LAMAR
SENIOR ACTIVITY CENTER

2874 Shoal Crest Ave Austin, TX 78705

Phone: 512-978-2480

"Inspiring Active Adults 50+ Since 1978"

LSAC Program and Activity updates available online:

www.austintexas.gov/seniors

Austin Parks and Recreation Department - Seniors

March

2020

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 2020 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 2020 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 2020 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

Monday 8:30a-8:30p
Tuesday, Wednesday & Thursday 8:30a-4:30p
Friday 8:30a-1:30p and 6-10p

Waiver, Class & Activity Registration & PARD/LSAC Payments*

M 9a -7p T/W/Th 9a-3:30p F 9a-12:30p

**unless otherwise noted, system unavailable, etc.*

Cash/Check/Credit Card payments accepted for LSAC programs/events
Cash/Check ONLY accepted for Advisory Board donations, etc.
There is a $25 cash fee on all returned checks.

Computer Lab Hours of Operation**

M 9a –8p T/W/Th 9a-4p F 9a-1p; 6-9p

***when computer class not in session or otherwise noted*

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 $15 is required if you would like a newsletter mailed to your home and/or $5 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, March 19 12:30p

Texas PUBLIC Employees Association (TPEA)
Friday, March 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, March 11 2p

If you have an agenda item, please submit to Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, March 7, 2020.

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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ELECTIONS

LSAC WILL BE OPEN FOR VOTING
Tuesday
March 3, 2020
7a-7p

Due to voting in the South Room, some classes/programs will need to be canceled or moved. Please check with group leader or staff for re-assignments.

GAMES

BIRTHDAY BINGO

Wednesday, March 18, 2020
10a-12:00p
$1 per card

It's time again for our monthly Bingo and Birthday Celebration! Remember: In your birthday month you will receive *2 FREE bingo cards* and cake or cupcakes will be served to all present. Games begin promptly at 10a and will end no later than 12p. Prizes will be awarded based on the number of cards sold. No need to pre-register for the March Bingo Game; just show up ready to pick your game cards, pay and play on game day! Lunch will not be served. No payments due until day of event.

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
Thursdays, 12:30p
Led by LSAC Volunteer, George de Villiers

Bunco — **Tuesday, March 3 & 17; 12:45p**
Led by LSAC Volunteer, Carolyn Rickard

Rummikub* — **Tuesdays, 1p**
No Group Leader at this time

Bingo & Birthdays — **Wednesday, March 18; 10a**
SAC Advisory Board sponsored; (see page 4)

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 March 6 & 20
$6-$8 per day

All players must have a 2020 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**

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

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

We will be exploring some new Citizen Science Projects

March 4 & 18 - Help astronomers locate and identify supermassive black holes and starforming galaxies! These sessions will meet in the computer room.

March 11 - Exploring more iNaturalist projects

March 25 - An outdoor nature walk at Pease Park. This will be for birding and iNaturalist projects.

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

Please register with LSAC staff - Space is limited

Almost Spring

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!

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

AARP *Smart Driver Program*

New Instructor: Joan De Luca
Next Class: Wednesday, March 18 9a - 1p
Future Classes: Wednesday, April 15 9a - 1p
Wednesday, May 20 9a - 1
This ONE DAY CLASS is designed for the mature driver.
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
payable to: AARP
You are welcome to bring lunch/snacks!
You may search for other classes via: **https://www.aarpdriversafety.org/**

Vintage Voices

Come Sing with Us!

Fridays, March 6 & 20 10:15-11:15a

FREE.. and FUN!

Class is led by Debra Erck, a Board Certified Music Educator and LSACAB Volunteer.

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.

Two separate classes to choose from!

Mondays 2 - 3:30p Session: Mar. 2 - Apr. 6

OR

Thursdays 1:30 - 3p Session: Feb. 27 - Apr. 2

Fee $48 per session (includes 6 classes)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for class information, availability, and registration.

