



# LAMAR

## SENIOR ACTIVITY CENTER

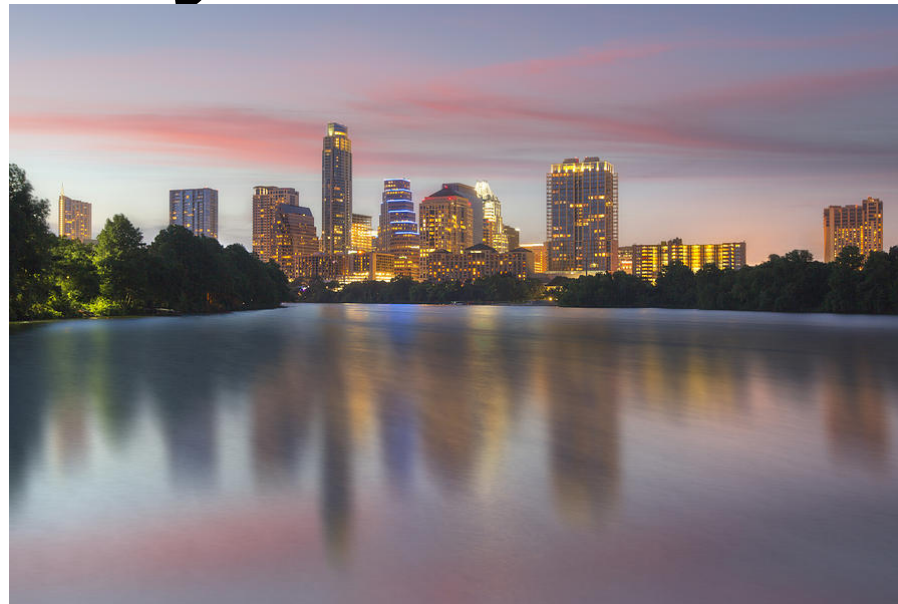
2874 Shoal Crest Avenue Austin, TX, 78705

512-474-5921

LSAC Program and Activity updates available online:  
[www.austintexas.gov/seniors](http://www.austintexas.gov/seniors)

 Austin Parks and Recreation Department - Seniors

# JANUARY



# 2015



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.

## PUBLIC MEETINGS

### Austin Pallet Club

Tuesdays  
9a

### Texas Public Employees Association

Friday, January 9  
9:30a

### Austin Women's Tennis Association

Wednesday, January 14  
1:30p

### LSAC Advisory Board

Wednesday, January 14  
2p

### AARP Smart Driver Program

*Instructor: Beverly Martin*

**Monday, February 9**

(No January class)

This class is designed for the  
mature driver & it

**will not dismiss traffic violations.**

*:: For insurance discount only ::*

**Fee:** \$15 for AARP Members

\$20 for Non-AARP Members

**Preregister at the LSAC Volunteer  
desk or call 512-474-5921.**

**Pay Instructor**

**the day of class: CASH OR CHECKS  
ONLY payable to AARP**

## COMMUNITY EVENTS

### Mamma Mia!

### Community Brown Bag Lunch

**Thursday, January 22**

**FREE**

**12- 1p**

Bring your lunch, a snack or just  
yourself and enjoy an hour of  
entertainment and conversation with  
cast members from the award  
winning Broadway show, Mamma Mia!

*Co-Sponsored and hosted by the City of*

*Austin Senior Programs &*

*Texas Performing Arts*

**OPEN TO THE PUBLIC**

**Preregister to reserve a spot**

### New Program Interest Lists

Periodically throughout the year  
LSAC collaborates with area agencies  
and organizations to offer new and  
informal classes such as:

- ♦ **Nutrition**
- ♦ **Dental Health**
- ♦ **Health Info Via Computer**
- ♦ **Memory Screening**

These are just samples of past  
cosponsored programs  
offered at LSAC.

Stop by the LSAC Front Desk to put  
your name on an interest list or to  
make a suggestion for a class,  
program, community event, etc. !

