



LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Avenue Austin, TX 78705

Phone: 512-978-2480

"Inspiring Active Adults 50+ Since 1978"

LSAC Program and Activity updates available online:

www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

JUNE



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, June 20 12:30p

Handicraft Group

New members and guests welcome

Wednesdays 1p

Texas PUBLIC Employees Association (TPEA)

Friday, June 14 9a

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.

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LSAC CLOSURES

LSAC CLOSED June 2-8, 2019

for maintenance week



It's that time of year again when we "Spruce up the Center" and make repairs to enhance your experience.

For your SAFETY the public is not allowed in the facility.

GAMES

BINGO & BIRTHDAYS

Wednesday, June 19, 2019

10a-12p

\$1 per card



It's time again for our monthly Bingo and Birthdays Celebration! Remember: In your birthday month you will receive **2 FREE bingo cards** and cake or cupcakes will be served to all present. Games begin promptly at 10a and will end no later than 12p. Prizes will be awarded based on the number of cards sold. No need to pre-register for the June 19 Bingo Game; just show up ready to pick your game cards, pay and play on game day! Lunch will not be served. No payments due until day of event.

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

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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, June 18; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, June 11 & 25; 1p

Led by LSAC Volunteer, Claudia Savio

Bingo & Birthdays

Wednesday, June 19; 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 June 2-8

~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

LSAC closed June 2-8

Friday ACBL Games

Friday, June 21

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

"Do Friendships Keep Us Young?"

Tuesdays, June 18 - July 9
2-4p Fee: \$30



Motivating! Uplifting! Fun!

Friends are treasures! They enrich our lives! And they keep us young! At each stage of life, the importance of meaningful connections cannot be overestimated. This is especially true as we grow older. This class focuses on the connection of friendship and ways to develop and maintain meaningful friendships in our lives today.

Topics: Benefits of Friendship; The 4 Circles of Friendship; Differences in Friendships Now From Those in Younger Years; 10 Tips for Making New Friends; 8 Ways to Nurture New Friendships; and Keys To Keeping the Friends We Have Now.

Contract Instructor: Eleanor Crenshaw (512-371-1443)
To Enroll or for questions about the class, please call instructor.



FOUNDATIONS OF INVESTING: Financial Literacy Class

Mondays, June 10 - 24 10-11:30a FREE

Limited space; Registration for this class begins May 22, 2019

Do you have questions or want current information to better understand and navigate investments, financial statements, etc.?

Chris Cybulski, a registered financial advisor and qualified presenter, will guide you through financial statements and how to read them, how stocks, bonds and mutual funds work and how to interpret fees charged to better understand them. In addition, the class will spend time breaking down what makes a portfolio "healthy", the benefits and risks we face in today's market, and a variety of topics to help you increase your fiscal knowledge and work towards your financial goals.



ENRICHMENT

AARP Smart Driver Program

Instructor: Beverly Martin

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

Future Classes:

August 8

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

June 14 & 28

FREE.. and FUN!

Drop In Participants & Guests Welcome!



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

ENRICHMENT

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

BIRDS, BLOOMS & BUTTERFLIES!

eBird and iNaturalist Projects

Wednesdays 9:30a - 10:30a FREE

No meeting June 5

If you have curiosity & enjoy nature or want to use the power of observation to enhance your surroundings, this group may be for you. By getting involved in Citizen Science Projects you are contributing to real research.

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

LSAC closed June 2-8

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

HEALTH AND WELLNESS



**9:30a
Fridays*
FREE**

No class May 31 & June 7

*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

No class June 7

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 *LSAC closed June 2-8*



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
No class June 3
Wednesdays
11a-12p
No Class June 5
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



LSAC Closed June 2-8

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
No Class May 29 & June 5
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
No Class May 27, June 3 & June 6
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**

Tai Chi~

Tuesdays 1-2p
Fridays 12:30-1:30p
May 14-June 28
No Class June 2-8
Next Session: July 2 - August 9

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



HEALTH AND WELLNESS



Afternoon Pilates Class

Tuesdays 2:30 -3:30p FREE *No Class June 4*

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

No classes June 6 & June 27

Taught by LSAC staff, Lan Au and 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.*



Applying Self Compassion to Our Lives

Tuesday, June 11 10-11a

Presented by Jean Lopez, LSMW

This one hour workshop will integrate theory, with experiential exercises. These will be structured to give us insight into ourselves and learn from others how they nurture themselves and ways in which they have not. Sharing is purely a choice, no pressure. What we gain from each others' experiences enrich our lives as no theory or talk can.

