

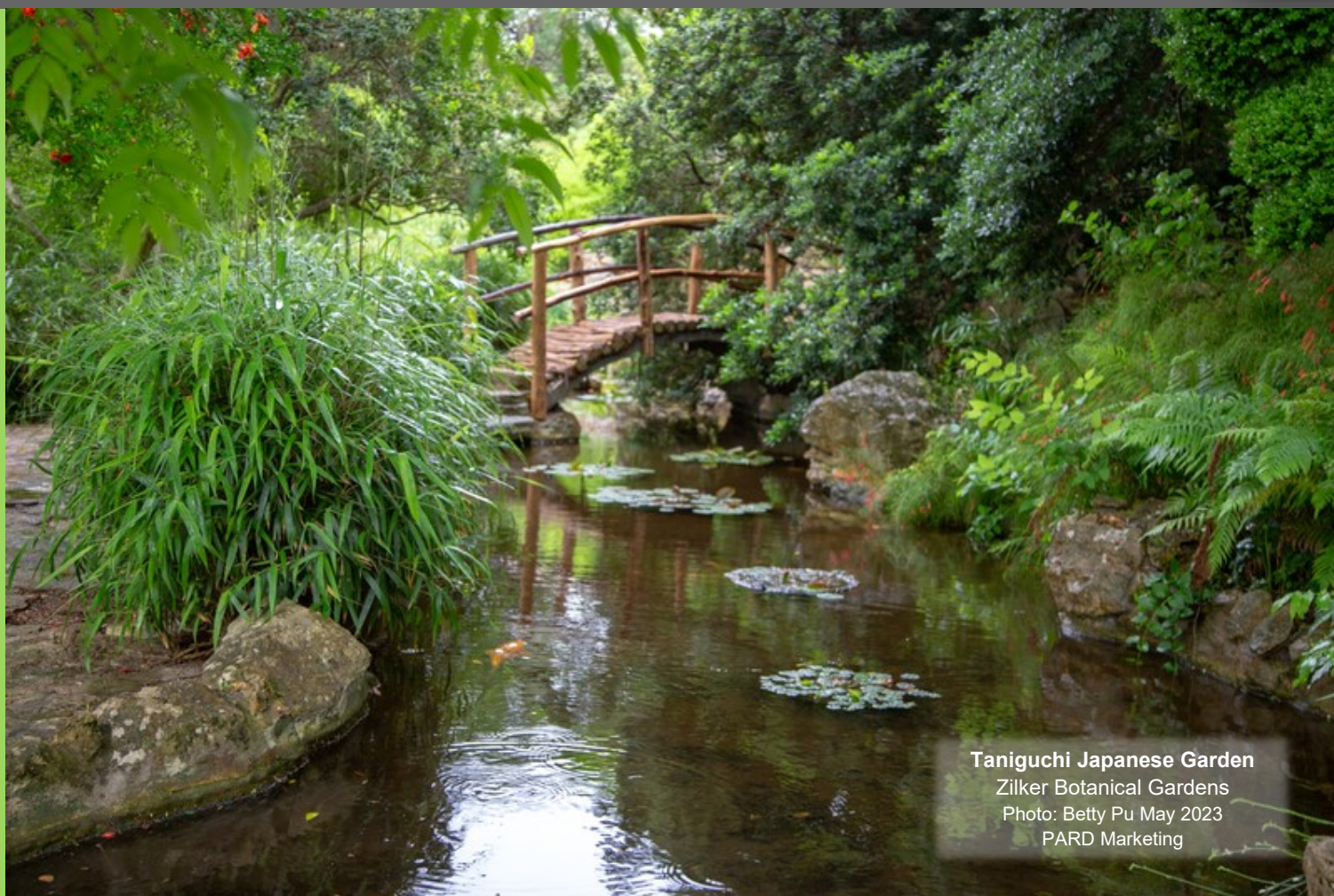
**MARCH  
2024**

# PROGRAM GUIDE

## Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480

**VARSITY GENERATION**  
*let's get together*



**Taniguchi Japanese Garden**  
Zilker Botanical Gardens  
Photo: Betty Pu May 2023  
PARD Marketing



[austintexas.gov/varsitygeneration](https://austintexas.gov/varsitygeneration)

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.



