

## 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: <u>www.austintexas.gov/seniors</u>



Austin Parks and Recreation Department - Seniors

# AUGUST



# **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

<u> Monday - Thursday 9a-3p, or Friday 9a - 12:30p to complete a 2019 waiver</u>

#### PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the PARD Recreation and Senior Activity Centers. Registered participants are issued a photo id card which you scan when you enter the center to help us easily track center usage, monitor programming activities and secure COA-PARD support.

If you do not have a 2019 waiver and/or an ID card, please stop by the Staff desk and complete the necessary documents on your next visit to the center.

Once your 2019 waiver information is in the "Pass" registration system it only takes a few minutes to get your photo ID on the spot or at your next visit during posted registration hours.

#### **HOURS OF OPERATION**

Monday 8:30a-8:30p

Tuesday, Wednesday & Thursday 8:30a-4:30p Friday 8:30a-1:30p and 6-10p

Class & Activity Registration & PARD/LSAC Payments\*
M 9a -7p T/W/Th 9a-3:30p F 9a-12:30p

\*unless otherwise noted, system unavailable, etc.

Cash/Check/Credit Card payments accepted for LSAC programs/events

Cash/Check ONLY accepted for Advisory Board donations, etc.

There is a \$25 cash fee on all returned checks.

Computer Lab Hours of Operation\*\*
M 9a -8p T/W/Th 9a-4p F 9a-1p; 6-9p

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

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, August 15 12:30p

# Texas PUBLIC Employees Association (TPEA)

No meeting in August

### LSAC Advisory Board and the Austin Palette Club

Meetings return in September, 2019

#### **Handicraft Group**

New members and guests welcome Wednesdays 1p

#### **BeMused Literari**

Tuesdays, 1:30-3p

Austin Parks and Recreation Department Land, Facilities and Programs Committee

Monday, August 12 5:30p

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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| Fun for All                  | 13,23        |
| Health & Wellness            | 9-12         |
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| Trips                        | 24-26        |

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

### LSAC CLOSURES



Monday, September 2, 2019

#### BINGO & BIRTHDAYS

Wednesday, August 21, 2019 10a-12p \$1 per card



It's time again for our monthly Bingo and Birthdays **Celebration!** Remember: In your birthday month you will receive 2 FREE bingo cards and cake or cupcakes will be served to all present. Games begin promptly at 10a and will end no later than 12p. Prizes will be awarded based on the number of

cards sold. No need to pre-register for the August 19th Bingo Game; just show up ready to pick your game cards, pay and play on game day! Lunch will not be served. No payments due until day of event.

Bingo and Birthday Celebration Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer.

### SOCIAL GAMES

**Mexican Train Dominos** 

Mondays, 12:30p

Led by LSAC Volunteer, Mil Love

Thursdays, 12:30p

Led by LSAC Volunteer, George de Villiers

Bunco

Tuesday, August 6 & 20; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub\*

Tuesdays, August 13 & 27; 1p

Led by LSAC Volunteer, Claudia Savio

**Bingo & Birthdays** 

Wednesday, August 21; 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

#### LSAC Closed Monday, September 2

"If you would like to learn Pinochle, let us know of your interest and when we have enough interested participants we will consider adding beginner classes.

> \*Rummikub and a variety of board games are always available for pick up games anytime in the lobby!

### BRIDGE

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

Mondays, 12:00-3:30p Friday ACBL Games: Friday, August 2 & 16 \$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 No Games 9/2

\*Room subject to change due to COA PARD/LSAC events

### ENRICHMENT

#### CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

LSAC BIRD FEEDER WATCH!

Wednesdays, 9:30a - 10:30a FREE

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

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

#### WRITING THE STORIES OF YOUR LIFE

Your memories are your real family treasures!

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

Two separate classes to choose from!

Mondays 2 - 3:30p Session: Sept. 9 - Oct. 14

Thursdays 1:30 - 3p Session: Sept. 5 - Oct. 10 Fee \$48 per session (includes 6 classes)

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



#### **CHESS ANYONE?**





Would you like to learn to play chess or practice your skills? Then you've come to the right place! LSAC volunteer, George de Villiers, loves to play and teach chess and has agreed to share his knowledge and to spread the love of the game here at LSAC!