*Light Refreshments
Please register with LSAC staff
Registration begins May 22*



Sponsored by Beacon Hospice of Austin

**Unlike self-criticism,
which asks if you're
good enough, self
compassion asks
what's good for you?"**

KRISTIN NEFF

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!

*LSAC closed June 2-8; 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

No Class June 4

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!!!**

Improver Line Dance

Class (High Beginner to Intermediate)

Tuesdays 1-1:45p FREE

No Class June 4

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:

June 13 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

June 27 (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

Computer & Tech Basics Wednesday, June 12 10 – 11a

Computer & Tech Basics Wednesday, June 26 10 – 11a

Austin Free-Net continues to offer free classes in digital literacy that are open to all. The skills that will be addressed help people to:

- use desktop computers
- understand the Windows operating system
- use email to communicate with others
- use the Internet to find information
- locate events, transportation, and opportunities for learning
- use social media
- use an online calendar for scheduling and event reminders
-

Register with LSAC Staff - Limited Space



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, June 12 NOON to 1p

Riverrun: Language, Art and Waterways

“A way a lone a last a loved a long a...riverrun, past Eve and Adam’s, from swerve of shore to bend of bay...” Thus, James Joyce ends and begins his stream of consciousness masterpiece, *Finnegans Wake*, a round river of language which flows back into itself, in which he weaves the names of hundreds of rivers in the Anna Livia Plurabelle or "river" chapter. In Western literature, rivers and streams are used as both whimsical - *Wind in the Willows* - and frightening - *The Heart of Darkness* - settings for river tales. For American art, rivers and flowing water have been central to the development of distinctive American



art. In American visual arts, rivers played a key role for American painting beginning with the river valley landscapes of the Hudson River School in the 1820s. The river master of American literature is Mark Twain whose greatest books focus on his river, the Mississippi, but, before

Twain, Henry David Thoreau wrote his first book about the Concord and Merrimack Rivers. So join us for a talk that will meander through the sinuous landscape of language, art and waterways.

FREE and Open to the Public

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	<p><i>*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.</i></p> <p><i>NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.</i></p>				<p>1/2 Saturday, June 1 LSAC Art Show & Sale</p>
<p>3 </p>	<p>LSAC CLOSED THIS WEEK FOR REPAIR AND MAINTENANCE WORK</p> <p>LSAC REOPENS 8:30 AM MONDAY, JUNE 10</p>				<p>8/9 </p>
<p>10 Exercise 9a Financial Literacy 10a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Craft Night 6p Pilates 6p Creative Drawing 7p</p>	<p>11 Water Aerobics 10a (offsite) Self Compassion 10a Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p>	<p>12 Citizen Science 9:30a Computer Basics 10a Exercise 11a Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p> <p>TRIP: Fashion Show</p>	<p>13 Tech Time 9:30a or 10:30a Find Balance 10:30a Movie 12:30 Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p</p> <p>TRIP: Blanton</p>	<p>14 Zumba Gold 9:30a Vintage Voices 10:15 Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30p</p>	<p>15/16 </p>
<p>17 Exercise 9a Financial Literacy 10a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Pilates 6p Creative Drawing 7p Peace Corps 7p</p>	<p>18 Water Aerobics 10a (offsite) Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Friendship 2p Pilates 2:30p</p>	<p>19 Citizen Science 9:30a Bingo & Birthdays 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p>	<p>20 Find Balance 10:30 Mah Jongg 1p Mexican Train 12:30p Gentle Yoga 2p</p>	<p>21 Zumba Gold 9:30 ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30p</p>	<p>22/23 <div style="border: 1px solid black; padding: 5px; background-color: #e0f0e0;"> <p>Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- BLUE ink</p> </div></p>
<p>24 Exercise 9a Financial Literacy 10a ACBL Bridge 12:00p Mexican Train 12:30p All Rhythms 1p Gentle Yoga 2p Craft Night 6p Pilates No Class Creative Drawing 7p</p>	<p>25 Water Aerobics 10a (offsite) Tai Chi 1p Rummikub 1p All Rhythms 1p Improver Dance 1p Line Dancing 2p Friendship 2p Pilates 2:30p FREE FOR ALL 7p</p>	<p>26 Citizen Science 9:30a Computer Basics 10a Exercise 11a Pinochle (Advanced) 12:30p All Rhythms 1p Handicraft Group 1p Easy Yoga Class 2p</p>	<p>27 Tech Time 9:30a or 10:30a Find Balance—No Class Movie 12:30p Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p</p>	<p>28 Zumba Gold 9:30 Vintage Voices 10:15 Strength & Stretch 11:25 Tai Chi 12:30p Steppin' Out 7p Let's Dance 7:30p</p> <p>TRIP: LBJ Museum</p>	<p>29/30 </p>

EVENING PROGRAMS



PILATES

Mondays

No Class May 27,
June 3 & 24

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 & Assistant, Lan Au.

