



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

APRIL



2019



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 2019 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 2019 waiver

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.

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:



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, April 18 12:30p

Handicraft Group

New members and guests welcome

Wednesdays 1p

Austin Palette Club

New members and guests welcome

Tuesdays 10a

BeMused Literari

Tuesdays, 1:30-3p

LSAC Advisory Board Meeting

Public Invited

2nd Wednesday of the month

Wednesday, April 10, 2019 2p

If you have an agenda item, please get your info to Jerilyn by noon, Friday April 5, 2019.

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

INSIDE THE GUIDE . . . PAGE(S)

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AFTERNOON AT THE MOVIES



A STAR IS BORN (2018 version) R; 2h 14m

Wednesday, April 24, 2019

12:30p FREE

Seasoned musician Jackson Maine (Bradley Cooper) discovers -- and falls in love with -- struggling artist Ally (Lady Gaga) She has just about given up on her dream to make it big as a singer until Jackson coaxes her into the spotlight. But even as Ally's career takes off, the personal side of their relationship is breaking down, as Jackson fights an ongoing battle with his own internal demons.

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

GAMES

BINGO & BIRTHDAYS with LUNCH

Wednesday, April 17, 2019

10a-12:30p

\$3 for lunch and 25¢ per card



Our Bingo and Birthdays with Lunch is back for the month of April! 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, April 12, 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 Apr. 1

****Payment to LSACAB is due at the time of registration****

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, 1:15p

Led by LSAC Volunteer, George de Villiers

Bunco

Tuesdays April 2 & 16; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, April 9 & 23; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays

Wednesday, April 17; 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 the receptionist know of your interest and 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 Games monthly

10:30a - April 5 & 19

\$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

Two separate classes to choose from!

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.

Mondays
Apr. 15 - May 20
2 - 3:30p
Fee \$48

(includes 6 Monday class meetings)

OR

Thursdays
Apr. 18 - May 23
1:30 - 3:00p
Fee \$48

(includes 6 Thursday class meetings)

Contract Instructor: Rosalind Bond 512-441-3014

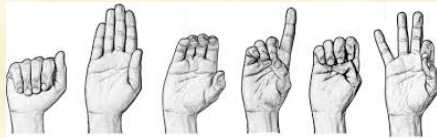
Contact instructor in advance for registration information and class availability.

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



SIGN WITH GEORGE!

Wednesdays, Apr. 3 - May 8

10a FREE

Are you interested in learning very basic sign language?

LSAC Volunteer, George de Villiers has offered to teach this 6 week class to anyone interested in learning about this method of communication. No new students after the first class; weekly class attendance is imperative. Come join the fun!

Please pre-register with LSAC Staff. Six (6) students needed for class to make.

ENRICHMENT

AARP Smart Driver Program is Back!

Instructor: Beverly Martin

Thursday, April 11 9a-1p

Thursday, May 9 9a-1p

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!

Fridays

10:15a

April 12 & 26

Free



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

ENRICHMENT

"Do Friendships Keep Us Young?"

Tuesdays, June 18 - July 9
2-4p Fee: \$30



Motivating! Uplifting! Fun!

Friends are treasures! They enrich our lives! And they keep us young! At each stage of life, the importance of meaningful connections cannot be overestimated. This is especially true as we grow older. This class focuses on the connection of friendship and ways to develop and maintain meaningful friendships in our lives today.

Topics: Benefits of Friendship; The 4 Circles of Friendship; Differences in Friendships Now From Those in Younger Years; 10 Tips for Making New Friends; 8 Ways to Nurture New Friendships; and Keys To Keeping the Friends We Have Now.

Contract Instructor: Eleanor Crenshaw (512-371-1443)



Personal Records Management Class

Monday, May 13, 10a
FREE

How are your important records (deeds, wills, policies, financials, etc.) organized? Secured? Protected from loss?

This class will teach you how to arrange, store, secure and dispose of your information. Learn tried and true methods for managing your personal records.

Instructor, Peggy Fischer, worked as a Certified Records Manager for the State's Health and Human Services Medicaid/CHIP Division for 8 years. Her records experience spans over 20 years.

Come join us to learn strategies for maintaining order for your home and personal records. Handouts include a records retention schedule.

"Records management is knowing what you have, where you have it and how long you have to keep it."

Please register with LSAC Staff before attending class.

HEALTH AND WELLNESS



**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 register with LSAC Staff 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 register with LSAC Staff before attending class

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
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

Register with LSAC Staff prior to class.

