

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:

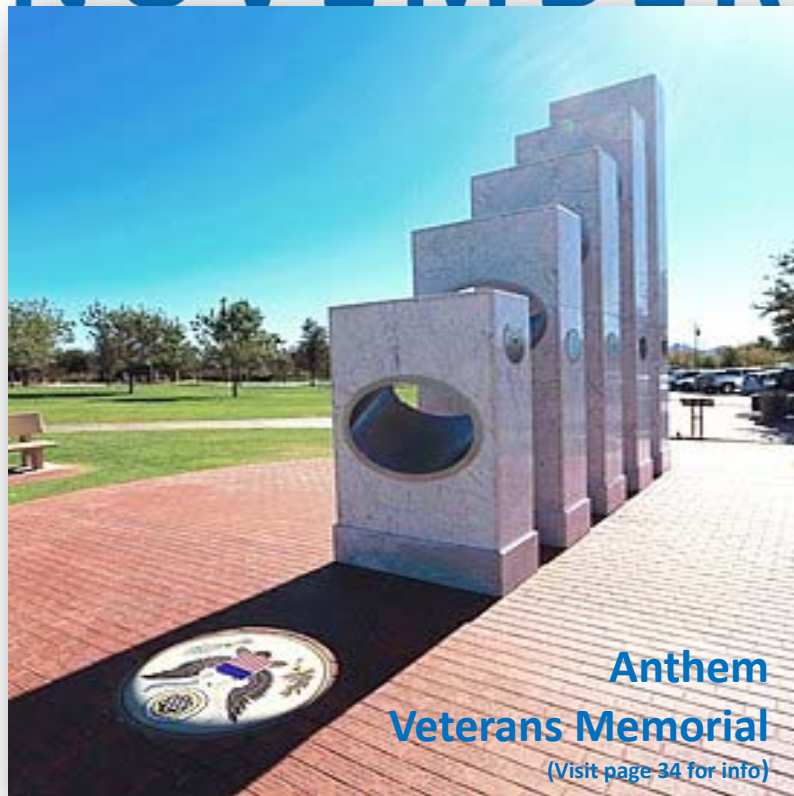
www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

NOVEMBER

2
0
1
9



**Anthem
Veterans Memorial**

(Visit page 34 for info)



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

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).

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



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, November 21 12:30p

Texas PUBLIC Employees Association (TPEA)

Friday, December 13 9a

Austin Palette Club

New members & guests welcome

Tuesdays, 10a



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.

Handicraft Group

New members and guests welcome

Wednesdays 1p

BeMused Literari

Tuesdays, 1:30-3p

LSAC Advisory Board Meeting

Public Invited

2nd Wednesday of the month

Wednesday, Nov. 13 2p

If you have an agenda item, please submit to Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, November 8, 2019.

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LSAC HOLIDAYS

We are **OPEN** on
Veteran's Day
November 11, 2019



**LSAC IS CLOSED NOV. 28 & 29
GIVING THANKS FOR ALL OUR
PARTICIPANTS!**

GAMES

BINGO & BIRTHDAYS-"Giving Back"

Wednesday, November 20, 2018
10a-11:30a
1 non perishable food item per card



It's the last Bingo and Birthdays Celebration of 2019! We will celebrate both November and December Birthdays, giving two free bingo cards to the birthday folks. Cake or cupcakes will be served to all present. Instead of paying \$1 for each card, **we are asking that you bring a non perishable food item for each bingo card you'll play.** The Board is donating money for prizes and the donated food will go to the **Austin Area Food Bank**. Games begin promptly at 10a and will end no later than 12p. No need to pre-register just show up with food donations ready to pick your game cards and play on game day!

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, November 5 & 19; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, November 12 & 26; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays

Wednesday, November 20; 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 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 Game: 10:30a November 1 & 15

\$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

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

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

In November we will be participating in the Austin Nature & Science Center's program entitled **WEATHER WATCH**. We will explore citizen science projects related to weather observations if anyone is interested in participation. See page 9 for more information.

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.

NO Class Monday, November 11, 2019

Two separate classes to choose from!

