



LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue 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

OCTOBER



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

Monday 8:30a-8:30p

Tuesday, Wednesday & Thursday 8:30a-4:30p

Friday 8:30a-1:30p and 6-10p

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 \$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, October 17 12:30p

Texas PUBLIC Employees Association (TPEA)

Friday, December 13 9a

Austin Palette Club

New members & guests welcome

Tuesdays, 10a



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.

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, Oct. 9 2p

If you have an agenda item, please give your info to Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, October 4 2019.

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ANNUAL LSACAB FUNDRAISER

Sell Nuts Crack Pecans

ATTENTION: VOLUNTEERS NEEDED! PECAN CRACKERS

Pecan cracking season planned for November & December 2019 & January 2020 pending **volunteers to cover 4 hour shifts** on Mondays, Wednesdays and Fridays during this season.

NUT SALES

Another volunteer opportunity is **selling packaged nuts during November & December in the LSAC Lobby**. Team up with a friend and socialize while assisting with the annual fundraiser!

Support the LSAC Advisory Board & Volunteer today!

GAMES

BINGO & BIRTHDAYS with LUNCH

Wednesday, October 16, 2019

10a-12:30p

\$3 for lunch and 25¢ per card



Our Bingo and Birthdays with Lunch is back for the month of October!

Tell your friends, sign up early and come on down! The cost is \$3 for lunch. Beginning September 25th you must sign up and pay in advance; deadline is noon, Friday, Oct. 11, 2019. Late registration or day of event sign up 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.

Sign-up and payment for the Bingo with lunch will begin September 25th

****Payment to LSACAB is due at the time of registration** NO DROP-IN**

Cash or Check only - Check payable to: SAC

Remember: In your birthday month you will receive 2 FREE bingo cards

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, October 1 & 15; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, October 8 & 22; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays w/ Lunch

Wednesday, October 16; 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 October 4 & 18

\$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

Guest Speaker, Todd Jackson-October 16 (see page 8)

Weekly meet-ups to watch and identify birds feeding at LSAC feeders and discuss other citizen science projects of interest to the group. Learn about use of applications to help collect data including eBird and iNaturalist Projects.

Please register with LSAC staff. If you have questions, please speak with Maria "Myr" Hernandez, Group Leader

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.

NO Class Monday, November 11, 2019

Two separate classes to choose from!

Mondays 2 - 3:30p Session: Oct. 28 - Dec. 9

OR

Thursdays 1:30 - 3p Session: Oct. 24 - Dec. 5

Fee \$48 per session (includes 6 classes)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information



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

Next Class: Thursday, October 10

Future Classes: Thursday, November 14

Thursday, December 12

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!

Vintage Voices

Come Sing with Us!

Friday 10:15-11:15a

October 4 & 18

FREE.. and FUN!

**Drop In Participants
& Guests Welcome!**



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

ENRICHMENT

OF LOCAL CONCERN: WATERSHED PROTECTION

Presentation by

Todd Jackson, Environmental Scientist

Wednesday, October 16 9:30-10:30a

We all love Austin's natural resources, especially the water! Between Barton Springs, Lady Bird Lake, Lake Travis and numerous tributaries and streams all of us have enjoyed the recreation and beauty these waterways provide. This summer, numerous news reports of a harmful algae bloom on Ladybird Lake have put a serious damper on the enjoyment of this resource. This presentation will focus on aquatic macro-invertebrates as ecological indicators of stream health and water quality. Todd Jackson is an Environmental Scientist with the City of Austin. He earned his Bachelor of Science in Biology and Chemistry from the University of North Texas. It's free and all are welcome!

Please register with LSAC Staff beginning September 25, 2019

Aging is Cool - Stay Smart Programs

Tuesdays 10-11a

Aging is Cool has three main goals - to help you Stay Strong, Stay Smart and Stay Social. Their programs focus on mind, body and spirit and they are bringing two of their programs to LSAC!

Keep your brain active with these learning and brain training sessions.