Fitness Room~

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



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

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

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

Easy Yoga~*

Wednesdays
2-3:15p

Mar. 13 - Apr. 10

Next Session: April 17-May 15

Contract Instructor: Jogi Bhagat
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

Mar. 7 - Apr. 8

Next Session: Apr. 11 - May 13

Contract Instructor: Jogi Bhagat
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 **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

***For questions about LSAC Yoga classes, please email:**
jogibhagat@gmail.com

Tai Chi~

Tuesdays 1-2p

Fridays 12:30-1:30p

Next Session: Apr. 2- May 10

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

Taught by Rebecca Brownlow, LSAC staff instructor.

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

Please register with LSAC Staff prior to first class.

Find Balance and Strength

Thursdays, 10:30 – 11:30a FREE

Taught by LSAC staff, Lan Au and Leti Alvarez

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 prior to attending your first class.*



FUN FOR ALL



Looking for a fun, friendly, social game?
LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p FREE

Novice to Advanced—ALL PLAYERS WELCOME!

WARNING- laughter abounds!

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



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.



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 register with LSAC staff

Improve Line Dance

Class (High Beginner to Intermediate)

Tuesdays 1-1:45p FREE

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, 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 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 confirmation of the class. * Registration begins April 1 with Kimberly.**

Date: Tutoring time slots available:

Apr. 25 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

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

May 23 (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

GROUP COMPUTER CLASS

Free Microsoft Excel Classes

MS Excel 1 Wednesday, April 3 10 – 11a

MS Excel 2 Wednesday, April 17 10 – 11a

Excel 1 - Are you interested in using spreadsheets to keep budgets and lists but don't know where to start? This session will introduce Microsoft Excel, spreadsheet terms, and how to enter and format data. We'll practice making a to-do list while getting familiar with the program.

Excel 2 - This session will build on Excel 1 (or your existing skills) to introduce filtering and sorting data, mathematical operations, and formulas. We'll practice making a budget and learn more advanced spreadsheet skills.

These Free Classes are being offered by Austin Free-Net



Register with LSAC Staff - Limited Space

FOOD FOR THOUGHT

Planting Your Spring Garden

For The Garden Of Your Daily Living

Plant Three Rows of Peas

Peas of Mind

Peas of Heart

Peas of Soul

Plant Four Rows of Squash

Squash Gossip

Squash Indifference

Squash Grumbling

Squash Selfishness

Plant Four Rows of Lettuce

Lettuce Be Faithful

Lettuce Be Kind

Lettuce Be Patient

Lettuce Really Love One Another

No Garden is Complete Without Turnips

Turnip for Meetings

Turnip for Service

Turnip to Help One Another

To Conclude Our Garden We Must Have Thyme


Thyme for Each Other

Thyme for Family

Thyme for Friends

Water Freely with Patience and Cultivate with Love.
There is much fruit in your garden because you
reap what you sow. Pass it on!!!

APRIL 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---|---|--|---|--|---|
| 1 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p | 2 Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p | 3 Sign w/George 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p | 4 Find Balance 10:30 Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p | 5 ACBL Bridge 10:30a Zumba Gold 9:30a Strength & Stretch 11:25a Tai Chi 12:30p NO DANCE TRIP: Day trip to Cedar Park | 6/7 |
| 8 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 | 9 Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p | 10 Citizen Science 9:30a Sign w/George 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p Advisory Board Mtg 2p | 11 AARP Smart Driver 9a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Gentle Yoga 2p TRIP: Treaty Oak Distillery | 12 Zumba Gold 9:30a Vintage Voices 10:15a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p | 13/14 Saturday, April 13  Guy Forsyth & Jeska Bailey |
| 15 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p | 16 Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p TRIP: Hike Barton Creek | 17 Citizen Science 9:30a Sign w/George 10a Bingo w/Lunch 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p | 18 Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p TRIP: BST -Easter Egg Hunt | 19 Zumba Gold 9:30a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p | 20/21 |
| 22 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p | 23 Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p | 24 Citizen Science 9:30a Sign w/George 10a Movie 12:30p Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p | 25 Tech Time 9:30a or 10:30a Find Balance 10:30 Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p | 26 Zumba Gold 9:30 Vintage Voices 10:15a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p TRIP: Bass Concert Hall | 27/28 |
| 29 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Craft "Meow Project" 6:30p Creative Drawing 7p | 30 Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p TRIP: Hike Walnut Creek | <div style="border: 1px solid black; padding: 5px; margin-bottom: 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;"> <i>NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.</i> </div> | | <div style="border: 2px solid green; padding: 5px;"> Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- BLUE ink </div> | Saturday May 4 TRIP: New Braunfels |

SPECIAL PROGRAMS



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



**Guy Forsyth
and Jeska Bailey**
(Hamp & Janet opening)

April 13th, 2019 at 7PM
Doors open at 6:30PM

Lamar Senior Activity Center
2874 Shoal Crest Ave
(corner of 29th & N. Lamar)

Tickets: \$17 online
\$22 at the door

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.



