



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

 Austin Parks and Recreation Department - Seniors

FEBRUARY



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

Golden "K" Kiwanis

Mondays
9a

Senior Tennis Players Social

Monday/Wednesday/Friday
9:30a

Austin Pallet Club

Tuesdays
9a

Austin Women's Tennis Association

Wednesday, February 11
1:30p

LSAC Advisory Board

Wednesday, February 11
2p

Texas Public Employees Association

Friday, February 13
9:30a

AARP Smart Driver Program Instructor: Beverly Martin Monday, February 9

This class is designed for the
mature driver & it
will 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 Volunteer
desk or call 512-474-5921.**

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

COLLETTE TRAVEL SLIDE SHOWS

Southern Italy & Sicily

Tuesday, February 10
10 a - noon

Highlights: Palermo, Monreale,
Agrigento, Valley of the Temples,
Catania, Mt. Etna Volcano,
Giradini Naxos, Taormina, Matera,
Alberobello, Sorrento, Amalfi
Coast, Pompeii

Trip Dates:

September 10 - 21, 2015

Tropical Costa Rica

Thursday, March 19
10 a - noon

Highlights: San Jose, Coffee
Plantation, Guanacaste,
Monteverde Cloud Forest,
Hanging Bridges, Arenal Volcano,
Lake Arenal Cruise, Cooking
Demonstration, Cano Negro
Refuge, Zarcero, National Theater

Trip Dates:

November 5 - 13, 2015

GAMES



Mexican Train

Mondays, 12:30 - 3:30p

Bingo

Tuesday, February 17, 10a-12:30p
LSAC Advisory Board sponsored. \$3 includes very light
lunch; must pre-register and pay

Bunco

Tuesdays, February 3 & 17, 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

Intermediate Bridge

Mondays, February 23 - March 23
(No class February 16)
9:30-11:30a
\$50

Instructor: Sandy Potts*

Duplicate Bridge

Tuesdays
February 24 - March 31
12:45-3:45p
\$40

Instructor: Leona Rieger*

Play of Hand

Tuesdays, February 24 - March 24
9:30-11:30a
Topics include:

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

\$50

Instructor: Sandy Potts*

Social Bridge

Thursdays, 12-4p
On hold - need group leader

ACBL Duplicate Bridge

Mondays & Fridays 12:30-4p
(No game February 16)

\$5-6 per day

Led by Larry Davis*

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

**Register with LSAC Staff beginning 2/9/15
Pay Instructor on first day or each day for ACBL*

ENRICHMENT CLASSES

Writing the Stories of Your Life Thursdays,

February 26 - April 2
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



The Retirement Years Monthly Refresher

Friday,
February 27
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

Dates: TBA

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.*



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

FIFTY PLUS DANCE CLUB – Ballroom; DJ

2nd and 4th Wednesdays 7:30-9:30p

Contact Bob Smith for more information: bsmithj98@gmail.com

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

**Mondays, Wednesdays & Fridays
9 - 10a**

NO Class Monday, February 16

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: 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

FREE - Register with LSAC Staff

Easy Yoga*

**Wednesdays,
February 11 - March 11
2 - 3:15p**

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,
February 12 - March 19
1:55 - 3:15p**
No class Monday, February 16

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,
February 17 -
March 27
1 - 2p**



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!



COMPUTER CLASSES

Apple Computer Basics

Tuesday, February 3

9:30-11:00 a.m.

\$5 resident/\$6 nonresident per student - Limit 4 students

Bring your personal Apple MacBook to class and learn the basics of how to set the preferences, organize files, open and close programs and more. Class will meet in the computer lab. **Prerequisite: Must own an Apple computer/laptop and be able to bring it to class.**

Digital Camera 2

Thursday, February 5

1:30 – 2:30 p.m.

\$5 resident/\$6 non resident per student - Limit 4 students

You attended Digital Pictures and your Camera! Got home and had some trouble. Open forum – bring your questions, issues and learn the solutions together. **Prerequisite: Must have previously attended “Digital Pictures and your Camera.**

iPhone – iPad 101

Thursday, February 12 & 19

1:30 – 3p

\$10 resident/\$12 nonresident per student (includes both classes)

Limit 4 students

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, syncing to iTunes 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.**

iTunes 101

Tuesday, February 17 & 24

9:30-11 a.m.

