



LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue Austin, TX 78705

New Number: 512-978-2480

LSAC Program and Activity updates available online:
www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

SEPTEMBER



2017



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

GENERAL INFORMATION

2017 PARD Waivers and Lamar Senior Activity Center Advisory Board Registration

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

*Pass Photo ID's will be distributed to all LSAC participants in 2017.
More info TBA.*

LSAC Regular Hours of Operation*

8a - 5p M-F

Registration/Waiver/Class Sign-Up/Payments*

9a - 3p M-F

**unless otherwise noted*

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

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

Computer Lab Hours of Operation**

8:30a - 4:30p M-F

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

LSAC Program and Activity updates available online:

www.austintexas.gov/seniors



***NEW HOURS OF OPERATION effective October 1, 2017**

M W 8:30a-8:30p T Th 8:30a-4:30p F 8:30a-1:30p

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. LSAC hours are Monday through Friday from 8a until 5p, with special evening rentals on Fridays. 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 2017 PARD waiver at the lobby front desk. The friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$5 (Jul.-Dec.) is required if you would like a newsletter mailed to your home and/or \$3 (Jul.-Dec.) for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's programs and day to day operations. *We thank you for your support!*

PUBLIC MEETINGS

Golden "K" Kiwanis

*New members and guests
welcome*
Mondays 9a

Bemused Literari

Tuesdays 1:30-3p

Austin Palette Club

*New members & guests
welcome*
Tuesdays 10a

LSAC Advisory Board

Public Invited
Wednesday, Sept. 13 2p

Texas Alliance for Retired Americans (TARA)

Thursday, September 21, 11:30a

Senior Tennis Social

Fridays, 9:30a

Texas Public Employee Association (TPEA)

Friday, Sept. 8, 9a

Handicraft Group

*New members and
guests welcome*
Wednesdays 1p



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HOLIDAY CLOSURE



Happy Labor Day!

a day to
Celebrate the
Achievements

of our **American**
Workforce

LAMAR SENIOR ACTIVITY CENTER
CLOSED
MONDAY - September 4, 2017

GAMES

BINGO!

Wednesday, September 20
10a-12:30p
\$1 per card



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

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

SOCIAL GAMES

- Mexican Train** **Mondays, 12:30-3:30p**
Led by LSAC Volunteer, Mil Love
- Bunco** **Tuesday, Sept. 5 & 19; 12:45-3:30p**
Led by LSAC Volunteer, Helen Anderson
- Rummikub*** **Tuesday, Sept. 12 & 26; 2-4p**
Led by LSAC Volunteer, Claudia Savio
- Bingo** **Wednesday, Sept. 20; 10a-12:30p**
LSAC Advisory Board sponsored; (see page 4)
- Pinochle** **Wednesdays, 12:30-4p**
Led by LSAC Volunteer, Ernest Lovato
- Mah Jongg** **Thursdays, 1-3p**
Led by LSAC Volunteers, Grace Elinsway & Bob Woertink
- Puzzle Fun - LSAC Lobby** **Monday - Friday 8:15a-4:45p**

**Board games also available for daily use in the lobby during hours of operation*

If you want to learn how to play or need to improve your knowledge of any of these games before joining the group, please stop by the LSAC Receptionist desk to put your name on the list to take part in a "Beginners" class. When we have a minimum number of interested players we may offer a class for the group.

CHESS



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

Mondays, by appointment, from 11a-12p

Call **512-978-2480** or stop by the Volunteer Desk to get information on registration. Class size is limited, so sign up today to learn or practice in this relaxed environment!

ENRICHMENT

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

Mondays

August 21 - October 2

(LSAC closed 9/4)

2 - 3:30p

Fee \$48

(includes 6 Monday class meetings)

OR

Thursdays

September 7 - October 12

2 - 3:30p

Fee \$48

(includes 6 Thursday class meetings)

Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories so you can begin assembling them into your life story.

Contract Instructor: Rosalind Bond

512-441-3014

Contact instructor in advance for registration information and availability.

AARP

Smart Driver Program

Instructor: Beverly Martin

WEDNESDAY, September 20

10a-2p

This one day class is designed for the mature driver.