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 our facilities, please call (512)-974-3914.



SPECIAL PROGRAMS

Geography of Flowing Water: Rivers, Streams, Nature and Culture 2019 LUNCHTIME LECTURE SERIES

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

The Physical Geography of Flowing Water

Wednesday, April 10 NOON to 1p



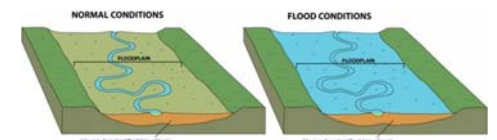
Bottomland: Life on the Floodplain

On maps, one sees a line drawn depicting a river, but this thin line depicts merely the river channel and not the river fully realized. When a river spreads out across its floodplains, we are reminded that the thin line is a poor representation of its fully realized self. The hydrological reality of a river is that it will fill its floodplain frequently, much more frequently than the terms “100-year” or “500-year” suggest. The ecological reality of a river, also, spreads out across these floodplains in the form of bottomland habitat that can range from forest to swamps to oxbow lakes. In this lecture, we will explore the ecology of rivers away from their banks and across the rich bottomland habitat that can fill their floodplains.



Free and Open to the Public

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



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 & Assistant, Lan Au.

Register with LSAC staff prior to class

Creative Drawing

Mondays 7-8:15p

Fee: \$10 fee per class
Participants must pre-register with instructor

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

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

Craft Night with Kimberly

Monday, April 8 & 29
6:30p FREE



Come join the fun, make new friends and bring home your own handmade 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

- April 8 - Jewelry Club
- April 29 - Meow Project - making cat toys and bedding for the Austin Animal Center.

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

EVENING PROGRAMS

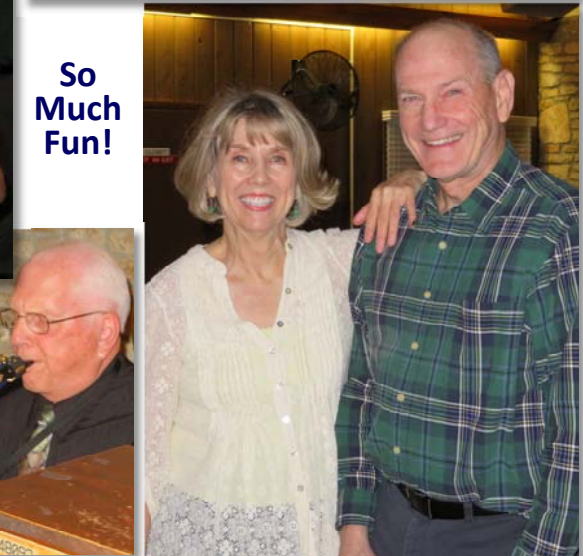
LET'S DANCE CLUB

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

No Dance April 5 and May 31

Band is David Kautz & Spectrum

FEE: \$5 - Dance Club Members \$7 - Non-Members



So Much Fun!



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

SPECIAL EVENTS

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

LET'S FOCUS ON NATURE!

eBird and iNaturalist Projects

Wednesdays, 9:30a - 10:30a (No meeting April 3)

We are starting with two projects - both are easy to do!

For folks who enjoy watching birds, we have set up feeders and a bird bath on LSAC grounds so we can watch and record sightings to the Cornell Lab of Ornithology using their free smart phone app, eBird.

The second project involves a short nature hike at Pease Park to observe moths, butterflies and other insects. This project just requires a camera or an iPhone. The smart phone app iNaturalist will identify our submissions from the photos we take.

If you have curiosity, enjoy nature or want to use your power of observation to enhance your surroundings, this group may be for you. By getting involved in Citizen Science Projects you are contributing to real research.