Broadening Your Knowledge of Investing

Thursday, March 12
9:30-10:30a Free

Investing isn't one size fits all. Taking your investing knowledge to the next level can help you define a strategy that fits your family's financial goals. Join Chris Cybulski's discussion of investing as a process and a journey toward your goals.

Please register with LSAC Staff

5 Secrets to Optimal Health

Presented by Dr. Daniel V. Powers
Powers Wellness Center

Friday, March 13,
10:30-11:30a
Free

Discover what you can do to live a life full of maximum health, maximum vitality, maximum energy and longevity.

Please register with LSAC Staff

HEALTH AND WELLNESS

ZUMBA® gold

9:30a Fridays~
FREE

*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 2020 PARD Waiver before attending class.

STRENGTH & *STRETCH~*

FRIDAYS AT 11:25a

PARD Instructor, Patti Gagne, BS Health PE & Dance, CIYT - Iyengar Yoga

- **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 2020 PARD Waiver before attending class.

~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.

Exercise~

Mondays
9 - 10a

Wednesdays
11a-12p
Fee: FREE

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 2020 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
Feb. 19 - March 18
Next Session: Mar. 25 - Apr. 22

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
Feb. 20 - Mar.23
Next Session Begins: Mar. 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: lekhappylife16@gmail.com

Tai Chi~

Tuesdays 1-2p
Fridays 12:30-1:30p
Feb. 18 - Mar. 27
Next Session: Mar. 31 - May 1

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, 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 this Pilates class is for you.

Please complete a 2020 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 2020 PARD Waiver prior to attending your first class.

Line Dancing Classes!

Tuesdays, 2-3p *FREE*
No Class 3/3

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 to enjoy our Line Dancing led by
Connie Shell, LSAC Volunteer

Please complete a 2020 PARD Waiver prior to attending your first class.

Improver Line Dance Class (High Beginner to Intermediate)
Tuesdays 1-1:45p *FREE*
No class 3/3

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 2020 PARD Waiver prior to attending your first class.

FUN FOR ALL

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.

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

SPRING 2020 "UKE CAMP"
Beginners Class
Thursdays 9:30-10:15a
March 5-26 FREE
Please Register with LSAC Staff

LAMAR UKULELE GROUP
All are welcome!

It's a fun Ukes Group led by Kevin Jolly, at LSAC!!

Thursdays 10:30a

On-Going—FREE!

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:

Mar. 5 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Mar. 19 (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

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

Computer Basics

Wednesday, March 11 & 25 10-11a FREE

The skills that will be addressed help people to:

→use desktop computers
→understand the Windows operating system
→use email to communicate with others
→use the Internet to find information
→locate events, transportation, and opportunities for learning
→use social media
→use an online calendar for scheduling and event reminders

Register with LSAC Staff - Limited Space

SPECIAL EVENTS

2020 LAMAR SENIOR ACTIVITY CENTER

LUNCHTIME LECTURE SERIES

By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research
Alexander von Humboldt: Culture, Science, and the Geography of Nature

Wednesday, March 11, 2020 NOON to 1p

Ecological Imperialism and the Geography of Nature

"What in heaven's name is the reason that the sun never sets on the empire of the dandelion?" Al Crosby answered this question in his book Ecological Imperialism. As Europeans colonized the globe from the 1400s onwards, they transformed the biology of the Earth as well. This transformation was a two-way exchange as Europeans carried with them domesticated plant and animal species which flourished in the lands of the "New World" and Europeans returned to the "Old World" with flora and fauna that filled collections and transformed agriculture and ecology at home. This lecture will focus on the "scientific travelers" who practiced natural history for economic gain and for expanding "scientific" knowledge of the new lands in America and beyond before Humboldt's epic journey which set a new standard for collecting, measuring, and comprehending the geography of nature in the New World.

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 but you will be asked to check-in/sign-in at the presentation..

MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
2 Exercise 9a **ACBL Bridge 12:00p** Mexican Train 12:30p **Gentle Yoga 2p** **Writing Stories 2p** Pilates 6p **Creative Drawing 7p**	3 **VOTE-Primary Election 7a-7p** Austin Palette Club 10a Bunco 12:45p Rummikub 1p **Tai Chi 1p** ***No Line dancing*** Pilates 2:30p **TRIP:** Laguna Gloria	4 Citizen Science 9:30a **Creative Clay 10a** Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p **Easy Yoga 2p**	**5** **Tech Time 9:30a** **Beginning Ukulele 9:30** **Collette Travel 10a** Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p **Writing Stories 1:30p** **Gentle Yoga 2p** **TRIP: Farm Street Opry**	**6** Zumba Gold 9:30a 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**	**7/8**
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 Rummikub 1p **Tai Chi 1p** Improver Dance 1p Line Dancing 2p Pilates 2:30p	**11** Citizen Science 9:30a **Computer Basics 10a** Exercise 11a **Lunchtime Lecture 12p** Pinochle (Advanced) 12:30p Handicraft Group 1p **Easy Yoga 2p** LSAC Advisory Board Mtg. 2p **TRIP: Lunch Hyde Park Grill**	**12** Investing 9:30a **Beginning Ukulele 9:30** Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p **Writing Stories 1:30p** **Gentle Yoga 2p**	**13** Zumba Gold 9:30a Acrylic Painting 9:30a **Optimal Health 10:30a** Strength & Stretch 11:25a **Tai Chi 12:30p** **Let's Dance 7:30p**	**14/15** ***Saturday March 14*** ***Andrew McKnight*** *Doors open 6:30* *Tickets Available Online*
16 Exercise 9a **ACBL Bridge 12:00p** Mexican Train 12:30p **Gentle Yoga 2p** **Writing Stories 2p** Pilates 6p **Creative Drawing 7p**	**17** Austin Palette Club 10a Bunco 12:45p Rummikub 1p **Tai Chi 1p** Improver Dance 1p Line Dancing 2p Pilates 2:30p	**18** ***AARP Smart Driver 9a*** Citizen Science 9:30a **Birthday Bingo 10a** Exercise 11a Pinochle (Advanced) 12:30p **Movie 1p** Handicraft Group 1p **Easy Yoga 2p**	**19** **Tech Time 9:30a** **Beginning Ukulele 9:30** Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p **Writing Stories 1:30p** **Gentle Yoga 2p** **TRIP: Chinatown**	**20** Zumba Gold 9:30a 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**	**21/22** **Color coded classes:** **FREE** classes & programs- **BLACK ink** Classes requiring a **FEE- RED ink**
23 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**	**24** Austin Palette Club 10a Rummikub 1p **Tai Chi 1p** Improver Dance 1p Line Dancing 2p Pilates 2:30p	**25** Citizen Science 9:30a **Computer Basics 10a** Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p **Easy Yoga 2p**	**26** **Beginning Ukulele 9:30** Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p **Writing Stories 1:30p** **Gentle Yoga 2p** **TRIP: BST Egg Hunt**	**27** Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a **Tai Chi 12:30p** **Let's Dance 7:30p**	**28/29** ***TRIP: Luling Lavender Fest***
30 Exercise 9a Meet Arnica Grace 10a **ACBL Bridge 12:00p** Mexican Train 12:30p **Gentle Yoga 2p** **Writing Stories 2p** Pilates 6p **Creative Drawing 7p**	31 Austin Palette Club 10a Rummikub 1p **Tai Chi 1p** Improver Dance 1p Line Dancing 2p Pilates 2:30p **TRIP: Hike Emma Long Park**				

**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.*

NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.

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; (Laura Adams sub)

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

Creative Drawing

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

Craft Night

with Kimberly
Monday, March 9 & 23
6:30-8p

Come join the fun, make new friends and bring home your own handmade project each night!

