



# 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](http://www.austintexas.gov/seniors)



Austin Parks and Recreation Department - Seniors

# JULY



# 2019



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

# GENERAL INFORMATION

## PARD/Lamar Senior Activity Center (LSAC) Waivers and Lamar Senior Activity Center Advisory Board Registration

ALL participants must have a current completed waiver on file to participate in 2019 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

**Stop by the LSAC Volunteer Reception Desk**

**Monday - Thursday 9a-3p, or Friday 9a - 12:30p to complete a 2019 waiver**

## PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the PARD Recreation and Senior Activity Centers. Registered participants are issued a photo id card which you scan when you enter the center to help us easily track center usage, monitor programming activities and secure COA-PARD support.

***If you do not have a 2019 waiver and/or an ID card, please stop by the Staff desk and complete the necessary documents on your next visit to the center. Once your 2019 waiver information is in the "Pass" registration system it only takes a few minutes to get your photo ID on the spot or at your next visit.***

## HOURS OF OPERATION

**Monday 8:30a-8:30p**

**Tuesday, Wednesday & Thursday 8:30a-4:30p**

**Friday 8:30a-1:30p and 6-10p**

## Class & Activity Registration & PARD/LSAC Payments\*

**M 9a -7p T/W/Th 9a-3:30p F 9a-12:30p; 6-8p**

*\*unless otherwise noted, system unavailable, etc.*

*Cash/Check/Credit Card payments accepted for LSAC programs/events*

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

*There is a \$25 cash fee on all returned checks.*

## **Computer Lab Hours of Operation\*\***

**M 9a -8p T/W/Th 9a-4p F 9a-1p; 6-9p**

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

LSAC Program and Activity updates available online:



The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. All participants must fill out the required annual PARD waiver at the lobby Volunteer Receptionist or Staff desk. The friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$6 is required if you would like a newsletter mailed to your home and/or \$3 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's programs and day to day operations. *We thank you for your support!*

# PUBLIC MEETINGS

**Texas Alliance for Retired Americans (TARA)**

Thursday, July 18 12:30p

**Handicraft Group**

*New members and guests welcome*

Wednesdays 1p

**Texas PUBLIC Employees Association (TPEA)**

No meeting in July

**BeMused Literari**

Tuesdays, 1:30-3p

**LSAC Advisory Board and the Austin Palette Club**

*Meetings return in September, 2019*



*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.*

# INSIDE THE GUIDE . . . PAGE(S)

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# LSAC CLOSURES

## LSAC CLOSED

### Thursday, July 4, 2019




# GAMES

## BINGO & BIRTHDAYS with Lunch

Wednesday, July 17, 2019

10a-12:30p  
\$3 for lunch and 25¢ per card



 **Our Bingo and Birthdays with Lunch is back for the month of July!** Tell your friends, sign up early and come on down! The cost is \$3 for lunch and you must sign up and pay in advance by noon on Friday, July 12, 2019. Late registration or day of event sign up will **NOT** be available for the Lunch Bingo event! You may also pay for your cards in advance when you sign up and pay for the event, or purchase cards the day of the event.

**Sign-up and payment for the Bingo with lunch will begin July 1**

**\*\*Payment to LSACAB is due at the time of registration\*\***

Cash or Check only - Check payable to: SAC

**Remember:** In your birthday month you will receive 2 FREE bingo cards

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, July 2 & 16; 12:45p**

Led by LSAC Volunteer, Carolyn Rickard

**Rummikub\***

**Tuesdays, July 9 & 23; 1p**

Led by LSAC Volunteer, Claudia Savio

**Bingo & Birthdays**

**Wednesday, July 17; 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

**LSAC Closed Thursday, July 4**

~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 Games: Friday, July 19 10:30a**

**\$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.

### *BIRDS, BLOOMS & BUTTERFLIES!*

eBird and iNaturalist Projects

**Wednesdays, July 3 & July 31 only\***

**9:30a - 10:30a FREE**

\*While we will not meet on July 10, 17 & 24, participants will be working on field projects on their own time. The field projects and resources will be introduced at the July 3 meeting. We discuss our findings at the July 31 meeting