## GAMES



### Mexican Train

**Mondays, 12:30 - 3:30p**

### Bingo

**Tuesdays, January 20, 10a-12:30p**  
**LSAC Advisory Board sponsored.** \$3 includes very light  
lunch; must pre-register and pay

### Bunco

**Tuesdays, January 6 & 20, 1:30-3:30p**  
**Led by LSAC Volunteer, Helen Anderson**

### Pinochle

**Wednesdays, 12:30 - 3:30p**

### Mah Jongg

**Thursdays, 1-3p**  
**Led by LSAC Volunteer, Carole Jernigan**

## BRIDGE

### Beginning Bridge

*Mondays, January 5 - February 9*

*(No class January 19)*

*9:30-11:30a*

**\$50**

**Instructor: Sandy Potts\***

### Play of Hand

*Tuesdays, January 6 - February 3*

*9:30-11:30a*

*Topics include:*

- *Language of Bidding*
- *Hand Evaluation*
- *Opening the Bid*
- *Bidding Messages*
- *Tricks & Contracts*

**\$50**

**Instructor: Sandy Potts\***

**\*Register with LSAC Staff**

**beginning 12/29/14**

**Pay Instructor on first day**

### Duplicate Bridge

*Tuesdays*

*January 6 - February 10*

*12:45-3:45p*

**\$40**

**Instructor: Leona Rieger\***

### Social Bridge

*Thursdays, 12-4p*

*On hold - need group leader*

### ACBL Duplicate Bridge

*Mondays & Fridays 12:30-4p*

*(No game January 19)*

**\$5-6**

**Led by Larry Davis**

**Contact Larry Davis, 512-343-6942, for  
specific questions concerning  
ACBL play**



## ENRICHMENT CLASSES

### Writing the Stories of Your Life Thursdays

January 8 - February 26, 2015

1:30 - 3:30p

**\$42 (pay instructor)**

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

**Contact instructor  
for information, future class dates,  
availability and to register.**

**Contract Instructor:**  
**Rosalind Bond**  
**512-441-3014**

**\*\*NEW\*\***

### LSAC Book Club 4th Tuesday Tuesday, January 27 1:30 - 3p

Join us as we discuss the book and enjoy refreshments from the book location and era.

**January Book:**  
**"Loving Frank"**  
**by Nancy Horan**

Drawing on years of research, author Nancy Horan weaves little-known facts into a compelling narrative, vividly portraying the conflicts and struggles of a woman forced to choose between the roles of mother, wife, lover, and intellectual.

**Class Leader:**  
**Liz Salinas (PARD Staff)**  
**FREE - Preregistration required**  
Books can be found at the local library and purchased at used bookstores.

### The Retirement Years Monthly Refresher Friday

January 30, 2015

1:30 - 4p

The Monthly Refresher is open to graduates of **The Retirement Years: Increasing the Joy & Overcoming the Challenges**

**Contract Instructor:**  
**Eleanor Crenshaw**  
**512-371-1443**

**Fee: \$5 (pay instructor)**  
**Contact instructor for information,  
future class dates, availability  
and to register.**

### The Retirement Years: Increasing the Joy & Overcoming the Challenges Tuesdays

January 20 - February 24

For information and to register contact Instructor:

**Contract Instructor:**  
**Eleanor Crenshaw**  
**512-371-1443**  
**Contact instructor for information,  
future class dates, availability  
and to register.**



## CRAFTS

### Oil Painting Mondays Ongoing Monthly 9a - 12p

Beginning and intermediate oil painting with emphasis on drawing, composition, and proper use of colors.

