



# LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue Austin, TX 78705

**New Number: 512-978-2480**

LSAC Program and Activity updates available online:  
[www.austintexas.gov/seniors](http://www.austintexas.gov/seniors)



Austin Parks and Recreation Department - Seniors

# OCTOBER



# 2017



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

## 2017 PARD Waivers and Lamar Senior Activity Center Advisory Board Registration

ALL participants must have a completed 2017 PARD/LSAC waiver on file to participate in 2017 classes, trips, computer lab, drop-in, workout room use etc. at Lamar Senior Activity Center (LSAC). **You may stop by the LSAC Reception Desk between 9a-3p to complete a 2017 form.**

*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.*

## NEW HOURS OF OPERATION

**Effective October 1, 2017**

**Monday & Wednesday 8:30a-8:30p**  
**Tuesday & Thursday 8:30a-4:30p**  
**Friday 8:30a-1:30p**

## **Registration/Waiver/Class Sign-Up/Payments\***

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

*\*unless otherwise noted*

*Cash/Check/Credit Card payments accepted for LSAC programs/event  
Cash/Check ONLY accepted for Advisory Board donations, etc.*

## **Computer Lab Hours of Operation\*\***

M/W 9a -8p T/Th 9a-4p F 9a-1p

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

LSAC Program and Activity updates available online:

[www.austintexas.gov/seniors](http://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 front 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 \$5 (Jul.-Dec.) is required if you would like a newsletter mailed to your home and/or \$3 (Jul.-Dec.) 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

## **Austin Palette Club**

*New members and guests  
welcome*

Tuesdays 10a

## **Handicraft Group**

*New members and guests  
welcome*

Wednesdays 1p

## **LSAC Advisory Board**

*Public Invited*

Wednesday, October 11, 2p

## **Shoal Crest Neighborhood Association Meeting**

Monday October 9, 6:30p

## **Pease Park Conservancy Public Meeting-Art Installation**

Wednesday October 11, 6p

## **Texas Alliance for Retired Americans (TARA)**

Thursday October 19, 11:45a

## **Texas Public Employee**

## **Association (TPEA)**

Friday December 8,

9a



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## SOCIAL GAMES

- Mexican Train Dominoes**                      **Mondays, 12:30-3:30p**  
Led by LSAC Volunteer, Mil Love
- Bunco**    **Tuesday, Oct.3 & 17; 12:45-3:30p**  
Led by LSAC Volunteer, Helen Anderson
- Rummikub\***                                      **Tuesday, Oct. 10 & 24; 2-4p**  
Led by LSAC Volunteer, Claudia Savio
- Bingo**    **Wednesday, Oct. 18; 10a-12:30p**  
LSAC Advisory Board sponsored; (see page 4)
- Pinochle**                                        **Wednesdays, 12:30-4p**  
Led by LSAC Volunteer, Ernest Lovato
- Mah Jongg**                                      **Thursdays, 1-3p**  
Led by LSAC Volunteers, Bob Woertink

## GAMES

### **BINGO!**

**Wednesday, October 18**  
**10a-12:30p**  
**\$1 per card**



Join your friends for our Bingo Games. The cost to play is \$1 per card. Games begin promptly at 10a and will end no later than 11:30a. Prizes will be awarded based on the number of cards sold. No need to preregister; just show up ready to pick your game cards and play on game day! Lunch will not be served. No payments due until day of event. You are not required to pre-register.

*Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer*

## FUN FOR ALL



### **Line Dancing Classes!**

**Tuesdays, 2-3p**

(Note: class start time change from 2:15p to 2p)

**FREE**

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!!!