First Session: October 1 -15 Travel Series

October 1 - Aborigines of Australia

October 8 - Egypt and its Wonders

October 15 - Italy



Second Session:

October 22, 29 and November 5

Stay Smart Brain Training - A unique class is presented on each date.

Class size is limited

Please register with LSAC Staff beginning September 25, 2019

HEALTH AND WELLNESS

PLEASE REMEMBER TO *CHECK-IN/SIGN-IN AT THE LSAC STAFF DESK* BEFORE ATTENDING YOUR CLASS, MEETING, ACTIVITY, ETC. THIS HELPS US REPORT AN ACCURATE ATTENDANCE RECORD TO THE CITY OF AUSTIN & PARD!



**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 2019 PARD Waiver before attending class.

STRENGTH & STRETCH FRIDAYS AT 11:25a

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

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

~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

Sept. 18-October 16

Next Session: Oct. 23 -Nov. 20

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

Sept. 19 - October 21

Next Session: Oct. 24 - Dec. 2

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:
lekhappyylife16@gmail.com**

Tai Chi~

Tuesdays 1-2p

Fridays 12:30-1:30p

Sept. 24 - Nov.1

Next Session: Nov. 5 - Dec. 17

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 Pilates is for you.

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

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.

Learn the best approach towards a healthier mind.

NATURAL PREVENTION OF ALZHEIMER'S AND DEMENTIA



Listen in as Dr. Daniel Powers shares state of the art research that will keep your mind sharp and body healthy for years to come.

**Friday
October 25, 2019
10a**

**FREE TO THE
PUBLIC!**

**Please register
with LSAC Staff,
beginning
September 25th.**

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.



Line Dancing Classes!

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.

Improve 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

Individual Tutor Time!

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:

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

Oct. 24 (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

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

Computer Basics

Wednesday, October 9 & 23 10a

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



FREE Classes

SPECIAL EVENTS

2019 LUNCHTIME LECTURE SERIES

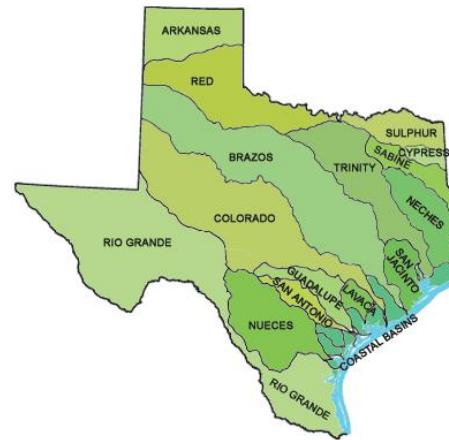
Geography of Flowing Water: Rivers, Streams, Nature and Culture
By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

The Cultural Geography of Flowing Water

Wednesday, October 9 NOON to 1p

Waters the Land: Rivers & Water in Texas

“We crossed the wild Pecos, We forded the Nueces, We swum the Guadalupe, And we followed the Brazos, Red River runs rusty, The Wichita clear, But down by the Brazos I courted my dear...” So begins the 19th century “Texas Rivers Song” used by cowboys to musically map the rivers crossed on cattle drives north. The song ends with the refrain that “many a river waters the land” which accurately describes the geography of Texas. Many rivers cut their way across the Texas landscape searching for the Gulf of Mexico. In 1950, Roy Bedichek pointed out that,




“Texas has a river unity hardly to be found in any other state in the Union and in few foreign countries” with a general northwest to southeast drainage across the state. But he also pointed out that our river planning artificially dissects river systems into “upper, central, and lower” authorities ignoring the organic unity of river basins. This denial of the geographical reality of water in Texas persists into the present. As Andy Sansom has more recently pointed out in his 2008 book *Water in Texas*, current interbasin water transfers ignore the very boundaries of Texas river systems and threaten environmental flows for our rivers. Join us for an overview of the geography of water in Texas and a history of human impacts on the many rivers that water the land.

FREE and Open to the Public

Bring a lunch, bring a friend or just come to enjoy this interesting and informative presentation!