Please register with LSAC staff

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

LSAC Art Show & Sale

Friday, May 31

9:30a - 1p & 6-8:30p

Saturday, June 1 10a - 4p

*Artist Registration Forms will be available
Monday, April 1, 2019 at
LSAC*



Co-sponsored by the
LSAC Advisory Board

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.

APRIL 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

| | | |
|------------------|-----------------|--------------|
| Tuesday | March 26 | 9a-3p |
| Wednesday | March 27 | 9a-3p |
| Thursday | March 28 | 9a-1p |

To complete an April 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 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



Tour the Treaty Oak Distillery Dripping Springs

Thursday, April 11

Get a behind the scenes look into the brewing and distilling process, and learn about the history of Treaty Oak, one of the oldest distilleries in Texas. Take a walk through the production facility while our guide provides insight into how our beers and spirits are made. There will be plenty of science, hands-on explanation and a spirit tasting, as well as an opportunity for Q&A. Afterwards we will have dinner on premises at the Treaty Oak BBQ Pit. This is a beautiful location & there are lots of picnic tables to have our dinner and enjoy nice, spring weather.

Depart: 2:30p **Return:** ~7:00p

Fee: Resident \$18/Non-Resident \$19

Additional Expense: Restaurant TBA (\$10-\$22)

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

Activity Level: MODERATE – Walking through indoor/outdoor venue, varied terrain; possible stairs and ramps.

Hike Barton Creek Greenbelt followed by Lunch at Tacodeli

Tuesday, April 16



We'll enjoy a leisurely hike on the Barton Creek Greenbelt trail and walk about 2-1/2 miles on mostly flat, gravel trails. There will be plenty of chances to stop for a water/snack break or to take pictures. Although this is mostly flat terrain, there will be some rocky descents and a short hill. Afterwards, we will stroll over to Tacodeli for lunch.

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

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

Additional Expense: Lunch at Tacodeli (\$10-\$12) www.tacodeli.com

Activity Level: MODERATE - Walking 2-3+ miles on uneven, outdoor trail, gravel terrain, possible stairs and additional walking to restaurant location. Please wear sturdy shoes and bring plenty of water. Must be able to stay up with the group.

TRIPS . . .



Bringing Seniors Together Event Easter Egg Hunt and Picnic Lunch at Emma Long Park

Thursday, April 18

Come meet other seniors and join in the fun to hunt for the "golden eggs" that are redeemable for a gift basket filled with goodies. Picnic Lunch consisting on sandwiches, fruit and chips will be provided. Take a walk, visit with old friends, and make a new friend. Take some time to relax with others and enjoy the spring weather.

part: 9:30a **Return:** ~1:00p

This is a free event

Activity Level: MILD – MODERATE - walking through outdoor venue



Trey McLaughlin and the Sounds of Zamar Bass Concert Hall

Friday, April 26

Hailing from Georgia, Trey McLaughlin & The Sounds of Zamar are known for their expressive vocals and intricate arrangements of classic gospel hymns, transcending cultural boundaries with fresh adaptations of contemporary gospel, pop, and musical theater hits. The group has performed with gospel greats, such as William McDowell, Kierra "Kiki" Sheard, Richard Smallwood, Earnest Pugh, and James Fortune, and their viral videos have garnered millions of loyal YouTube viewers.

Depart: 7p **Return:** ~10:30p

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

Additional Expense: Concessions at the venue

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

Please read - Texas Performing Arts Clear Bag Policy on next page.

TRIPS . . .

Please read - Texas Performing Arts Clear Bag Policy

For safety reasons, security measures have been instituted at all Texas Performing Arts venues.

Please **only bring essential items** in order to provide a safer environment and expedite guest entry into the venues.

The following bags are permitted at Texas Performing Arts venues:

Clear bags that do not exceed 12" x 12" x 6"

Items in clear bags may not exceed size limit of 6.5" x 4.5" x 2"

Small clutch bags not exceeding 6.5" x 4.5" x 2" do not have to be clear



Hike Walnut Creek Trail

Tuesday, April 30

Southern Walnut Creek Trail is a nature lover's delight. This beautiful twisting and turning maze of trees and foliage is a popular recreation resource for hikers and bicyclists. Encompassing many miles of multi-use trail running by trees, flatland, soft hills and water, Walnut Creek Trail consists of 10-foot wide concrete paths designed to accommodate all users. This beautiful nature-filled trail extends over 7 miles and includes 5 bridges offering a breath-taking view at every turn. Our hike will be about 3+ miles mostly on flat gravel or paved surfaces. Wear good hiking shoes and bring plenty of water. Afterwards we will reward ourselves with a lunch stop at Chuy's Mexican restaurant.

