



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

DECEMBER



2018



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

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 2018 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

Stop by the LSAC Volunteer Reception Desk

Monday - Thursday 9a-3p, or Friday 9a - 12:30p to complete a 2018 waiver

NEW PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the PARD RecTrac photo id issued at the center. Due to the COA-PARD RecTrac registration system upgrade, we are experiencing system "migration" issues. We are currently asking participants to sign in on the list at the front desk; Keep an eye out for the ID card/scan-in system to be back on line!! Thanks for your patience!

If you have a photo ID card, please use it. If you do not, please bring a photo ID card to the center. If you do not have a photo ID card, please bring a photo ID card to the center.

only takes a few minutes to get your photo ID on the spot or at your next visit.

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; 6-8p

**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*

LSAC Program and Activity updates available online:

www.austintexas.gov/seniors



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

Golden "K" Kiwanis

New members and guests welcome

Mondays 9a

Texas Alliance for Retired Americans (TARA)

Thursday, December 20 12:30p

Austin Palette Club

New members and guests welcome

Tuesdays 10a

LSAC Advisory Board

Public Invited

2nd Wednesday of the month

Wednesday, December 12 2p

Handicraft Group

New members and guests welcome

Wednesdays 1p

BeMused Literari

Tuesdays, 1:30-3p

LSACAB "Nut Season Fundraiser"

NUT SALES

M-Th 9a-3p

F 9a-1p

Through December 31 or until sold out



PECAN CRACKING

M & W 9a-3p

F 9a-1p

Through January 23

Due to the holidays:

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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DON'T FORGET!



RUN-OFF ELECTION
December 11, 2018
Come Vote at LSAC!
7a-7p



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



GAMES

BINGO & BIRTHDAYS with LUNCH

Wednesday, January 16, 2019

NO BINGO IN DECEMBER

10a-12:30p

\$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 lunch and **you must sign up and pay in advance by noon on Friday, January 11, 2019. Late registration 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: SAC

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, 1:15p

Led by LSAC Volunteer, George de Villiers

Bunco

Tuesday, December 4 & 18; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, December 11 ; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays

Wednesday, January 16; 10a

No December Bingo

SAC Advisory Board sponsored; (see page 4)

Pinochle

Wednesdays, 12:30p

Led by LSAC Volunteer, Ernest Lovato

Mah Jongg *(Wright-Patterson rules)*

Thursdays, 1p

Led by LSAC Volunteer, Bob Woertink

No Monday/Tuesday activities on 12/24-25 due to the Christmas holiday

**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

No meeting 12/24

Friday ACBL Games twice monthly

10:30a - December 7 & 21

\$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

ENRICHMENT

Two separate classes to choose from!

WRITING THE STORIES OF YOUR LIFE

Your memories are your real family treasures!

Mondays
Jan 7—Feb. 25
2 - 3:30p
Fee \$48

(includes 6 Monday class meetings)
NO CLASS 1/21 and 2/18

OR

Thursdays
Jan 10 - Feb 14
1:30 - 3:00p
Fee \$48

(includes 6 Thursday class meetings)

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

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information and class availability.

Vintage Voices



Fridays 10:15a
December 14
Free

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

CHESS ANYONE?

Would you like to learn 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

2018 LUNCHTIME LECTURE SERIES

By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

Wednesday, December 12 NOON to 1p

The End of Nature: Prospective Ecology, Ethics, and the Anthropocene



In 1989, Bill McKibben published his book "The End of Nature" in which he argued, "The idea of nature will not survive the new global pollution...By changing the weather, we make every spot on earth man-made and artificial. We have deprived nature of its independence, and that is fatal to its meaning. Nature's independence is its meaning." With this loss of independence, McKibben lamented that the basis for an environmental ethics was lost, too. However, this dualistic narrative of nature in which humans are only cast as the great disruptors of "independent" nature ignores historical precedents that locate humans within nature. The classic American idea of wilderness as "untouched nature" has ended, but he ignores both the other kinds of nature which persist amidst changes wrought by humankind and other grounds for building environmental ethics. In this final lecture of 2018, I will look back over this year's journey through the four key concepts of American nature and look forward to the new prospective, dynamic vision of nature grounded in the emerging understanding of Earth's resilient ecology in this age of humans, the Anthropocene.

