



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

MAY



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, May 16 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 ; Sept-May

Wednesday, May 8, 2019 2p

If you have an agenda item, please get your info to Jerilyn by noon, Friday May 3, 2019.

The next LSACAB Mtg.: September 11, 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.

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LSAC CLOSURES

LSAC CLOSED
MONDAY, MAY 27
IN OBSERVANCE OF
MEMORIAL DAY



NOTICE

CLOSED FOR MAINTENANCE

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June 2-8, 2019

*It's that time of year again when
we "Spruce up the Center" and
make repairs to enhance your
experience.*

GAMES

BINGO & BIRTHDAYS

Wednesday, May 15, 2019

10a-11:30p

\$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 11:30a. Prizes will be awarded based on the number of cards sold. No need to pre-register for the May 15 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

Tuesdays May 7 & 21; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, May 14 & 28; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays

Wednesday, May 15; 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 LSAC closed 5/27

Friday ACBL Games monthly

10:30a - May 3

\$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

"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)
To Enroll or for questions about the class, please call instructor.



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 4p on May 8.

ENRICHMENT

AARP Smart Driver Program is Back!

Instructor: Beverly Martin
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!

Friday 10:15a
May 10
Free



Drop In Participants & Guests Welcome!

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

ENRICHMENT

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 2 - 3:30p OR Thursdays 1:30 - 3p

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information and class availability.

Classes will resume in the fall - Dates & Fees TBA



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

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

BIRDS, BLOOMS & BUTTERFLIES!

eBird and iNaturalist Projects

Wednesdays, 9:30a - 10:30a

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

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. If you have questions, please speak with Maria "Myr" Hernandez, Group Leader

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

*** No Instructor May 17 & 24; Classes will be presented by video**

Please complete a 2019 PARD Waiver before attending class.

STRENGTH & STRETCH

FRIDAYS AT 11:25a

No class 5/31

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.

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

Play doubles; no partner needed.

Located at 24th & Lamar. Two courts reserved for play.

Contact Bob Freeman: 512-680-1453 or bfreeman704@gmail.com



HEALTH AND WELLNESS



Exercise~

Mondays

9 - 10a

No class 5/27

Wednesdays

11a-12p

No Class 5/29

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

April 17-May 15

Next Session: May 22 - June 26

No class 5/29 & 6/5

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

Apr. 11 - May 13

Next Session: May 16 - July 1

No class 5/27, 5/30 & June 3 & 6

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

Apr. 2- May 10

Next Session: May 14-June 21

LSAC closed 6/3 through 6/7

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green

Fee:

Res/Non-Res \$30/\$36 (Tue only)

Res/Non-Res \$30/\$36 (Fri only)

Res/Non-Res \$50/\$60 (Tue & Fri)

Res/Non-Res \$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.

Personal Training~

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

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



HEALTH AND WELLNESS



Afternoon Pilates Class

Tuesdays 2:30 -3:30p FREE *No class 5/28*

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, 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 complete a 2019 PARD Waiver prior to attending your first class.*



Natural Hacks for Memory Support Wednesday, May 22 12 - 1p

While age-related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

Speaker is Morgan Shea - Nutritional Health Coach at Natural Grocers

Please register with LSAC Staff

AHA Family and Friends CPR Tuesday, May 14 10a - 12p

AHA Family and Friends CPR is a class designed to deliver basic knowledge about cardiopulmonary resuscitation (CPR) if someone ever had to save a life of a loved one. Participants will have the opportunity to practice what they learn in class on mannequins. This class does not provide CPR certification, just simply knowledge on the CPR process itself. Taught by Lan Au

Please register with LSAC Staff



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.



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

No class 5/28

*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

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 30 with Kimberly.**

MAY Classes-FULL

Please contact Kim Flores, LSAC Program Specialist to be placed on May class waiting list or to get info on [JUNE 2019 classes](#).

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

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

GROUP COMPUTER CLASS

Free Classes

Register with LSAC Staff - Limited Space

Windows 10 Workshop Wednesday, May 8 10 – 11a

This session will cover what's new in the Windows 10 operating system, including settings to make use easier, notifications, search assistance, and more. If you have questions about how to use the computers in the lab, this session is a good time to get them answered.

MS Excel 2 Workshop Wednesday, May 22 10 – 11a

This session will build your skills at filtering and sorting data, mathematical operations, and formulas in Excel. We'll practice making a budget and learn more advanced spreadsheet skills.