\$10 resident/\$12 nonresident per student (includes both classes)

Limit 4 students

Want to know how to download music, make playlists and load the music on your iPod shuffle using iTunes? Learn how to set up and use iTunes, download music, create playlists and sync your device. **Prerequisite: Must have an active email account, an iTunes account, a major credit card/debit card and own an iPod, iPod shuffle/Nano or, iPhone. Please bring your iPod shuffle/Nano or iPhone to class with the cord to class.**

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

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/**

A Matter of Balance: Fall Prevention Program

**Tuesdays & Thursdays,
February 3 – February 26**

10a - 12p

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

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	2 Exercise 9-10a Oil Painting 9a-12p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Yoga 1:55-3:15p Golden Rule Dance 7:30-9:30p	3 Apple Computer Basics 9:30-11a Matter of Balance 10a-12p Bridge Play of Hand 0:30-11:30a Ceramics 10a-12p Tai Chi 1-2p Bunco 1:30-3:30p	4 Exercise 9-10a Pinochle 12:30-3:30p Yoga 2-3:15p	5 Zumba Gold 9-10a HIKE: Lake Pflugerville 9a-2p Ceramics 10a-12p Matter of Balance 10a-12p Mah Jong 1-3p Digital Pictures 1:30-2:30p Yoga 1:55-3:15p	6 Exercise 9-10a Watercolor 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p	7
8	9 Exercise 9-10a Smart Driver 9a-noon Oil Painting 9a-12p Bridge Beginning 9:30-11:30a ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Yoga 1:55-3:15p	10 Ceramics 10a-12p Matter of Balance 10a-12p Southern Italy & Sicily Slide Show 10a-noon Tai Chi 1-2p TRIP: Culture Club: Fonda San Miguel 4:30-6:30p	11 Exercise 9-10a Pinochle 12:30-3:30p Yoga 2-3:15p Fifty Plus Dance 7:30-9:30p	12 Zumba Gold 9-10a Ceramics 10a-12p Matter of Balance 10a-12p Mah Jong 1-3p iPhone/iPad 1:30-3p Yoga 1:55-3:15p TRIP: Misalliance 6:30-10:30p	13 Exercise 9-10a Watercolor 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p	14
15	16 PRESIDENT'S DAY HOLIDAY LAMAR SENIOR ACTIVITY CENTER CLOSED	17 iTunes 9:30-11a Ceramics 10a-12p Matter of Balance 10a-12p Bingo 10a-12:30p Tai Chi 1-2p Bunco 1:30-3:30p	18 Exercise 9-10a Pinochle 12:30-3:30p Easy Yoga 2-3:15	19 Zumba Gold 9-10a HIKE: Mansfield Dam 9a-2p Ceramics 10a-12p Matter of Balance 10a-12p Mah Jong 1-3p iPhone/iPad 1:30-2:30p Yoga 1:55-3:15	20 Exercise 9a-10a Watercolor 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p	21
22	23 Exercise 9-10a Oil Painting 9a-12p Bridge Intermediate 9:30-11:30a ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Yoga 1:55-3:15p	24 iTunes 9:30-10:30a Bridge Play of Hand 9:30-11:30a Ceramics 10a-12p Matter of Balance 10a-12p Tai Chi 1-2p TRIP: Lunch Bunch 10:30a-2p	25 Exercise 9-10a Pinochle 12:30-3:30p Yoga 2-3:15p Fifty Plus Dance 7:30-9:30p	26 Zumba Gold 9-10a Ceramics 10a-12p Matter of Balance 10a-12p Mah Jong 1-3p Yoga 1:55-3:15	27 Exercise 9a-10a Watercolor 9a-12p Balance Assessment 10:30a ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p	28

**FEBRUARY
2015***

**Dates, times and locations of classes, trips, meetings, events, etc. Are subject to change; contact program leader/coordinator or sites to confirm*

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.