Free and Open to the Public

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

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 confirmation of the class. * Registration begins Nov 30 with Kimberly.**

Date: Tutoring time slots available:

Dec. 6 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Dec. 20 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Fee: Resident \$5/ Non-Resident \$6 per session

Limit 1 student per session; no refunds on canceled or transferred classes

HEALTH AND WELLNESS



Are you
65 or older?

JOIN OUR NEIGHBORHOOD AND HEALTH STUDY!

A doctoral dissertation study by a Texas A&M student, Sinan Zhong

WHO may be eligible?

- 65 years or older who live in ordinary communities in the City of Austin, Texas

WHAT is involved?

- Fill out a 30-minute survey.
- Receive a \$10 gift card.

HOW to join?

- Visit survey.healthyagingtexas.org

For questions or a paper copy of the survey, contact:

Sinan Zhong

Phone: 979-255-6755

Email: zsn198838@tamu.edu

Website: healthyagingtexas.org



Print copies of the survey are also available in LSAC Lobby.

HEALTH AND WELLNESS

9:30a Fridays FREE

No class 12/7
12/28 & 1/4 class via
video - no instructor

Jacque Cotrell, Certified
Zumba® Gold Instructor and
LSACAB Volunteer



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!

Please register with LSAC Staff before attending class.

STRENGTH & STRETCH

FRIDAYS AT 11:25a No Class 12/7

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 register with LSAC Staff before attending class



LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p **FREE**

Check with LSAC staff about setting up on other days & times pending room/space availability.

Time & date subject to change due to special programs, classes, activities, etc.

Senior Tennis at Caswell
Mondays, Wednesdays & Fridays
8:30-10:30a

Play doubles; no partner needed.
Located at 24th & Lamar. Two courts reserved for play.
Contact Bob Freeman: 512-680-1453 or bfreeman704@gmail.com



HEALTH AND WELLNESS



Exercise~

Mondays

9 - 10a

No class 12/24

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

Fitness Room~

Monday 9a - 8p

T/W/Th 9a - 4p

**Friday 9a - 1p
and 6p-8p**



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. 13 *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.; 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. 28 - Dec. 26

Nest Session: Jan. 2 - Jan. 30

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.

Fee: \$45 for one session

\$75 for two sessions

\$15 Drop In

Contract Instructor: Jogi Bhagat*

**Jogi is on a trip to India beginning August 23, 2018.*

Brock Roser will substitute his Easy Yoga classes in his absence.



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

Nov. 8 - Dec. 13

Next Session: Dec. 17 - Jan. 24

No class 12/24 & 1/21

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

Fee: \$70 for one session

\$105 for two sessions

\$15 Drop In

Contract Instructor: Jogi Bhagat*

**Jogi is on a trip to India beginning August 23, 2018.*

Brock Roser will substitute his Gentle Yoga classes in his absence.

Brock Roser came to teaching yoga with a background of teaching swimming, martial arts, West African drum, dance and other practices involving breath and body movement. His approach is based on using intentional breathing and attentive movement to develop calm and stability in body and mind. He aims to help everyone find an approach to yoga practice that suits their level of strength and fitness.

***For questions about LSAC Yoga classes, please email:**

jogibhagat@gmail.com

Tai Chi~

Tuesdays 1-2p

Fridays 12:30-1:30p

Oct. 30 - Dec. 14

Class resumes January -Free Class 1/4

Next Session: Jan. 8 - Feb. 15

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 session.

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 no class 12/25

Taught by Lita Ovalle, LSAC volunteer 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 register with LSAC Staff prior to first class.

Line Dancing Classes!

Tuesdays, 2-3p FREE no class 12/25

All levels of experience welcome!

Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing Class led by Connie Shell, LSAC Volunteer!!!

Register with LSAC staff prior to your first day of class!