*Please register with LSAC staff. If you have questions, please speak with Maria "Myr" Hernandez, Group Leader*



## **CHESS ANYONE?**



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

**1 on 1 Classes or Games by Appointment**  
Call George at 210-360-9432

## WRITING THE STORIES OF YOUR LIFE

### Your memories are your real family treasures!

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

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

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

**Contact instructor in advance for registration information and class availability.**

***Classes will resume in the fall - Dates & Fees TBA***

# ENRICHMENT

## **AARP Smart Driver Program**

**Instructor: Beverly Martin**

**Next Class: Thursday, July 11 9a-1p**

**Future Classes: Thursday, August 8**

**Thursday, September 12**

Registration for July-Sept classes begins May 22

**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**

**July 19**

**FREE.. and FUN!**

Drop In Participants & Guests Welcome!



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



# HEALTH AND WELLNESS

MAKE HEALTH AND WELLNESS A TOP PRIORITY

## AGING GRACEFULLY

Friday, July 26th || 10:00 AM

As the preventive healthcare field is growing, many people are living in their 90's and even the 100's! Come listen to Dr. Daniel V. Powers share the secrets to what means to look and stay young for the first 100 years of your life and how to make sure those years are full of quality.

Find out about what exercises and vitamins are best for your body!



Powers Family Chiropractic  
1105 W. Anderson Lane  
Austin, TX 78757  
Call Today: 512-794-9500



**FREE Class** - Register with LSAC Staff beginning July 1

# 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.

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

Play doubles; no partner needed.

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

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



# HEALTH AND WELLNESS



## Exercise~

**Mondays**  
9 - 10a

**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**

*Register with LSAC Staff prior to class.*

## Fitness Room~

**Monday 9a - 8p**  
**T/W/Th 9a - 4p**  
**Friday 9a - 1p**  
and **6p-9p**



Come use the free Fitness room. Learn how to safely and properly operate the elliptical, treadmill & recumbent bike. Work out on your own and at your own pace...rain or shine! See pg. 11 *Personal Training info if you are interested in getting one on one instruction in the fitness room.*

(Open workout time subject to change pending LSAC/PARD classes, programs, closures, etc.; you may want to call ahead to check availability)

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

## Easy Yoga~\*

**Wednesdays**  
2-3:15p

May 22 - July 3

Next Session: July 3-July 31

**Contract Instructor: Jogi Bhagat**  
**Fee: \$50 for one session**  
**\$80 for two sessions**  
**\$15 Drop In**

Designed to make yoga easy, gentle and accessible to adults 50+. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of yoga that help in prevention and management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety. If you can breathe and smile, you are fit to practice yoga in this class.



### YOGA CLASS REGISTRATIONS

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

# HEALTH AND WELLNESS

## Gentle Yoga~\*

**Mondays & Thursdays**  
2-3:15p

May 16 - July 1

LSAC closed July 4

Next Session: July 8-August 8

**Contract Instructor: Jogi Bhagat**  
**Fee: \$75 for one session**  
**\$110 for two sessions**  
**\$15 Drop In**



The "Gentle Yoga" class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

Both Yoga classes are led by **Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist.** His rich yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments.

**\*For questions about LSAC Yoga classes, please email: [jogibhagat@gmail.com](mailto:jogibhagat@gmail.com)**

## Tai Chi~

**Tuesdays 1-2p**

**Fridays 12:30-1:30p**

**July 2 - August 9**

**Next Session: Aug. 13 - Sept. 20**

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

**Instructor: Kade Green**

**Fee:**

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

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

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

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

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

## Personal Training~

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

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



# 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 register with LSAC Staff prior to first class.*

## Find Balance and Strength - FREE

**Thursdays, 10:30 – 11:30a**

Taught by LSAC staff, Leti Alvarez

This class is designed to increase your range of motion, strength and improve balance. We will use light hand and ankle weights and low impact resistance training set to fun music! Perfect for all levels. *Please complete a 2019 PARD Waiver prior to attending your first class.*



## SUMMERTIME IS HERE - THE HEAT IS ON!

### Stay Hydrated

Make sure to drink water often throughout the day. If you have a water bottle, bring it with you! Using a straw makes it easier to drink more.