# CENTER INFORMATION



[CLICK HERE FOR LAMAR SENIOR ACTIVITY CENTER WEBSITE & MORE INFORMATION](#)

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Ave. on the corner of 29th Street and Lamar Blvd. The center opened in 1978 and was the first City of Austin Parks and Recreation Department center to focus primarily on the interests of Adults 50 plus. Health and fitness, arts and crafts, excursions, social games, group socials, local club and organization meetings, computer lab and cultural events comprise some of the many services provided by LSAC.

Stop by and let the friendly LSAC staff and volunteers show you around.

***Hope to see you soon!***

## **Hours of Operation**

*Subject to change due to business needs, safety, etc.*

(Registration Hours on page 3)

### **Monday & Wednesday**

8:30a-8:30p

### **Tuesday & Thursday**

8:30a-4p

### **Friday**

8:30a-2:30p



To better serve you please visit the front desk to complete a 2023 Austin Parks & Recreation Department

Waiver and ensure your information is current.



WE CREATE

**COMMUNITY**



## REMINDERS & FEE INFO

**NEW YEAR = NEW WAIVER**

**EVERYONE NEEDS TO FILL OUT A NEW 2024 WAIVER TO PARTICIPATE  
LAMAR SENIOR ACTIVITY CENTER**

**For those who receive this program guide via email or mail, you will need to renew your Advisory Board Registration to continue receipt in 2024.**

### REGISTRATION

Please note, we changed some of our most popular programs to lottery registration. This gives everyone an equal and fair chance. No need to rush in to turn in your registration form. You will be notified via email or phone call if you get into the class.

**You must register for classes, events and activities, including Zoom.**

Ongoing programs such as Exercise classes, Social Games and Group Meetings, have a 3-month registration timeframe.

**New session will be for March - May 2024.**

**New class registration will be accepted throughout the 3-months.**

**Once you register, then no need to register until May 2024!**

**The receipt will confirm your enrollment or if you are on a WAITLIST or LOTTERY STATUS.** If you are on a waitlist you must first receive a call from LSAC staff to inform you if and when a spot has opened and is offered to you. You will be required to respond/confirm or we will move to the next person on the waitlist.

**Credit Card Payments ONLY -- No Refunds for Paid Programs**

**NEW FEES:** We are using a Lottery registration for trips, specialized classes and some events. Also some events and classes are now charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

Program Guide information subject to change due to business and facility needs.

# REGISTRATION INFORMATION

## **MARCH REGISTRATION BEGINS**

**Tuesday, February 27, 2023 at 9:30am**

and will be entered by the time received. Lottery will be spun on Friday, 3/1 at noon.

**CONTINUED REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 2/27/24, hours:**

**M & W 9a-4:30p    T & TH 9a-3p    F 9a-1:30p**



### **WALK-IN    During registration hours listed above**

You may walk into Lamar Senior Activity Center to register in person by completing a registration form and giving it to a LSAC staff member to date, time and process. You must be in the current RecTrac registration database or fill out a Waiver form to be entered. Then Staff will process the request and inform you if you are in the class or on a waitlist.



### **CALL    512.978.2480**

You may call Lamar Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.



### **EMAIL    lamarsenioractivitycenter@austintexas.gov**

You may send an email listing the name, day, time, etc. of the classes or activities you would like to attend. You must be a returning participant with your updated information in our RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



### **ONLINE via the City of Austin Website    (user guideline or assistance available upon request)**

You may register online via the City of Austin PARD website RecTrac registration system at:  
**<https://www.austintexas.gov/department/online-registration>**

## WHAT'S INSIDE ...

Hours of Operation.....	1	Movies.....	13
Registration Info.....	2,3	Enrichment.....	12,18
Calendar of Events.....	9 & 10	Social Games.....	14
Creative Arts .....	8	Trips/Special Programs.....	11,12
Group Meetings.....	16	Austin Acoustical Cafe.....	18
Health & Wellness.....	5-7	LSAC Advisory Board.....	4,15,16

\*All info subject to change



## News from Paula Brown, LSAC Advisory Board President

This month we are highlighting our **Vintage Voices** program. Vintage Voices provides a place for everyone to explore their unique voice and to find joy in singing with others. Vintage Voices meets on select Wednesdays at 11:00am at the Lamar Center Activity Center. The program began in 2017, took a hiatus during the COVID pandemic, and started up again in 2023.

Each gathering they sing 10-15 songs, many times centered around a theme or holiday.