*All levels of experience welcome!*

### **"Vintage Voices" - Come Sing with Us!**

**Now meeting monthly at 10:30a**

- ◆ **Friday, October 6**
- ◆ **Friday, November 3**

**It's FREE**



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

## **LET'S DANCE CLUB**

**Friday, 7:30—9:30p Live Bands**

**Oct. 6 - David Kautz & Spectrum**

**Oct. 13 - Tommy Griffith**

**Oct. 20 - David Kautz & Spectrum**

**Oct. 27 - (Halloween Dance) Tommy Griffith**

**Admission: \$5 - Dance Club members and \$7 - non-members.**  
**Contact Jerome Brillhart at 512-926-5022 for more information.**

# ENRICHMENT

## Now offering two separate classes! WRITING THE STORIES OF YOUR LIFE

**Mondays**  
October 30 - December 4  
**2 - 3:30p**  
**Fee \$48**  
(includes 6 Monday class meetings)

OR

**Thursdays**  
October 26 - December 7  
**1:30 - 3:00p**  
**Fee \$48**  
(includes 6 Thursday class meetings)  
(No Class 11/23)

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.

**Contract Instructor: Rosalind Bond 512-441-3014**  
*Contact instructor in advance for registration information and class availability.*

### AARP

### Smart Driver Program

**Instructor: Beverly Martin**  
**WEDNESDAY, NOVEMBER 15**  
**10a-2p**

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 CHECKS ONLY  
**payable to: AARP**

**Welcome to bring lunch/snacks!**

### DO YOU PLAY CHESS?



Would you like to learn or practice your skills? Then you've come to the right place! LSAC volunteer participant, 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!

### Classes by Appointment

Call George at 210-360-9432

to learn or practice Chess in this relaxed environment!

# BRIDGE

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

**Mondays, 12:00-3:30p**  
**Friday ACBL Games twice monthly at 10:30a**  
**Friday, October 13 & 20**  
**\$5-\$7 per day**

All players must have a 2017 LSAC PARD 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**  
**\*Time subject to change due to COA PARD/LSAC events or ACBL Game**

# COMPUTER CLASSES

## Individual Tutor Time!

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

Meet individually for a private lesson! Topics can include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8 . Either bring your own laptop or use the computers in the lab. **Time Slot: Select a one (1) hour time slot from the dates and times listed below and indicate what you need help with. \***

**Date: Tutoring time slots available:**  
**Oct. 5 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)**  
**Oct. 19 (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 cancelled or transferred classes**

**\*Prospective students will need to contact Kimberly Flores 512-978-2483 to complete an info sheet (at least one week prior to class) and the instructor will review prior to confirmation of the tutoring session.**





# HEALTH AND WELLNESS

## FITNESS IN THE PARK

## STRENGTH & STRETCH

FRIDAYS AT 11:30AM (BEGINS 9/1/17)

LAMAR SENIOR ACTIVITY CENTER  
MULTIPURPOSE ROOM (INDOORS)  
2874 SHOAL CREST AVENUE

Please register with LSAC Staff before attending class.

- Balance the body's strength and flexibility while improving coordination, increasing blood circulation and agility in a fun and relaxed atmosphere.
- All classes are FREE and are first-come, first-served
- Programs at the center are geared toward Active Adults 50+ but everyone is welcome!

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# HEALTH AND WELLNESS



9:30a Fridays - FREE

Jacque Cotrell,  
Certified Zumba® Instructor;  
LSAC Volunteer

This class is modified and its 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!**



**MEDITATION CLASS**  
Thursdays 10-11:30a  
Fee: FREE

Meditation calms us down, reduces stress and enhances concentration. It brings peace and balance to our daily lives and strengthens our inner being. No experience needed, everyone is welcome to join **LSAC Volunteer Instructor, Mary Carmen**.

Register with LSAC staff prior to your first day of class!  
Chairs and a limited supply of mats provided; participants encouraged to bring their own mats for comfort.

## LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p

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](mailto:bfreeman704@gmail.com)



# 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. Class structure varies using a variety of bands, weights, and balls. All levels welcome.

**Instructor:**  
Rebecca Brownlow, LSAC Staff Instructor

*Register with LSAC Staff prior to class.*

## Fitness Room~

**Monday/Wednesday** 9a - 8p  
**Tuesday/Thursday** 9a-4p  
**Friday** 9a-1p

Come use the free Fitness room. Learn how to properly operate the treadmill & recumbent bike. Work out on your own and at your own pace...*rain or shine!*



(Open workout time subject to change pending LSAC/PARD classes or programs; Call ahead to check availability)

*~You should consult your physician or other health care professional before starting any fitness program to determine what is*

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## Easy Yoga

**Wednesdays 2-3:15p**  
**Sept. 20 - Oct. 18**  
**Next Session: Oct. 25**

Designed to make Yoga easy, gentle and accessible to seniors. 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, August 30, 2017– February 14, 2018.