1 on 1 Classes or Games by Appointment Call George at 210-360-9432

### ENRICHMENT

#### **AARP Smart Driver Program**

**Instructor: Beverly Martin** 

Next Class: Thursday, August 8 9a-1p
Future Classes: Thursday, September 12
Thursday, October 10 (this date subject to change)

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!



### ENRICHMENT

# FOUNDATIONS OF INVESTING: Financial Literacy Class

2nd Session

Wednesdays August 14-28 & September 4 10-11:30a FREE -4 Week Session

Limited space; Registration for this class begins July 25, 2019



Do you have questions or want current information to better understand and navigate investments, financial statements, etc.?

Chris Cybulski, a registered financial advisor and qualified presenter, will guide you through financial statements and how to read them, how stocks, bonds and mutual funds

work and how to interpret fees charged to better understand them. In addition, the class will spend time breaking down what makes a portfolio "healthy", the benefits and risks we face in today's market, and a variety of topics to help you increase your fiscal knowledge and work towards your financial goals.

Senior Tech Seminar Wednesday September 4, 2019 1:30-3:30p FREE





- -<u>Making the Phone Easier on You</u> a general overview on how to make smartphones easier to use
- -<u>Tech That's Fun and Useful</u> a look at features many folks may not have thought about such as photos, calendars and cloud storage.

The event will also allow for seniors to ask questions and get help with their specific phones. Android and Apple phones will be covered. Information on the federally-funded CAPTEL program, designed specifically to help individuals with hearing loss access the telephone, will also be provided.

Seating limited; you must pre-register for this informative seminar.

We hope to see you there!

### HEALTH AND WELLNESS

### FRIDAY FITNESS FUN!



9:30a Fridays\* FREE

This class is modified and the choreography focuses on **balance, range of motion and coordination**. Everyone is encouraged to move at their own pace—**all levels welcome, no judgement**...just get moving!

Jacque Cotrell, Certified Zumba® Gold Instructor and LSACAB Volunteer

Please complete a 2019 PARD Waiver before attending class.

# STRENGTH & STRETCH FRIDAYS AT 11:25a

Patti Gagne, PARD Instructor

- Balance the body's strength and flexibility while improving coordination and agility in a fun relaxed atmosphere.
- All classes are geared toward active adults 50+ but everyone is welcome.
  - All classes are FREE

Please complete a 2019 PARD Waiver before attending class.

### HEALTH AND WELLNESS



Exercise~ **Mondays** 9 - 10a No Class 9/2

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



and 6p-9p

#### Closed on 9/2

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

(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 July 10 - August 7

Next Session: August 14 -Sept. 11

**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

July 8 - August 8

Next Session: August 12 - Sept. 16

No Class 9/2

**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 various ailments.

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

#### Tai Chi~

Tuesdays 1-2p Fridays 12:30-1:30p

July 2 - August 9

Next Session: Aug. 13 - Sept. 20

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~

No Class 9/2

only.

Rebecca Brownlow, LSAC Instructor, offers small group and individual Personal Training sessions after her Monday & Wednesday exercise classes. If you are interested in this opportunity, please speak with Rebecca about the details. \$5 fee for one 1/2 hour session/ by appointment

Contact Rebecca to set time and date: 512-978-2480 or email: rebecca.brownlow@austintexas.gov

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### HEALTH AND WELLNESS



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 - FREE Thursdays, 10:30 – 11:30a

Taught by LSAC staff, 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 complete a 2019 PARD Waiver prior to attending your first class.* 



#### **SUMMERTIME IS HERE - THE HEAT IS ON!**

#### **Stay Hydrated**

Make sure to drink water often throughout the day. If you have a water bottle, bring it with you! Using a straw makes it easier to drink more.

#### Stay Cool

If you plan on going out during the day be mindful of where you are going such as does the place have shade, air conditioning, water, etc. Wear protective and breathable clothing.

#### **Stay Shaded**

Wear sunglasses during the day to protect your eyes from harmful UV rays. Wear hats to keep the sun off your face. Wear sunscreen to protect your skin.

#### **Stay Smart**

If you like to be outdoors, try going out early in the morning or later in the evening to avoid the high temperatures. Use bug spray if you plan on being outdoor to protect yourself from bugs and mosquitoes.

### 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!

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

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



# Line Dancing Classes!

Tuesdays, 2-3p FREE

All levels of experience welcome!