Singing has many proven benefits, including:

- \*Enhances memory, focus and motivation
- \*Improves mood
- \*Exercises muscle groups in the upper body and improves overall alertness
- \*Provides stress relief and promotes relaxation and well-being

Vintage Voices is led by Debra Erck accomplished musician and career educator. She was the music teacher at Hill Elementary in Austin ISD for 28 years. She has led a variety of choirs, including the Hill Honor Choir, Austin Children's Choir, Austin Opera Children's Chorus, and Austin ISD All-City Choir. Debra loves sharing her love of music with everyone at LSAC, especially her dad, Norm Carmack, a long time member of the LSAC community.

Please feel free to drop in anytime to listen, observe or join in the joyful singing.

No experience is necessary - all voices are welcome!

*Save the Date!*

**Art- On & Off the Wall**

The 29<sup>th</sup> Street Art & Skilled Crafts Show & Sale

*Saturday May 4, 2024 9:00a-4:30p*

**Lamar Senior Activity Center**  
2874 Shoal Crest Avenue  
Austin, Texas 78705

Creative senior artists offer paintings, drawings, polymer clay art, fiber arts, jewelry, multi-media work, kitchen items, hand made soaps, latch hook rugs, sewing items, paper crafts, note cards and more!

*Come & shop eclectic handcrafted items for the special people in your life!*

The City of Austin is committed to working with the Americans with Disabilities Act. Please let us know if you need any accommodations with the provided space request. For assistance please contact (512) 974-3815 or (800) 775-7111.

The Lamar Senior Activity Center Advisory Board (LSACAB) is now accepting **Annual Optional Fees (Donations)** as follow:

**LSACAB Donation: \$10 (required if signing up for mail or email**

**Monthly Program Guide Mailed Directly to You: \$15**

**Monthly Program Guide Emailed Directly to You: \$5**

Payment is good for the 2024 calendar year, midyear payments are not prorated.

**Programs, events, and services for Adults 50 and above.**

# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



## FUSION FITNESS Monday and/or Wednesday

Energizing workout using bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo chair / standing. All levels welcome.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

<u>Day</u> MON	<u>Dates</u> *3/4-5/20	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-64
<u>Day</u> WED	<u>Dates:</u> *3/6-5/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-65

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-61
<u>Day</u> THUR	<u>Dates</u> *3/7-5/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-62

## FIND BALANCE Tuesday and/or Thursday

Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. All levels welcome.

Instructors: Tuesday: Laura Adams; Thursday: Leti Alvarez  
Both are LSAC Certified Find Balance Instructors

## STRENGTH & STRETCH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands.

All levels are welcome and fun is guaranteed.

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

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246304-39

## HYBRID EXERCISE CLASSES — \* Registration Required for all Zoom classes

If you are unable to get a spot in one of the morning exercise classes or unable to personally attend from time to time or you prefer to workout at home, the following classes are offered online via Zoom:

- \* FUSION FITNESS M & W 10a Activity# 246903-99
- \* FIND BALANCE T & Th 10a Activity# 246903-01
- \* STRENGTH & STRETCH F 11a Activity# 246903-02

**\*\* NEW ZOOM LINK will be issued upon Registration. \*\***

# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

<u>Day</u> TUE	<u>Dates</u> 3/26-4/30	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-96
<u>Day</u> FRI	<u>Dates</u> 3/29-5/3	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-99
<u>Day</u> T & F	<u>Dates</u> 3/26-5/3	<u>Time</u> See T & F
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-97

## T'AI CHI

Kade Green leads the class on the skills and movements for T'ai Chi. T'ai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is practiced slowly with *zero impact*.

*All levels welcome in this class and must make a 6-week commitment.*

## 2024 SESSION for all Tai Chi classes

will begin the week of

**March 26th thru May 3rd**

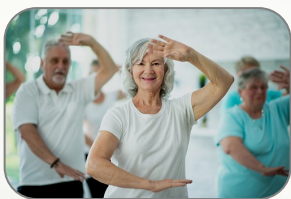
**REGISTRATION BEGINS on March 19th**

**Fees (credit card only)**

**\$30 1x week**

**\$40 2x week**

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher



## T'AI CHI –Advanced

This is advanced T'ai Chi classes and students must meet with Kade prior to signing up to ensure his class requirements are met.