Improver Line Dance

Tuesdays 1-1:45p FREE no class 12/11 or 12/25

Linda Fugate, Volunteer Instructor

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, improver or 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 register with LSAC Staff prior to first class



Find Balance and Strength

Thursdays, 10:30 – 11:30a FREE No class 12/27

Taught by LSAC staff, Lan and Leti

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 register with LSAC Staff*

HEALTH AND WELLNESS

Returning in January!



Building confidence, reducing falls

LAMAR SENIOR ACTIVITY CNT.

2874 SHOAL CREST AVE

Join this FREE 7-week workshop Tuesdays January 22nd to March 5th, 2019 1:00pm-3:00pm where you'll learn exercises and strategies to help prevent you from falling.

CALL 512.978.2480 TO REGISTER OR DROP BY & REGISTER WITH STAFF

Is this workshop right for you?

Stepping On is designed specifically for anyone who:

- Is 60 or older
- May have had a fall in the past year
- Is fearful of falling
- Lives at home or independently
- Does not have dementia
- Is able to speak and converse in English

What is Stepping On?

Stepping On is a program that has been researched and proven to reduce falls in older people.

It consists of a workshop that meets for two hours a week for seven weeks. Workshops are led by a health professional and a peer leader – someone who, just like you, is concerned about falls. In addition, local guest experts provide information on exercise, vision, safety, and medications. The program is an exercised based class, so participants must be able to sit, stand, walk and exercise independently.

Topics include:

- Simple and fun balance and strength exercises
- The role vision plays in keeping your balance
- How medications can contribute to falls
- Ways to keep from falling when out in your community
- What to look for in safe footwear
- How to eliminate falls hazards from your home
- Devices you can use to prevent falls

If you want to join the class, please register at the **Lamar Senior Activity Center**. Class size is capped at 18 people make sure you register early!









For more information about the class contact: Kevin Rix, MPH traumaservices@seton.org or at: 512-324-7760

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512.974.3914.



Register early - Space is limited
Registration begins December 10 with LSAC Staff

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
3 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p	4 Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p  TRIP: Capital Treasure Hunt	5 Exercise 11a Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p	6 Tech Time 9:30a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p	7 No exercise classes or program payments due to special event ACBL Bridge 10:30a Holiday Party 11:30 <i>(only pre-registered to attend)</i> Tai Chi 12:30p Let's Dance 7:30p	8/9 <div style="border: 1px solid black; padding: 5px;"> Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- BLUE ink </div>
10 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p	11 Tai Chi 1p Rummikub 1p NO Improver Dance Line Dancing 2p Pilates 2:30p Voting in LSAC South Room 7a-7p 	12 Exercise 11a Lunchtime Lecture 12p Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p Advisory Board Mtg 2p Trip: AFD Holiday Lunch	13 Find Balance 10:30a Movie: Miracle 12:30p Mah Jongg 1p Mexican Train 1:15p Gentle Yoga 2p	14 Zumba Gold 9:30a Vintage Voices 10:15a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p 	15/16
17 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Craft: Glass Trees 6:30p Creative Drawing 7p	18 Movie: Elf 10:30a Bunco 12:45p Improver Dance 1p Line Dancing 2p Pilates 2:30p	19 Exercise 11a Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p 	20 Tech Time 9:30a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Gentle Yoga 2p Trip: White Christmas	21 Zumba Gold 9:30a ACBL Bridge 10:30a Strength & Stretch 11:25a Let's Dance 7:30p	22/23 
24 <div style="border: 1px solid orange; padding: 5px; text-align: center;"> LSAC CLOSED DECEMBER 24 & 25 </div> 	25	26 Exercise 11a Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p	27 Find Balance - NO CLASS Mah Jongg 1p Mexican Train 1:15p Gentle Yoga 2p	28 Zumba Gold 9:30a (video) Strength & Stretch 11:25a Let's Dance 7:30p	29/30 
31 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p No evening classes		<div style="border: 1px solid black; padding: 5px;"> <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> <div style="border: 1px solid black; padding: 5px; margin-top: 5px;"> NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details. </div>			

ANNUAL FUNDRAISER



*It'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 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

Nov. 5 - Jan. 23, 2019 - excluding COA holidays

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



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

ANNUAL FUNDRAISER

*It's that time of year!
Nut Sales are here!*

Monday through Thursday 9a-3p

Friday 9a-1p

Nov. 1 - Dec. 31 excluding COA holidays; while supplies last



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!