Mondays 2 - 3:30p Session: Oct. 28 - Dec. 9

OR

Thursdays 1:30 - 3p Session: Oct. 24 - Dec. 5

Fee \$48 per session (includes 6 classes)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information



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, November 14

Future Classes: Thursday, December 12

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 10:15-11:15a

November 1 & 15

FREE.. and FUN!

**Drop In Participants
& Guests Welcome!**



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

ENRICHMENT

ESTATE PLANNING

You need an estate plan.
Yes, *you*.



Save the Date. Register beginning October 28, 2019.

When it comes to your estate, even if you've taken no action at all, you have an estate plan. Your "default plan" may be determined by the laws of your state.

Join us for our presentation *Script Your Family's Future: Why You Need an Estate Plan*. We'll discuss strategies you may want to consider when planning your estate, including:

- How your assets are distributed to your family
- Who will take care of your minor or special-needs children
- Who will make medical or financial decisions for you if you can't make them for yourself

Andrea Comsudi, Estate Attorney, will be presenting along with Chris Cybulski.

We hope you will join us. Feel free to bring friends and family.



Chris Cybulski
Financial Advisor
1705 S Capital Of Texas Hwy
Suite 100
Austin, TX 78746-6578
512-527-3467

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

HKD-6380C-A-FL EXP 31 JAN 2021 © 2019 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

Wednesday
November 13, 2019
10:00 to 11:30am

Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austin, TX 78705

Call 512.978.2480 or stop
by the LSAC Staff desk to
register.



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MAKING SENSE OF INVESTING

I collect memories. I look for opportunities to try new things, go to new places, and meet new people all the time.

Marcel Wanders

ENRICHMENT

Weather Watch

Presentation by

Austin Nature and Science Center

Wednesdays, November 6, 13 & 20

9:30 - 10:30a

FREE



Are you a lifelong learner who likes nothing more than trying to understand this beautiful world just a little bit more than you did yesterday? Don't miss this opportunity to expand your knowledge in this 3-part series on weather. We will define weather vs. climate (change), investigate extreme events, and discuss citizen science projects that allow individuals to contribute important data to the scientific community.

Please register with LSAC Staff beginning October 28, 2019

HEALTH AND WELLNESS



9:30a Fridays*
FREE

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

Jacque Cotrell, Certified **Zumba® Gold** Instructor and LSACAB Volunteer

Please 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

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

Please complete a 2019 PARD Waiver before attending 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.

10

Easy Yoga~*

Wednesdays

2-3:15p

Oct. 23 -Nov. 20

Next Session: Nov. 27 - Jan. 8

(Closed 12/25 & 1/1)

Contract Instructor: Lisa Kadlec

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

Oct. 24 - Nov. 25

Next Session: Dec. 2 - Jan. 9

(no class 12/26)

Contract Instructor: Lisa Kadlec

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:

**Lisa Kadlec, RYT-200,
Certified Yoga Instructor &
Yoga Therapist**

Lisa has taught yoga in Austin for 15 years to people of all ages, sizes and with various challenges. She also has a background in movement & dance with a degree in music. Lisa incorporates music, mudras and sound therapy in her class to enhance your yoga experience & practice.

***For questions about
LSAC Yoga classes, please email:
lekhappyylife16@gmail.com**

Tai Chi~

Tuesdays 1-2p

Fridays 12:30-1:30p

Nov. 5 - Dec. 17 (no class 11/29)

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 1/2 hour session/ by appointment only.

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

11

HEALTH AND WELLNESS

Afternoon Pilates Class

Tuesdays 2:30 -3:30p FREE

Taught by Rebecca Brownlow, LSAC



staff instructor. Pilates offers a greater understanding of individual

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

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

Find Balance and Strength

Thursdays, 10:30 – 11:30a

FREE

Taught by LSAC staff, Leti Alvarez & Laura Adams

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.

AGE-FRIENDLY AUSTIN BUILDING AN INTERGENERATIONAL METROPOLIS

A presentation on Austin's Age-Friendly Action Plan and interactive session to help create an intergenerational center

SATURDAY, NOVEMBER 16

10:30A - 12:30P

**AUSTIN CENTRAL LIBRARY
4th Floor Conference Room**

*Transportation From LSAC Provided
Must register with staff for transportation*

FUN FOR ALL



Good Fun with Good People!