**Fee: \$35**  
**Contract Instructor:**  
**Ken Moore**  
**Register with LSAC staff and pay  
Instructor on first day of class.**

### Scrapbooking Demonstration Monday January 12 11a - 1p

Join us for a class demonstration on scrapbooking. Learn how to make creative memories on a budget. Participants will make their own scrapbook page. Bring photos or other memorabilia. Supplies will be provided. Demonstration is free.  
**Class Leader: Karla Richardson**

### Ceramics Tuesdays & Thursdays 10a - 12p

Create your own treasures! All levels of experience welcome. Some supplies are furnished. We have molds, bisque, greenware and a kiln to fire your pieces.  
**Fee: Resident \$30/Nonresident \$35**  
**Register & Pay LSAC staff before class.**

### Watercolor Fridays 9a - 12p Currently Seeking Instructor

Students will continue to meet and paint on their own.



## DANCE

**GOLDEN RULE DANCE CLUB – Country and Western; Live Band**  
Mondays 7:30 - 9:30p  
**Contact Joanie Weeden at 512-454-4447 for more information.**

**FIFTY PLUS DANCE CLUB – Ballroom; DJ**  
2nd and 4th Wednesdays 7:30-9:30p  
**For information contact: N/A at this time**

**LET'S DANCE CLUB – Ballroom; Live Band**  
Fridays 7:30 - 9:30p  
**Contact Kay Sousares at 512-453-7978 for more information.**

# HEALTH AND WELLNESS

## Exercise

**Monday & Wednesday & Friday  
9 - 10a**

A self-paced class utilizing videos and personal instruction, focusing on balance, coordination, flexibility, stamina and strengthening. This class is great for overall health and fitness and great for fall prevention.

**Class Leader: Liz Salinas** (PARD Staff)

**FREE** - Register with LSAC Staff



## Zumba Gold®

**Thursdays  
9 - 10a**

**Come learn how to Zumba!**

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. Zumba Gold® is perfect for Active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The benefits of Zumba include all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

Class format is videos with some personal instruction. You will learn the specific Zumba steps, then practice them in a Zumba dance format

**Class Leader: Liz Salinas** (PARD Staff)

**FREE** - Register with LSAC Staff

## Easy Yoga\*

**Wednesdays  
2 - 3:15p  
January 7 - February 4**

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 effective management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety etc. If you can breathe and smile, you are fit to practice Yoga in this class.

**Contract Instructor: Jogi Bhagat**  
**Fee paid to instructor**  
**\$40 for one session**  
**\$70 for two sessions**  
**\$14 Drop In**



For questions, please contact  
yogasolutions@gmail.com  
or www.medicinalyoga.com

# HEALTH AND WELLNESS

## Gentle Yoga\*

**Mondays & Thursdays  
1:55 - 3:15p  
January 5 - February 9  
No class Monday, January 19**

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.

**Contract Instructor: Jogi Bhagat**  
**Fee paid to instructor**  
**\$60 for one session**  
**\$100 for two sessions**  
**\$14 Drop In**



## YOGA CLASS REGISTRATION

Register with LSAC staff and pay the Contract Instructor before class.

## Tai Chi\*

**Tuesdays and  
Fridays  
1 - 2p  
January 6 -  
February 13**



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 & Pay LSAC Staff**

## New Fitness Room

Come check out our new Fitness room Learn how to use the new treadmill and recumbent bike and work out at your own pace...rain or shine!



## Balance Assessments

**4th Fridays  
Friday, January 23  
10:30a-11:30am**

Test your balance and find out if you are at risk of falling, and what you can do to reduce your risk.

*Assessments are confidential.*



## COMPUTER CLASSES

### Digital Pictures and your Camera

Thursday, 1:30- 3p

January 8 & 15

Fee: Resident \$10/Nonresident \$12

Limit 4 students

Instructor: Mendy Marshall

Learn how to upload the images to your computer, file and store them and explore online photography sites and vendors that will print your pictures for a small fee.