These Free Classes are being offered by Austin Free-Net



SPECIAL EVENTS

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, May 8 NOON to 1p

The Round River: Myth, Meaning and Flowing Water



This month we focus on the meaning of rivers and streams in Western culture. Humans have ancient and complex cultural relationships to rivers revealing the deep significance flowing water has for the human psyche, and so we begin with the Ancient Greek myths of Narcissus and Orpheus and the Greek cosmology of Okeanos, the Earth-Encircling Round Rive. In metaphysics the river as a



symbol of Being can be found throughout Western philosophy, and, from the Pre-Socratic philosopher Heraclitus, we supposedly learned that one cannot step in the same river twice, and, in the 20th Century, the philosopher Alfred North Whitehead revived the idea of existence as flowing in his great work, *Process and Reality*. And in psychology, the metaphor of flowing water shapes the view of consciousness as a stream of psychic activity. So join us as we follow the Round River and explore the myth and meaning of flowing water.

Free and Open to the Public

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



MAY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><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></p> <p><i>NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.</i></p>		<p>1</p> <p>Citizen Science 9:30a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p>	<p>2</p> <p>Find Balance 10:30 Mah Jongg 1p Mexican Train 12:30p Writing Stories 1:30p Gentle Yoga 2p</p>	<p>3</p> <p>ACBL Bridge 10:30a Zumba Gold 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p</p>	<p>4/5</p> <p>Saturday May 4 TRIP: New Braunfels</p>
<p>6</p> <p>Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p</p>	<p>7</p> <p>Movie 10a Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>8</p> <p>Citizen Science 9:30a Computer Class 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p Advisory Board Mtg 2p</p>	<p>9</p> <p>AARP Smart Driver 9a Tech Time 9:30a or 10:30a Find Balance 10:30a Mah Jongg 1p Mexican Train 12:30p Writing Stories 1:30p Gentle Yoga 2p TRIP: BST Main Event</p>	<p>10</p> <p>Zumba Gold 9:30a Vintage Voices 10:15a Strength & Stretch 11:25a Tai Chi 12:30p Steppin'Out 7p Let's Dance 7:30p</p>	<p>11/12 Saturday, May 11</p> <p> Missy Raines & The New Hip 7p</p>
<p>13</p> <p>Exercise 9a Records Mgmt. 10a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Craft Night 6p Pilates 6p Creative Drawing 7p</p>	<p>14</p> <p>Family CPR 10a Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>15</p> <p>Citizen Science 9:30a Bingo & Birthdays 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p>	<p>16</p> <p>Find Balance 10:30a Mah Jongg 1p Mexican Train 12:30p Writing Stories 1:30p Gentle Yoga 2p TRIP: Lunch Oasis</p>	<p>17</p> <p>Zumba Gold 9:30a Video Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p</p>	<p>18/19</p>
<p>20</p> <p>Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Creative Drawing 7p TRIP: RR Express</p>	<p>21</p> <p>Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>22</p> <p>Citizen Science 9:30a Computer Class 10a Exercise 11a Memory Nutrition 12p Movie 12:30p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p TRIP: Animal Center</p>	<p>23</p> <p>Tech Time 9:30a or 10:30a Travel Presentation 10a Find Balance 10:30 Mah Jongg 1p Mexican Train 12:30p Writing Stories 1:30p Gentle Yoga 2p</p>	<p>24</p> <p>Zumba Gold 9:30 Video Strength & Stretch 11:25a Tai Chi 12:30p Steppin'Out 7p Let's Dance 7:30p</p>	<p>25/26</p> <p>Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- BLUE ink</p>
<p>27</p> <p>LSAC CLOSED MEMORIAL DAY</p> <p> A Time To Honor America's Heroes</p>	<p>28</p> <p>Tai Chi 1p Rummikub 1p Improver Dance -No Class Line Dancing 2p Pilates 2:30p - No Class</p>	<p>29</p> <p>Citizen Science 9:30a Exercise - No Class Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga Class - No Class TRIP: Hike Turkey Creek</p>	<p>30</p> <p>Find Balance - 10:30a Mah Jongg 1p Mexican Train 12:30p Gentle Yoga No Class</p>	<p>31</p> <p>LSAC Art Show 9:30a Zumba Gold 9:30 Strength & Stretch No Class Tai Chi 12:30p Artist Reception 6p Steppin'Out 7p Let's Dance - No Dance</p>	<p>1/2</p> <p>Saturday, June 1 LSAC Art Show & Sale 10a - 4p</p>