*This class requires a 6-week commitment.*

**Sessions and fees same as listed above.**

<u>Day</u> WED	<u>Dates</u> 3/27-5/1	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-98

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-28

## LINE DANCE – Beginner and all levels welcome

All levels welcomed! Sonja is ready to lead you in a variety of fun, easy dances to music of all genres. This class is a standard beginner level class, with an optional arrival at 1:30p for basic line dance instruction prior to the 2p class start time. So bring a friend or make some new friends while Sonja takes you through a fun and easy dance class.

Instructor: Sonja Hemmes, LSAC Volunteer Instructor & Director/Instructor of Austin Rockin' Line Dancers



## ZUMBA GOLD

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 judgment...just get moving!

Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246303-44



**~ Consult your physician or other health care professionals before starting any fitness program to determine what is right for you and your needs.**

# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246503-53

## CORE AND RESTORE

Core & Restore is an active practice that works deeply into our bodies with restorative stretches. The program is mostly floor stretches that work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. The class uses foam rollers, yoga therapy balls,

and bands for releasing the tension, lengthening the muscles, and targeting tight areas.

Registration is required.

Instructor: Jennifer Taylor, LSAC, Certified Fitness Trainer



## YOGA FLOW

This yoga class will link your movements to your breath in a flowing sequence practice.

Practice sun salutations, find balance and peace.

All levels are welcome!

Instructor: Jaya Zyman, LSAC, Certified Yoga Instructor, Fitness Professional

<u>Day</u>	<u>Date</u>	<u>Time</u>
MON	*3/4-5/20	5:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246503-54

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	3p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246503-55

## PEACEFUL YOGA

Gentle yoga with emphasis on breathing and quiet reflection will help calm our nervous systems and tone our muscles.

This class will incorporate slow flowing sequences to warm up the body, as well as standing poses focusing on alignment, strength, balance and flexibility.

Instructor: Leti Alvarez, LSAC Program Specialist-Health & Wellness; Certified Yoga Instructor



## EVENING (MAT) PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and flexibility.

Some Pilates experience is helpful.

Instructor: Jaya Zyman, LSAC, Certified Pilates Mat Instructor, Fitness Professional

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	5:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246331-25



# CREATIVE ARTS

<u>Day</u> MON	<u>Dates</u> 3/4	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-69

## FLYING SEAGULL FUN FOLD CARD

Looking for a new fun fold card to try? This freestanding Flying Seagull card makes a gorgeous display and is very easy to create. Its name comes from the side folds that resemble wings of a seagull.

Kits will be provided.



## OPEN CARD DESIGN

**No Instruction *Play on your creative side!***

You are welcome to make any cards you desire. Bring your ideas.

Supplies will be provided.

<u>Day</u> MON	<u>Dates</u> 3/18	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-70

LSAC Volunteers, Myr and Marianne will be available to answer questions.

<u>Day</u> WED	<u>Dates</u> 3/20	<u>Time</u> 10a
<u>Fee</u> \$5	<u>Class Size</u> 8	<u>Activity #</u> 246500-71

## CROCHET FOR BEGINNERS

This is a beginner class where we will be learning how to hold the yarn and needle and learn the verbiage. All levels are welcome, but this is catered to beginners.




<u>Day</u> MON	<u>Dates</u> 3/25	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 4	<u>Activity #</u> 246500-72

## MASTER CLASS: ORIGAMI MINI PHOTO ALBUM

Let's design a keepsake card that holds photos and sentiments for that special friend or family member! This is a MASTER class; you must have attended previous instructional card crafting classes to register.