*Please bring your digital camera to class with the provided cord to connect to computer*

---

### Excel 101

Tuesday, 9:30 - 11a

January 27

Fee: Resident \$5/Nonresident \$6

Limit 4 students

Instructor: Mendy Marshall

Do you want to know how to create a spreadsheet to keep track of your spending or create a list of your favorite collection? Learn the very basics of how to set up a spreadsheet in Microsoft Excel. **Prerequisite: Must have basic knowledge on how to use a computer and mouse.**

---

### iPhone – iPad 101

Thursday, 9:30 – 11a

January 29 & February 5

Fee: Resident \$10/Nonresident \$12

Limit 4 students

Instructor: Mendy Marshall

Do you have an iPhone or iPad and want to learn more? Learn the basics on how to use your iPhone/iPad; creating contacts, text messaging, purchasing apps, update settings, and more. **Prerequisite: Must have an active email account, an iTunes account, a major credit card/debit card and own an iPhone or iPad.** *Please bring your iPhone/iPad to class with the cord to class.*

---

### Brain Fitness - "Train Your Brain"

Friday, 1:30-3p

January 9, 16, 23, 30

**FREE - Register with LSAC Staff**

Limit 8 students

Instructor: Liz Salinas (PARD Staff)

Find out about the brain training programs that are available on your computer, tablet, or smart phone. We will learn about and practice a different program each week. Bring your smartphones and tablets (optional).

## NATIONAL COUNCIL ON AGING

### Benefits Check-Up Program®

The National Council on Aging (NCOA) is the nation's leading nonprofit service and advocacy organization representing older adults and the community organizations that serve them. Their goal is to improve the health and economic security of 10 million older adults by 2020. For more than 60 years, NCOA has been a trusted voice and innovative problem-solver helping seniors navigate the challenges of aging in America. They work with local and national partners to give older adults tools and information to stay healthy and secure, and advocate for programs and policies to improve the lives of all seniors, especially the most vulnerable. For more information, please visit:

[www.ncoa.org](http://www.ncoa.org)

Benefits Check-Up is a free service of the National Council on Aging. Many adults over 55 need help paying for prescription drugs, health care, utilities and other basic needs. For more information or to sign up, please visit the web site at: [www.benefitscheckup.org/](http://www.benefitscheckup.org/)

---

### A Matter of Balance: Fall Prevention Program

Tuesdays & Thursdays

10a - 12p

February 3 – February 26

**FREE**

#### What is A Matter of Balance?

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.

**A Matter of Balance** includes eight two-hour sessions for a small group led by a trained facilitator. This nationally recognized program was developed at the Royal Center at Boston University.

#### Who Should Attend A Matter of Balance?

The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

*The class is limited to 12 participants.*

*Sign up with LSAC Staff beginning January 2015*

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# JANUARY 2015\*

\*Dates, times and locations subject to change;  
contact program leader/coordinator or sites to  
confirm