Does not dismiss traffic violations.

For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members

\$20 for Non-AARP Members

Preregister at the LSAC Reception Desk or call 512-978-2480

Pay Instructor the day of class: CASH OR CHECKS ONLY

payable to: AARP

Welcome to bring lunch/snacks!



MEDITATION CLASS

Thursdays 10-11:30a

Fee: FREE

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

Register with LSAC staff prior to your first day of class!

Chairs and a limited supply of mats provided; participants encouraged to bring their own mats for comfort.

BRIDGE

American Contract Bridge League (ACBL)*

Duplicate Bridge

Mondays, 12:00-3:30p

\$6 -\$7 per day

(LSAC closed 9/4)

Friday ACBL Games resume twice monthly at 10:30a

Friday, September 15 & 29

\$7 per day

All players must have a 2017 LSAC PARD waiver on file.

Contact **Larry Davis**, 512-343-6942,

for specific questions concerning ACBL play at LSAC.

*Pay Game Leader on day of play for ACBL Games

*Time subject to change due to COA PARD/LSAC events

COMPUTER CLASSES

Individual Tutor Time!

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

Meet individually for a private lesson! Topics can include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8 . Either bring your own laptop or use the computers in the lab.

Time Slot: Select a one (1) hour time slot from the dates and times listed below and indicate what you need help with. *

Date: Tutoring time slots available:

Sept. 14 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Sept. 28 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

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

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

*Prospective students will need to contact

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



FUN FOR ALL

Vintage Voices - Come Sing with Us!

Now meeting monthly at 10:30a

- ◆ Friday, September 1
- ◆ Friday, October 6
- ◆ Friday, November 3

It's FREE



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

LET'S DANCE CLUB

Friday, 7:30—9:30p Live Bands

September 8 (Fiesta Dance)- David Kautz & Spectrum

September 15 - Tommy Griffith

September 22 - Tommy Griffith

September 29 - David Kautz & Spectrum

No Dance September 1 - Labor Day Weekend

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

Tips and Gratuities—Reminder!

City of Austin policies prohibit ALL STAFF members from accepting or soliciting gratuities (tips) or favors in any form for any purpose or services. **PLEASE do not** put staff in a uncomfortable situation or jeopardize their position due to a violation of this policy. A simple "Thank You," a note or smile is sincerely appreciated and will not put LSAC staff at risk.

HEALTH AND WELLNESS

FITNESS IN THE PARK

STRENGTH & STRETCH

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

LAMAR SENIOR ACTIVITY CENTER

MULTIPURPOSE ROOM (INDOORS)

2874 SHOAL CREST AVENUE

Please register with LSAC Staff before attending class.

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

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. For questions about this program please call 512-974-3909.



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
(LSAC closed 9/4)
Wednesdays
11a-12p
Fee: FREE



Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class. Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Instructor:
Rebecca Brownlow, LSAC Staff Instructor

Register with LSAC Staff prior to class.

Fitness Room~

Monday - Friday 8:30a - 4:30p
(LSAC closed 9/4)



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

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

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

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Easy Yoga

Wednesdays 2-3:15p
Aug. 16 - Sept. 13
Next Session: Sept. 20 - Oct. 18

Designed to make Yoga easy, gentle and accessible to seniors. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of Yoga that help in prevention and management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety. If you can breathe and smile, you are fit to practice Yoga in this class.

Fee: \$45 for one session
\$75 for two sessions
\$15 Drop In

Contract Instructor: Jogi Bhagat*

*Jogi is on a trip to India, August 30, 2017– February 14, 2018.

Brock Roser will substitute his Easy Yoga classes in his absence.

Brock Roser came to teaching yoga with a background of teaching swimming, martial arts, West African drum, dance and other practices involving breath and body movement. His approach is based on using intentional breathing and attentive movement to develop calm and stability in body and mind. He aims to help everyone find an approach to yoga practice that suits their level of strength and fitness.

YOGA CLASS REGISTRATIONS

Register with and pay the Contract Instructor before class. **No transfers, refunds or make-ups for missed classes.** All class participants must have a completed 2017 LSAC PARD waiver on file.