### Stay Cool

If you plan on going out during the day be mindful of where you are going such as does the place have shade, air conditioning, water, etc. Wear protective and breathable clothing.

### Stay Shaded

Wear sunglasses during the day to protect your eyes from harmful UV rays. Wear hats to keep the sun off your face. Wear sunscreen to protect your skin.

### Stay Smart

If you like to be outdoors, try going out early in the morning or later in the evening to avoid the high temperatures. Use bug spray if you plan on being outdoor to protect yourself from bugs and mosquitoes.

# 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 register with LSAC staff*

## 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 register with LSAC Staff*



# COMPUTER CLASSES

## Individual Tutor Time!

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

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

**Date:** Tutoring time slots available:  
July 11 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)  
July 25 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

**Fee:** Resident \$5/ Non-Resident \$6 per session  
**Limit 1 student per session; no refunds on 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 a new Summer program:

**iPad Basics for Seniors**  
**Wednesday, July 10 & 24**  
**10-11a**

The skills addressed will help you to learn:  
What is a tablet? How is it different than a phone, desktop, or laptop computer? How to turn on a tablet & what the buttons do. Opening a browser. Navigation skills - tablet interface & Google searching. Who's Siri? Camera function & Applications.

Register with LSAC Staff - Limited Space



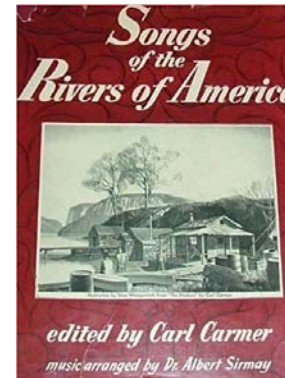
*Free Classes*

# SPECIAL EVENTS

**Geography of Flowing Water: Rivers, Streams, Nature and Culture**  
**2019 LUNCHTIME LECTURE SERIES**  
By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

***The Meaning of Flowing Water***  
**Wednesday, July 10 NOON to 1p**

***Water Music: American Music and Water***



American rivers have inspired a rich and varied response from a wide range of musicians. From blues, gospel, and folk music to jazz, pop, and rock, rivers are both common subjects and metaphors in American music, but these songs are a continuum from celebrations of flowing water and river life to dark tales of ship wrecks and murders. So join us for this exploration of river songs and water music. Everyone is invited to bring their top ten list to share and compare!