Come Shop Today!



EVENING PROGRAMS



PILATES

Mondays 6 -7p FREE

No class 12/24 or 12/31

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 & Assistant, Lan Au.

Register with LSAC staff prior to class

Craft Night with Kimberly

Monday, December 10

6p* **FREE**

Note time change for this class only



Come join the fun, make new friends and bring home your own handmade project each night! Due to the Holidays, we will only hold one Craft Night in December. All are welcome.

Craft Projects

- **Dec. 10 - Festive Holiday Crafts** -Ornaments and Cards using multiple techniques. Three different craft opportunities will be offered - Come experiment using crayons, paint, shaving cream & food coloring!

EVENING PROGRAMS

LET'S DANCE CLUB

Fridays, 7:30-9:30p ~Live Band

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

RETURNING PROGRAMS

STEPPIN' OUT - COUNTRY STYLE

Dance classes return in January 2019

Dates/Times and details TBA in the January LSAC Program Guide

Back by popular demand!



Thanks to the interest and support of so many of you, the Austin Acoustical Café will return to LSAC in January 2019. This fabulous event features live acoustic music in a smoke & alcohol free listening room. Austin Acoustical Café will again feature many well known singer-songwriters and performing groups from around the country attracting enthusiastic audiences that love and support live music.

2019 dates, admission fees and musician lineup TBA in January program guide.

CREATIVE ARTS



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!

CREATIVE ARTS



Glass Holiday Trees

(miniature)

Monday, December 17 6:30p
FREE-but must pre-register by
noon on 12/12!

Supplies limited - Register early

Let's make holiday trees! These are easy and fun! - All the cutting and grinding is done in advance. Just stack, glue and you have a beautiful holiday table top decoration.

HOLIDAY MOVIES



Miracle On 34th Street

Run time: 1 hr. 36 min Rating: N/A

DECEMBER 13 12:30p FREE

When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

ELF Run time: 1hr. 37 min Rating : PG

DECEMBER 18 10:30a FREE

Will Ferrell is a clownish orphan raised by Santa and his elves in the North Pole who journeys to New York City to locate his biological father—a cynical book publisher played by James Caan—in this absurd (and surprisingly sweet) fish-out-of-water fantasy.



No need to register, just drop in and enjoy!

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 2018 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Friday	November 30	9a-1p; 6-8p
Monday	December 3	9a-7p
Tuesday	December 4	9a-NOON

To complete an December 2018 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 **2018 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 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



16th Annual Austin Fire Department Senior Holiday Lunch

Hosted by the Conley-Guerrero Senior Activity Center

Wednesday, December 12

Depart: 9:15a

Return: 2p

Fee: This is a **FREE** event featuring lunch, games & prizes

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

Dinner & Show

Dinner at Cotton Patch Café

Followed by Performance of *White Christmas* at Georgetown Palace Theater



Thursday, December 20

The Georgetown Palace Theater is bringing the classic and heartwarming *White Christmas* to the stage just in time for the holidays. Enjoy a tale of romance, friendship, love, and laughter, as we follow veterans Bob Wallace and Phil Davis on their journey to spread Christmas cheer alongside a duo of beautiful singing sisters.

Depart: 4p

Return: 11p

Fee: Resident \$34/ Non-Resident \$35

Additional Expense: Lunch at Cotton Patch Cafe (avg \$15.00-\$20.00)
cottonpatch.com

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

LSAC ADVISORY BOARD



Annual Holiday Party

Friday, December 7 11:30a

(doors open @ 11:15a)

You must have registered by November 28th to attend

AKA Vocal Show Group

*Don't forget to bring a toy for
Brown Santa*



We are collecting new toys for Brown Santa at the luncheon. For every new toy donated you will receive extra tickets for the door prize drawings!