**Brock Roser** will substitute his Easy 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.

### 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 completed 2017 LSAC PARD waiver on file.

# HEALTH AND WELLNESS

## Gentle Yoga

**Mondays & Thursdays 1:55-3:15p**  
**Sept. 7- Oct. 9**  
**Next session: Oct. 12**

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, August 30, 2017– February 14, 2018.  
**Sarah Fangsrud** will substitute his Gentle Yoga classes in his absence.

**Sarah Fangsrud** has been a yoga teacher and movement educator for over 10 years. Her insatiable love for learning about the human body, mind, and spirit has led her to study anatomy, biomechanics, and mindfulness practices with an aim to integrate all three into her daily life and teaching. She is known for her clear and effective instructions, her warm and compassionate spirit, and her dedication to providing a safe space for students to comfortably move their bodies and access the subtler aspects of yoga.

**\*For questions about LSAC Yoga classes, please email:**  
**[yogasolutions@gmail.com](mailto:yogasolutions@gmail.com)**

## Tai Chi~

**Tuesdays & Fridays 1-2p\***  
**Session: Sept. 12 - Oct. 13**  
**Next Session: Begins: Oct 17**

**\*FRIDAY Class -New Time**  
**12:30-1:30p begins Oct. 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

Our own Rebecca Brownlow will be offering small group personal training sessions after her Monday & Wednesday exercise classes beginning in October. If you are interested in this opportunity, please speak with Rebecca about the details. \$5 fee for one session.

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# NEW EVENING PROGRAMS

## Pilates

Mondays 6 -7p

beginning October 9

taught by LSAC staff, Leti Alvarez

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.



Register with LSAC staff prior to first class.

## Monthly Book Club

Monday, October 16 7 – 8:15p

facilitated by LSAC staff, Leti Alvarez

FREE



Together we will select a book from a small pre-selection that piques our interest or that we have already read and on a monthly basis we will meet to discuss. This will be in a fun

and informal setting, we will experience the book together and discuss what drew us to the story line. What characters spoke to us. We might identify a passage that really impacted us or we found particularly interesting. This club will meet the third Monday of each month.

Register with LSAC staff prior to first class.

# NEW EVENING PROGRAMS

## Mindfulness for Stress Reduction

Wednesdays 6:45 - 7:45p

beginning October 11

taught by LSAC Volunteer,

Jeremiah Jarvis

FREE



Participants will lie on mats or sit in chairs and through thoughtful awareness and conscious choices find relaxation. Jeremiah will help guide and teach participants to control the amount of tension and stress in their bodies and muscles. You will leave feeling refreshed and more in charge of your own emotions. Jeremiah was in private practice in Austin for many years and has used this technique to help folks be mindful and less stressed.

Register with LSAC staff prior to first class.

Wednesdays 6:30p

FREE



LSAC Staff member, Kimberly will offer guidance for fun

crafting ideas on designated Wednesday nights. Every other Wednesday, the Arts & Crafts Room will be open and materials will be set out for you to come and work on your projects while socializing with your friends. You are welcome to bring snacks and drinks.

### October Craft Projects

October 4 Introduction and Welcome & Fabric Wreaths

October 11 Arts and Crafts Room open for project continuation

October 18 Decorative Tote Bags—Decorating tote bags with applique, ribbon, fabric flowers

October 25 Arts and Crafts Room open for project continuation

*Come join the fun and make new friends too!*

## NEW PROGRAMS

### **Basket Weaving Fun!**

*A-tisket a-tasket*

*A green and yellow basket*

*I wrote a letter to my love*

*And on the way I dropped it,*

*I dropped it, I dropped it,*

*And on the way I dropped it.*

*A little boy he picked it up and put it in his pocket.*



**Monday, October 2 6-8p**

**Fee: Resident \$5/Nonresident \$7**

Expand your artistic talents with basket weaving! Weaving is easy and fun for all ages. Baskets have many practical and decorative uses. Come to class and leave with your very own basket for your home decor or fill with goodies for your holiday table.