\*\*Pecan Cracking anticipated dates

**NEW YEAR'S DAY  
HOLIDAY**

**LAMAR SENIOR  
ACTIVITY CENTER  
CLOSED**

Pecan Cracking  
Drop off /Pick up 9a-3p

4	5	6	7	8	9	10
	Exercise 9-10a Oil Painting 9a-12p Pecan Cracking Drop off/Pick up 9a-3p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Yoga 1:55-3:15p	Ceramics 10a-12p Tai Chi 1-2p Bunco 1:30-3:30p	Exercise 9-10a Pecan Cracking Drop off/Pick up 9a-3p Pinochle 12:30-3:30p Yoga 2-3:15p	Zumba Gold 9-10a HIKE: Reicher Ranch 9a-2p Ceramics 10a-12p Mah Jong 1-3p Digital Pictures 1:30-3p Yoga 1:55-3:15p	Exercise 9-10a Watercolor 9a-12p Pecan Cracking Drop off/Pick up 9a-3p ACBL Bridge 12:30-4p Tai Chi 1-2p Brain Fitness 1:30-3p Let's Dance 7:30-9:30p	
11	12	13	14	15	16	17
	Exercise 9-10a Oil Painting 9a-12p Pecan Cracking Pick up 9a-3p Scrapbooking 11a-1p ACBL Bridge 12:30-4p Mexican Train 12:30-3:30p Yoga 1:55-3:15p Golden Rule Dance 7:30-9:30p	Ceramics 10a-12p TRIP: Lunch Bunch 10:30a-2p Tai Chi 1-2p	Exercise 9-10a Pinochle 12:30-3:30p Easy Yoga 2-3:15 Pecan Cracking Drop off/Pick up 9a-3p Fifty Plus Dance 7:30-9:30p	Zumba Gold 9-10a Ceramics 10a-12p Mah Jong 1-3p Digital Pictures 1:30-3p Yoga 1:55-3:15 TRIP: Gypsy Musical 6:30-10:30p	Exercise 9a-10a Watercolor 9a-12p Pecan Cracking Pick up 9a-3p ACBL Bridge 12:30-4p Tai Chi 1-2p Brain Fitness 1:30-3p	
18	19	20	21	22	23	24
	<b>MARTIN LUTHER KING, JR. HOLIDAY</b>  <b>LAMAR SENIOR ACTIVITY CENTER CLOSED</b>	Bingo 10a—12p Ceramics 10a-12p Tai Chi 1-2p Bunco 1:30-3:30p	Exercise 9-10a Pinochle 12:30-3:30p Yoga 2-3:15p Pecan Cracking Pick up 9a-3p TRIP: SA Museum of Art 9a-4:30p	Zumba Gold 9-10a Ceramics 10a-12p Mama Mia Brown Bag Lunch 12-1p Mah Jong 1-3p Yoga 1:55-3:15	Exercise 9a-10a Watercolor 9a-12p Pecan Cracking Pick up 9a-3p Balance Assessment 10:30a ACBL Bridge 12:30-4p Tai Chi 1-2p Brain Fitness 1:30-3p Let's Dance 7:30-9:30p	
25	26	27	28	29	30	31
	Exercise 9-10a Oil Painting 9a-12 p Pecan Cracking Pick up 9a-3p ACBL Bridge 12:30-4p Mexican Train 12:30-3:30p Yoga 1:55-3:15p Golden Rule Damce7:30-9:30p	Excel 101 9:30-11a Ceramics 10a-12p Tai Chi 1-2p Book Club 1:30-3p	Exercise 9-10a HIKE: Vireo Preserve 9a-2p Pecan Cracking Pick up 9a-3p Pinochle 12:30-3:30p Yoga 2-3:15p Fifty Plus Dance: 7:30-9:30p	Zumba Gold 9-10a iPhone/ iPad 9:30-11a Ceramics 10a-12p Mah Jong 1-3p Yoga 1:55-3:15 TRIP: The Thinkery 6:30-9:30p	Exercise 9a-10a Watercolor 9a-12p Pecan Cracking (LAST DAY) Pick up 9a-3p ACBL Bridge 12:30-4p Tai Chi 1-2p Brain Fitness 1:30-3p Let's Dance 7:30-9:30p	

# TRIPS

As of January 2014 all City of Austin Parks and Recreation Department trips, including hikes, are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information.

## **JANUARY 2015 LOTTERY FORM** **SUBMISSION DATES AND TIMES:**

<b>Monday</b>	<b>Dec 29</b>	<b>9a-4p</b>
<b>Tuesday</b>	<b>Dec 30</b>	<b>9a-4p</b>
<b>Friday</b>	<b>Dec 31</b>	<b>9a-Noon</b>

To complete a JANUARY 2015 LSAC Lottery Form call 512-474-5921 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, South Room, during the same allotted days and times to complete your lottery registration form.

**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 and confirm your trip(s).**

**A current 2015 PARD waiver for each participant must be on file to complete the process.**

**Registration is accepted after lottery submission period for any trip openings or placed on bottom of waitlist.**

***Trips will depart from Lamar Senior Activity Center  
2874 Shoal Crest Avenue***

***(LSAC upper parking lot unless otherwise indicated)***

# TRIPS

## **Hike - Reicher Ranch**

**Thursday, January 8, 2015**

Level 3 hike includes steep descent to and ascent from Lake Austin. View the former home of Bishop Reicher and learn a little about the history. Bring a brown bag lunch.