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

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

COMPUTER CLASSES

Individual Tutor Time!

Instructor: Mendy Marshall; [Register with Kimberly Flores 512-978-2483](#)

Meet individually for a private lesson! Topics may include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8 . Bring your own laptop or use the computers in the lab. **Select a one (1) hour time slot from the dates and times listed below and contact [Kimberly Flores 512-978-2483](#) to complete an info sheet at least one week prior to class. The instructor will review info sheet prior to confirmation of the tutoring session to insure she can help with your topic. Payment due at time of class confirmation**

Date: Tutoring time slots available:

Nov. 7 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Nov. 21 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Dec. 5 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Fee: Resident \$5/ Non-Resident \$6 per one (1) hour 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, November 13 & 27 10-11a FREE

The skills that will be addressed help people to:

- use desktop computers
- 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

SPECIAL EVENTS

2019 LAMAR SENIOR ACTIVITY CENTER

LUNCHTIME LECTURE SERIES

Geography of Flowing Water: Rivers, Streams, Nature and Culture

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

The Cultural Geography of Flowing Water

Wednesday, November 13 NOON to 1p

Another Colorado: Austin and the River

The more nationally famous Colorado River that is not in Texas prompted Jimmie Dale Gilmore to write the song "Another Colorado" about the Texas Colorado River which flows through Austin. Both Colorado Rivers have been transformed by humans to tame floods and provide water for human needs, but, uniquely, the Texas Colorado was chosen as the location for the capital city of



Texas. Austin began as a rivertown on the Texas Colorado River and was subject to major floods followed by severe droughts, and so we turned the river into a series of lakes in order to control flooding and assure a supply of water for the city. The lakes have seemingly tamed the river, and many newcomers think of Austin as a laketown...until a flood teaches them that we are still a rivertown, as it did in October 2018 when a flood roaring down the river resulted in the first ever city-wide boil water notice. The November lecture will examine the history of human settlement along the river from prehistoric times to the present, the complex and changing relationship between Austin and its river, and the rediscovery of the Colorado River downstream of the lakes unfolding today.

FREE and Open to the Public

Meets in the LSAC South Room

Bring a lunch, bring a friend or just come to enjoy this interesting and informative presentation! Registration not required.

SPECIAL EVENT

AUSTIN ACOUSTICAL CAFE

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

**Pierce Pettis with
David Webb**

**Kristin Rebecca
Opening**

**Saturday,
November 16
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 PROGRAMS

HONORING OUR VETERANS

Veteran Appreciation Breakfast

Friday November 8 9:30a

*Join us for a tribute to our
VETERANS*

**Fee: \$6 per guest/ Veterans are
*FREE****

*Everyone must pre-register (and pay if required)
before noon on November 4.*

LSAC Military Veterans...

It's not too late to bring a picture (and short "bio" if you can) of
you in uniform. Staff will make a color copy and return
the original to you. We will create a

WALL OF HONOR

using your photos and any other info you want to share
pertaining to your much appreciated service to the

UNITED STATES OF AMERICA!