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<div style="border: 1px solid green; padding: 5px; margin-bottom: 10px;"> Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- RED ink </div>	1 Austin Palette Club 10a Stay Smart 10a Bunco 12:45p Water Aerobics 1p (offsite) Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	2 Citizen Science Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p TRIP: RR Honey Tour10a	3 Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p	4 Zumba Gold 9:30a Vintage Voices 10:15 Road Scholar 10:30 ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	5/6 
7 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Craft Night 6:30p Pilates 6p Creative Drawing 7p	8 Austin Palette Club 10a Stay Smart 10a Water Aerobics 1p (offsite) Tai Chi 1p Rummikub 1p Golf 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	9 Citizen Science 9:30a Free Net Computer 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p LSAC Advisory Board Mtg. 2p TRIP: Urban Explorers 9:30a	10 AARP Smart Driver 9a Ukulele Group 10:30a Find Balance 10:30a Brown Bag Lunch 12p Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p	11 Zumba Gold 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30p	12/13  Teri Hendrix with Lloyd Maines 7p <i>More info on pg. 20</i>
14 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p	15 Austin Palette Club 10a Stay Smart 10a Bunco 12:45p Water Aerobics 1p (offsite) Tai Chi 1p Improver Dance 1p Golf 1p Line Dancing 2p Pilates 2:30p	16 Citizen Science & Watershed Protection 9:30 Exercise 11a Bingo & Birthdays 10a Pinochle (Advanced) 12:30p Handicraft Group 1p Movie: Marigold Hotel 1p Easy Yoga 2p	17 Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p TARA Mtg. & Potluck 12:30p Mah Jongg 1p Gentle Yoga 2p TRIP: Halloween Bingo 9:30a	18 Zumba Gold 9:30a Vintage Voices 10:15 ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30	19/20 Sat., October 19 TRIP: Texas Roller Derby 5p <div style="border: 1px solid gray; padding: 5px; font-size: small;"> <i>*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.</i> </div>
21 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Craft Night 6:30p Pilates 6p Creative Drawing 7p	22 Austin Palette Club 10a Stay Smart 10a Tai Chi 1p Rummikub 1p Golf 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p TRIP: Lunch Bunch /Evangeline's	23 Citizen Science 9:30a Free Net Computer 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p	24 Ukulele Group 10:30a Find Balance 10:30 Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p	25 Zumba Gold 9:30a Dr. Powers 10a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30p TRIP: Golden Rollers 10a	26/27
28 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p	29 Austin Palette Club 10a Stay Smart 10a Tai Chi 1p Improver Dance 1p Golf 1p Line Dancing 2p Pilates 2:30p	30 Citizen Science 9:30a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p	31 Ukulele Group 10:30a Find Balance 10:30 Mah Jongg 1p Mexican Train 12:30p Writing Stories 1:30 Gentle Yoga 2p TRIP: Hike—Guerrero Park 9:30a	Nov. 1 Zumba Gold 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p TRIP: Missions SA 8:30a	2 <div style="border: 1px solid gray; padding: 5px; font-size: small;"> NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details. </div>

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.

Craft Night with Kimberly
Monday, October 7 & 21
6:30-8p



Come join the fun, make new friends and bring home your own hand-made project each night! Due to the popularity of the jewelry projects, Kimberly has designated the first meeting of each month for the "Jewelry Club". All are welcome.

Craft Projects

October 7 - Jewelry Club - Memory Wire Bracelets

October 21 - "Fall Leaf" Decorative Containers

Talk with Kim if you need more information about the crafts.

Please register with LSAC staff prior to class - Space is Limited

EVENING PROGRAMS

LET'S DANCE CLUB

Fridays, 7:30-9:30p ~Live Band
FEE: \$5 Dance Club Members \$7 Non Members



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

STEPPIN' OUT - COUNTRY STYLE

GRAB A PARTNER and sign up TODAY!

Fridays, 7-8:30p FREE

Upcoming Session:
October 11, 18, 25



These **3 week courses** focus on popular country dancin'! In addition to learning **two-step, swing and waltz** these sessions teach couples **pattern dancing** and you're on your way to "steppin' out" at dances and parties on your own!