HEALTH AND WELLNESS

Gentle Yoga

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

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich Yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little Yoga experience and in basic good health, but all are welcome to attend.

Fee: \$70 for one session
\$105 for two sessions
\$15 Drop In

Contract Instructor: Jogi Bhagat*

*Jogi is on a trip to India, August 30, 2017– February 14, 2018.

Sarah Fangsrud will substitute his Gentle Yoga classes in his absence.

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

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

Tai Chi~

Tuesdays & Fridays 1-2p*
Session: Aug. 8 - Sept. 8
Next Session: Sept. 12 - Oct. 13
***FRIDAY Class -New Time 12:30-1:30p begins Oct. 1**

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

Instructor: Kade Green

Fee:

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

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

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

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

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

Bowflex Instruction~

(By Appointment)

Tuesdays 9:30a - Noon

Call **512-978-2480** or stop by the Volunteer Desk to set an appointment with Walter Donnelly for lessons on using the Bowflex.

Class Leader:

Walter Donnelly, LSACAB Volunteer

Fee: FREE

Personal Training –TBA

Rebecca Brownlow will be offering small group 1/2 hr segment personal training after her Monday/ Wednesday exercise classes.

Fee: \$5-two consecutive classes - no make ups. See Rebecca for details.

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HEALTH & WELLNESS



Line Dancing Classes!

Tuesdays, 2:15-3:15p

FREE

Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing Class led by Connie Shell, LSAC Volunteer!!!

All levels of experience welcome!

Register with LSAC staff prior to your first day of class!

LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p

(LSAC closed 9/4)

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

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



9:30a
Fridays
-FREE-

Jacque Cotrell,

Certified Zumba® Instructor; LSAC Volunteer



Zumba Gold® can be modified for active older adults to recreate the original moves at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on **balance, range of motion and coordination**. Hope you plan to try out another fun fitness class with your LSAC friends! Everyone is encouraged to move at their own pace—all levels welcome, no judgement...just get moving!

HEALTH & WELLNESS

Are You an Older Adult Concerned About Falls?

Reduce Your Risk With This FREE Workshop Series!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Register with LSAC Staff!



LAMAR SENIOR ACTIVITY CENTER
2874 SHOAL CREST AVE (CORNER OF 29TH & LAMAR)

TUESDAYS 12:30-2:30P
SEPT 19 – NOV 7, 2017

The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.

According to the Centers for Disease Control, one out of three older adults experiences a fall each year. And falls are the leading cause of both nonfatal and fatal injuries in older adults.

A Matter of Balance is a fun and dynamic course that emphasizes practical strategies to manage falls and maintain an active, healthy lifestyle. Classes are led by certified class leaders, offering practical strategies that will work for you!

You Will Learn To:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risks
- Exercise for strength and balance

Who Should Attend? ANYONE:

- Concerned about falls
- Interested in improving balance, flexibility, and strength
- Who has restricted activities due to fears and concerns about falling



CAREGIVERU
A Program of AGE of Central Texas

CaregiverU funding provided through a generous grant from StDavid's FOUNDATION

Save the Date!

"Art - On and Off the Wall"

The 29th Street Art and Skilled Crafts Show

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

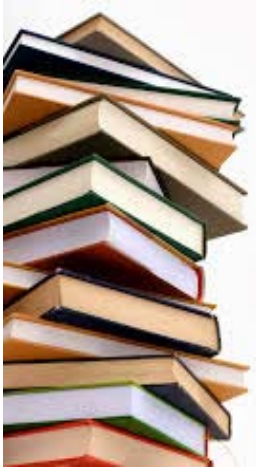
Registration Forms & prospectus will be available August 30