The Wall of Honor will stay up through November 2019.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	F R I D A Y	SAT/SUN
<p>Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- RED ink</p>	<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 9:30a Acrylic Painting 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p</p>	<p>2/3</p>
<p>4 <u>Nut Fundraiser Starts</u> Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p</p>	<p>5 Austin Palette Club 10a Bunco 12:45p Tai Chi 1p Golf 1p (meet @ course) Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>6 Weather Watch 9:30 Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p Trip: Hike - Commons Ford</p>	<p>7 Tech Time 9:30a Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p</p>	<p>8 Veteran's Breakfast 9:30a Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p</p>	<p>9/10</p>
<p>11 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p</p>	<p>12 Austin Palette Club 10a Rummikub 1p Tai Chi 1p Improver Dance 1p Golf 1p (meet @ course) Line Dancing 2p Pilates 2:30p TRIP: Lunch Bunch-Garbos</p>	<p>13 Weather Watch 9:30 Estate Planning 10a Free Net Computer 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p LSAC Advisory Board Mtg. 2p</p>	<p>14 AARP Smart Driver 9a ColletteTravel-Russia 10a Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p</p>	<p>15 Zumba Gold 9:30a Acrylic Painting 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p TRIP: Hike - Hamilton</p>	<p>16/17 Saturday, Nov. 16  Pierce Pettis with David Webb <i>(Kristin Rebecca opening)</i> 7p More info on pg. 16</p>
<p>18 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p</p>	<p>19 Austin Palette Club 10a Bunco 12:45p Tai Chi 1p Golf 1p (meet @ course) Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>20 Weather Watch 9:30a Medicare Info 10a Bingo & Birthdays 10a Exercise 11a Pinochle (Advanced) 12:30p Movie "Wonder" 1p Handicraft Group 1p Easy Yoga 2p TRIP: San Marcos Boat</p>	<p>21 Tech Time 9:30a Ukulele Group 10:30a Find Balance 10:30 Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p TRIP: Thanksgiving Lunch</p>	<p>22 Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p</p>	<p>23/24 Sunday November 24 Trip: Lunch Monument Café & Georgetown Palace Theatre</p>
<p>25 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p</p>	<p>26 Austin Palette Club 10a Rummikub 1p Tai Chi 1p Improver Dance 1p Golf 1p (meet @ course) Line Dancing 2p Pilates 2:30p</p>	<p>27 Citizen Science 9:30a Free Net Computer 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p>	<p>28 LSAC CLOSED FOR HOLIDAY </p>	<p>29 LSAC CLOSED FOR HOLIDAY</p>	<p>30</p>

SPECIAL EVENTS

*It's time to
crack pecans!*



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.

**Nut cracking Begins Monday, November 4
for 50¢/lb.**

Schedule of Hours for Drop-off and Pick-up of pecans for cracking:

***Mondays and Wednesdays from 9a-3p
Fridays from 9a-1p***

All pecans must be in brown paper bags with no more than 20 lbs. in each. Each bag must be clearly marked with: **PRINTED-Name and Primary Contact Number.**

This Pecan Cracking and Nut Sales Fundraiser is very important to the current and future programs at the Center and we appreciate your support.

SPECIAL EVENTS

*It's that time of year!
Nut Sales begin Nov. 4*

***Monday through Thursday 9a-3p
Friday 9a-1p***

In addition to whole pecans in shell, pecan halves and pieces, we will have your usual favorites - walnuts, cashews, pistachios, mixed and candied nuts plus snack mixes and local honey! Come stock up for holiday baking or gifts and support this LSAC Advisory Board annual fundraising event!

Nuts 16oz bags

Almonds, Slivered & Raw	\$8
Almonds, Chocolate Covered	\$11
Cashews, Roasted/Salted	\$10
Peanuts, Spanish Raw	\$5
Peanuts, Hot & Spicy	\$5
Pecan Halves	\$13
Pecans, Pieces	\$12
Pecans, Chocolate Covered	\$11
Pecans, Praline, Cinnamon	\$11
Pecans, Maple, Honey Roasted	\$11
Pecans, Chocolate Caramel	\$12
Pistachios, Roasted (in shell)	\$9
Pretzels, Yogurt covered	\$7
Pretzels, Milk Chocolate	\$8
Pretzels, Peanut Butter	\$8
Walnuts, Raw & Maple	\$8

Mixed Packages 16oz

Sunny Islands Snack Mix	\$7
Fancy Fruit & Nut Mix	\$7
Mt. Bonnell Snack Mix	\$7
Trail Mix	\$7
Healthy Hill Country Trail Mix	\$8
Christmas Tree Pretzels (8oz)	\$5
Honey	\$6 & \$10
Honey Butter	\$6



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.

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

Creative Drawing

Mondays 7-8:15p
Richard Maxwell, Instructor
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



with Kimberly
Monday, November 11 & 25
6:30-8p

Come join the fun, make new friends and bring home your own handmade project each night! This month Kimberly is planning an acrylic paint pour on Nov. 11 and then using leftover paint to make necklace pendants on Nov. 25. All are welcome.

Craft Projects

November 11 - Acrylic Paint Pour
November 25 - Necklace Pendants

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

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LSAC FUN

LAMAR UKULELE GROUP

*It's a new Ukes Group led by
Kevin Jolly, at LSAC!!*

Thursdays 10:30a
On-Going—FREE!

Come join the group for musical fun.
Ukuleles are available for your use.