**FREE and Open to the Public**

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

# COLLETTE TRIP PRESENTATION

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

**Travel Dates: April 17-25, 2020**

**Come get the details of this trip at our *Travel Presentation***




***Thursday, September 12, 2019 10-11a***

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

**Brochures available in LSAC North Hall Info table.**



# JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<b>1</b> Exercise 9a <b>ACBL Bridge 12:00p</b> Mexican Train 12:30p <b>Gentle Yoga 2p</b> Pilates 6p <b>Creative Drawing 7p</b>	<b>2</b> Water Aerobics 10a (offsite) Bunco 12:45p <b>Tai Chi 1p</b> Improver Dance 1p Line Dancing 2p Pilates 2:30p	<b>3</b> Citizen Science 9:30a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p <b>Easy Yoga 2p</b>	<b>4</b>  <b>LSAC CLOSED FOR HOLIDAY</b>	<b>5</b> Zumba Gold 9:30 Strength & Stretch 11:25a <b>Tai Chi 12:30p</b> <b>Let's Dance 7:30p</b>	<b>6/7</b>
<b>8</b> Exercise 9a <b>ACBL Bridge 12:00p</b> Mexican Train 12:30p <b>Gentle Yoga 2p</b> Craft Night 6p Pilates 6p <b>Creative Drawing 7p</b>	<b>9</b> Water Aerobics 10a (offsite) <b>Tai Chi 1p</b> Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	<b>10</b> <b>Polymer Clay 10a</b> <b>Free Net Computer 10a</b> Exercise 11a <b>Lecture 12p</b> Pinochle (Advanced) 12:30p Handicraft Group 1p <b>Easy Yoga 2p</b>	<b>11</b> <b>AARP Smart Driver 9a</b> <b>Tech Time 9:30a or 10:30a</b> Find Balance 10:30a <b>Movie 12:30</b> Mexican Train 12:30p Mah Jongg 1p <b>Gentle Yoga 2p</b> <b>TRIP: Dinner &amp; Show</b>	<b>12</b> Zumba Gold 9:30 Strength & Stretch 11:25a <b>Tai Chi 12:30p</b> <b>Steppin' Out 7p</b> <b>Let's Dance 7:30p</b>	<b>13/14</b> <div style="border: 1px solid green; padding: 5px; width: fit-content;"> <b>Color coded classes:</b>  <b>FREE</b> classes &amp;            programs- <b>BLACK</b> ink            Classes requiring a  <b>FEE- BLUE</b> ink         </div>
<b>15</b> Exercise 9a <b>ACBL Bridge 12:00p</b> Mexican Train 12:30p <b>Gentle Yoga 2p</b> Pilates 6p <b>Creative Drawing 7p</b>	<b>16</b> Water Aerobics 10a (offsite) Bunco 12:45p <b>Tai Chi 1p</b> Improver Dance 1p Line Dancing 2p Pilates 2:30p	<b>17</b> <b>Polymer Clay 10a</b> Exercise 11a <b>Bingo &amp; Birthdays 10a</b> Pinochle (Advanced) 12:30p Handicraft Group 1p <b>Easy Yoga 2p</b>	<b>18</b> Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p <b>Gentle Yoga 2p</b>	<b>19</b> Zumba Gold 9:30a Vintage Voices 10:15 <b>ACBL Bridge 10:30a</b> Strength & Stretch 11:25a <b>Tai Chi 12:30p</b> <b>Steppin' Out 7p</b> <b>Let's Dance 7:30p</b> <b>TRIP: New Braunfels</b>	<b>20/21</b> 
<b>22</b> Exercise 9a <b>ACBL Bridge 12:00p</b> Mexican Train 12:30p <b>Gentle Yoga 2p</b> Pilates 6p Craft Night 6p <b>Creative Drawing 7p</b>	<b>23</b> Water Aerobics 10a (offsite) <b>Ice Cream Social 1p</b> <b>Tai Chi 1p</b> Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	<b>24</b> <b>Polymer Clay 10a</b> <b>Free Net Computer 10a</b> Exercise 11a Pinochle (Advanced) 12:30p <b>Movie 12:30</b> Handicraft Group 1p <b>Easy Yoga 2p</b>	<b>25</b> <b>Tech Time 9:30a or 10:30a</b> Find Balance 10:30 Mah Jongg 1p Mexican Train 12:30p <b>Gentle Yoga 2p</b> <b>Trip: Dart Bowl</b>	<b>26</b> Zumba Gold 9:30 <b>Aging Gracefully 10:30a</b> Strength & Stretch 11:25a <b>Tai Chi 12:30p</b> <b>Steppin' Out 7p</b> <b>Let's Dance 7:30p</b>	<b>27/28</b>
<b>29</b> Exercise 9a <b>ACBL Bridge 12:00p</b> Mexican Train 12:30p <b>Gentle Yoga 2p</b> Pilates 6p <b>Creative Drawing 7p</b>	<b>30</b> Water Aerobics 10a (offsite) <b>Tai Chi 1p</b> Improver Dance 1p Line Dancing 2p Pilates 2:30p	<b>31</b> Citizen Science 9:30a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p <b>Easy Yoga Class 2p</b> <b>TRIP: Urban Explorers</b>	<div style="border: 1px solid gray; padding: 5px;"> <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> </div> <div style="border: 1px solid gray; padding: 5px; margin-top: 5px;"> <i>NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.</i> </div>		

## 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.

Register with LSAC staff prior to class

## *Creative Drawing*

**Mondays 7-8:15p  
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](mailto:themax1.rm@gmail.com)

**Craft Night with Kimberly  
Monday, July 8 & 22  
6:30-8p**



Come join the fun, make new friends and bring home your own hand-made project each night! Due to the popularity of the jewelry projects, Kimberly has designated the first meeting of each month for the "Jewelry Club". All are welcome.