SEPTEMBER 2017

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 Zumba Gold 9:30-10:30 Open Watercolor 9:30a-12p Vintage Voices Sing 10:30a Strength & Stretch 11:30a Tai Chi 1-2p Let's Dance NO DANCE</p>	<p>2/3</p>
<p>4 We will be CLOSED TO OBSERVE Labor DAY</p>	<p>5 Ceramics 9:30a-12:30p Creative Drawing 11:30a-12:45p Tai Chi 1-2p Bunco 12:45-3:30 Line Dancing 2:15-3:15p TRIP: Umlauf & Shady Grove</p>	<p>6 Exercise 11a-12p Pinochle 12:30-4p Handicraft Group 1p Easy Yoga 2-3:15p</p>	<p>7 Ceramics 9:30a-12:30p Meditation Class 10-11:30a Mah Jongg 1-3p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p</p>	<p>8 TPEA Mtg. 9a Zumba Gold 9:30-10:30 Open Watercolor 9:30a-12p Strength & Stretch 11:30a Tai Chi 1-2p Let's Dance 7:30-9:30p</p>	<p>9/10 TRIP: Salado & SAMI Show in Belton</p>
<p>11 Exercise 9-10a Open Oil Painting 9a-12p Open Table Tennis 10:15a-1p Chess 11a-12p ACBL Bridge 12:00-3:30p Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p</p>	<p>12 Ceramics 9:30a-12:30p Creative Drawing 11:30a-12:45p Tai Chi 1-2p Rummikub 2p Line Dancing 2:15-3:15p</p>	<p>13 Exercise 11a-12p Lunchtime Lecture 12-1p Pinochle 12:30-4p Handicraft Group 1p Easy Yoga 2-3:15p LSAC Advisory Brd Mtg 2p</p>	<p>14 Ceramics 9:30a-12:30p Computer Tutoring Meditation Class 10-11:30a Mah Jongg 1-3p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p TRIP: Elisabet Nay Museum</p>	<p>15 Zumba Gold 9:30-10:30 Open Watercolor 9:30a-12p ACBL Bridge 10:30-1:30 Strength & Stretch 11:30a Tai Chi 1-2p Let's Dance 7:30-9:30p</p>	<p>16/17</p>
<p>18 Exercise 9-10a Open Oil Painting 9a-12p Open Table Tennis 10:15a-1p Chess 11a-12p ACBL Bridge 12:00-3:30p Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p</p>	<p>19 Ceramics 9:30a-12:30p Medicare Seminar 10a Creative Drawing 11:30a-12:45p Matter of Balance 12:30-2:30p Bunco 12:45-3:30 Tai Chi 1-2p Line Dancing 2:15-3:15p TRIP: Lunch Bunch-County Line</p>	<p>20 Bingo 10-11:30a AARP Smart Driver 10a-2p Exercise 11a-12p Pinochle 12:30-4p Handicraft Group 1p Easy Yoga 2-3:15p</p>	<p>21 Ceramics 9:30a-12:30p Meditation Class 10-11:30a Mah Jongg 1-3p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p</p>	<p>22 Zumba Gold 9:30-10:30 Open Watercolor 9:30a-12p Strength & Stretch 11:30a Tai Chi 1-2p Let's Dance 7:30-9:30p Trip: SALT Safety Fair</p>	<p>22/24</p>
<p>25 Exercise 9-10a Open Oil Painting 9a-12p Open Table Tennis 10:15a-1p Chess 11a-12p ACBL Bridge 12:00-3:30p Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p</p>	<p>26 Ceramics 9:30a-12:30p Creative Drawing 11:30a-12:45p Matter of Balance 12:30-2:30p Tai Chi 1-2p Rummikub 2p Line Dancing 2:15-3:15p</p>	<p>27 Exercise 11a-12p Sept. Bday Cake-Lobby 11:30a Pinochle 12:30-4p Handicraft Group 1p Easy Yoga 2-3:15p</p>	<p>28 Ceramics 9:30a-12:30p Computer Tutoring Meditation Class 10-11:30a Mah Jongg 1-3p Gentle Yoga 1:55-3:15p Writing Stories 2-3:30p TRIP: Painted Churches</p>	<p>29 Zumba Gold 9:30-10:30 Open Watercolor 9:30a-12p ACBL Bridge 10:30-1:30 Strength & Stretch 11:30a Tai Chi 1-2p Let's Dance 7:30-9:30p</p>	<p>30 Reminder: New Hours of Operation Begin October 2017 (see page 18)</p>

ADDITIONALLY . . .