SPECIAL PROGRAMS

AUSTIN ACOUSTICAL CAFE

*Austin Parks and Recreation Department in collaboration with
The Live Music Capital Foundation Present . . .*



Missy Raines and The New Hip

Opening:
**Colin Gilmore &
Nicolette Good**

May 11, 2019
7:00p
Doors Open at 6:30

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

PURCHASE YOUR TICKETS ONLINE TODAY!

austinacousticalcafe.org

SPECIAL PROGRAMS

AUSTIN ACOUSTICAL CAFE

**Don't Miss the Last Show
Before Summer Break!!**

Missy Raines & The New Hip

Missy Raines & the New Hip - Based out of Nashville, TN, Missy Raines is considered to be one of the most respected, popular, and trailblazing figures in bluegrass today. A seven-time winner of the IBMA Bass player of the year award, and a member of Allison Krauss' first all-female bluegrass band, she has backed greats such as Claire Lynch, Mac Weisman, Kenny Baker, and Peter Rowan. Raines now leads her own innovative and genre-bending trio, **The New Hip**, which is a rich, jazz-tinged combination of her bluegrass roots and thick Americana. With a smoky and seductive alto, Missy Raines heads up this trio featuring mandolin/fiddle, upright bass, and acoustic guitar. The territory The New Hip covers is broad and the compass is set by Raines, planted center stage, directing with her bass every bit as much as she's playing it. Missy Raines and the New Hip are set to release their 3rd album for Compass Records this Summer, produced by Alison Brown, where the sounds are lush, the groove is thick, and the songs memorable.

Colin Gilmore & Nicolette Good

Colin Gilmore, a Lubbock native, spent many nights as a child in nightclubs such as Stubbs, where he witnessed songwriters like Joe Ely, Terry Allen and his own father, Jimmie Dale Gilmore. He developed a taste for Buddy Holly, Townes Van Zandt and bands such as The Clash and The Pogues. Gilmore has been writing, performing and touring for more than a decade. His latest release, *The Wild and Hollow*, recorded in Austin and Chicago, showcases rich arrangements and instrumentation while still leaning on his roots rock and singer/songwriter foundation.

Nicolette Good is a Texas singer-songwriter and 2012 winner of the Kerrville New Folk competition. In a voice that's at once refined and raw, Nicolette sings with penetrating insight about hope, wrenching love, and the mysteries of everyday life. Her clever and effortless storytelling shines in toe-tappers like "Aloha" and "All the Time in the World." Songs like "Hurricane Caroline" tell intimate stories of enigmatic, tragic characters. Nicolette released "Little Boat on a Wave" (2015) following a residential artist program called The Lighthouse Works in New York. Critics have called her "a songwriter to follow" and "a poet of the first order."

EVENING PROGRAMS



PILATES

Mondays

No Class 5/27

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

LSAC closed 5/27

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

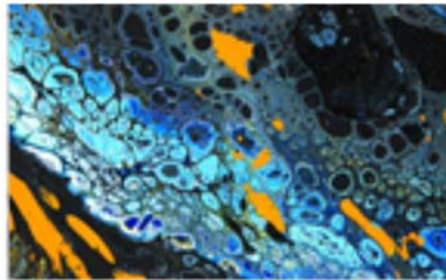


Craft Night with Kimberly

Monday, May 13

6p* Fee \$5

Acrylic Paint Pouring



****Due to multiple steps for this craft - we will start promptly at 6p.
This will be a messy, but creative and fun craft - please wear clothes
that can get dirty with paint.***

We will need to leave our pieces overnight to dry.

Space is limited.

\$5 fee for materials

Register and pay in advance to secure your space

EVENING PROGRAMS

LET'S DANCE CLUB

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

No Dance May 31 & June 7

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

EVENING PROGRAMS

STEPPIN' OUT - COUNTRY STYLE

GRAB A PARTNER and sign up TODAY!



Fridays, 7-8:30p

Upcoming Sessions:

May 10,24,31 *No class 5/17*

June 14-28

July 12-26

These **3 week courses** continue in basic 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

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**

♦ **Artist Reception**

Friday, May 31 6-8:30p

♦ **Saturday, June 1 10a - 4p**

*Artist Registration Deadline
Friday May 17 12p*



Support Local Artists!



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.