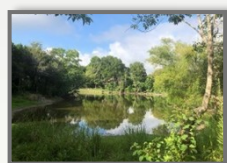
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<div>LAMAR SENIOR ACTIVITY CENTER</div> <div>MARCH 2024</div> <div>Class listing &amp; PG info are subject to change due to business needs.</div>			<div></div> <div>Scan code for Program Guide</div>	<div>1</div> <div>Trip: Cowboy Breakfast 6a Zumba Gold 9:30a Rummikub 10a Strength &amp; Stretch 11a Tai Chi 12:30p</div>	<div>2</div> <div></div> <div>3</div> <div></div>
<div>4</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Flying Seagull Fold Card 1:30p Yoga Flow 5:30p</div>	<div>5</div> <div>Election Day 7a-7p Find Balance 10a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p</div>	<div>6</div> <div>Fusion Fitness 10a Core &amp; Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p</div>	<div>7</div> <div>Trip: Zilker Botanical Garden 10a Find Balance 10a Movie: Love at First Sight 11a Table Tennis 11:15a Mahjong 1p</div>	<div>8</div> <div>Zumba Gold 9:30a Rummikub 10a Strength &amp; Stretch 11a Tai Chi 12:30p</div>	<div>9</div> <div>It's My Park Day! 7p Austin Acoustic Café</div> <div>10</div> <div></div>
<div>11</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p</div>	<div>12</div> <div>Hike with a Park Ranger 9:30a Find Balance 10a Palette Club 10a Tech Time 11a Tai Chi 11:30a Line Dance 1:30p BeMused Literati 1:30p</div>	<div>13</div> <div>Fusion Fitness 10a Core &amp; Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSACAB Meeting 1p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p</div>	<div>14</div> <div>Find Balance 10a Movie: Bank of Dave 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Mahjong 1p</div>	<div>15</div> <div>Zumba Gold 9:30a Rummikub 10a Strength &amp; Stretch 11a Tai Chi 12:30p</div>	<div>16</div> <div></div> <div>17</div> <div></div>
<div>18</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Card: Open Cards 1:30p Yoga Flow 5:30p</div>	<div>19</div> <div>Find Balance 10a Palette Club 10a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p</div>	<div>20</div> <div>AARP Driving Class 9a Fusion Fitness 10a Core &amp; Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club 1:30p Crochet for Beginners 10a (L) Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p</div>	<div>21</div> <div>BST Gus Garcia 9:30a Find Balance 10a Table Tennis 11:15a Mahjong 1p</div>	<div>22</div> <div>Trip: Dirty Martin's 11:30a Zumba Gold 9:30a Rummikub 10a Strength &amp; Stretch 11a Tai Chi 12:30p</div>	<div>23</div> <div></div> <div>24</div> <div></div>
<div>25</div> <div>Fusion Fitness 10a Trip: Austin Aquarium 10:30a Table Tennis 11:15a Mexican Train 12:30p Master Class: Origami Mini Photo Album 1:30p Yoga Flow 5:30p</div>	<div>26</div> <div>Find Balance 10a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p</div>	<div>27</div> <div>Fusion Fitness 10a Core &amp; Restore 11a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p</div>	<div>28</div> <div>Find Balance 10a Trip: UT Bowling &amp; Games 10:45a Movie: Mama Mia! Again 11a Table Tennis 11:15a Mahjong 1p</div>	<div>29</div> <div>Zumba Gold 9:30a Rummikub 10a Strength &amp; Stretch 11a Tai Chi 12:30p</div>	<div>30</div> <div></div> <div>31</div> <div></div>

# TRIPS & SPECIAL PROGRAMS

<u>Day</u> THUR	<u>Dates</u> 3/7	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246225-02

## ZILKER BOTANICAL GARDEN Lottery

A peaceful walk through a hidden gem of Austin. Come walk through the Zilker Botanical Gardens and explore different types of plants and a pond full of Koi fish. After our walk let's enjoy a sack lunch on the grounds.



## Lottery - HIKE w/ City Park Ranger

Hike to Copperfield Park. This is a Level III hike about 3 miles out and back. We'll walk by a pond and take in all the beautiful springtime flowers and smells. There is some rocky terrain overlooking Walnut Creek. Afterwards our lunch reward at Fresh Bowl.

<u>Day</u> TUE	<u>Dates</u> 3/12	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246225-03

[https://www.atxfreshbowl.com/files/ugd/9f7dfe\\_77c953bbea714915985d6df2398b4920.pdf](https://www.atxfreshbowl.com/files/ugd/9f7dfe_77c953bbea714915985d6df2398b4920.pdf)



## Lottery Lunch at DIRTY MARTIN'S

Let grab a bite! Tag along with us for an Austin mainstay since 1926 with burgers, shakes & American chow served in an old-school space. (Pay for your lunch.)

<u>Day</u> FRI	<u>Dates</u> 3/22	<u>Time</u> 11:30a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246225-04

<u>Day</u> MON	<u>Dates</u> 3/25	<u>Time</u> 10:30a
<u>Fee</u> \$11/\$12	<u>Class Size</u> 14	<u>Activity #</u> 246225-05

## AUSTIN AQUARIUM Lottery

Start off the week with an exploration under the sea! Come with us to the Austin Aquarium for a one-hour guided tour with interactions with the wildlife. After our visit, lets grab a bit to eat at Cheddar's Scratch Kitchen nearby.