We will resume accepting donations of books or magazines on September 18



Thanks for your help!!!
Our members really enjoy the books you donate!



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

Hey did you hear the joke about the germ?



Sorry I don't want to spread it

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



PLEASE CONSIDER this...
If you 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 may have difficulty or cannot manage the stairs or the sidewalk to the upper lot. *Thank you!*

SPECIAL EVENTS

2017 LUNCHTIME LECTURE SERIES at Lamar Senior Activity Center

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

Time: Noon to 1pm

Every 2nd Wednesday – LSAC South Room

September 13 - The Aerial City: Urban Birds, Bats, and Denizens of the Sky



What is the city to a bird, bat, or flying insect? What are the opportunities and hazards of living in the aerial city? For this final lecture about urban natural history, we take to the air. We will look at urban ecology from the perspective of the denizens of the city sky, and, in particular, we will look at Austin as a city with a long, rich history of observing and protecting birds, bats, and other flying creatures.

Free and Open to the Public

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

RECOGNIZING SEPTEMBER BIRTHDAYS with CAKE & BOARD GAMES IN THE LOBBY

**Wednesday September 27
11:30a - until cake is gone!**



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

Sponsored by the LSAC Advisory Board

INFO SESSION

GET TO KNOW MEDICARE.

Tuesday, September 19 10a
LSAC Multipurpose Room



Join us for a FREE Educational Seminar to learn the basics of Medicare, when you can enroll, and how delaying retirement impacts Medicare coverage.

Spaces fill early. RSVP today by contacting:

Norman Whitt, Licensed Sales Agent
512-415-3106 normanwhitt@austin.rr.com

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage and Prescription Drug Plans: A Medicare Advantage organization with a Medicare contract and a Medicare approved Part D Sponsor. Enrollment in the plan depends on the plan's contract renewal with Medicare.

NEW HOURS OF OPERATION

LAMAR SENIOR ACTIVITY CENTER

Hours of Operation

Beginning October 1, 2017

In an effort to increase opportunities for our 50+ community to participate in programs and classes at the Lamar Senior Activity Center we are changing our hours to include two evenings a week on Mondays and Wednesdays.

Our New Hours of Operation will be:
8:30a - 8:30p Monday and Wednesday
8:30a - 4:30p Tuesday and Thursdays
8:30a - 1:30p Fridays

ANNUAL LSACAB FUNDRAISER

Volunteers Needed We Crack Pecans*

ATTENTION: PECAN CRACKERS NEEDED!

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

Lamar Senior Activity Center is the only place in town providing this service for residents who have pecan trees and want to get the pecans cracked.

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

We Sell Nuts*

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

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

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

CREATIVE ARTS

Creative Drawing

Tuesdays 11:30a - 12:45p

Fee: \$10 drop-in fee per class

Join in a **FUN exploration of your drawing skills with absolutely no pressure!** Students provide own supplies. A list of suggested supplies is available at the front desk.

Students are welcome to bring lunch or snack to enjoy during class.

Contract Instructor: Richard Maxwell, Sr.

Contact Richard for questions or to register for a class:

themax1.rm@gmail.com

*Watercolor**

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

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

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

** Anyone interested in teaching Watercolor at LSAC is welcome to discuss options with Jerilyn Rainosek, LSAC Supervisor*

*Oil Painting**

Mondays 9a - 12p Open Painting - FREE

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

(LSAC closed 9/4)

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

** Anyone interested in teaching Oil Painting or Watercolor at LSAC is welcome to discuss options with Jerilyn Rainosek, LSAC Supervisor*

CREATIVE ARTS

Ceramics

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

September 5-28

Fee: Resident \$30/Nonresident \$35

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

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

Instructor: Janice Grady

AUSTIN PALETTE CLUB

The summer break is over and the Palette Club meetings resume! You're invited to visit the Austin Palette Club Meetings.

Tuesdays 10 - 11:30a

Art demonstrations are presented on the 2nd and 3rd Tuesdays each month. Come meet the members and see if you might be interested in joining this creative, social group!