Come dance with us! We do a variety of fun easy dances to music of all genres. Wear whatever is comfortable; you don't need special dance shoes. Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing led by

Connie Shell, LSAC Volunteer!!!

Please register with LSAC staff

#### **Improver Line Dance**

Class (High Beginner to Intermediate)
Tuesdays 1-1:45p FREE

Linda Fugate, Volunteer Leader

Take your Line Dancing to the next level! This class offers dance instruction for seniors who have enough experience to dance at the high beginner, easy intermediate level. Students should be familiar with basic step patterns such as vine, jazz box and K step. Dances taught will prepare students to participate in dance events outside of class.

Please register with LSAC Staff

### 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.

Date: Tutoring time slots available:

Aug 8 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Aug 22 (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

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

# Computer Basics Wednesday, August 14 & 28 10-11a

The skills that will be addressed help people to:

- ightarrowuse desktop computers
- $\rightarrow$ understand the Windows operating system
- →use email to communicate with others
- →use the Internet to find information
- →locate events, transportation, and opportunities for learning
- →use social media
- →use an online calendar for scheduling and event reminders

Register with LSAC Staff - Limited Space



FREE Classes

### SPECIAL EVENTS

#### **2019 LUNCHTIME LECTURE SERIES**

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

The Meaning of Flowing Water
Wednesday, August 14 NOON to 1p

#### Strong Brown Gold: Poetry of Flowing Water

This set of lectures focused on the "Meaning of Flowing Water" began in May with Greek mythology and ends now in August with poetry in order to



complete a metaphorical hydrological cycle, since the poetry of flowing water often references mythology. In his poem "The Dry Salvages" T.S. Elliot famously wrote, "I do not know much about gods; but I think that the river is a strong brown god - sullen, untamed and intractable" which are the attributes of his hometown river, the Mississippi, and river gods. It was also the Mississippi that inspired Langston Hughes to write "My soul has grown deep like rivers" in his first published poem. Rivers, streams, and flowing water have inspired a wide range of poetic response beyond the mythical, and this lecture will examine how American poets have engaged particular rivers, streams, and brooks,

as well as mythical and metaphorical currents flowing through American culture.

#### FREE and Open to the Public

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

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| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SAT/SUN  |
|--|---|---|---|--|--|
| in the LSAC program guide and ca<br>program leader/coordinator or site   | l<br>events, etc. are listed on the calendar;   |   | 1 Find Balance 10:30a Mexican Train 12:30p Movie: The Post 12:30p Mah Jongg 1p Gentle Yoga 2p   | Zumba Gold 9:30a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p (MAKE UP CLASS) Let's Dance 7:30p | 3/4  |
| Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p                | Water Aerobics 10a (offsite) Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p                        | 7 Citizen Science 9:30a Exercise 11a Movie: Toy Story 12:30p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p  | AARP Smart Driver 9a Tech Time 9:30a or 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p TRIP: Sister Act 10:30a | Zumba Gold 9:30a<br>Strength & Stretch 11:25a<br>Tai Chi 12:30p<br>Let's Dance 7:30p   | Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- RED ink |
| Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Craft Night 6p Pilates 6p Creative Drawing 7p | Water Aerobics 10a (offsite) Movie: True Grit 10:30a Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p | Citizen Science 9:30a Free Net Computer 10a Financial Literacy 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p | Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p  TRIP: Inner Space Cavern 9a   | Zumba Gold 9:30a Vintage Voices 10:15 ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p            | 17/18  |
| Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p                | Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p TRIP: SALT Fair 9a                                  | Citizen Science 9:30a Financial Literacy 10a Exercise 11a Bingo & Birthdays 10a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p                       | Tech Time 9:30a or 10:30a Find Balance 10:30 Movie: Kings Speech 12:30p Mah Jongg 1p Mexican Train 12:30p Gentle Yoga 2p                    | Zumba Gold 9:30a<br>Strength & Stretch 11:25a<br>Tai Chi 12:30p<br>Let's Dance 7:30p   | 24/25  |
| Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Craft Night 6p Pilates 6p Creative Drawing 7p | Tai Chi 1p Rummikub 1p CASINO PARTY 1P Improver Dance 1p Line Dancing 2p Pilates 2:30p - No class                           | Citizen Science 9:30a Financial Literacy 10a Free Net Computer 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p                       | Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p  TRIP: High Tea 12p  | Zumba Gold 9:30a Vintage Voices 10:15 Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p                               | 31   |

### **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.

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, August 12 & 26 6:30-8p



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**

August 12 - *Jewelry Club - Safety Pin Bracelets* August 26 - Shadow Boxes

Please bring your own shadow box, pictures, treasured trinkets and keepsake memorabilia items. We will supply paper, stickers, embellishments, and the tools to bring your shadow boxes to life. You can purchase your shadow boxes from most craft supply stores such as Hobby Lobby, Michael's, Joann Fabrics and Crafts. Talk with Kim if you need more information about the supplies.