FEBRUARY 2015 LOTTERY FORM

SUBMISSION DATES AND TIMES:

Wednesday	Jan 28	Noon-4p
Thursday	Jan 29	9a-4p
Friday	Jan 30	9a-4p

To complete a FEBRUARY 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 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, make payment 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 and/or waitlist.

***Trips will depart from Lamar Senior Activity Center
2874 Shoal Crest Avenue
(LSAC upper parking lot unless otherwise indicated)***

TRIPS

Hike – Lake Pflugerville

Thursday, February 5

Level 1 hike 3 miles around Lake Pflugerville. Trail is mostly flat with some crushed granite and some natural surfaces. **Hike Level: I**

Depart: 9a

Return: 12p

Cost: Resident \$3 Nonresident \$4

Walking/Activity Level: High

**Extra Expense: Pack
water & snacks**

Culture Club – Fonda San Miguel

Tuesday, February 10

Enjoy Authentic Interior Mexican food at its finest. Enjoy half-price appetizers in the bar area. <http://www.fondasanmiguel.com/index.php>

Price Range: \$5.50 - \$14.95

Depart: 4:30p

Return: 6:30p

Cost: Resident \$3 Nonresident \$4

Walking/Activity Level: Low

Extra Expense: Snacks

Misalliance – Mary Moody Northern Theater

Thursday, February 12

Heiress to her father's underwear fortune, Hypatia is engaged to the perfectly acceptable but astoundingly dull Bently Summerhays. Bored beyond measure, she longs for adventure to fall out of the sky. What are the odds on a lazy Sunday afternoon in Surrey in 1909? Lucky Hypatia has Shaw on her side, so things are looking up indeed. Peppered with a plane crash, eight proposals, a lone gunman, a Polish woman gymnast and a sound Shavian skewering of love and marriage, this breezy and spirited comedy will leave you laughing, appreciating your intellect and, perhaps, longing for a lemonade on the veranda.

Depart: 6:30p

Return: 10:30p

Cost: Resident \$20 Nonresident \$21

Walking/Activity Level: Low

Extra Expense: None

TRIPS

Hike – Mansfield Dam

Thursday, February 19

Level 2-3 Hike 5 miles along Mansfield Dam and around “Sometimes Island” as lake levels allow.

Depart: 9a

Return: 2p

Cost: Resident \$3 Nonresident \$4

Extra Expense: Pack your Lunch

Walking/Activity Level: High

Lunch Bunch – Sawyer & Co.

Tuesday, February 24

Celebrate the Mardi Gras season with some old-fashion Cajun food at Sawyer & Co. The ambiance will take you back in time.

Prices range from \$3.99 - \$19.99.

<http://www.sawyerand.co/menusawyeronline/>

Depart: 10:30a

Return: 1:30p

Cost: Resident \$3 Nonresident \$4

Extra Expense: \$ for Lunch

Walking/Activity Level: Low

Jersey Boys – Bass Concert Hall

Tuesday, March 24

They were just four guys from Jersey, until they sang their very first note. They had a sound nobody had ever heard... and the radio just couldn't get enough of. But while their harmonies were perfect on stage, off stage it was a very different story -- a story that has made them an international sensation all over again

Depart: 7:30p

Return: 11:00p

Cost: Resident \$91.50 Nonresident \$92.50

Extra Expense: None

Walking/Activity Level: Low

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 LSAC Staff: 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 LSAC Staff: 512-474-5921



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

When you do nothing, you feel
overwhelmed and powerless.

But when you get involved,
you feel the sense of hope and
accomplishment that comes
from knowing you are working
to make things better.

~ Maya Angelou

CuriositiesByDickens.com

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!!!*

FEBRUARY SPECIAL DAYS

National Senior Independence Month

This celebration was established to help seniors remain in control of their daily lives. This month encourages seniors to take the opportunity to evaluate their current living situation, and determine whether or not adjustments could be made to create a better lifestyle. This is the opportunity to notice strengths and weaknesses in daily routines and make minor adjustments with potentially huge improvements.

Use these techniques to make your home a place you can live safely and independently.

Brighten Up—Check that every room is well lit, and make any lighting replacements where needed. Installing night-lights throughout the house—especially in dark corners and along staircases—can help improve nighttime visibility and prevent trips and falls over unseen objects.