Depart: 9:30a **Return:** ~2:00p

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

Additional Expense: Lunch at Chuy's Restaurant (avg. \$9-\$11)

<https://www.chuys.com/menu>

Activity Level: MODERATE – Walking outdoors on mostly paved trails up to 3 miles +. Some gentle inclines. Must be able to stay up with group.

TRIPS . . .



Wein & Saengerfest in New Braunfels

Saturday, May 4

Proceeds from the event benefit the New Braunfels Parks Foundation & the Downtown Association. Along with **wine and craft beer tasting**, Wein and Saengerfest offers a host of entertainment and activities that include continuous live music, a grape stomp, artisan market, food seminars, and activities for the kids “culminating with a street dance” all in Downtown New Braunfels! Admission is free.

Depart: 11:00a **Return:** ~5:30p

Fee: Resident \$7 / Non-Resident \$8

Additional Expense – Purchases at the event

Activity Level: MODERATE – HIGH walking through outdoor venue, possible uneven terrain, standing in line - this is a highly attended event.

COLLETTE TRIP PRESENTATION

Nashville & the Smokey Mountains Holiday featuring Gatlinburg & Asheville

Travel Dates: December 5- 12, 2019



**R.S.V.P.
with
LSAC Receptionist**

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**Travel Presentation
Thursday
May 23, 2019 10a**



LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

April is the month of the growing season; when trees and flowers begin to bloom. With all the wildflowers out, I like to take a little time to enjoy them and be thankful for Mother Nature. This time of year, the LSAC Advisory Board has a lot to be thankful for, namely, our volunteers and everyone who patronized the Board's Annual Nut Fundraiser.

The Board took in over \$12,000.00 this year by cracking pecans and selling nuts and snacks. We couldn't have done it without the generosity of our volunteers and patrons. This money will go a long way towards Center improvements and/or activities. Final figures were: Nut Sales - \$3,173.04, Pecan Cracking - \$8,936.33. Again, thanks to all of you who brought in your pecans for cracking or bought nuts and snacks.

Some of the things the Advisory Board sponsored or cosponsored in 2018 were: monthly Birthday Bingo, Mini-Carnival Party, 29th Street Arts & Skilled Crafts Show, Holiday Luncheon, “Bringing Seniors Together” event, Veterans’ Breakfast, monthly movies, the Acoustical Cafe and, of course, the lobby coffee and drinks, the daily newspaper and copy machine. The Board also offered trips through Collette Travel, bought exercise equipment, paid for certification or training for City Staff and wrote letters of support to the City suggesting updating the Center’s security system and bus. If you have any suggestions for activities the Board should sponsor, please give them to the Lobby Receptionist or City Staff.

The Board will be thanking all the volunteers who worked in 2018 with a meal from Galaxy Cafe, door prizes and special recognition awards at a Volunteer Appreciation Brunch on March 28.

We are still looking for a volunteer to work as Monday morning receptionist. The volunteer would greet people, answer the phone, take registration, make coffee and other duties. It's only 4 hours on Monday mornings (excluding all those Monday holidays). Plus, it gets you an invite to the Volunteer Appreciation Party every year.

Thank you again for supporting the LSAC Advisory Board with your donations and patronage!

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COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

Discover Switzerland

Travel Dates: September 15- 24, 2019

Nashville & the Smokey Mountains Holiday featuring Gatlinburg & Asheville

Travel Dates: December 5- 12, 2019

TRIP PRESETATION: Thursday, May 23, 10a

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

PARD SENIOR PROGRAMS

Spring 2019

Austin Parks and
Recreation Department

Upcoming Events



<http://www.austintexas.gov/seniors>

Bringing Seniors Together...

is an initiative aimed at partnering with senior programs across the Community Recreation Division to offer monthly fellowship among seniors. These events will give our seniors a chance to interact with peers from around the city while enjoying free games, prizes, and food.

See page 26 for details of the LSAC lottery trip to attend the Easter Egg Hunt Event on Thursday, April 18

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 a 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
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

Sara L. Hensley, CPRP, 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
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

Office of City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager
Jim Smith, Interim Assistant City Manager

Parks Board

Richard DePalma, Board Member
Tom Donovan, Board Member
Romteen Farasat Board Member
Dawn Lewis, Board Member
Francoise Luca, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Nina Rinaldi, 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.