TRIP LOTTERY

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information.

SEPTEMBER 2017 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Tuesday August 29 9a-4p

Wednesday August 30 9a-4p

Thursday August 31 9a-4p

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

A current completed and signed 2017 PARD/LSAC waiver for each participant must be on file to participate in LSAC trips.

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

Unless otherwise noted, trips will depart from 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.

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

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

TRIPS



Dinner at Shady Grove followed by “Umlauf Sculpture Gardens After Dark Tour”

Tuesday, September 5

After dinner at Shady Grove (www.theshadygrove.com), we will visit Umlauf Sculpture Garden. “UMLAUF After Dark” offers a chance to explore the Garden and Exhibition after hours. Charles Umlauf’s sculptures range from haunting expressionism to detailed neoclassical realism to lyrical abstraction. At 7:00p we join a curator led tour of work by prize winner and multimedia artist, Bucky Miller. Miller’s mixing of photography and object, nature and its artificial mirror, creates a spatially orchestrated experience.

Depart: 4:30p **Return:** 8:30p

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

Additional Expenses: Shady Grove meal (\$10-\$20) ; Umlauf Gardens entry fee \$5 (CASH) plus any concessions

activity Level: MODERATE/HIGH - walking through indoor and outdoor venues, possible uneven terrain

Lunch at Stagecoach Inn - Salado

Followed by the Sami Show – Arts & Crafts Market

Saturday, September 9



Dating back to the era of the Chisholm Trail, The Stagecoach Inn menu honors the traditions of the past augmented with a modern twist on classic staples.

www.stagecoachsalado.com At the Sami Show - Come see what the buzz is all about as you browse the aisles full of home and garden décor, jewelry, woodcrafts, art, candles, gourmet foods, boutique clothing, fashionable accessories, unique gifts and more! www.samishow.com

Depart: 9:30a **Return:** 4:30p

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

Additional Expense: Meal at Restaurant (\$15-20); \$5 (cash only) Sami Show entry fee; any purchases and concessions at venue

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

TRIPS CONTINUED. . .

Lunch at Mother's Café and Explore Elisabet Ney Museum

Thursday, September 14



In 1892, European portrait sculptress Elisabet Ney (1833-1907) purchased property in Austin, established a studio named *Formosa* and resumed her career as a well-known sculptor of notables. Ney sculpted legendary Texans, among them Stephen F. Austin and Sam Houston. At the turn of the 19th century, Elisabet Ney's studio became a gathering place for influential Texans drawn to "Miss Ney" and to the stimulating discussions of politics, art and philosophy that took place there.

Depart: 10:30a **Return:** 3p

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

Additional Expenses: Lunch at Mother's Café (\$15-20) serving great vegetarian and vegan food www.motherscafeaustin.com

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



Lunch Bunch to the County Line on the Lake

Tuesday, September 19

Set in an old lake lodge, the County Line on the Lake is right on Bull Creek just off Lake Austin, and has been well known for years as the place in Austin to take out-of-town guests. Enjoy a cold beer or margarita on the large redwood deck over-looking the water. www.countyline.com/CountyLineLake

Depart: 10:45a **Return:** 2:00p

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

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

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

TRIPS CONTINUED. . .

Senior Safety Fair at Conley-Guerrero SAC with Lunch at Sawyer & Co.

Friday, September 22

SALT

Seniors & Law Enforcement Together

Learn more about crime prevention at the SALT safety fair! Speak with various exhibitors and even win door prizes. For lunch we will venture to Sawyer & Co. —New Orleans Flavor. Texas Hospitality. Besides breakfast served all day, the menu includes muffaletta sandwiches, gumbo, jambalaya as well as chicken fried steak and meatloaf. www.sawyerand.co/menusawyeronline

Depart: 8:45 AM **Return:** 2:30 PM

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

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

Activity Level: MODERATE – standing in line and walking through indoor venues



Tour of the Painted Churches of Fayette County

Thursday, September 28

We will pick up our tour guide at the Schulenburg Chamber of Commerce and he will assist us as we explore the Churches. The term "Painted" comes from the elaborate faux-finished interiors - painted by itinerant artists who advertised in church bulletins and newspapers. Gold-leafed, stone and polished marble columns and ceilings are finely-fitted woodwork. The paint - mixed on site - is still vibrant and bright - even after all these years. We will have lunch at Frank's Restaurant during the tour.