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

### **EVENING PROGRAMS**

### LET'S DANCE CLUB

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



#### STEPPIN' OUT - COUNTRY STYLE

GRAB A PARTNER and sign up TODAY!



Fridays, 7-8:30p FREE Upcoming Sessions:

No Classes in August

Next Session: September 13, 20, 27

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

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

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

### SPECIAL PROGRAMS



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



### **Bob Livingston**

Colin Gilmore & Nicolette Good Opening

September 14, 2019 7:00p

Doors open at 6:30p

Tickets: \$17 in advance (Online Only)
\$22 day of the show (taxes & fees included)

# purchase your tickets online today! austinacousticalcafe.org

Lamar Senior Activity Center is an alcohol-free COA-PARD Facility.

Coffee and desserts /snacks available to purchase before the show and at intermission.

### SPECIAL EVENT





### SPECIAL PROGRAMS



# PARTY What's the Deal?

Tuesday, August 27, 2019
\$5 per participant
The Casino will be open
I to 3p
Roll the Dice and
Party with Us!



### A High Stakes Happening!

The chips are stacked for Roulette or Blackjack!
Try your hand at Texas Hold'em, Slots and enjoy
Light Refreshments, Prize Raffles and MORE!
Beginning July 25, RSVP to LSACAB Volunteer Receptionist

Beginning July 25, RSVP to LSACAB Volunteer Receptionist before August 23 at noon.

<u>Limited Space; NO Drop-ins day of event</u>
Co-Sponsored by the LSAC Advisory Board

Bring your LSACAB Lime Green Participant Card to claim extra chips!

### LSAC FUN

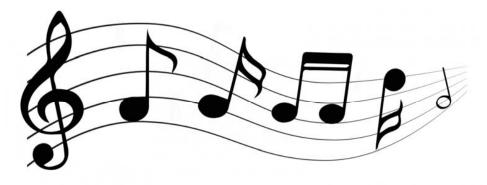
COMING TO LSAC IN SEPTEMBER...

### **UKULELE CLASSES**



The Austin Tuesday Ukes group, lead by Kevin Jolly, is expanding to LSAC!!
Kevin will begin offering free classes in September and then lead weekly meet ups for all to join in.

**Date/Time TBA** 



### 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.

# **AUGUST 2019 TRIP LOTTERY FORMS SUBMISSION DATES AND TIMES:**

Thursday July 25 9a-3p Friday July 26 9a-1p Monday July 29 9a-3p

To complete a August 2019 LSAC Trip Lottery Form, **call 512-978-2480** during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via phone. You may also come by the Lamar Senior Activity Center during the same allotted days and times to personally complete your lottery registration form.

A completed and signed **2019 PARD/LSAC waiver** for *each* participant must be on file to participate in LSAC trips.

Registration is also accepted **AFTER** lottery submission period for any trip openings and/or waitlists.

Unless otherwise noted, trips will depart from the upper parking lot of Lamar Senior Activity Center, 2874 Shoal Crest Avenue

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process, make payment (by deadline) 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



Inner Space Cavern in Georgetown\*\*
Thursday, August 15

Come out and have a fun day exploring the underground world of Inner Space Caverns where the temperatures will be a cool average of around 70°F. Inner Space cavern was first discovered by TX Highway Department in 1963.

Tours began soon after giving the public a chance to explore the underground world of stalactites and stalagmites. We'll take the classic tour following our guide on a mostly lit and paved pathway. We'll learn all about the rooms and formations and learn about the history of this cavern in about a one hour tour. Closed toe shoes are mandatory.