## Lottery? UT TEXAS UNDERGROUND BOWLING AND GAMES

Like bowling, pool, and or air hockey? Well, you're in luck! We are joining with UT students for an event at the Texas Union Underground Bowling. We will then stop for some pizza at Roppolo's Pizzeria. (Activity will be free, but lunch is on you.)

<u>Day</u> THUR	<u>Dates</u> 3/28	<u>Time</u> 10:45a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246225-06



# ENRICHMENT & TRIPS

## VINTAGE VOICES - LSAC Choir

**Wednesdays of every month**

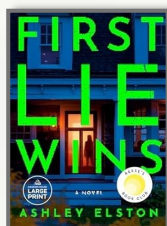
No experience necessary – all voices welcome. Come join Debra Erck, past choral director and longtime educator to raise our voices in joyful singing. Stimulate the right and left brain function and just have plain good fun! This registration is through April.

<u>Day</u> WED	<u>Dates</u> 3/13 4/3 & 17	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-49

<u>Day</u> TUE	<u>Dates</u> 3/12	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-44

## TECH TIME *help for all!*

All questions welcome!! Come meet with Brent Johnson from the City of Austin Central Library and bring any questions regarding your devices, laptops, tablets and phones. He can help you trouble shoot and set you up to better utilize and learn how to use your devices, add Social Media or whatever questions you have. Please see Laura or Leti to set up a 30 minute slot.



## BOOK CLUB

March's Book is "**FIRST LIE WINS**"

A fast paced read with a mysterious boss with a cat & mouse game that will keep you guessing the whole time. A limited number of books will be available to check out. See Leti to get one, first come first serve.

Please bring a snack or dish to share. Fee is for everyone \$5.00.

<u>Day</u> WED	<u>Dates</u> 3/20	<u>Time</u> 1:30p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-50

<u>Day</u> TUE	<u>Dates</u> 3/5	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 11	<u>Activity #</u> 246105-8
<u>Day</u> TUE	<u>Dates</u> 3/19	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 11	<u>Activity #</u> 246105-9

## GOLDEN ROLLERS

We are back. We will get outfitted for a recumbent bike or tricycle and hit the roads behind Conley Guerrero Rec Center.

### Beginners Ride

**Tue March 5th**

All levels and experience welcome. This will be a shorter ride, afterwards enjoy a sack lunch outside at Conley Guerrero Center.

### Intermediate Ride

**Tue March 19th**

This is a longer ride with more mileage, some experience is preferred. Plan on about 2 hours + with lunch during the ride at a "pit stop", perhaps a food truck.

Meet at Conley Guerrero 808 Nile St. behind the Rec Center.

# MOVIES & BST

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 3/7	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-36

## LOVE AT FIRST SIGHT

2023 PG-13 1h31m Romance

Two strangers connect on a flight to London, only to be separated by a twist of fate. A reunion seems improbable — but love has a way of defying the odds.

Starring: Haley Lu Richardson, Ben Hardy, Jameela Jamil



## BANK OF DAVE

2023 PG-13 1h47m Comedy/Drama

Real-life experiences of a working class and self-made millionaire, who struggles to set up a community bank to help the town's local businesses to thrive and his battle to compete with London's elite financial institutions.

<u>Day</u> THUR	<u>Dates</u> 3/14	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-37

<u>Day</u> THUR	<u>Dates</u> 3/28	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-38

## MAMA MIA! Here We Go Again

2018 PG-13 Musical Romantic Comedy

Sequel with the returning cast, with Donna preparing for the grand reopening of the hotel, there are flashbacks to 1979 when she first came to the island.



<u>Day</u> THUR	<u>Dates</u> 3/21	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 13	<u>Activity #</u> 286721-07

## BRINGING SENIORS TOGETHER

BST will be held at Gus Garcia. It's a sock hop kind of day, let's dance, wear a fun outfit and make new friends. Join us for some snacks, fun, games, and good company.

Arrive at LSAC at 9:15a.



# \*SOCIAL GAMES

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



## TABLE TENNIS

Looking for a free, fun, friendly, social game?  
LSAC Table Tennis Open Play invites you to join  
them. Novice to Advanced  
ALL PLAYERS ARE WELCOME!