*Register and pay LSAC staff - Class size limited*



### **Gentle Bootcamp**

**Wednesdays 5:30 – 6:30p**

**beginning October 11**

**FREE**

Taught by Lan Au, PARD in Pease Park (as weather permits)

A total body workout class designed with exercises ranging from light to moderate that will maintain or increase strength and range of motion. The combination of a team atmosphere, and full-body cardiovascular and strength workouts make Boot Camp very effective at reducing weight, improving endurance, increasing lean muscle mass and improving overall coordination and balance.

*Register with LSAC staff prior to first class.*

## NEW EVENING PROGRAMS

### *For the Love of Orchids*

**Monday,**

**October 23 & 30 7p**

**FREE**



Learn about these truly remarkable plants! Take the mystery out of caring for orchids. This class will cover the basics of orchids care, how to re-bloom them and in the second class we will learn how and when to repot them. Class led by LSAC Staff member, Myr Hernandez who grows orchids as a hobby and is member of the Heart of Texas Orchid Society. (The picture above is one of her currently blooming orchids!)

*Register with LSAC staff prior to first class.*



### **IN THE LOBBY ANYTIME!**

Stop by with friends or pick up a game with volunteers or staff during our new evening hours. Relax, laugh and make new friends!

### **WELLMED**

#### **Doctor Talk Series**

**Monday, October 23**

**10 -11a**

**FREE**



### **“SLEEP APNEA”**

#### **Leigh A. Romero, MD**

Is it just snoring, or is it something more serious? Join Dr. Romero and gain more information about Sleep Apnea.



# ADDITIONALLY . . .

## 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 a uncomfortable situation or jeopardize their position due to a violation of this policy.

A simple “Thank You,” a note or smile is sincerely appreciated and will not put LSAC staff at risk.



We are especially looking for help with our fall fundraiser - Pecan Cracking and Nut Sales. Please consider helping with our Center’s activities. See details on page 19.



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

# SPECIAL EVENTS



Bring a friend and shop!



*Save the Date!*

*Art - On & Off the Wall*

The 29th Street Art & Skilled Crafts Show  
Eclectic to eccentric handcrafted gifts  
for everyone on your holiday list!

*November 18, 2017 9:30 am -4:00 pm*

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

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## 2017 LUNCHTIME LECTURE SERIES at Lamar Senior Activity Center

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

**Time: Noon to 1pm**

Every 2<sup>nd</sup> Wednesday – LSAC South Room

### October 11 - Nature Out of Place: Invasive Species, Novel Ecosystems and Urban Ecology

A scientific approach to evaluating urban nature hold the potential of an objective, neutral attitude towards organisms which flourish in the city. However, urban ecology in America is caught in a struggle between advocates of a crusade to eliminate nonnative invasive species from cities and advocates of a focus on urban ecosystem functionality and resilience. Culturally, this struggle over native vs. non-native urban organisms contrasts sharply with the cosmopolitan human project of a city, where a great urban center like New York celebrates and thrives on diversity. Ultimately, even science is mired in culture, but we will still try in this lecture to come to terms with the novel ecosystem of the city.

**Free and Open to the Public**

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

## CREATIVE ARTS

### *Creative Drawing*

**Tuesdays 11:30a - 12:45p**

**Fee: \$10 drop-in fee per class**

Join in a **FUN exploration of your drawing skills with absolutely no pressure!** Students provide own supplies. A list of suggested supplies is available at the front desk. **Students are welcome to bring lunch or snack to enjoy during class.**

**Contract Instructor: Richard Maxwell, Sr.**  
Contact Richard for questions or to register for a class:  
[themax1.rm@gmail.com](mailto:themax1.rm@gmail.com)

*Call For Artists!*

*"Art - On and Off the Wall"*

### **The 29th Street Art and Skilled Crafts Show**

November 18, 2017 9:30 am - 4:00pm

Registration Form & prospectus is available now!