Our very own volunteer Dance Instructor, Connie Shell, is offering these **FREE CLASSES** to help partners learn some country dancin' and get you both movin' together in sync on the dance floor! Come join the fun!

Please pre-register you and your dance partner with LSAC staff before first class session

SPECIAL PROGRAMS

AUSTIN ACOUSTICAL CAFE

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



Terri Hendrix with Lloyd Maines

Jana Pochop
Opening

October 12, 2019
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 FUN

LAMAR UKULELE GROUP



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

Thursdays 10:30a

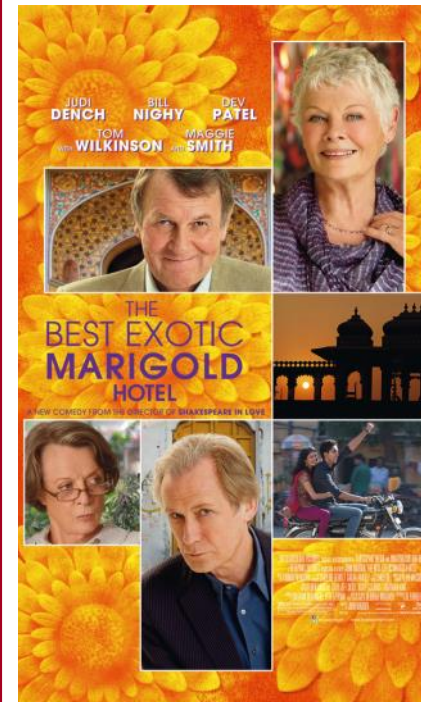
On-Going—FREE!

**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!*



The Best Exotic Marigold Hotel

**Wednesday
October 16 1p**
1993 PG 2 hrs. 4 min *

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

*There will be a 10 minute break at the one hour mark!

SPECIAL PROGRAMS



Lunch and
Discussion with
Company Members

Brown Bag Lunch @ Lamar Senior Activity Center
Thursday October 10 12-1p

First 25 LSAC participants registered will receive a light lunch;
otherwise, please bring a lunch, or just come to join the event,
and enjoy this interactive conversation!

Register with LSAC Staff beginning September 25th.

Fall Senior Golf Program

Learn to play golf or improve
your existing game!

All Levels Welcome

7-Week Session

Tuesdays (transportation)

Thursdays (no transportation from LSAC)

1:00p – 2:15p

October 8th – November 21st

Harvey Penick Golf Campus

(5501 Ed Bluestein Blvd)

You may register for one or both days but please note...

*Transportation from LSAC provided on Tuesdays only. You may drive
yourself to this program but please register at a PARD Senior Center*



SPECIAL PROGRAMS



Veteran Appreciation Breakfast

Friday November 8 9:30a

Join us for a tribute to our VETERANS

Fee: \$6 per guest/Veterans are **FREE***

Everyone must pre-register (and pay if required) beginning September 25

Calling all **LSAC Military Veterans!**

Please bring a picture (and short "bio" if you can)
of you in uniform to the center between
October 7th and October 31st.

Staff will make a color copy and return the
original to you. We will create a

WALL OF HONOR using your photos and
any other info you want to share pertaining
to your much appreciated service to the
UNITED STATES OF AMERICA!

Save the Date!

"Art - On and Off the Wall"

The 29th Street Art and Skilled Crafts Show

Saturday, December 7, 2019

Artist Registration Forms & Prospectus will be available September 25

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.

OCTOBER 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Wednesday	Sept. 25	9a-3p
Thursday	Sept. 26	9a-3p
Friday	Sept. 27	9a-12p

To complete a October 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.

[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

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 noon on Friday, October 4 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.

“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



Urban Explorers to the Texas Memorial Museum

Wednesday, October 9

We will take bus #7 from 30th and Duval to explore the Texas Memorial Museum. Join us to learn about fossils and the science of paleontology. The main entrance will have alternating shows of brilliant color wildlife photos, gems, minerals and natural wonders. The first-floor houses dinosaurs, fossils and meteorites. The 3rd floor contains Texas wildlife. Afterwards, we will hop on the bus and ride to the stop which is .5 miles from our lunch destination of Trudy's Texas Star. After filling our bellies we will stroll back to LSAC.