### Craft Projects

**July 8 - Jewelry Club** - Easy Drop & Hoop Earrings

**July 22 - Christmas in July** – Decorative Ball Ornaments

We'll be using ribbon, sequins, and beads to decorate Styrofoam balls

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

Registration begins July 1

## EVENING PROGRAMS

## LET'S DANCE CLUB

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



**Band is David Kautz & Spectrum**

**FEE: \$5 - Dance Club Members \$7 - Non-Members**



For more information contact Green Rives at  
512-298-8652 or [grives3@yahoo.com](mailto:grives3@yahoo.com)



# EVENING PROGRAMS



## STEPPIN' OUT - COUNTRY STYLE

**GRAB A PARTNER and sign up TODAY!**

**Fridays, 7-8:30p**

**Upcoming Sessions:**

**July 12-26**

**No Classes in August**

**See you in September . . .**



These **3 week courses** continue in basic country dancin'! In addition to learning **two-step, swing and waltz** these sessions teach couples **pattern dancing** and you're on your way to "steppin' out" at dances and parties on your own!

Our very own volunteer Dance Instructor, Connie Shell, is offering these **FREE CLASSES** to help partners learn some country dancin' and get you both movin' together in sync on the dance floor! Come join the fun!

*Please pre-register you and your dance partner with LSAC staff before first class session*

# CREATIVE ARTS

## Polymer Clay Boot Camp!

Wednesdays, July 10, 17 & 24

10a -12:30p

Fee: \$25 (3 sessions)

*Instructor: Randee M Ketzel*



### July 10 - Basics of Polymer Clay.

We will explore and explain how to choose and condition clay, the basics of curing, what basic color mixing is, how to create a gradient blend, and the making of a simple jellyroll cane, making simple beads, and piercing.

### July 17 - Simple Sculpting.

We will create a pendant using textures, molds and hand sculpting; we will use metal powders to embellish the surface; we will discuss mechanical as opposed to glue bonds, antiquing for contrast, and finishing work.



### July 24 - Cut Work Bracelets.

We will create cutwork bracelets on covered metal blank; discussion of proper fitting and sizing of cuffs, how to cover and texture the clay on the blank, cutting designs and recovering from errant cuts. How to fill the exposed cells for maximum adhesion and depth.



Randee M Ketzel has been a working artist all her professional life--as a precious metal jeweler, a multimedia artist, and now focusing exclusively on the amazing medium of polymer clay. She teaches workshops around the country, publishes tutorials, and has written a book on Faux techniques titled "Polymer Clay Gemstones, the Art of Deception", available from the library or on Amazon.com. She has lived in Austin for nearly 30 years with her family and a very fluffy little dog.

**Skills taught are progressive - Attendance at all three classes is required.**

*Space limited - Register with LSAC Staff beginning July 1*



# SPECIAL PROGRAMS

***It's that time of year again!  
Hot Weather in July = Let's Have  
an Ice Cream Social!***



***FREE Event - Don't miss the fun!***

**Tuesday, July 23 1-2:30P**

**Pre-registration Required-Register at the  
Volunteer Desk or with LSAC Staff  
July 1- July 19**

***Space is limited, Register Early***

**Co-sponsored by LSAC Advisory Board**

**MUST PRESENT REGISTRATION RECEIPT AT THE DOOR  
TO ATTEND EVENT**



# LSAC FUN



**ICE CREAM SOCIALS PAST**



**Consider joining  
the FUN!**



# 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.

## **JULY 2019 TRIP LOTTERY FORMS**

### **SUBMISSION DATES AND TIMES:**

<b>Tuesday</b>	<b>June 25</b>	<b>9a-3p</b>
<b>Wednesday</b>	<b>June 26</b>	<b>9a-3p</b>
<b>Thursday</b>	<b>June 27</b>	<b>9a-3p</b>