*Dates subject to change due to special programs, events, activities, etc.*

Day	Dates	Time
MON	*3/4-5/20	11:15a-12:45p
THUR	*3/7-5/30	11:15a-12:45p
Fee	Class Size	Activity #
N/A	10	246103-37
Days	Dates	Time
WED	*3/6-5/29	4:15p-5:15p
Fee	Class Size	Activity #
N/A	10	246103-38

Day	Dates	Time
MON	*3/4-5/20	12:30p
Fee	Class Size	Activity #
N/A	12	246950-87

## MEXICAN TRAIN DOMINOES

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station".

Come learn to play and meet new friends every Monday.  
Group Leader: Claudia Savio, LSACAB Member & Volunteer



## BUNCO

Bunco is a dice game with players divided into groups of four, trying to score points while taking turns rolling three dice. Come have fun and join the laughter. Meets on the first and third Tuesday.

Game Leader: Carolyn Rickard, LSAC Volunteer

Day	Dates	Time
TUE	*3/5-5/28	12:30p
Fee	Class Size	Activity #
N/A	16	246950-88

Day	Dates	Time
FRI	*3/1-5/31	10a
Fee	Class Size	Activity #
N/A	20	246950-89

## RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players. Similar to Rummy, It's a challenging but fun game. The group is always willing to teach anyone interested in joining on Fridays.

Everyone is welcome to join this fun social game.

Group Leader: Claudia Savio, LSACAB Member and Volunteer



## MAH JONGG

Experienced players are welcomed. This is not a taught game.  
Please come to observe anytime.

Day	Dates	Time
THUR	*3/7-5/30	1p
Fee	Class Size	Activity #
N/A	20	246950-90





# LSACAB NOTICES

## Please consider applying to serve on the LSAC Advisory Board

The Lamar Senior Activity Center Advisory Board (LSACAB) needs a few more great volunteers to serve as members! Did you know that the Center is the result of a wonderful private/public partnership between the LSAC Advisory Board and the City of Austin Parks Department (PARD) that has lasted for over 45 years?

The LSAC Advisory Board is a tax-exempt, 501(c)(3), nonprofit organization made up of senior volunteers. It was formed in the late 1970s to raise money and support programs offered at, or through, the Lamar Senior Activity Center. A few examples of the support the Board, in conjunction with our LSAC Guild Board members, has provided in past years include:

- coordinating with volunteers to provide support at the Center to greet visitors
- assisting staff with special projects
- teaching classes
- selling nuts and cracking pecans as our annual major fund raiser

Proceeds raised have funded computers and software for the Center computer lab as well as feature movies (with the purchase of a special license to show major newer movies at the Center), games, refreshments, door prizes, and wonderful travel opportunities.

The Board also provides funding for special events held at the Center throughout the year, such as luncheons. Funds also pay for special certifications for City staff so they can teach classes at the Center, special landscaping, site maintenance, the purchase of furniture and appliances, and other improvements for the Center. In partnership, the City of Austin staff at the Center and the Board members are committed to sponsoring a variety of programs for everyone's enjoyment and education to ensure your experience at the Center is always a welcoming, diverse, and an enriching one.

**Board meetings are held on the second Wednesday of each month at 1:00 pm, September through May.**

Board members bring a world of knowledge with them and utilize their unique talents in everything they do for our Center. As with all our volunteers, they give their time free of charge, which enables us to offer our members programs, classes, and events at no cost (or low cost) year after year. All our volunteers' in-kind services are an invaluable asset and resource for the Center.

Please consider applying to serve and give back to our wonderful senior community. If you would like to serve on the board, please contact Paula Brown, LSACAB President.

**LSAC ADVISORY BOARD meets on MARCH 13, 2024 at 1p.**

Please submit agenda items for discussion by **Noon on Friday, March 8, 2024** to: Paula Brown, LSACAB President at [lsacboard1@gmail.com](mailto:lsacboard1@gmail.com). Everyone is welcome to attend.

## Tax Deductible Donation

Please consider making a tax-deductible donation to [the Lamar Senior Activity Center Advisory Board](#) (LSACAB) before the end of the year. The LSACAB is a tax-exempt, 501(c)(3), organization made up of senior volunteers, which was formed to raise money and support programs offered at, or through the [Lamar Senior Activity](#) Center. You will receive a thank you letter from the LSACAB detailing your donation which can then be used as proof of your charitable contribution for 2023 tax purposes.

***The Board cannot continue to provide the special programs and services offered at the Center at no cost or low cost, without continued volunteer assistance and funding support.***

# \*GROUP MEETINGS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

## BEMUSED LITERATI — Writers Group

A support group and friendship circle more than a workshop. Open to new members or people wishing to see if we are a good fit for their wants or needs.