Register with LSAC staff prior to class

Creative Drawing

Mondays 7-8:15p

No Class May 27, June 2-8

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

Craft Night with Kimberly
Monday, June 10 & 24
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

- June 10 - Jewelry Club—Braided Bead Bracelets
- June 24 - Fabulous Fabric Flowers

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

Registration begins May 22

EVENING PROGRAMS



PEACE CORPS

Volunteer At Any Age!

Monday, June 17 7-8p

Have you always wanted to live abroad? Come listen to an informative talk by Returned Peace Corps Volunteers who served later in life and are excited to share their experiences with you. Peace Corps Volunteers have a wealth of life skills, professional experience, and those with tested maturity are more prepared to make lasting impacts on communities around the world. Volunteers 55+ find Peace Corps service is a great way to utilize their life experiences and skills in a nontraditional environment. Mature volunteers often find their age to be an asset because people of developing nations respect and appreciate the experience and wisdom you bring.

Light Refreshments—Please register with LSAC staff

Registration begins May 22

LET'S DANCE CLUB

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

No Dance May 31 & June 7



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

EVENING PROGRAMS

Welcome to LSAC

May all who enter as *guests*, leave as *friends*.



STEPPIN' OUT - COUNTRY STYLE

GRAB A PARTNER and sign up TODAY!

Fridays, 7-8:30p

Upcoming Sessions:

June 14-28

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

ALL RHYTHMS PERCUSSION

Monday, Tuesday, Wednesday

June 24, 25 & 26 1-3p **FREE**

This class aims to provide a musical experience in the form of percussion and ensemble playing. We will go over basic rhythmic subdivision, song forms, various styles, learn & write songs. We will warm up with basic percussive exercises each session to instill a sense of a practice routine.

Space limited—Register with LSAC Staff

Registration begins May 22

ART SHOW & SALE



MAY 31 & JUNE 1

FRIDAY - 9:30A-1:30P

ARTIST RECEPTION 6-8:30P

SATURDAY 9:30A - 3:30P

Art Show Co-sponsored by
LAMAR SENIOR ACTIVITY CENTER
ADVISORY BOARD

Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austin, TX 78705
512-978-2480



Lyrae Perry

The Lamar Senior Activity Center (LSAC) Art Show highlights the talents of recognized local professional artists and creative, reflective works of beginner and intermediate art students. Passion and inspiration define these talented, dynamic Adults 50 years+, who are active participants of LSAC.

Please join us in celebrating the unique, creative perspective of these gifted Austin artists



Claudia Savio

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.



Map and directions on back side

SPECIAL PROGRAMS

The 19th Annual

The Accordion

Free-For-All

A non-stop variety show featuring the accordion!

June 25, 2019

7:00pm Doors OPEN @ 6:30p



Location:

Senior Activity Center

2874 Shoal Crest Ave.
Austin, Texas

(Just off 29th at Lamar Blvd.)

Doors OPEN @ 6:30p

FREE
Admission

Sponsored by

Central Texas
Accordion Association
& The Senior Activity Center

For more information Contact Mitch White at: 512-699-6491

Cartoon art created by Mike Sullivan. Copyright 2019.

LSAC FUN



Love the life you love. ♡
Live the life you love Bob Marly



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.

JUNE 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Tuesday	May 21	9a-3p
Wednesday	May 22	9a-3p
Thursday	May 23	9a-3p

To complete a June 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



Juneteenth Senior Fashion Show & Lunch **Virginia Brown Recreation Center**

Wednesday, June 12

Come join other seniors at the Virginia Brown Recreation Center to watch the runway fashion show, visit with your friends, make new friends and have lunch. Always a good time at this fun, fashion show. Watch your friends strut their stuff on the catwalk, and then have a delicious lunch catered by Bob Miller’s BBQ .