MAY 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Wednesday	April 24	9a-3p
Thursday	April 25	9a-3p
Friday	April 26	9a-noon

To complete an May2019 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



Bringing Seniors Together Events Main Event Entertainment

Thursday, May 9

We will get the chance to go bowling, play some arcade games and try our hand at putt-putt at Austin's Main Event. This event includes all PARD Senior Program participants and will be loads of fun! Come meet others from around town and come see how many pins you can knocking down or perhaps get a hole in one. Afterwards, enjoy a lunch of pizza, salad and drinks.

Depart: 9:30p **Return:** 1:00p

Fee: This is a **FREE** event

Activity Level: - MODERATE walking through indoor & outdoor venue, possible uneven floor at games, possible stairs and ramps

Lunch Bunch Oasis on Lake Travis

Thursday, May 16



The Oasis has become a well-known jewel nestled in the Austin hill country. Sit back and enjoy a panoramic view of Lake Travis whether sitting out on our decks or at one of our indoor options. Discover their excellent chef-prepared dishes and enjoy lunch while viewing the beauty of Lake Travis.

Depart: 10:30a **Return:** 2p

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

Additional Expense: Lunch (\$10-\$12) www.oasis-austin.com/dining/

Activity Level: MODERATE - Walking through indoor/outdoor venue, possible stairs and ramps

TRIPS . . .



Baseball Game at Dell Diamond
Round Rock Express vs. Nashville Sounds

Monday, May 20

Join us for America's favorite past time, baseball! Enjoy \$1.00 Hot Dogs & Sodas.

Depart: 5:30p **Return:** 10:30p

Fee: Resident \$ 16 / Non-Resident \$ 17

Additional Expenses: Concessions & purchases at the venue

Activity Level: MODERATE - walking through outdoor venue, standing in line, stairs and ramps

Tour Austin Animal Center
Walk a Dog/ Cuddle a Kitten

Wednesday, May 22



Do you miss having a dog or cat? Do you want to show some love to abandoned dogs and cats? Come along to visit the Austin Animal Center and then tour the beautiful facility. Afterwards following a short training on safe handling, we will walk small dogs around the grounds and give them some love. Those that would prefer, will have the opportunity to cuddle kittens. After we get our fill of doggy kisses and kitten cuddles we will head to lunch at nearby Beto's Restaurant for some yummy Mexican food.

Depart: 9a **Return:** 2p

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

Additional Expense: Lunch at Betos (\$7-\$15) www.betosaustin.com/betosmenu

Activity Level: MODERATE – walking through indoor and outdoor venue, possible stairs and ramps, and walking on some uneven terrain with small dog

TRIPS . . .



Hike Turkey Creek

Wednesday, May 29

We'll enjoy a 3+ mile hike in the Turkey Creek Natural area. The trail follows the path of its namesake, so we will be crossing the creek several times. Where natural rocks are not in abundance to provide stepping stones, trail maintainers have left behind effective, concrete pads on the creek bed. The vegetation we will encounter will be varied Cedar and Live Oak but also the more water-loving Cedar Elms and Sycamores. Afterwards we will head over to Maudie's Mexican restaurant for lunch and then return back to LSAC.

Depart: 9:00a **Return:** 1:30p

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

Additional Expense: Lunch at Maudie's (\$7-\$12) www.maudies.com/

Activity Level: HIGH -Walking -3+ miles on uneven, outdoor trail, gravel terrain, possible stairs and additional walking to restaurant location. Please wear sturdy shoes and be prepared for the possibility of getting your shoes wet. Must be able to stay up with the group.

COLLETTE TRIP PRESENTATION

*Nashville & the Smokey Mountains Holiday
featuring Gatlinburg & Asheville*

Travel Dates: December 5-12, 2019

Travel Presentation

Thursday, May 23, 2019 10a



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

MOVIES - DOUBLE FEATURE

TOOTSIE



TOOTSIE (1982) PG; 1h 10m

Tuesday, May 7, 2019

10a FREE

Tootsie is a 1982 American comedy film directed by Sydney Pollack and starring Dustin Hoffman, with a supporting cast that includes Jessica Lange, Teri Garr, Dabney Coleman, Bill Murray, Charles Durning, George Gaynes, Geena Davis,

Doris Belack and Pollack. The film tells the story of a talented but volatile actor whose reputation for being difficult forces him to adopt a new identity as a woman in order to land a job.

The film was a major critical and financial success, the second most profitable film of 1982, and was nominated for ten Academy Awards including Best Picture. Lange was the only winner, for Best Supporting Actress.