Depart: 8:30 AM **Return:** 5:00 PM

Fee: Resident \$24 / Non-Resident \$25

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

Activity Level: HIGH– tour will include traveling to several locations, please wear comfortable walking shoes, walking through indoor and outdoor venues, possible stairs, ramps and uneven terrain

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

I hope you all had an enjoyable summer and took part in the events sponsored by the Advisory Board. If you missed the July Birthday Party/Ice Cream Social you missed a great show by Circus Chickendog. There was more fun at lunch bingo and the Casino Party. I want to thank Jerilyn and her staff for the success of those events and a special thanks to Sandra Waller for her help with bingo.

The Board appreciates your donations and support of the Annual Nut Fundraiser which helps with the funding of these events. The Nut Fundraiser will kick off again in November. The Board is looking for volunteers to serve as nut sellers and, especially, pecan crackers. Our volunteers are what make this fundraiser a success. So grab a friend and volunteer for a 4 hour weekly shift and support this annual fundraiser in another way.

We already have some great volunteers who return every year to crack pecans for us. Last year, these volunteers cracked tons of pecans! Board Member, Bill Myers, has taken the lead to organize the cracking process and maintain the machines. Some of our regular pecan cracking volunteers are Charles Davenport, Walter Donnelly, Leroy Wormley, Paul Birdsall, Lew Griffith, Willie Williams and Mel Kunze. Last year, Frank Hunt, John Camdem, and Peter Struble also volunteered to crack pecans. We used to have twice this many volunteers and could be open every weekday for our pecan cracking service. As the number of volunteers has decreased, we have had to limit our services even though the amount of pecans brought in for cracking has increased. If you are interested or know of anyone who would be willing to volunteer to crack pecans, please sign up at the Reception desk. These few volunteers have worked very hard to keep up with the demand for cracking and everyone benefits from their selflessness because the money made from pecan cracking goes back into activities and events at the Center.

Just a reminder, the LSAC Advisory Board starts meeting again this month on the second Wednesday, September 13, at 2:00 PM. It's an open meeting so anyone is welcome to attend. The Board appreciates any input from you regarding activities and events that you would like to see as part of the program at LSAC.

LSAC ADVISORY BOARD

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

Southern Charm Holiday
Travel Dates: December 3-8, 2017

SPAIN'S CLASSICS
TRAVEL DATES: APRIL 19-29, 2018

Canyon Country
Travel Dates: September 14-21, 2018

Trip Brochures available in LSAC Lobby

**For more information call and leave a message for:
Joanne Cepero, LSAC Travel Committee 512-978-2480
Or email: tripscollette@gmail.com**

Volunteers Needed for Fall Nut Sales & Pecan Cracking

Nut sellers are needed Monday through Friday in the months of November and December. Pecan crackers are needed Mondays, Wednesdays and Fridays in the months of November 2017 through January 2018.

Come down and fill out a Volunteer Form or leave your name and phone number with the LSAC Receptionist and we will contact you.

Thank you for volunteering !



Austin City Council

Steve Adler, Mayor
Kathie Tovo, Mayor Pro Tem, District 9
Ora Houston, District 1
Delia Garza, District 2
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Acting Director
Liana Kallivoka, PhD, PE, Assistant Director
Lucas Massie, CPRP, Acting Assistant Director
Ricardo Soliz, Acting Assistant Director
Jodi Jay, CPRP, Division Manager
David Crabb, CPRP, Program Manager

LSAC Advisory Board 2017

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

City Manager

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

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Romteen Farasat Board Member
Dawn Lewis, Board Member
Francoise Luca, Board Member
Randy Mann, Board Member
Fred Morgan, Board Member
Mary Katherine Stout, Board Member

LSAC Staff

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

Austin Parks and Recreation Department Vision:

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

Mission:

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