All are welcome!



MOVIE

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



Wonder
Wednesday
November 20 1p
2017 PG 1hrs. 53 min

Born with facial differences that, up until now, have prevented him from going to a mainstream school, Auggie Pullman becomes the most unlikely of heroes when he enters the local fifth grade. As his family, his new classmates, and the larger community all struggle to discover their compassion and acceptance, Auggie's extraordinary journey will unite them and prove you can't blend in when you were born to stand out.

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CREATIVE ARTS

Acrylic Painting Classes Starting November 1st

Volunteer Instructor, Larry Drayer
will offer FREE guidance and instruction for

ACRYLIC PAINTING

Fridays, 9:30a—12:30p

Please Register with LSAC Staff

- The class is designed for artists of all skill levels
- Instruction and guidance is tailored to individuals' needs
- Advice on selecting supplies will be provided as needed
- Accomplished painters welcome to paint whatever they wish

Stop by and meet Larry on November 1 to see if this is
a class you would like to join!



CREATIVE ARTS

You're Invited!

Art - On & Off the Wall

The 29th Street Art & Skilled Crafts Market



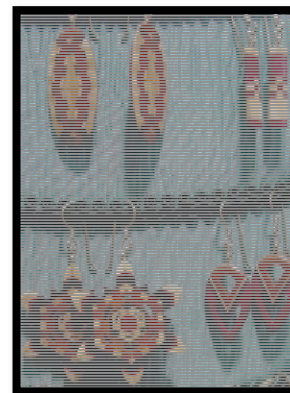
From eclectic to eccentric handcrafted gifts
for everyone on your holiday list!

Saturday, December 7, 2019 9:30a - 4:00p

Bring a friend and shop!



Jessica Farenbach



Conrad Mentges

*Unique Gifts
Jewelry,
Sculpture,
Fiber Art,
Woodwork,
Ceramics,
Paintings &
More!*



Conrad Mentges

SPECIAL EVENTS

INSURANCE-MEDICARE PRESENTATION

What role will Medicare play during your retirement?

Save the Date. Register beginning October 28, 2019

The increasing cost of health care is a growing concern for current and future retirees. In fact, 25 years ago, retirees spent almost twice as much on food as on health care; now the amounts are nearly equal.*

Join us for our presentation *Health Care and Your Retirement*. We'll discuss:

- Medicare coverage and traditional medical expenses
- Long-term medical care expenses
- Strategies for addressing uncovered expenses

*Source: The Federal Reserve and Edward Jones estimates.

The contents of this presentation are for informational purposes only. Edward Jones doesn't offer health insurance; however, we believe discussing the impact of health care costs within your retirement strategy is important, especially considering that rising health care costs may affect many investors approaching retirement.

While the information is believed to be accurate, its accuracy and completeness are not guaranteed and are subject to change without notice. You should rely on Medicare for complete program details. For more information on Medicare, visit www.medicare.gov.



Chris Cybulski
Financial Advisor
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Austin, TX 78746-6578
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www.edwardjones.com
Member SIPC

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Free to the Public

Wednesday, Nov. 20, 2019

10:00a - 11:30a

Guest Speaker:
Michelle Fiebus with
United Health Care

Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austin, TX 78705

Call 512.978.2480 or stop by
the LSAC desk to register.

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



Edward Jones
MAKING SENSE OF INVESTING

SPECIAL EVENTS

Annual Holiday Party



REGISTRATION/PAYMENT BEGINS
NOVEMBER 18, 2019

YEEEEH!!!

TUESDAY 12/10/2019 11:30a
\$5 plus a Toy for Brown Santa

*For every toy you bring, receive an
extra raffle prize ticket!*

**REMEMBER TO SIGN UP BEFORE NOON, NOV. 4TH TO HONOR
OUR VETERANS AT THE APPRECIATION BREAKFAST SET FOR
FRIDAY, NOV. 8 @ 9:30A**

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.