To complete a July 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 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



**Day Trip to New Braunfels**  
**Sophienburg Museum; Lunch at Krause's Café & Shopping At the North American Jewelry & Gift Show**

**Friday, July 19**

The **Sophienburg Museum** offers insight of the journey with Prince Carl and his group of German colonists as they cross the ocean and make their way into central Texas. Exhibits, rich in local artifacts, photographic images, maps and documents, take visitors through the history and cultural heritage of New Braunfels and Comal County. Lunch at **Krause's Café** - German classics, Texan favorites. From schnitzel and bratwurst with sauerkraut and spicy mustard, to pretzels and potato soup, their menu offers a taste of Germany deep in the heart of the Lone Star State. **North American Jewelry & Gift Show** Dozens of fabulous bead, jewelry & gift vendors with hot new merchandise at low, direct to you, wholesale prices.

**Depart:** 9a    **Museum Tour:** 10:30a    **Return:** 5:30p

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

**Additional Expense:** Meal at Cafe (\$15-\$20) [www.krausescafe.com](http://www.krausescafe.com)

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

**Bowling and Lunch at Dart Bowl & Café**

**Thursday, July 25**



Dart Bowl is a great place to have fun times with family and friends. At Dart Bowl you can have a fabulous time at prices that won't break your budget. Dart Bowl Cafe serving Austin's favorite home made enchiladas and bread.

**Depart:** 9a    **Return:** 2p

**Fee:** Resident \$12 / Non-Resident \$13

**Additional Expense:** Meal at Café (\$6-\$10) [www.dartbowl.com/Cafe](http://www.dartbowl.com/Cafe)

**Activity Level:** MODERATE—MODERATE – HIGH Physically Challenging Sport, walking through indoor venue, possible stairs and ramps



## TRIPS . . .



**Urban Explorers to SoCo Shops, Museums and Restaurants; Lunch at Guero's Taco Bar**  
**Wednesday, July 31**

We will casually explore the South Congress area of town by foot and bus. We will take Bus #1 at 29<sup>th</sup> and Guadalupe-about 0.3-mile walk and be dropped off right on SoCo strip. We can leisurely check out wall mural art, shops such as Lucy in Disguise, Allen's Boots, Tesoros Trading Company, or perhaps stop for a cold drink or some Amy's ice cream. After exploring, we will all gather for lunch at Guero's Taco bar. The LSAC bus will pick us up for the return trip to the Senior Activity Center.

**Depart:** 9a    **Return:** 2p

**Fee:** Cap Metro Day Pass \$2.50 – please have exact change or your Capital Metro bus pass

**Additional Expenses:** Lunch at Guero's (\$7-12) <https://gueros.com/>

**Activity Level:** MODERATE – HIGH walking ½ mile to the bus stop, walking stairs, sidewalks and strolling on South Congress Ave. Anyone with a walking aid, please bring a buddy along. Since we are taking buses and must be on scheduled time, please be able to stay up with the group.

**Matinee Showing of *Sister Act* at the Long Center**  
**Thursday, August 8**



A feel-good musical comedy smash based on the hit 1992 film has audiences jumping to their feet! Filled with powerful gospel music, outrageous dancing and a truly moving story about how a woman hiding in a convent helps her fellow sisters find their voices as she recovers her own. Tickets are General Admission. Please join us in the lobby for refreshments before loading.

**Depart:** 10:30a    **Return:** 2p

**Fee:** : Resident \$40 / Non-Resident \$41

**Additional Expense:** Concessions at venue

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

## NEW SUMMER CLASS

*Trade your walking shoes for a swimsuit and join in the fun with FREE classes in*

