current friends, get ready to get in the festive holiday spirit.

Depart: 9:15a Return: 2p

Fee: This is a FREE event

**Activity Level:** MILD – MODERATE - Walking through indoor venue, possible steps and ramps \*This is a highly attended event and we may be seated in alternate rooms

# TRIPS ...



Holiday Homes Tour Presented by: Bastrop Museum & Visitor Center

Saturday, December 14

For five hours on Saturday, December 14th, Bastrop opens the doors on its annual Holiday Homes Tour, a central event of Bastrop's Lost Pines Christmas. For more than 40 years, the tour has showcased Bastrop's historic past. This year's tour is no exception. We will enjoy this year's tour of homes in Bastrop's historic district and have lunch at the 602 Restaurant & Beer Garden https://www.602brewing.com/

Depart: 10:15a Return: 7p Fee: Resident \$22/ Non-Resident \$23 Additional Expense: Lunch at 602 Restaurant avg (\$10-\$15) Activity Level: MODERATE – HIGH – loading and unloading several times throughout the day, walking through indoor venues, possible uneven terrain, possible stairs and ramps, must be able to stay up with group; travel buddy required if you will need assistance

Bringing Seniors Together Holiday Meal at Asian American Center



Wednesday, December 18

Come out and meet new friends and see the beautiful Asian American Center. There will be games and a special holiday lunch will be served for all attendees. Lots of games and prizes.

Depart: 9:30aReturn: 1:30pFee: FREE Bringing Seniors Together EventActivity Level: LOW- MODERATE – Walking through indoor venue,possible stairs and ramps

# TRIPS ...



Urban Explorers to the Austin Central Library Walkabout Town Lake

Thursday, December 19

Join us as we take bus #3 from 29<sup>th</sup> and Guadalupe and head to explore the Austin Central Library. The Austin

Central Library is touted as one of the best and most innovative libraries in the country. We will spend some time to walk about the Library visiting the different floors/ stopping where you'd like. You can head to the 5<sup>th</sup> floor for the Rooftop Garden that overlooks the Lady Bird Lake and cityscape, grab some coffee and visit with friends. Afterwards we may (depending on weather) walk around Lady Bird Lake just across the street, visit the Stevie Ray Vaughan Statue and enjoy the beautiful Hike & Bike Trail. Once we work up an appetite, we will head back to the library for lunch at the library's in-house restaurant – the Cookbook Café. After eating our fill, we will hop back on Bus #5 and head home to LSAC.

Depart: 9:30aReturn: 2:30pFee: You will need \$2.50 for bus fareAdditional Expense: Lunch at Cookbook Café avg (\$8-\$14)http://www.cookbookatx.com/

**Activity Level:** HIGH -Walking throughout tour, uneven terrain, stairs and ramps, catching scheduled buses and staying up with the group and walking up to 2+ miles roundtrip. You must be able to stay up with group; **travel buddy required if you will need assistance** 



# SPECIAL EVENT



Austin Parks and Recreation Department in collaboration with The Live Music Capital Foundation presents



## **Tim Grimm**

Opening Jackson Grimm & Nathan Evans Fox

Saturday, January 11 7:00p Doors open at 6:30p

Tickets: \$17 in advance (Online Only) \$22 day of the show (taxes & fees included)

## PURCHASE YOUR TICKETS ONLINE TODAY! austinacousticalcafe.org

Lamar Senior Activity Center is an alcohol-free COA-PARD Facility. Coffee and desserts /snacks available to purchase before the show and at intermission.

# LSAC ADVISORY BOARD

### Letter from the LSACAB President, Gayle Fischer

Ho, ho, holy cow! Thanksgiving has come and gone already. Christmas is next on the holiday list and it's a biggie. We're doing it up big at LSAC, too.

The Holiday Luncheon is planned for Tuesday, December 10. We've got Capt. Red's catering the traditional holiday meal; turkey, ham, potatoes, dressing, green beans, banana pudding and all the trimmings. We will have door prizes to give away (one door prize per person) and Brown Santa will benefit. We are asking you to bring a new unwrapped toy to the Luncheon. Brown Santa gives each family a board game so that would make a good donation. Other suggestions for Brown Santa would be blankets, rattles, musical toys, building blocks, dolls, balls, toy cars, Play-Doh, Legos, arts and crafts kits, hand-held games, wallets, purses, jewelry, hair dryers, curling irons. Anything for infants to 14 year olds, for both boys and girls. For every item you bring, you get an extra chance at a door prize.

On December 7, the 29th Street Arts & Skilled Crafts Show will be open to the public here at LSAC. Come patronize these senior artists who have crafted some magical ideas into Christmas presents. It's an experience that will enrich your holidays by supplying you with gifts for family and friends without fighting those big shopping crowds.