Pick up information/forms in the LSAC lobby or call Maria Hernan-

### *Watercolor\**

**Fridays 9:30a - 12p Open Painting - FREE**

*Please Note: No instructor will lead this "open painting" gathering.*

Watercolor enthusiasts are encouraged to work on their own projects and share ideas and information.

### *Oil Painting\**

**Mondays 9a - 12p Open Painting - FREE**

*Please Note: No instructor will lead this "open painting" gathering.*

Oil Painting enthusiasts are encouraged to work on their own projects and share ideas and information.

## CREATIVE ARTS

### *Ceramics*

**Tuesdays & Thursdays 9:30a - 12:30p**

**October 3-26**

**Fee: Resident \$30/Nonresident \$35**

All levels of experience welcome! Instructor Janice Grady is available for technique instruction. At the discretion of the instructor, students are provided greenware pieces with 2 firings per piece to complete during each session. All projects must be completed during the current session. Any additional firings and /or supplies are the responsibility of the student to purchase at ceramic supply shops such as Armadillo Clay. Supplies, greenware and firings are not available for purchase at the center.

**Register & Pay LSAC staff before class begins - Space limited.**

**Instructor: Janice Grady**

### **AUSTIN PALETTE CLUB**

*You're invited to visit the Austin Palette Club Meetings.*

**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!*

# 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.

## OCTOBER 2017 TRIP LOTTERY FORMS

### SUBMISSION DATES AND TIMES:

**Tuesday September 26 9a-4p**

**Wednesday September 27 9a-4p**

**Thursday September 28 9a-4p**

To complete an October 2017 LSAC Trip Lottery Form, **call the center at 512-978-2480** during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via the phone. You may also choose to stop by the Lamar Senior Activity Center during the same allotted days and times to personally complete your lottery registration form.

**A current completed and signed 2017 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.

**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.*

**Unless otherwise noted, trips will depart from Lamar Senior Activity Center, 2874 Shoal Crest Avenue**

**“Courtesy Reminder Calls” are NOT guaranteed; participants are personally responsible for remembering trips dates, times, etc.**

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

# TRIPS



**Dinner at Fish City Grill  
Performance of “Drinking Habits”  
Palace Playhouse - Georgetown**

**Friday October 6**

A laugh-out-loud farce! Two nuns at the Sisters of Perpetual Sewing have been secretly making wine to keep the convent’s doors open, but Paul and Sally, reporters and former fiancées, go undercover as a nun and priest. Their presence spurs paranoia that spies have been sent from Rome to shut them down. Wine and secrets are spilled as everyone tries to preserve the convent and reconnect with lost loves.

**Depart:** 4p **Return:** 10:30p

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

**Additional Expenses:** Meal (\$15-\$20) [www.fishcitygrill.com](http://www.fishcitygrill.com)

**Activity Level:** MODERATE - walking through indoor venues, possible stairs and ramps

**Texas River School  
“River Sense”  
Canoeing Program  
Friday October 13**



For all outdoor enthusiasts come learn and explore the river with the Texas River School. The River Sense Program provides on the river classes for all. You will get a personal flotation device (life-jacket), learn basic canoe navigation, instructions & paddling strokes and then get on the water in Texas River School canoes.

**Depart:** 8:30a **Return:** 2:30p

**Fee:** Resident \$3 / Non-Resident \$4

**Additional Expense:** Lunch at Maudie’s Tex-Mex (\$15-20)

**Activity Level:** MODERATE/HIGH- walking through outdoor & indoor venues, stairs, ramps and uneven terrain, water activity , able to get in/out of boat- ***please wear water shoes or old gym sneakers and weather appropriate cloths.***



## TRIPS CONTINUED . . .



### Hike/Walk Town Lake and the Boardwalk extension

Tuesday, October 17

Hiking is back!! Let's start stretching and warming up our legs so we can continue to hike and enjoy the beautiful weather that October brings. We will leisurely hike up to 4 miles on the Hike and Bike Trail at Lady Bird Lake. The trail will provide some great views of the city skyline and a new perspective of the lake. The trail also includes several lookout points, which are great spots for taking photos. We will stop in a nice shady spot to have our sack lunches.