# Water Aerobics!

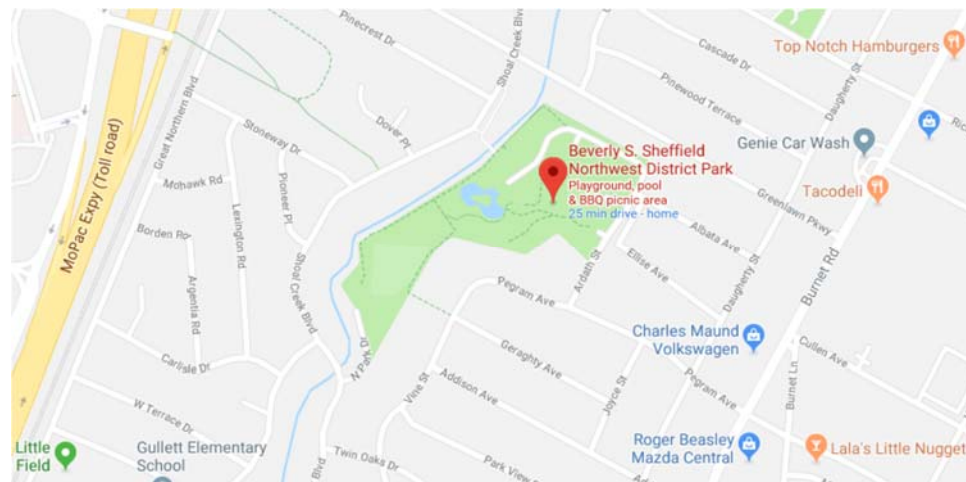
**Beverly Sheffield Northwest Pool**

**Tuesdays, June 11– August 13 (10 weeks)**  
**10-11a FREE**

**Ready to take the plunge?**

- ◆ Try this low-impact workout that builds muscle strength and boosts your endurance. It's fun, and it can be as challenging as you'd like. Class will include a warm-up, cardio, strength-training exercises, and a cooldown. Expect exercises like water walking, bicep curls, leg lifts, and kicks moves all while using fun water props such as kickboards, noodles and more. You won't be swimming, and most water workouts are done in the shallow end of the pool. The buoyancy of the water is easy on your joints and you will get an all body workout.
- ◆ We will all meet at Beverly Sheffield Northwest Pool - 7000 Ardath Street. Class lead by Leti Alvarez, LSAC Program Specialist. Class size limited to 12. *If you miss more than 2 classes, we will give your spot to the next person on the waitlist.*

**Registration with LSAC staff required for this class- waitlist is still open.**





## MOVIES - DOUBLE FEATURE



### **SPLASH!** (1984)

PG Fantasy/Romance 1h 51m

**Thursday, July 11 12:30**

A young boy saved from drowning by a beautiful mermaid, falls in love with her 20 years later when she returns to seek him out. Before he can choose between life on dry land or a deep sea paradise with his dream woman, the lovers are rudely interrupted by the intervention of a scheming scientist.

### **BIG** (1988)

PG Drama/Fantasy 2h 10m

**Wednesday, July 24 12:30**

After a wish turns 12-year-old Josh Baskin (David Moscow) into a 30-year-old man (Tom Hanks), he heads to New York City and gets a low-level job at MacMillen Toy Company. A chance encounter with the owner (Robert Loggia) of the company leads to a promotion testing new toys. Soon a fellow employee, Susan Lawrence (Elizabeth Perkins), takes a romantic interest in Josh. However, the pressure of living as an adult begins to overwhelm him, and he longs to return to his simple, former life as a boy.



**"Hanks has never been better."**

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

## LSAC ADVISORY BOARD

### ***Letter from the LSACAB President, Gayle Fischer***

Happy 4th of July to everyone! This is the time we celebrate our country's independence. The 4th of July (and summer) are associated with fireworks, concerts, barbecues, parades, picnics, trips and family fun.