**Depart: 9a**

**Return: 2p**

**Cost: Resident \$0 Nonresident \$0      Extra Expense: Brown Bag Lunch**

**Walking/Activity Level: HIGH/Level 3 Hike**

## **Lunch Bunch – McCormick & Schmick's, The Domain**

**Tuesday, January 13, 2015**

At McCormick & Schmick's you will experience culinary excellence at its best. The menus reflect seafood from the Pacific Rim, Atlantic Ocean and Gulf of Mexico. They also source products from local ranches, farms and wineries to showcase regionally inspired dishes. Prices range from \$10.99 - \$21.99.

<http://www.mccormickandschmicks.com/>

**Depart: 10:30a**

**Return: 2p**

**Cost: Resident \$3 Nonresident \$4**

**Extra Expense: Lunch**

**Walking/Activity Level: Low**

## **Gypsy: A Musical Fable – Austin High School**

**Thursday, January 15, 2015**

"Gypsy: A Musical Fable" which features music by Jule Styne and lyrics by Stephen Sondheim. The show is loosely based on the memoirs of famous striptease artist Gypsy Rose Lee, although the main focus of the musical is on Rose, the archetypal show-business mother who raises Lee and her sister June as they travel around America with their vaudeville act. Gypsy is considered by many to be the greatest American musical, and the role of Mama Rose is often called the 'King Lear' of the musical theatre canon.

**Depart: 6:30p**

**Return: 10:30p**

**Cost: Resident \$13.50 Nonresident \$14.50**

**Extra Expense: Refreshments**

**Walking/Activity Level: Low**

## TRIPS

### San Antonio Museum of Art – San Antonio Wednesday, January 21, 2015

The Museum of Art houses the largest and most comprehensive collection of ancient Egyptian, Greek and Roman, as well as Asian, art in the southern United States. The Museum also has a significant collection of Latin American art, from Pre-Columbian times to the present, showcased in the Nelson A. Rockefeller Center for Latin American Art. The growing contemporary art collection balances some true masterpieces with notable Texas and regional art. We will have a guided tour followed by free time and lunch on your own. Explore lunch options at the Pearl Complex on the Riverwalk. Prices at the Pearl Complex range from \$5.25 - \$21.

**Depart: 9a**

**Return: 4:30p**

**Cost: Resident \$14.50 Nonresident \$16.25      Extra Expense: \$ for Lunch**

**Walking/Activity Level: High**

---

### Hike – Vireo Preserve Wednesday, January 28, 2015

Level 2 Hike with 2.8 miles along a ridge off Loop 360 with beautiful views of downtown Austin.

**Depart: 9a**

**Return: 2p**

**Cost: Resident \$0 Nonresident \$0**

**Extra Expense: None**

**Walking/Activity Level: High/Level 2 Hike**

---

### Thinkery21 - Austin

**Thursday, January 29, 2015**

Thinkery21 is an evening series **exclusively for adults 21 and up**. Experience innovative exhibits, live demonstrations, hands-on activities and more, depending on each night's program. Grab a drink and mingle with makers, scientists, artists, and other interesting folks. (Cash only bar)

**Depart: 6:30p**

**Return: 9:30p**

**Cost: Resident \$18.75 Nonresident \$19.75**

**Extra Expense: Cash for Bar**

**Walking/Activity Level: Medium**

---

## HIKES

### HOW TO PREPARE FOR YOUR HIKE:

You should be preparing for your outing a day or two ahead of time. **In the days leading up to your hike, drink lots and lots of water. The night before you hike it is a good idea to “carb load” or eat a healthy meal that is also high in carbohydrates.** An example of this would be grilled chicken with pesto pasta. The morning of your hike, make sure to drink plenty of water and have a full, well rounded breakfast.

### WHAT TO EXPECT:

The hikes we go on are **physically demanding** and take place on a **variety of terrain** throughout the **seasons**. It is very important to plan and prepare for our outings.