Craft Projects
March 9 - Jewelry Club - Chandelier Earrings
March 23 - Spring Cards

Must pre-register with LSAC staff
Space is Limited

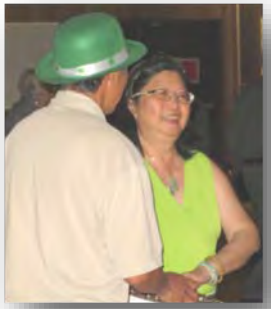
Artwork, by LSAC Participant, Claudia Savio

EVENING PROGRAMS

LET'S DANCE CLUB

Fridays, 7:30-9:30p

Band is David Kautz & Spectrum
FEE: $5 Dance Club Members $7 Non Members



For more information contact
Green Rives at 512-298-8652 or grives3@yahoo.com

MOVIES

On the Basis of Sex

Wednesday, March 18, 2020
1-3p FREE
(2018) Drama PG-13 2hs

The true story of Ruth Bader Ginsburg, her struggles for equal rights, and the early cases of a historic career that lead to her nomination and confirmation as U.S. Supreme Court Associate Justice.

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

CREATIVE ARTS

Acrylic Painting with Larry Drayer

Volunteer Instructor, Larry Drayer offers FREE guidance and instruction in ACRYLIC PAINTING

BRING YOUR PAINTING SUPPLIES AND JOIN THE PAINTING GROUP

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

(3/3 Will meet in MPR)

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!

CREATIVE ARTS

Join Us for a Meet & Greet with Arnica Grace

Monday March 30, 10a

New Oil Painting Classes begin Monday, April 6

Oil Painting Pals

Mondays, 10a - 12:30p

$15 per class

Arnica Grace thoroughly enjoys creating images by hand, especially in oil paint. Having taught at Cordovan Arts in Round Rock and Austin, she is soon to be teaching at the Lamar Activity Senior Center. With decades of experience to bring to the table, Arnica loves painting with others. The art studio is a great place to learn and make friends. Arnica is a master of illusionistic techniques and knowledgeable in many painting processes that she is happy to share with you. She is an honors graduate of the College of Fine Arts at the University of Texas in Austin. Arnica has been in numerous juried, group, and solo exhibits since 1994. You can learn more about her by visiting Arnica's website: www.arnicagrace.com

For additional information feel free to contact Arnica at arnicagrace@arnicagrace.com

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.

MARCH 2020 TRIP LOTTERY FORMS SUBMISSION DATES AND TIMES:

Monday	**Mar 2**	**9a-8p**
Tuesday	**Mar 3**	**9a-3p**
Wednesday	**Mar 4**	**9a-1p**

To be considered for a trip, you must complete a LSAC Trip Lottery Form during the advertised lottery submission dates and times above, either in person or **call 512-978-2480** and PARD staff will complete the current lottery form via phone.

A completed and signed **2020 PARD/LSAC waiver** for *each* participant must be on file to participate in LSAC trips.

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

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

"Courtesy Reminder Calls" are NOT guaranteed; participants are

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, make payment by 12:30p on Tuesday, Mar. 10 and confirm your trip(s).
Cash/Credit Card/Checks accepted for LSAC trip payment.
Failure to pay in full by the deadline will result in loss of your reservation.

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

Lunch Bunch to Hyde Park Bar & Grill

Wednesday, March 11

Since 1982, Hyde Park Bar & Grill has offered delicious high-quality food at a moderate price. They use the freshest quality ingredients, cooked from scratch and sourced locally whenever possible, in an inclusive menu. Their goal is to be where you eat when you dine away from home.

Depart: 10:30a **Return:** 2p
Fee: Resident $3/ Non-Resident $4
Additional Expense: Lunch at Restaurant *(avg $12-$20)*
https://hpbng.com
Activity Level: MILD - MODERATE – Walking through indoor venue, possible stairs and ramps

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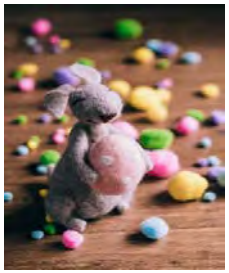
Urban Explorers to
Chinatown Center North Lamar

Thursday, March 19

Explore the different shops and pick a restaurant to have lunch. We will explore the Chinatown Center by walking 0.4 miles (10 minute walk) to 29th & Guadalupe and taking Cap Metro Bus #1. The Cap Metro Bus will drop us off right in front of the Chinatown Center. We will pick a restaurant to meet at for lunch and then go exploring.