2019 WAIVERS

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 partake in 2019 classes, trips, computer lab, drop-in, contract classes, work out room use etc. at Lamar Senior Activity Center (LSAC).

***Beginning Monday, December 31, 2018 you
may stop by the***

LSAC Volunteer Reception Desk

Monday - Thursday 9a-3p or

Friday 9a - 1p to complete and update

information on the required

PARD 2019 WAIVER FORM.

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

Wow! Already, another year has come and gone. It's December and, as they say, "Tis the Season". It's a season of traditions and, besides all the baking and feasting, there are traditions of giving and parties. My family has a tradition of a White Elephant gift exchange on Christmas Eve where you can receive anything from a board game to clam juice. Another family tradition was the gift wall hanging. When my daughter was young, she used to try to open her presents before Christmas. To eliminate this, my sister crocheted a wall hanging and, every year, we would wrap and attach small gifts to it. My daughter got to open a new present every day until Christmas and it kept her from wanting to sneak a peek. This tradition continued for years with nieces and nephews.

Thanks to all our bingo players for carrying on this tradition of giving with their donation of items to the Austin Area Food Bank at the November Bingo and Birthdays. I hope you all will be equally as generous in bringing toys for Brown Santa to the Holiday Luncheon. Here are some toy ideas: building blocks, baby dolls, musical toys, Play-Doh sets, toy trucks, footballs, soccer balls, basketballs, Lego sets and arts & crafts sets. Wallets, purses, backpacks, jewelry, handheld games for teens and hair dryers will be accepted for older children. Remember, for each unwrapped toy (or item for older children) you bring, you'll receive extra tickets for the door prize drawings.

All volunteers will again be honored at our annual Volunteer Appreciation Party next year in February. We appreciate and are so proud of all the good work done by our volunteers this year and every year. We are currently looking for a friendly face for Monday morning receptionist. The hours of work are 8:30 a.m. to 12:00 p.m. on Mondays. Answer the phone, make coffee, greet members, take money for Board events and other general duties. Don't forget to support Center activities by buying nuts and snacks while supplies last (through December) and getting your pecans cracked here (through January 23, 2019).

I'll finish by saying that the Board wishes you all the happiest of holidays, a safe and enjoyable season and a Happy New Year. We look forward to celebrating new experiences with you in 2019!



COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

Springtime Tulip River Cruise Netherlands

Travel Dates: April 4 - 12, 2019

Spotlight on South Dakota

Travel Dates: June 2019

Discover Switzerland

Travel Dates: September 15- 24, 2019

LSAC presentation: February 7, 2019

Brochures available in LSAC North Hall Info table.

For more information call and leave a message for:

LSACAB Travel Committee **512-978-2480**

Or email: tripscollette@gmail.com

Tel Dalton , LSACAB Travel Committee Representative



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 -

If you are feeling ill or have an infection, please be considerate of others and stay home to take care of yourself. Your fellow participants will appreciate it!

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.



Tips and Gratuities—Reminder!

City of Austin policies prohibit ALL STAFF members from accepting or soliciting gratuities (tips) or favors in any form for any purpose or services.

PLEASE do not put staff in an uncomfortable situation or jeopardize their position due to a violation of this policy. A simple "Thank You," note or smile is sincerely appreciated and will not put LSAC staff at risk.

Austin City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Alison Alter, District 10

Austin Parks and Recreation

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

LSAC Advisory Board

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

City Manager

Spencer Cronk, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Robert Goode, Assistant City Manager
Sara Hensley, Interim Assistant City Manager
Joe Pantalion, P.E., Interim Assistant City Manager
Mark Washington, Assistant City Manager

Parks Board

Jane Rivera, Chair
Rick Cofer, Vice Chair
Michael Casias, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Romteen Farasat Board Member
Dawn Lewis, Board Member
Francoise Luca, Board Member
Randy Mann, Board Member
Fred Morgan, Board Member
Frank Ward, Board Member

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

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.