**Depart:** 9:30a      **Return:** 2p  
**Fee:** FREE      **Level:** 2

**What to Bring:** please bring a sack lunch and at least 1 liter of water and light but energy-packed snack like a protein bar. Pack to enable you to carry your own supplies on the hike. Please wear comfortable walking/running shoes and weather appropriate cloths.

**Activity Level:** MODERATE/HIGH – walking up to 4 miles on possibly uneven terrain, inclines, steps. Participants using a walker, cane, etc. will need to bring a caregiver/buddy to join them.

### Octoberfest at Fiesta Gardens A party for Austin's 50+ Adults Thursday, October 19



Austin Parks and Recreation Department is sponsoring this special senior event. **While we will be providing transportation for a limited number of participants (12) by van from LSAC as a trip—the event is open for all to attend.** Join us for German food, music, games, prizes and comradery all on the shore of Lady Bird Lake!

**Depart:** 10:45a      **Return:** 2:30p  
**Fee:** FREE

**Activity Level:** MODERATE - walking through outdoor venue, possible uneven terrain, possible stairs and ramps

## TRIPS CONTINUED . . .

### Lunch Bunch to Cracker Barrel & Visit Cabela's

Tuesday, October 24



Cracker Barrel Old Country Store, Inc. is an American chain of combined restaurant and gift stores with a Southern country theme. Cracker Barrel's menu is based on traditional **Southern cuisine**, with appearance and decor designed to resemble an old-fashioned **general store**. We will visit Cabela's – a retail showroom packed with outdoor equipment and experienced Outfitters who are ready and waiting to help you get the most out of your next adventure. This store was built to not only surround customers with quality outdoor products, but to engage them with lifelike taxidermy and local fish swimming in the aquarium. Let's check out the indoor archery range!  
[www.cabelas.com/stores/Texas/Buda](http://www.cabelas.com/stores/Texas/Buda)

**Depart:** 10:30a      **Return:** 3:30p  
**Fee:** Resident \$3 / Non-Resident \$4

**Additional Expenses:** Meal at Restaurant (\$15-\$20)

**Activity Level:** MODERATE – walking through indoor venues, possible stairs and ramps, a chance to try indoor archery

## PARD SPECIAL EVENT



All Adults 50+ are invited to join the fun at  
**FIESTA GARDENS OCTOBER 19, 2017**  
Information flyer out the week of September 25, 2017

# LSAC OPEN HOUSE

Please join us for our  
**Open House**

*Wednesday, November 1 6 -8 pm*

Stop by and learn about the Lamar Senior Activity Center (LSAC) Adult 50+ programs and activities. Check out all the fun you've been missing! You will have an opportunity to meet our friendly staff, instructors and volunteers, enjoy light refreshments, and discover options for you, or family members, to join our active adults. Beginning October 1, LSAC will open on Monday and Wednesday evenings until 8:30p to expand our recreational opportunities to the community!

Lamar Senior Activity Center      2874 Shoal Crest Avenue, 78705  
512-978-2480

## RECOGNIZING OCTOBER BIRTHDAYS with CAKE IN THE LOBBY

**Wednesday October 31  
11:30a - until cake is gone!**

**Let's Party with  
Cake & Ice Cream!**  
*Please join us!*

Sponsored by the  
**LSAC Advisory Board**



"Sir, I'll need to see more than a birthday card to prove you're sixty five."

# ANNUAL LSACAB FUNDRAISER

**Volunteers Needed**  
**We Crack Pecans\***

**ATTENTION: PECAN CRACKERS NEEDED!**

*Pecan cracking season planned for November & December, 2017 & January 2018 pending volunteers to cover shifts on Mondays, Wednesdays and Fridays during this season.*

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.

**Are you mechanically inclined?** Would you like to help to fix and maintain our nut cracking equipment? Volunteer, Bill Myers wants to share his knowledge with others, so his expertise is passed on to help ensure continued operation and service to Austin residents.