Clear Clutter—Keep floors and walkways clear of unnecessary items, such as clothes, books, papers and trash. An alteration as simple as shifting the furniture can be valuable for those who may have balance or vision problems. Move any furniture, wiring or other obstructions, and make sure all pathways are clear enough to move freely without fear of harm.

Get a Grip—Install grab bars and handrails in the restrooms near the shower, bathtub and toilet. Using non-slip mats and placing double-sided tape under rugs can also help minimize slips.

Open Access—Everything should be easily accessible, including the refrigerator, cabinets, drawers, doors and shelving. Also, place items on the lower levels of shelves for easier reach.

Stay Active to Avoid Accidents

Flowing and stretching exercises, such as T'ai Chi and yoga, are known to help restore balance and joint flexibility.

Mild strength training—with and without weights—can help strengthen your muscles, joints and bones, making it less likely that you will fall or become injured from a fall.

Walking is one of the easiest exercises you can do, and it comes with many benefits, including improved balance, strength and endurance.

American Heart Month

Women's Heart Health Week (Feb. 1-7)

National wear RED day is February 6th. Wear your red to show your support.

Heart disease is the leading cause of death for men and women in the United States and is the number 1 killer for women in America. Every year, 1 in 4 deaths are caused by heart disease.

Strategies to prevent heart disease:

Get a checkup at least once each year, even if you feel healthy..

Monitor your blood pressure.

Get your cholesterol checked.

Eat a healthy diet. Limiting sodium in your diet can lower your blood pressure. Be sure to eat plenty of fresh fruits and vegetables—adults should have at least five servings each day. Eating foods low in saturated fat, trans fat, and cholesterol and high in fiber.

Maintain a healthy weight.

Exercise regularly. Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity activity for at least 150 minutes per week.

Don't smoke.

Limit alcohol use.

Manage your diabetes.

Take your medicine.

Symptoms for Women Include:

- ◆ Uncomfortable pressure, fullness or pain in the center of your chest
- ◆ Pain or discomfort in one or both arms
- ◆ Pain or discomfort in the back
- ◆ Pain or discomfort in the jaw
- ◆ Pain or discomfort in the neck
- ◆ Shortness of breath
- ◆ Breaking out in a cold sweat, nausea or lightheadedness

FEBRUARY SPECIAL DAYS

Black History Month

Black History Month is observed in February 2015. Black History Month, also known as African-American History Month in America, is an annual observance in the United States, Canada, and the United Kingdom for remembrance of important people and events in the history of the African diaspora. The African diaspora refers to the communities throughout the world that are descended from the historic movement of peoples from Africa, predominantly to the Americas, Europe, Asia, and the Middle East, among other areas around the globe.

February 14 - Valentines Day

A few fun ways to celebrate:

Throw a fondue party. Cheese for dinner and chocolate for dessert. Dunk brownies, apricots, marshmallows and graham crackers.

Skype loved ones. Call up your mom, sister, best friend, favorite uncle. There's nothing like seeing an adoring face.

Bake chocolate chip cookies, package them with red ribbons, and give them to people you appreciate — neighbors, coworkers, the grocery store clerk, etc..

Help your heart. Take a fitness class — then enjoy a heart-healthy meal, such as seared salmon with a glass of red wine.

February 14 – National Organ Donor Day

Sign up as an organ and tissue donor in your state's donor registry.

<https://www.donatelifetexas.org>

Organ and tissue donation and transplantation provide a second chance at life for thousands of people each year. You have the opportunity to be one of the individuals who make these miracles happen.

By deciding to be a donor, you give the gift of hope ... hope for the thousands of individuals awaiting organ transplants and hope for the millions of individuals whose lives could be enhanced through tissue transplants.

February 16 - Presidents Day

A federal holiday honoring the first president, George Washington and Abraham Lincoln and all US Presidents.

February 17 – Mardi Gras (Fat Tuesday)

The practice of the last night of eating richer, fatty foods before the ritual fasting of the [Lenten](#) season.

February 19 - Lunar New Year

The first day of the new year based on the moon cycles.

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
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 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
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, 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
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.