Depart: 9a Return: 2:30p Fee: Resident \$28/ Non-Resident \$29

Additional Expense: Fish City Grill (\$15-\$20) <a href="https://fishcitygrill.com/">https://fishcitygrill.com/</a> Activity Level: - HIGH Walking through caverns, uneven terrain, stairs

and ramps

\*\*Inner Space Cavern cannot accommodate walkers or wheelchairs; this is an Inner Space Cavern policy

SALT Fair – Dittmar Recreation Center Seniors and Law Enforcement Together

Tuesday, August 20



Come visit with different law enforcement

officers, listen and ask questions. Afterwards have some delicious lunch and win door prizes at this fun all senior event. This is usually a very fun affair with lots of giveaways!

Depart: 9a Return: 1:30p

Fee: FREE Event

Activity Level: LOW- MODERATE – Walking through indoor venues,

possible stairs and ramps

### TRIPS . . .



High Tea at Full English Thursday, August 29

Full English is a British-owned small family business serving all-day British breakfast, teas and coffees, hand-baked sweets and savories. They make everything by hand with fresh produce and proper

ingredients, local where possible. The cafe is a cozy, eclectic, arty, vintage, old -school-punkish place to relax with family, friends or just yourself. Sip your tea (or wine or beer), take your time, and check out their vintage and second-hand finds for sale.

Depart: 12p Return: 2:30p

Fee: Resident \$22.00 / Non-Resident \$23.00 (includes High Tea)

**Additional Expenses:** 

Activity Level: LOW- MODERATE - Walking through indoor venues,

possible stairs and ramps



ANN at the Zach Theater Saturday, September 7

Written by Holland Taylor - **ANN** is an intimate, no-holds-barred portrait of Ann Richards, the legendary late Governor of Texas. This inspiring and hilarious play brings us face to face with a complex, colorful, and captivating character bigger than the

state from which she hailed. *ANN* takes a revealing look at the impassioned woman who enriched the lives of her followers, friends, and family. We will have lunch at Schlotzsky's before the performance.

**Depart:** 12:30p Performance 2:30p **Return:** 5p

Fee: Resident \$54.00 / Non-Resident \$55.00 (includes show ticket)

Additional Expense: Meal at Restaurant (\$10-\$15); Beverages @ ZACH

www.schlotzskys.com/texas/austin/1517

Activity Level: LOW- MODERATE – Walking through indoor venues,

possible stairs and ramps

### MOVIES



### FREE Weekly Movies in August!



**The Post** (2017)

PG-13 Drama/Thriller 1h 57m

Thursday, August 1 10:30a FREE

Katharine Graham (Meryl Steep) is the first female publisher of a major American newspaper -- The Washington Post. With help from editor Ben Bradlee (Tom Hanks), Graham races to catch up with The New York Times to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents. Together, they must overcome their differences as they risk their careers -- and very freedom -- to help bring long-buried truths to light.

**Toy Story** (1995—the original) PG Comedy 1h 21m

Wednesday, August 7 12:30p FREE

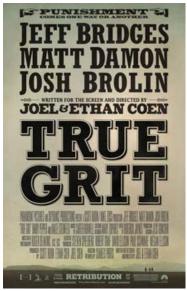
Toy Story is a computer animated comedy film produced by Pixar Animation Studios & released by Walt Disney Pictures. Taking place in a world where anthropomorphic toys come to life when humans are not present, the plot focuses on the relationship between an old-fashioned pull-string cowboy doll named Woody and an astronaut action figure, Buzz Lightyear, as they evolve from rivals competing for the affections of their owner Andy Davis, to friends who work together to be reunited with him after being separated.



### MOVIES-Continued . . .

Movies, popcorn and snacks provided by LSACAB.

Bring a friend and join us!



#### **TRUE GRIT** (2010)

PG 13 Adventure/Western 1h 15m **Tuesday, August 13 10:30a** FREE

True Grit is a 2010 American Revisionist Western film directed, written, produced, and edited by the Coen brothers and executively produced by Steven Spielberg. It is the second adaptation of Charles Portis' 1968 novel of the same name, which was previously released in 1969. This version stars Hailee Steinfeld as Mattie Ross and Jeff Bridges as Deputy U.S. Marshal Reuben J. "Rooster" Cogburn, along with Matt Damon, Josh Brolin, and Barry Pepper. A stubborn teenager enlists the help of a tough U.S. Marshal to track down her father's murderer.

#### THE KING'S SPEECH (2010)

R Drama/History 1h 59m

#### Thursday, August 22 12:30p FREE

England's Prince Albert (Colin Firth) must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth (Helena Bonham Carter) hires Lionel Logue (Geoffrey Rush), an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.