NOVEMBER 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Monday	Oct. 28	9a-7p
Tuesday	Oct. 29	9a-3p
Wednesday	Oct. 30	9a-1p

To complete a November 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 noon on Wed., Nov. 6 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



Hike Commons Ford Ranch Metropolitan Wednesday, November 6

Come along with Leti Alvarez and Casey Carter, City Park Ranger, to explore Commons Ford Ranch Park consisting of 215 acres. This park features several beautiful waterfalls and lots of chances for wildlife observation. Our hike will be around 3 miles long with some inclines along a wooded creek. We will have plenty of time to rest and observe the birds including possible sightings of Yellow-Throated Vireo, Nashville Warbler, and the White-Tailed Kite. Lunch stop at Maudie's Milagro for some yummy Mexican food after our hike.

Depart: 9:30a Return: 2:30p

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

Additional Expense: Lunch at Maudie's avg (\$7 - \$12)

<https://www.maudies.com/locations/maudies-milagro/>

Activity Level: MODERATE – HIGH - walking through indoor and outdoor venues, uneven terrain, possible stairs, dirt paths; **must be able to stay up with group; travel buddy required if you will require assistance**

Lunch Bunch Garbo's Seafood Restaurant Tuesday, November 12



Garbo's proudly serves New England cuisine with an Austin twist since 2013. Come try their famous lobster rolls and clam chowder. On Tuesdays Oysters are \$ 1.50 each

Depart: 10:30a Return: 2p

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

Additional Expense: Meal at Restaurant (\$15 - \$30)

www.garboslobsteratx.com

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

TRIPS . . .



Hike at Hamilton Greenbelt Friday, November 15

Hike Lakeway trails with our very own Rebecca, fitness instructor extraordinaire. We will explore the Hamilton Greenbelt, a surprisingly fun hike that provides a wide variety of terrain bound to please everyone. This greenbelt area features an interesting circular waterfall at the waypoint "Waterfall". Here you'll find plenty of ferns clinging to slick rock overhangs. After a 3+ mile lively hike, we will head to P-Terry's Hamburgers for a filling lunch.

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

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

Additional Expense: Lunch at P-Terry's avg (\$5 - \$10)

Activity Level: HIGH - walking through outdoor venues, uneven terrain, possible stairs, dirt paths; **must be able to stay up with group; travel buddy required if you will require assistance**

Glass Bottom Boat on Spring Lake San Marcos

Wednesday, November 20



Come along to the Meadows Center in San Marcos and board a glass-bottom boat to tour across Spring Lake. We will have a rare opportunity to see underwater life from a different perspective. Our views will take in over 1,000 springs that bubble up 150 million gallons a day of clear water from the Edwards Aquifer. Spring Lake is the home of five endangered species. Trip will also include a tour on the wetland boardwalk, and a visit to the Discovery Hall, including a 1,000-gallon aquarium of native fish! Lunch to follow at Mamacita's Restaurant. (mamacitas.com/menus)

Depart: 9:30a **Return:** 3:30p

Fee: Resident \$14/ Non-Resident \$15

Additional Expense: Lunch Mamacita's (\$6 - \$12)

Activity Level: MODERATE- HIGH -Walking throughout tour, uneven terrain, stairs and ramps; **must be able to stay up with group; travel buddy required if you will require assistance**

TRIPS . . .



Bringing Seniors Together Thanksgiving Luncheon at Turner Roberts Recreation Center

Thursday, November 21

Come out and mingle with other fun seniors and get to know your neighbors. This is usually a very well attended affair with lots of bingo games and lots of "turkey" giveaways! Almost everyone will walk away with a fresh turkey so come on out and try your luck and skills. Lunch will be served for all attendees. Lots of games and prizes.

Depart: 9:30a

Return: 1:30p

Fee: FREE event

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

Lunch at Monument Café followed by Georgetown Palace Playhouse Matinee Come Fly with Me; A Frank Sinatra Tribute by Tony Harrison

Sunday, November 24



Tony Harrison returns to the Palace Playhouse to sing the crooner classics from your favorite artist including Sinatra, Bennet, Cole Porter and more! Tony is a gifted and prolific Western Swing artist originally from Richmond, Surrey England. He has lived in Texas since his early twenties with his wife Carole and their two children. Tony has cut 4 albums and been awarded the AWA Male Vocalist of 2013 and Best Western Swing Album of 2011.