I can remember lots of my family's fun during the summer. We always had a vacation. Usually, we would go to the Gulf coast for fishing, swimming and collecting shells. We stayed a block from the beach and we could go swimming any time. Just roll the inner tubes down to the water and enjoy a great day in the sun. We usually fished off a pier but, I remember one time we went out in a boat. That's when I caught the gar fish! Whatever we caught that was edible was cooked up for dinner. We also took trips to Big Bend, Carlsbad Caverns and East Texas. Those trips had lots of new discoveries like realizing Texas was big enough to include mountains, deserts and forests. Some vacations were planned so we could visit relatives. Like the trip to Houston to see Uncle Sonny and go to Astroworld. A trip to Aunt Josie's in San Antonio included the zoo and horseback riding. That trip was also my first encounter with bull nettle. Weekends, we'd go to Bastrop State Park for picnics. A piece of cardboard was a great source of amusement. We could easily ride it down the hills covered with pine needles and, of course, the siblings who wiped out were the most amusing. There were barbecues in the backyard and, on the 4th of July one year, we were allowed to climb onto the garage roof and watch fireworks from up there. It was like a party all summer for us kids but, I'm sure, a lot of hard work for our parents.

Summer was also a time to eat ice cream. It went well with the Texas heat because it cooled us down. There were evening drives to Tastee Freeze for chocolate dipped cones or Airport Haven for soft serve. Some days, the old hand crank ice cream maker was pulled out and us kids took turns cranking until the summer deliciousness was achieved.

*Continued on page 30*

# LSAC ADVISORY BOARD

*Continued from page 29*

Hope you'll take advantage of the party atmosphere at LSAC this summer. Along with the usual fun and games, we are having an Ice Cream Social on July 23. That cool summer treat and toppings just in time to beat the heat. And you're not going to be asked to crank it! Sign up early so you don't miss it.

Last month, the City Staff worked as hard as my parents did during the summer to refurbish and refresh the Center during maintenance week. Thanks for all their hard work on that and all programs and planning all year. The Board, Volunteers and City Staff are all working hard to make your summer more enjoyable so come join us at the LSAC!

# COLLETTE TRAVEL

*Lamar Senior Activity Center Advisory Board presents. . .*

## Collette Travel Trips

### Discover Switzerland

*Travel Dates: September 15-24, 2019*

### Nashville & the Smokey Mountains Holiday

*featuring Gatlinburg & Asheville*

*Travel Dates: December 5-12, 2019*

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

*Travel Dates: April 17-25, 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**

**Or email: [tripscollette@gmail.com](mailto:tripscollette@gmail.com)**

# REMINDERS . . .

## **Austin Parks and Recreation Department Refund Policy**

### **Full Refunds:**

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

### **Partial Refunds:**

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

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



### **REMINDER -**

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

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



### **Tips and Gratuities—Reminder!**

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

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

## **Austin City Council**

Steve Adler, Mayor  
Delia Garza, Mayor Pro Tem  
Natasha Harper-Madison, District 1  
Sabino "Pio" Renteria, District 3  
Gregorio "Greg" Casar, District 4  
Ann Kitchen, District 5  
Jimmy Flannigan, District 6  
Leslie Pool, District 7  
Paige Ellis, District 8  
Kathie Tovo, District 9  
Alison Alter, District 10

## **Austin Parks and Recreation**

Liana Kallivoka, PhD, P.E, Acting Director  
Lucas Massie, CPRP, Acting Assistant Director  
Lucas Massie, CPRP, Acting Assistant Director  
Suzanne Piper, Chief Administrative Officer  
David Crabb, CPRP, Acting Division Manager  
Ben Rustenhaven, CPRP, Acting Program Manager

## **LSAC Advisory Board**

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

## **Office of City Manager**

Spencer Cronk, City Manager  
Elaine Hart, Deputy City Manager  
Rey Arellano, Assistant City Manager  
Gina Fiandaca, Assistant City Manager  
Rodney Gonzales, Assistant City Manager  
Christopher J. Shorter, Assistant City Manager  
Jim Smith, Interim Assistant City Manager

## **Parks Board**

Richard DePalma, Board Member  
Nina Rinaldi, Board Member  
Anna Di Carlo, Board Member  
Kate Mason-murphy, Board Member  
Romteen Farasat, Board Member  
Tom Donovan, Board Member  
Fred Morgan, Board Member  
Francoise Luca, Board Member  
Frank Ward, Board Member  
Laura Cottam Sajbel, Board Member  
Dawn Lewis, Board Member

## **LSAC Staff**

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



### **Austin Parks and Recreation Department Vision:**

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

### **Mission:**

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