### LSAC ADVISORY BOARD

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

Summer is almost over which means the Advisory Board will start meeting again. Board meetings are open meetings and everyone is welcome to attend. The Board meets the second Wednesday of every month at 2:00p.m. from September through May.

Items for discussion at the Fall meetings are planning Birthday Bingo, the Veterans' Breakfast, Holiday Luncheon and Volunteer Appreciation Event, getting volunteers and a nut order ready for the Annual Nut Fundraiser and appointing a Nominating Committee to fill Board vacancies. The Board will also receive updates on the Art Show and Sale, Ice Cream Social and Casino Party. If you can't attend a meeting, you can help with planning and updates by filling out the evaluation forms that are supplied to you at each event.

We will be asking for volunteers to sell nuts and crack pecans for the Nut Fundraiser taking place in November, December and January. Our regular volunteers are not available every year so, if you're a seller or cracker, we need a small amount of your time every week. You can also volunteer to be a substitute on a certain day in case the scheduled volunteers cannot work for some reason. Just like the substitute volunteer receptionist on Wednesday mornings. She's not a new volunteer because she has donated her time as a Board Member and nut seller. Yvette Scott will be filling in for Judi Brooks for a couple of months. Our group of volunteers are a generous, friendly and fun bunch of people that you need to join and get to know. Any time you volunteer, you record the amount of hours worked. At the end of the year, I make a list of all volunteers who gave their time to the Center and those wonderful people are invited to the Volunteer Appreciation Event. One hour or one hundred hours . . . . it doesn't matter. ALL volunteers are appreciated.

Oh, did I say Casino Party? Yes I did. August's event is just that. The cost is \$5 for all the food, gambling, prizes and fun you can stand! Look for details in this Program Guide to find out how to sign up. Also, if you bring your Green LSACAB Participant Card (given to you when you made your yearly donation), you'll receive extra gambling chips. Just a thank you for those of you who made that donation this year. Those donations and our Annual Nut Fundraiser enable the Board to sponsor all these events.

Enjoy the rest of your summer and we hope to see you at the Center for the Casino Party and Advisory Board meetings.

### COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

Nashville & the Smokey Mountains Holiday featuring Gatlinburg & Asheville Travel Dates: December 5-12, 2019

Discover Washington, D.C., Niagara Falls & New York City

Travel Dates: April 17-25, 2020
TRIP PRESENTATION: September 12 10a

Imperial Russia
Travel Dates: June 18-26, 2020

Brochures available in LSAC North Hall Info table.

For more information call and leave a message for:
Tel Dalton , LSACAB Travel Committee Representative
LSACAB Travel Committee 512-978-2480
Or email: tripscollette@gmail.com

### COLLETTE TRIP PRESENTATION

Discover Washington, D.C., Niagara Falls
& New York City

Travel Dates: April 17-25, 2020

Come get the details of this trip at the

Travel Slide Presentation
Thursday, September 12, 2019 10-11a

R.S.V.P. with LSAC Receptionist

### 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 I
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**

Liana Kallivoka, PhD, P.E, Interim Director
Kim McKnight, Acting Assistant Director
Lucas Massie, Acting Assistant Director
Suzanne Piper, Chief Administrative Officer
Anthony Segura, Assistant Director
David Crabb, CPRP, Acting Division Manager
Ben Rustenhaven, CPRP, Acting Program Manager

#### LSAC Staff

Jerilyn Rainosek, Programs Supervisor Kimberly Flores, Program Specialist Leticia Alvarez, Program Specialist Teresa Hudson, Administrative Associate Maria Hernandez, Administrative Assistant Andy Maldonado, Building & Grounds Assistant

#### Office of City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager

#### Parks Board

Dawn Lewis, Chair
Romteen Farasat, Vice Chair
Richard DePalma, Board Member
Nina Rinaldi, Board Member
Anna Di Carlo, Board Member
Kate Mason-Murphy, Board Member
Tom Donovan, Board Member
Fred Morgan, Board Member
Francoise Luca, Board Member
Laura Cottam Sajbel, Board Member
Kimberly Taylor, Board Member

#### LSAC Advisory Board

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



#### **Austin Parks and Recreation Department Vision:**

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

#### Mission:

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.