## We Sell Nuts\*

Another annual fundraiser volunteer opportunity is selling packaged nuts in the LSAC Lobby. Team up with a friend and socialize while assisting with the annual fundraiser! Four (4) hour shifts are available M-F (excluding COA Holidays) in November and December 2017. We may also be adding Monday and Wednesday evening shifts if we get willing evening volunteers!

***This Nut Sales & Pecan Cracking fundraiser is very important to the current and future programs at the Center and we appreciate your commitment to serve.***

Please leave your name at the LSAC Volunteer desk and a LSAC Advisory Board Member will contact you to discuss your options! Thanks in advance for your help!!

# LSAC ADVISORY BOARD

## *Letter from the LSACAB President, Gayle Fischer*

FALL IS IN THE AIR! . . . . well, as much as it can in Texas. We may not have the cooler weather or the bright orange and red leaves but we do have the Annual LSAC Nut Fundraiser. The Advisory Board volunteers will be selling nuts in the lobby and the nut crackers will be hard at work cracking pecans. We are still looking for volunteers to sell nuts, candies, snack mixes, honey butter and other goodies and we especially need volunteers to crack pecans, so, sign up as soon as you can. Bill Myers will be offering a pecan cracking training class. If you're interested, come to the class and find out what's involved and volunteer to help with this fundraiser.

Along with the nut fundraiser, the Board is co-sponsoring the 29th Street Art & Skilled Crafts Show & Sale on Saturday, November 18. There will be great Christmas gift ideas including jewelry, fiber art, furniture, sculptures and paintings, among other things. Mark your calendar and bring your friends!

Plans are underway for the Holiday Luncheon too. Watch for it in upcoming newsletters so you can sign up early.

You can sign up as a volunteer at any time at the Reception Desk. Our receptionists are volunteers and they do everything from answering the phone to giving tours of the Center. They keep the coffee fresh and assist members with registration and trip sign up. Receptionists are, probably, the first people you see when you enter and, if they don't know the answer to your question, they'll be glad to find it for you. Receptionists are: Helen Anderson, Phil Horn, Sandra Waller on Mondays; Walter Donnelly, Claudia Savio on Tuesdays; Judi Brooks, Geri Nichols on Wednesdays; Helen Miller, Gladys Hill on Thursdays; and yours truly on Fridays. So, no matter what day you're at the Center, let your receptionist know their good work is appreciated!

# LSAC ADVISORY BOARD

*Collette Travel and the Lamar Senior Activity Center  
Advisory Board presents. . .*

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## SPAIN'S CLASSICS

TRAVEL DATES: APRIL 19-29, 2018

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## EASTERN CANADA

Travel Dates: July 15-24, 2018

LSAC Special Travel Presentation

Tuesday, November 14, 2017 10:00 am

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## CANYON COUNTRY

*Featuring Arizona & Utah*

Travel Dates: September 14-21, 2018

LSAC Special Travel Presentation

Tuesday, February 6, 2018 10:00 am

Trip Brochures available in LSAC Lobby

*For more information call and leave a message for:  
Joanne Cepero, LSAC Travel Committee 512-978-2480*

*Or email: [tripscollette@gmail.com](mailto:tripscollette@gmail.com)*





## **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  
Liana Kallivoka, PhD, PE, Assistant Director  
Lucas Massie, CPRP, Acting Assistant Director  
Ricardo Soliz, Acting Assistant Director  
Jodi Jay, CPRP, Division Manager  
David Crabb, CPRP, Program Manager

## **LSAC Advisory Board 2017**

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

## **City Manager**

Elaine Hart, Interim City Manager  
Ray Baray, Chief of Staff  
Rey Arellano, Assistant City Manager  
Robert Goode, Assistant City Manager  
Sara Hensley, Interim Assistant City Manager  
Bert Lumbreras, Assistant City Manager  
Mark Washington, Acting Assistant City Manager

## **Parks Board**

Jane Rivera, Chair  
Richard DePalma, Vice Chair  
Michael Casias, Board Member  
Rick Cofer, 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  
Mary Katherine Stout, 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.