Depart: 10a **Return:** 3p
Fee: No fee for this trip, but you will need $2.50 for Cap Metro Day Pass
Additional Expense: Meal at Restaurant and Purchases at Various Stores
Activity Level: MODERATE – HIGH - Walking outdoors, uneven terrain, stairs and ramps, catching scheduled buses and staying up with the group and walking up to 2+ miles roundtrip



Bringing Seniors Together Event
Senior Egg Hunt and Lunch at Roy G Guerrero Park

Thursday, March 26

Join us for food, fun, door prizes and an Easter Egg Hunt. We will celebrate springtime and gather outside with friends from other centers. Make a new friend, visit with familiar friends and celebrate Easter and the nice weather. Lunch will be provided - Bill Miller two piece chicken plate with a side. Vegetarian choice will be baked potato and salad.

Depart: 9:30a **Return:** 1:30p
Fee: - None. This is a Free PARD Adult 50+ Event
Activity Level: MODERATE – HIGH walking through indoor & outdoor venues, walking on uneven grass and dirt terrain, possible stairs and ramps

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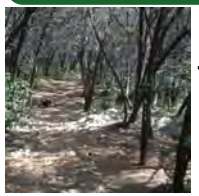
Day Trip to Luling
Luling Lavender Fields and
Lunch at Original City Market BBQ

Saturday, March 28

Anyone up for a fun filled day trip to Luling? We will be going to the Lavender & Bluebonnet Festival at Luling Lavender Fields followed by Lunch at the Original City Market BBQ. If time permits, the following venues are in the same area, just blocks from each other, and within walking distance: Luling Oil Museum, Holly Dee Quilts and Luling Icehouse Pottery

Depart: 9a **Return:** 6p
Fee: Resident $8/ Non-Resident $9
Additional Expense: Lunch at Restaurant (avg $12-$15) Venue Purchases
Activity Level: MODERATE – HIGH - Walking through indoor and outdoor venues, possible uneven terrain at festival, possible stairs and ramps. *Due to the nature of this trip, please register a travel buddy to assist you if you need to use a mobility device.



Hike Emma Long Park
Tuesday, March 31

Let's get moving outside! Come along with Casey Carter, City Park Ranger as he guides us on a 3+ mile hike out at Emma Long Metropolitan Park. There will be frequent stops to talk about and observe nature with our Ranger guides. Lunch stop after our workout at Waterloo Ice House. Burgers, salads, wings and more - mmmm good! Please remember to bring water, sun protectant, sturdy footwear and a walking stick if you use one!

Depart: 9:30p **Return:** 2:30p
Fee: Resident $3/ Non-Resident $4
Additional Expense: Lunch at Waterloo Ice House *(avg $8-$15)*
Activity Level: : HIGH - walking through outdoor trails, possible uneven terrain, dirt trails and paths. *Due to the nature of this trip, please register a travel buddy to assist you if you need to use a mobility device.

MOMIX Viva MOMIX
Bass Concert Hall **

Friday, April 3

Recognized internationally for presenting work of exceptional innovation and physical artistry, MOMIX is a company of dancer-illusionists under the direction of Moses Pendleton. MOMIX presents works that combine acrobatics, dance, gymnastics, mime, props, and film in a theatrical setting. We will have dinner at The Clay Pit before the performance.

Depart: 4:30p Performance Starts at 7:30p **Return:** 10:00p
Fee: Resident $ 3.00 / Non-Resident $ 4.00
Additional Expense: Dinner at Restaurant (entre $12-$18) The Clay Pit
http://claypit.com/menu.html
Activity Level: MODERATE – walking from bus parking to venues; through indoor venues, possible stairs and ramps
****Texas Performing Arts Clear Bag Policy** For the safety of their patrons, security measures have been instituted at all Texas Performing Arts venues. **Please contact Kimberly for details**.