Depart: 10:30a

Return: 4:30p

Lunch at 11:15a; Show at 2p

Fee: Resident \$33/ Non-Resident \$34

Additional Expense: Meal at Restaurant (\$10-\$20 entrees)

www.themonumentcafe.com

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

COLLETTE TRIP PRESENTATION

Imperial Russia

Travel Dates: June 18-26, 2020

Come get the details of this trip at the

Travel Slide Presentation

Thursday, November 14, 2019 10-11a

R.S.V.P. with LSAC Volunteer Receptionist or Staff

Brochures available in LSAC North Hall Info Table.

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

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

Travel Dates: April 17-25, 2020

Imperial Russia

Travel Dates: June 18-26, 2020

Autumn in Vermont

Travel Dates: October 9-15, 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*

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

Are the Holidays here again?!? Yes, they are. Monday, November 4 is the date we are shooting for to start selling nuts and cracking pecans. Along with the Cheyenne pecans, honey and honey butter (all local), we will be selling different kinds of candied nuts, pretzels and snack mixes. You can volunteer to sell nuts or crack pecans or, you can spread the word about the Board's Annual Nut Fundraiser. Sign up at the Reception Desk to volunteer.

At the November Birthday Bingo (Wed., Nov. 20), instead of paying \$1 for each card, we are asking that you bring a non perishable food item for each bingo card you'll play. The Board has donated \$200 for cash prizes and all of the donated food will go to the Austin Area Food Bank. If your birthday is in November OR December, you'll get 2 free cards at this bingo. Even if you are not playing bingo this month, we will gladly accept any donations you have for the Food Bank any time before November 20th.

The Holiday Luncheon will be on Tuesday, December 10th, catered by Capt Red's, and we'll have door prizes. We will be collecting toys for Brown Santa again this year. LSAC participants' generosity last year is being recognized on the Sponsors page of the Brown Santa website this year. You should check it out. And, this year again, bring a new toy to the Luncheon and you'll receive extra tickets for the door prize drawings. Look for details as you must sign up ahead of time to reserve your seat.

Saturday, December 7, is the date for The 29th Street Art and Skilled Crafts Show. Senior artists have been crafting many different items for you to purchase as gifts. The show is open to the public so we'd appreciate you telling everyone you know to come and shop.

Remember, when you make purchases at the Crafts Show and/or the Nut Fundraiser, you are supporting Advisory Board sponsored activities.

The Board has approved money to purchase a new refrigerator for the kitchen. The LSAC Advisory Board and City Staff work together to keep improving everyone's experience here at the Center but we would like to hear from you on any improvements you'd like to see. Share your suggestions and ideas for games, classes, facility upgrades, trips and other activities with City Staff or a Board Member.

In closing, on behalf of myself and the Board, I want to wish you all a Happy Thanksgiving and we look forward to celebrating the season with you.

ON OUR COVER

The **Anthem Veterans Memorial** is a monument located in Anthem, Arizona which was dedicated in 2011 to honor the sacrifice and service made by members of the United States Armed Forces.



The memorial's five white pillars represent the nation's military branches and are arranged in Department of Defense order of precedence: Army, Marine Corps, Navy, Air Force, and Coast Guard. Each pillar has an elliptical opening that slants downward toward The Great Seal of the United States. On Veterans Day – November 11 – the design allows the sun's rays to

spotlight the Great Seal at 11:11 AM Mountain Standard Time. The design goal was 11:11:11 AM, but the variations each year cause the precise alignment over the next 100 years to be between 11:10:58 and 11:11:22.

Due to the leap years discrepancy between the official and astronomical calendar the effect can be observed at least one day before or after Veterans Day as well.

The award-winning monument is surrounded by 1750 red paving stones engraved with the names of veterans. The red stones, the white pillars and the blue Arizona sky represent the colors in the flag of the United States.

The engineer for the memorial was James Martin. (From Wikipedia)

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:

We always
appreciate cash
payments made
with smaller
bills.

\$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$

**EXACT
CHANGE IS
PREFERRED** ♥

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.

Thank you!



Welcome to LSAC
May all who enter as *guests*, leave as *friends*.

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

Kimberly A. McNeeley, CPRP, Director
Liana Kallivoka, PhD, P.E., 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
Laura Adams, Instructor-Activity Specialist
Rebecca Brownlow, Instructor-Activity Specialist

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

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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

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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.