- ♦ Watch the weather and prepare your clothing accordingly; weather changes constantly in Central Texas.
- ♦ Look at Pollen Counts before departing and plan accordingly.
- ♦ Poison Ivy is prolific in many areas of central Texas and therefore can be encountered on hikes.
- ♦ Make sure to look at the trail rating.

**TRAIL RATING:** Each hike is ranked on distance as well as terrain which can include incline (steep) as well as surface (rocky, muddy, etc.). Difficulty Scale can change due to changing weather conditions the day of the hike.

- ♦ **Level 1** - Mostly flat, paved trail. Expect 3 miles or less, unless otherwise noted
- ♦ **Level 2** - Moderate difficulty with natural trail surface and minimal elevation change. Expect 3-5 miles unless otherwise noted.
- ♦ **Level 3** - Advanced hiking through natural terrain. Can be rocky, including creek crossings and steep climbs. May include hikes over 4 miles.
- ♦ **Level 4** - Guaranteed high difficulty including steep climbs and descents, water crossings, rocky surfaces, and/or distances exceeding 4 miles.

### SUPPLIES NEEDED:

- \* Bring plenty of water (*1+ large bottles filled or camel pack filled*)
- \* Bring food (*lunch for all day trips*) or snack for extra energy
- \* Bring any medicine, etc. (*in backpack or fanny pack*) if possibly needed during hike
- \* Bring your own insect repellent and **APPLY** insect repellent prior to the hike and during hike as needed; West Nile Virus is still an issue!
- \* Wear a two-strap backpack or fanny pack that can hold your supplies (*please no handheld tote bags, etc.*)
- \* Wear a hat (*recommended*)
- \* Wear weather appropriate clothing
- \* Wear full-toe shoes with ankle support
- \* Walking stick (optional)
- \* Extra \$ for refreshment after hike if occurs (optional)

**Most of all, be **PREPARED** to have fun and enjoy the natural environment while becoming aware of trails and parks that you may have never known were there!**



## VOLUNTEERS OPPORTUNITIES



### WE NEED YOU!

#### Line Dance

We are looking for a new Line Dance instructor. Are you interested? Or know someone who is?

Contact Liz at 512-474-5921

#### Gardening

Calling all GREEN (and red, and blue and yellow) THUMBS....How about a sensory garden? A sustainability garden? A raised bed garden? If you are interested in gardening of any sort, we need your help!

Contact Liz at 512-474-5921.



*Stop by the lobby area and speak with a Front Desk Volunteer or Staff member.*

---

*“Never underestimate your ability to make someone else’s life better - even if you never know it.”*

*— Greg Louganis*

## GENERAL INFORMATION

### 2014 - 2015 Fee Structure

Beginning October 1, 2014, the City of Austin Parks and Recreation Department (PARD) is implementing a **Resident and Non-Resident Fee Structure** as approved by Austin City Council. Residents of Austin property taxes contribute directly to support the operations of the City of Austin. The Non-Resident rate ensures that individuals living outside of Austin contribute to the funding of the City of Austin on an equal basis with residents. Contract Instructed classes will not be impacted by the Resident/Non-Resident Fee Structure.

### 2015 City of Austin PARD Waiver

It is time to renew your City of Austin Parks and Recreation Department Liability Release Waiver and sign up for the Lamar Senior Activity Advisory Board optional donation, mail list and email list to continue to receive the most current information at home.

ALL participants must have an up to date waiver on file to participant in 2015 classes, trips, etc. at Lamar Senior Activity Center.

*Stop by the LSAC Volunteer Desk to complete the form TODAY!!!*

## JANUARY SPECIAL DAYS

### National Blood Donor Month

Blood is traditionally in short supply during the winter months due to the holidays, travel schedules, inclement weather and illness. January, in particular, is a difficult month for blood centers to collect blood donations. A reduction in turnout can put our nation's blood inventory at a critical low.

#### Blood Donors Must:

- Be in good general health and feeling well\*
- Be at least 17-years-old in most states
- Weigh at least 110 lbs.