In 1998, the Library of Congress deemed the film "culturally, historically, or aesthetically significant" and selected it for preservation in the National Film Registry.

Mrs. Doubtfire



MRS. DOUBTFIRE (1993)

PG-13; 2h 5m

Wednesday, May 22, 2019

12:30p FREE

Mrs. Doubtfire is a 1993 American comedy-drama film, directed by Chris Columbus and written for the

screen by Randi Mayem Singer and Leslie Dixon, based on the novel Alias Madame Doubtfire by Anne Fine. It stars Robin Williams (who also served as a co-producer), Sally Field, Pierce Brosnan, Harvey Fierstein, and Robert Prosky. It follows a recently divorced actor who dresses up as a female housekeeper to be able to interact with his children. The film addresses themes of divorce, separation, and the effect they have on a family.

It won the Academy Award for Best Makeup and the Golden Globe Award for Best Motion Picture – Musical or Comedy. Robin Williams was awarded the Golden Globe for Best Actor.

**Both movies, popcorn and snacks provided by LSACAB
Bring a friend and join us!**

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

The LSAC Advisory Board and City Staff got the chance to show all our wonderful and dedicated volunteers how much they are appreciated at the annual Volunteer Appreciation event on March 28th. The theme was "Rise and Shine" because our volunteers always rise to the occasion and are shining examples of unselfishness.

In 2018, LSAC Volunteers contributed 4,954 hours of their time to the Center. **Special recognition was given to Helen Anderson and Alma Harrington for their years of service to LSAC** as hostess and receptionist, as members and officers of both the Board and Guild and nut sellers. Helen was also game leader for Bunco and has been honored as Volunteer of the Year. Together, they have almost 45 years of volunteering here at LSAC!

Most Hours Worked Awards went to **Mr. Walter Donnelly** for the 333 hours he volunteered as receptionist and pecan cracker. For the first time, two volunteers were tied for most hours worked. **Ms. Sandra Waller** and **Mr. George De Villiers** were honored for the 383 hours they each contributed in 2018. Sandra worked as a receptionist, nut seller and distributing program guides around town. George led the dominoes game on Thursdays, taught chess and sign language classes and served as a member of the Guild.

Dawn Dieckman came and talked to volunteers about the benefits of being a Coming of Age volunteer. There was a catered brunch and door prizes. Our volunteers are game leaders, teachers, receptionists, nut sellers, pecan crackers, librarian, travel agent, art show helpers, Board and Guild Members and so much more. Talk to any of our volunteers or staff to find out if volunteering at the Center is for you so we can see you at the Volunteer Appreciation Party next year.

May will be the last meeting of the Board until September. The Art Show is coming up on May 31 and June 1. We have been working on plans for two summer parties so watch the Program Guide for details. The Board will still be sponsoring Birthday Bingo during the summer. Collette Travel will be here for a slideshow on May 23 regarding a trip to Nashville Smokey Mountain Holiday and a Collette trip to Washington, Niagara Falls and New York is planned for April 2020. Board has also approved funding for Center improvements to include a new ice machine.

The Advisory Board, City Staff and volunteers work to make your experience here fun, educational, creative, healthy and enjoyable. Your suggestions for new programs and activities are always appreciated so let us hear from you about what you would like to see at the Center.

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



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 25 for details of the LSAC lottery trip to attend Austin's Main Event on Thursday, May 9

REMINDERS . . .

Austin Parks and Recreation Department Refund Policy

Full Refunds:

The PARD activity/program fee will be refunded in full **ONLY IF** the activity/program is canceled by the Austin Parks and Recreation Department.

Partial Refunds:

Program attendance is the responsibility of the participant. Failure to attend a class, trip or special event due to personal reasons, personal injury/illness, etc. does not entitle a participant to a transfer, make-up or refund. No refunds are issued for registrations without 48 hours advance notice and may require a medical verification.

Detailed information on PARD Senior Program cancellations and refunds are defined on each RecTrac receipt.



REMINDER -

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

PLEASE CONSIDER this...

For those who are able to safely use the stairs or sidewalk to the upper LSAC parking lot, please think about parking there. This will reserve the lower lot with more accessible spaces for participants who cannot manage the stairs or the sidewalk to the upper lot.



Tips and Gratuities—Reminder!

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

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

Austin City Council

Steve Adler, Mayor
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
David Crabb, CPRP, Acting Division Manager
Vacant, Acting 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.