Depart: 9:30p **Return:** 1:30p

Fee: This is a **FREE** event

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

Urban Explorers to the **Blanton Museum of Art**

Thursday, June 13

We will travel to the Blanton Museum of Art by taking Bus #3 at 29th and Guadalupe ~0.3-mile walk. Once at the Blanton, along with the permanent collections, we will explore Jeremy Blake’s *Winchester* Trilogy exhibition. Blake layers archival photographs, digital animations, ink drawings, frame-by-frame retouching, and an ominous score to, “provide an abstract or emotional” tour. After the museum we will have lunch at the Blanton Café on premises before returning to LSAC by walking ~ 0.4 miles to catch Metro Rapid Bus #1 that will bring us back to 29th and Guadalupe for another short walk to LSAC. <https://blantonmuseum.org/>

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

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

Additional Expense: Lunch at Blanton Café (\$7-10 avg)

Activity Level: MODERATE—HIGH- walking ½ mile to the bus stop each direction, walking stairs and ramps. 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.



TRIPS . . .



LBJ Library & Museum
Followed by Lunch at Hoover's
Friday, June 28

Feature the Celebrating the 60th Anniversary of Motown Records Curated by the GRAMMY Museum®, **Motown: The Sound of Young America** is the first major museum exhibition to embrace all facets—music, culture, and politics—of the 1960s biggest sounds in soul. Explore the evolution of the label, view personal artifacts from some of its biggest artists, and do your take on some of Motown's biggest hits.

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

Fee: Resident \$ 8/ Non-Resident \$ 9

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

<https://www.hooverscooking.com>

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

Dinner at Jack Allen's Kitchen
Performance of The Best Little Whorehouse
in Texas at Wimberley Playhouse

Thursday, July 11

Based on a real-life brothel, the "Chicken Ranch" thrived for more than 130 years in LaGrange, TX. The destination of football teams, politicians, and others, it enjoyed the cozy protection of the town's sheriff until a crusading reporter sets out to expose the operation. A rollicking hootenanny of a musical with memorable music, dance, and characters, it stars small-town Texas in all of its glory.

Depart: 3:30p **Return:** 11p

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

Additional Expense: Dinner at Jack Allen's Kitchen (\$15 - \$20)

Activity Level: MODERATE – walking at indoor venues, possible stairs and ramps – late night event



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 for this class begins May 22



MOVIES - DOUBLE FEATURE



MAMMA MIA! (2008)

PG-13 Romance/Musical 1h 49m

Thursday, June 13

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother's past in hope of meeting her real father and having him escort her down the aisle on her big day.

MAMMA MIA! HERE WE GO AGAIN (2018)

PG-13 Comedy/Musical 1h 54m

Thursday, June 27

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam -- the latter whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.



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

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

The Advisory Board does not meet during the summer months. They have worked with City Staff this past meeting period to both raise and approve funds to be used for enriching your experience here at the Lamar Senior Activity Center.

This past session, the Board raised funds that included your \$5 donations (when you signed up in 2019) and money made during the Annual Nut Fundraiser. Again, thanks to our volunteers for their hard work with these endeavors. The Board received donations from participants and the Kiwanis totaling over \$1400.00 and other donations that included DVDs, sewing machines, shelves, a foot spa, a walker, craft and sewing supplies, a drink fridge, digital piano and flower arrangements.

The Board, along with our volunteers and City Staff, have sponsored the 29th Street Arts & Skilled Crafts Show, Birthday Bingo, Veterans' Breakfast, Volunteer Appreciation Event, Art Show and Sale and Collette Travel trips. The Board's sponsoring of the Holiday Luncheon (with door prizes) and approving money for game prizes at November Birthday Bingo, benefited Brown Santa and Austin Area Food Bank because of your generous donations. The Board cosponsored the Bringing Seniors Together Mardi Gras event at LSAC and supplied gift cards to Bringing Seniors Together events at other PARD facilities.

The Board has purchased a movie license so you can watch your favorite films while enjoying snacks provided by the City. The Board also buys the supplies at the coffee bar, the drinks and newspapers available in the Lobby and rents the copy machine for your use. Facility upgrades were voted on that include an air curtain for the front door and a new ice machine.

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LSAC ADVISORY BOARD

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Even though the Board is not meeting during the summer, that doesn't mean that there will be no Board activities going on. Birthday Bingo will be happening. You still get two free bingo cards the month of your birthday and, in July, we will have Bingo with a light lunch (you have to sign up ahead of time for lunch bingo). We'll still be showing movies, too. Funds were approved for an Ice Cream Social in July and Casino Party in August. Look for announcements in future Program Guides telling you when to sign up for these.

Be sure to welcome our newest volunteer, Katherine Lamb, who is now the Monday morning receptionist.

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

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.