Hopefully you enjoy writing in some genre.

Group Leader: Martin Mayland

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*3/5-5/28	1:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246216-23

## HANDICRAFT MEET-UP

Similar to a "Quilting Bee" this group meets to work on individual projects while catching up and chatting with old and new friends.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246507-22

## AUSTIN PALETTE CLUB

The Austin Palette Club returning every month on the **second and third Tuesday** for creative demos and illuminating show and share by local artists.

Looking to spark your creativity? Join us and be inspired.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	3/12 & 19	10a -1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	N/A

## ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!

ISLANDS OF NEW ENGLAND **Deadline Mar 15, 2024** SEPTEMBER 20-27, 2024

<https://gateway.gocollette.com/link/1188399>

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

<https://gateway.gocollette.com/link/1188415>

Brochures of these destinations are available at the volunteer desk.

For more information contact Tel Dalton or Maria Hernandez, LSACAB Travel Committee

**512-978-2480 or [tripscollette@gmail.com](mailto:tripscollette@gmail.com)**

Book Now  
Save \$100

## SMART DRIVER Class

Instructor: Joan Deluca

Pre-registration required - Pay instructor on day of class (cash or check) Class is for insurance purposes only--individuals should check with their own insurance company to confirm they will accept the class for discounts before signing up. Class is NOT for ticket dismissal. Classes meets the third Wednesday of each month.

Participants are encouraged to bring snacks and beverages A short break will be part of the class schedule.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	3/20 4/17	9a-1:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
Pay \$20/\$25 To Instructor	15	N/A





# Austin Parks and Recreation

Varsity Generation Programs and Age-Friendly Austin

Are Hosting

## “It’s My Park Day!”

To bring the community together and clean up this beautiful park!

**March 9, 2024 from 8:30 to 10:30 am**

**ROY G. GUERRERO PARK AT KRIEG FIELD**

**515 S. PLEASANT VALLEY RD**

**AUSTIN, TX 78741**

## **WE NEED VOLUNTEERS!**

Please let us know if you’d like to volunteer for this event by emailing [johnny.saldana@austintexas.gov](mailto:johnny.saldana@austintexas.gov) or calling 512-978-2666

- ✓ Lunch Will be Provided after Clean-Up
- ✓ Each Participant will get a free T-shirt
- ✓ There will be GAMES!
- ✓ There will be MUSIC!
- ✓ There will be GIVEAWAYS!



AGE-FRIENDLY  
AUSTIN





**JOE JENCKS**

Opening:  
**CLAUDIA GIBSON**



**Saturday, March 9, 2024**



**Lamar Senior Activity Center**

2874 Shoal Crest Avenue

[Austinacousticalcafe.org](http://Austinacousticalcafe.org)

Doors Open at 6:30pm

Music Starts at 7:00pm

Buy Tickets at Website  
\$20 Advance / \$25 Door

## ENVIRONMENTAL LECTURE



**Center for  
Environmental  
Research at Hornsby Bend**



### 2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

### **2024 NATURE and the AMERICAN MIND CONCEPTS of AMERICAN NATURE**

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	3/14	12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246211-

**March topic: Urban Nature: Perspectives on Nature and the City**

"Maybe it's not really nature at all, not a real ecosystem, just a bunch of weeds and exotics mixed up with human junk." Assessment whether urban nature is really nature.

Open to the Public – Pre-registration preferred but not required.

***Bring your lunch to enjoy while listening to the lecture.***



## LAMAR SENIOR ACTIVITY CENTER STAFF

John "JT" Harros, Program Supervisor  
Leticia Alvarez, Program Specialist  
Linda Gonzalez, Administrative Assistant  
Andy Maldonado, Building & Grounds  
Assistant  
Laura Adams, Instructor-Activity Specialist  
Jennifer Taylor, Instructor  
Jaya Zyman, Instructor  
Paulina Guerrero, Temp

Kelly Maltsberger, CPRP, Program Manager

## LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

Paula Brown, President  
Yvette Scott, Vice President  
John Camden, Treasurer  
Norma Jost, Secretary  
Rick Adcock, Terri Behrmann,  
Holly Chacona, Madeline Ducate,  
Getel "Tel" Dalton, Maria "Myr" Hernandez,  
Charles "Chuck" Mandelbaum,  
William "Bill" Myers, Patsy Phillips,  
Claudia Savio

### **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.