The Blood and Tissue Center  
300 North Lamar Boulevard, Austin, TX 78756  
(512) 206-1266  
<http://www.inyourhands.org/>

### National Bath Safety Month

The majority of falls happen in the bathroom. It really only takes a few simple things to make your bathroom a lot safer. To decrease the likelihood of you ever taking a fall while in your bathroom, follow these useful tips:

- Install non-slip strips or mats in the bottom of your bathtub
- Have reachable safety handles for climbing in and out of the tub or shower, and by the toilet as well
- Keep a non-slip rug or mat on the floor at the entry/exit of the shower
- Make sure your bathroom floor stays clean and free of spills
- Keep a portable phone in your bathroom in case of emergencies

## JANUARY SPECIAL DAYS

### January 1 – First Day Guided Hikes (Free)

First Day Hikes are part of a nationwide initiative led by America's State Parks to get people outdoors, with over 400 hikes scheduled this year in all 50 states. Kids and adults all across America will be participating in First Day Hikes, getting their hearts pumping and enjoying the beauty of a state park. <http://tpwd.texas.gov/state-parks/>

### January 19 – Martin Luther King Day

Martin Luther King Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr., an influential American civil rights leader. On Saturday, January 18, United Way for Greater Austin and Hands on Central Texas invite you to celebrate Dr. Martin Luther King, Jr. with a day of service. [www.handsontexas.org](http://www.handsontexas.org)

### Austin is a hands-free city

A new City of Austin ordinance prohibits the use of all electronic hand-held devices while operating a vehicle or bicycle.

To avoid fines up to \$500, put your phone away or consider using a hands-free system such as Bluetooth or headphones, or an affixed GPS system. The Austin City Council adopted Ordinance No. 20140828-041 amending section 12-1-34 of the City Code to prohibit the use of portable electronic devices while operating a motor vehicle or bicycle. **This law goes into effect Jan. 1, 2015.**

<http://www.austintexas.gov/handsfree>

## Austin City Council

Steve Adler, Mayor  
Ora Houston, Place 1  
Delia Garza, Place 2  
Sabino "Pio" Renteria, Place 3  
Gregario "Greg" Casar, Place 4  
Ann Kitchen, Place 5  
Don Zimmerman, Place 6  
Leslie Pool, Place 7  
Ellen Troxclair, Place 8  
Kathie Tovo, Place 9  
Sheri Gallo, Place 10

## Austin Parks and Recreation

Sara L. Hensley, CPRP, Director  
Kimberly A. McNeeley, CPRP, Assistant Director  
Cora D. Wright, Assistant Director  
Patrick R. Corona, Division Manager - CPD  
Tiffany M. Cabin, Seniors Program Manager

## LSAC Advisory Board 2015

Gayle Fischer, President  
Alma Harrington, Vice President  
Helen Anderson, Secretary  
Dayton Grumbles, Treasurer  
Edna Armendariz, Gladys Ashby, Marilyn Burson,  
Pat Casey, Tel Dalton, Mary Ann Lawrence,  
Jamy Legett, Phil Horn, Helen Miller,  
Ken Moore, Sydelle Popinsky



## City Manager

Marc Ott, City Manager  
Vacant, Deputy City Manager  
Rey Arellano, Assistant City Manager  
Bert Lumbreras, Assistant City Manager  
Sue Edwards, Assistant City Manager  
Robert Goode, Assistant City Manager  
Anthony Snipes, Assistant City Manager

## Parks Board

Jane Rivera, Chair  
Jeff Francell, Vice Chair  
William Abell, Board Member  
Michael Casias, Board Member  
Dale Glover, Board Member  
Lynn Osgood, Board Member  
Susan Roth, Board Member

## LSAC Staff

Jerilyn Rainosek, Programs Supervisor  
Michelle Richardson, Programs Specialist  
Elizabeth Salinas, Programs Specialist  
Andy Maldonado, Building & Grounds Assistant  
Teresa Hudson, Administrative Associate

**MISSION** The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

### REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.