Depart: 9:30a **Return: 2:30p**

Fee: (Fee includes tour) Resident \$7.00 / Non-Resident \$ 8.00

Additional Expense: Bus Fare \$2.50; Meal at Trudy's (\$8-\$15)

www.trudys.com/

Activity Level: HIGH -Walking to and from bus stops and throughout tour, uneven terrain, stairs and ramps, catching scheduled buses and staying up with the group and walking 2+ miles roundtrip.

Bringing Seniors Together

Halloween Bingo - Dittmar Recreation Center

Thursday, October 17



Come out and mingle with other Adults 50 Plus and get to know your neighbors. This is always a very fun affair with lots of giveaways! Play Halloween bingo if you DARE to win some great door prizes. Delicious spaghetti and salad lunch will be served for all attendees. Halloween costumes encouraged. Be your spookiest or zaniest – prizes awarded for most creative - scariest!

Depart: 9:30a **Return: 1:30p**

Fee: FREE

Activity Level: : LOW- MODERATE – Walking through indoor venues, possible stairs and ramps

TRIPS . . .



Texas Roller Derby Calvello Cup Championship -Travis County Expo Center

Saturday, October 19

An Austin original, Texas Roller Derby has been wowing crowds since breathing new life into the sport of roller derby in 2001. Their unique blend of camp and athleticism continues to win over new fans young and old while staying in tune with their old-school derby roots. TXRD's own brand of banked track roller derby truly is one of the most entertaining sports to watch in the world.

Depart: 5p **Return:** 10p

Fee: Resident \$21 / Non-Resident \$22

Additional Expense: Food and concessions at venue

Activity Level: MODERATE – Walking through indoor venue, possible stairs and ramps

Lunch Bunch at Evangeline Café

Tuesday, October 22

Some of Austin's best Cajun fare can be found at Evangeline Cafe. It's a bonafide feast with chicken fried gator, hearty seafood gumbo, and plenty of catfish and crawfish dishes in the festive, laid back space.

Depart: 10:30a **Return:** 1:30p

Fee: Resident \$ 3.00 / Non-Resident \$ 4.00

Additional Expense: Meal at Restaurant (\$8-\$15)

<http://m.evangelinecafe.com/>

Activity Level: MODERATE – Walking through indoor venue, possible stairs and ramps



TRIPS . . .



Golden Rollers

Friday, October 25

Come along for some recreation and fun on 3-wheeled adult trikes or recumbent bicycles. Everyone is able to get out pedaling on the trails. We will begin at Conley Guerrero Senior Center and cycle the Boggy Creek Trail system. All participants will receive an orientation class and be given the opportunity to practice starting, stopping, and turning. It's never too late to ROLL! Come out with us and have some fun. Bring a sack lunch and afterwards we'll have a picnic style lunch under the trees and enjoy the nice fall weather.

Depart: 10a **Return:** 1:30p

Fee: FREE event

Activity Level: MODERATE- HIGH - Walking through outdoor venue with varying terrain, possible stairs and ramps, getting on /off and peddling a bicycle/trike.

Hike—Roy G. Guerrero Park Trail

Thursday October 31



Come along with Tessa Rangel, a City Park Ranger ,as she guides us on the Roy G. Guerrero Trail, a 2.5 mile lightly trafficked trail featuring a river,. We will venture on a little spur trail which takes us to Secret Beach, a usually shallow, sandy beach perfect for cooling off. We will have a snack at the "beach" and perhaps dip our toes in the water. Roy G Guerrero is a wonderful place to spend the morning hiking. Ranger Rangel will lead the hike and provide nature facts along the way. Our lunch stop after our workout is the Buzz Mill which is a collection of food trucks including 1776 Cheesesteak Co., Lil Nona's and Plow Burger....mmmmm, good!

Depart: 9:30a **Return:** 2:30p

Fee: Resident: FREE

Additional Expense: Lunch @ Buzz Mill average cost \$7-\$12 per entrée

Activity Level: MODERATE – HIGH– waking through outdoor venues, uneven rocky dirt paths, inclines/declines, possible stairs.