The Advisory Board's Annual Nut Fundraiser is underway and you'll want to grab nuts, honey and snacks while they're available. The pecans and honey are local products from Stroup Honey Farm in Lincoln, Texas. The other items, from austiNuts, include chocolate covered nuts, candied nuts, pretzels, fruit & nut mix, walnuts, pistachios and cashews. Our hardworking volunteers are also cracking pecans on Mondays, Wednesdays and Fridays.

Don't let this holiday season pass you by without participating in these events. Get in the spirit of the Holidays at LSAC!

On behalf of the Advisory Board and City Staff, I want to wish you all a safe and memorable holiday season. See you in 2020!!

# **COLLETTE TRIP PRESENTATION**

### Come get the trip details of

**Autumn in Vermont** Travel Dates: October 9-15, 2020

## Travel Slide Presentation Thursday, March 5, 2020 10-11a

**RSVP** with LSAC Volunteer Receptionist

Brochures available in LSAC North Hall Info Table.

# COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents...

## Collette Travel Trips

Discover Washington, D.C., Niagara Falls & New York City Travel Dates: April 17-25, 2020

> **Imperial Russia** Travel Dates: June 18-26, 2020

**Autumn in Vermont** Travel Dates: October 9-15, 2020

### Brochures available in LSAC North Hall Info table.

For more information call and leave a message for: Tel Dalton , LSACAB Travel Committee Representative LSACAB Travel Committee 512-978-2480 Or email: tripscollette@gmail.com

# REMINDERS.

### Austin Parks and Recreation Department Refund Policy

### Full Refunds:

The PARD activity/program fee will be refunded in full **ONLY IF** the activity/ program is canceled by the Austin Parks and Recreation Department.

### Partial Refunds:

Program attendance is the responsibility of the participant. Failure to attend a class, trip or special event due to personal reasons, personal injury/illness, etc. does not entitle a participant to a transfer, make-up or refund. No refunds are issued for registrations without 48 hours advance notice and may require a medical verification.

Detailed information on PARD Senior Program cancellations and refunds are defined on each RecTrac receipt.

<u>Reminder:</u>

We always appreciate cash payments made with smaller bills.

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PLEASE CONSIDER this... For those who are able to safely use the stairs or sidewalk to the upper LSAC parking lot, please think about parking there. This will reserve the lower lot with more accessible spaces for participants who cannot manage the stairs or the sidewalk to the upper lot. *Thank you!* 



Welcome to LSAC May all who enter as *quests*, leave as *friends*.

### **Austin City Council**

Steve Adler, Mayor Delia Garza, Mayor Pro Tem Natasha Harper-Madison, District I Sabino "Pio" Renteria, District 3 Gregorio "Greg" Casar, District 4 Ann Kitchen, District 5 Jimmy Flannigan, District 6 Leslie Pool, District 7 Paige Ellis, District 8 Kathie Tovo, District 9 Alison Alter, District 10

### **Austin Parks and Recreation**

Kimberly A. McNeeley, CPRP, Director Liana Kallivoka, PhD, P.E, Assistant Director Lucas Massie, Acting Assistant Director Suzanne Piper, Chief Administrative Officer Anthony Segura, Assistant Director David Crabb, CPRP, Acting Division Manager Ben Rustenhaven, CPRP, Acting Program Manager

### LSAC Staff

Jerilyn Rainosek, Programs Supervisor Kimberly Flores, Program Specialist Leticia Alvarez, Program Specialist Teresa Hudson, Administrative Associate Maria Hernandez, Administrative Assistant Andy Maldonado, Building & Grounds Assistant Laura Adams, Instructor-Activity Specialist Rebecca Brownlow, Instructor-Activity Specialist Angela Niemiec, Activity Specialist

### **Office of City Manager**

Spencer Cronk, City Manager Elaine Hart, Deputy City Manager Rey Arellano, Assistant City Manager Gina Fiandaca, Assistant City Manager Rodney Gonzales, Assistant City Manager Christopher J. Shorter, Assistant City Manager

### Parks Board

Dawn Lewis, Chair Romteen Farasat, Vice Chair Richard DePalma, Board Member Nina Rinaldi, Board Member Anna Di Carlo, Board Member Kate Mason-Murphy, Board Member Tom Donovan, Board Member Fred Morgan, Board Member Francoise Luca, Board Member Laura Cottam Sajbel, Board Member Kimberly Taylor, Board Member

### LSAC Advisory Board

Gayle Fischer, President Helen Miller, Vice President Argie Horn, Secretary Dayton Grumbles, Treasurer Helen Anderson, Joanne Cepero, Tel Dalton, Madeline Ducate, Phil Horn, Charles "Chuck" Mandelbaum, Ken Moore, Bill Meyers, Sydelle Popinsky, Liz Salinas, Yvette Scott



### Austin Parks and Recreation Department Vision:

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

### Mission:

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.

11.22.2019