SPECIAL EVENT

AUSTIN ACOUSTICAL CAFE

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

Andrew McKnight

Mark Viator &
Susan Maxey opening

Saturday,

March 14
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

March of the year 2020 is here. I don't know about you but I thought we would be living in space by now; like on Buck Rogers and Star Trek. We do have ATM cards like Buck and communicators like Capt. Kirk but we are still living on Earth. Our LSAC Volunteers, however, are OUT OF THIS WORLD!! And, that was the theme for this year's Volunteer Appreciation Luncheon.

Our volunteers contribute more than just their time. They contribute their enthusiasm, their knowledge and skills and their kindness every day. In 2019, they donated a total of 5,072 hours of their time to teach a class, lead an activity and serve or assist the Board or City Staff with a number of duties. The Volunteer Appreciation Luncheon included a lunch of chicken fried steak, catered by Capt. Red's, entertainment and door prizes. Volunteers who donated more than 200 hours in 2019 were recognized for their contributions of time and hard work. Special recognition was given to volunteers who are instructors and our librarian. Volunteers honored for most hours worked were: Sandra Waller with 398 hrs., Walter Donnelly with 375 hrs., George de Villiers with 349 hrs., Gladys Hill with 261 hrs., Claudia Savio with 239 hrs., Judi Brooks with 221 hrs., Ernest Lovato with 204 hrs. and Nan Hershey with 203 hrs. The Special Recognition Awards went to: Vintage Voices instructor, Debra Erck; Zumba instructor, Jacque Cotrell; Line Dancing instructors, Linda Fugate and Connie Shell; Painting instructor, Larry Drayer; Ukulele instructor, Kevin Jolly; Chess and Sign Language instructor, George DeVilliers; and part-time Exercise instructor, Paula Brown. Joan DeLuca was recognized for all the great work she has done organizing and maintaining the library. The generosity of all our volunteers is very much appreciated and we would go to the Moon and back to show it!! I want to thank all the LSAC participants who showed their appreciation by decorating a star for the luncheon.

The Advisory Board will be sponsoring Birthday Bingo on March 18th. If your birthday is in March, you'll get two free bingo cards. All other cards are $1.00 each. We'll play until all the money taken in is won, enjoy refreshments and sing along with Kim to wish the March birthdays a happy one. Come celebrate your birthday with us every month at bingo. Just a reminder, April 15th is the next bingo with lunch. **You will have to sign up ahead of time for April bingo. If you are not signed up, you will not be allowed to play bingo in April.** For Birthday Bingo with lunch (in January, April, July, and October), we ask you sign up in advance so we will know how much food and how many gift cards are needed.

Be on the lookout for other Board sponsored events and activities coming up in 2020. In the words of Buzz Lightyear, "To infinity and beyond!"

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

Imperial Russia
Travel Dates: June 18-26, 2020

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

Classic Christmas Markets
Travel Dates: December 5-13, 2020
Travel Presentation: Thursday, April 23, 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 . . .

INCLEMENT WEATHER REMINDER

In the event of
INCLEMENT WEATHER
Lamar Senior Activity Center
follows all City of Austin CLOSURES
as announced on social media,
local TV and radio.
Call 311 for additional information.

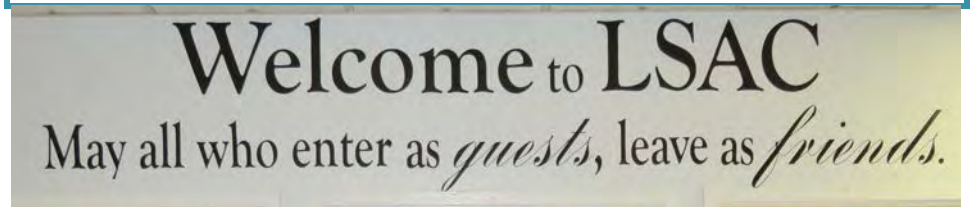
If there is inclement weather please check local media or call 311 BEFORE coming down to the center!

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.



Austin City Council

Steve Adler, Mayor
Delia Garza, Mayor Pro Tem
Natasha Harper-Madison, District 1
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, 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

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
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.

1.24.2020