TRIPS . . .



San Antonio Missions Trail

Friday, November 1

San Antonio Missions National Historical Park is part of a UNESCO World Heritage Site which preserves four of the five Spanish frontier missions in San Antonio.

These outposts were established by Catholic religious orders to spread Christianity among the local natives. The missions formed part of a colonization system that stretched across the Spanish Southwest in the 17th, 18th, and 19th centuries. We will visit four missions with a tour guide and have lunch at a local restaurant.

Depart: 8:30a **Return:** 6:30p

Fee: Resident \$24 / Non-Resident \$25 (includes fee for tour guide but not tip)

Additional Expense: Lunch at La Perla de Jalisco Restaurant (\$12-\$15)

<https://www.laperlasanantonio.com/>

Activity Level: HIGH – We will walk through Mission Sites; load/ unload the bus several times throughout the day. The terrain may be uneven with possible stairs and ramps.



Road Scholar Program Info Session Friday, October 4 10:30 - 11:30a

Road Scholar is a well known not-for-profit organization and the world's largest and most innovative creator of educational travel adventures for older adults.

Road Scholar Ambassador - Jane Rehme will present information on traveling with a purpose. Live life to the fullest at any age by experiencing the world and it's tastes, adventures and beauty.

Come and learn about all they have to offer.

Please register with LSAC staff beginning September 25

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

Fall in Texas doesn't always mean cooler weather, but it does mean it's time for the Annual Nut Fundraiser. The Advisory Board volunteers will be selling nuts and snacks in the lobby and the nut crackers will be hard at work cracking pecans. We are always looking for volunteers to help with selling and cracking, so sign up as soon as you can at the Receptionist Desk. Nut Fundraiser Volunteers only work four hours a week. Some volunteers recruit a friend to work with them and the time flies by. This year, along with the usual nuts, candies, pretzels and honey, we've added some new snack mixes like the Mt. Bonnell Snack Mix; a sweet trail mix with yogurt covered raisins. Not all of the items will be available for reorder so it's "while supplies last" on many of the items for sale.

Along with the nut fundraiser, the Board is co-sponsoring the 29th Street Art & Skilled Crafts Show on Saturday, December 7. Senior artists and crafters will have lots of great Christmas gift ideas including jewelry, fiber art, furniture, sculptures and paintings, among other things. Mark your calendar for this event and bring your friends. We'd also appreciate you helping us get the word out about the show. Call all your friends or post a flyer at your church or beauty salon. It's going to be a great show!

The Advisory Board has started planning for the Holiday Happenings. Among those are the November Birthday Bingo and Holiday Luncheon. Once again, we will be asking for items to donate to the Austin Area Food Bank and Brown Santa. The Board has approved money for prizes for November Birthday Bingo so, instead of paying \$1 a card, we will ask that you bring a non-perishable food item for each bingo card you want to play. Participants with birthdays in November and December will get two free cards since there is no bingo in December. At the Holiday Luncheon, for every toy you bring for Brown Santa, you will receive an extra ticket for door prizes. Your generosity and thoughtfulness last year helped so many and was very much appreciated. I'm so proud of all the LSAC participants who were so willing to give and help others in this way. Watch for more details in upcoming program guides.

Whether they're donating their time as a volunteer or donating to these charities, LSAC participants are the best and the Board works with City Staff to ensure your experience here at the Center is an enriching one.

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

Nashville & the Smokey Mountains Holiday

Travel Dates: December 5-12, 2019

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

COLLETTE TRIP PRESENTATION

Imperial Russia

Travel Dates: April 17-25, 2020

Come get the details of this trip at the

Travel Slide Presentation

Thursday, November 14, 2019 10-11a

R.S.V.P. with LSAC Volunteer Receptionist or
LSAC Staff beginning September 25

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.

Reminder:

We always appreciate cash payments made with smaller bills.

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EXACT CHANGE IS PREFERRED♥

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 *guests*, leave as *friends*.

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, 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

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.