



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

FEBRUARY



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:

www.austintexas.gov/seniors



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, February 21 12:30p

Handicraft Group

New members and guests welcome

Wednesdays 1p

Austin Palette Club

New members and guests welcome

Tuesdays 10a

BeMused Literari

Tuesdays, 1:30-3p

LSAC Advisory Board

Public Invited

2nd Wednesday of the month

Wednesday, February 13 2p

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 HOLIDAYS

*LSAC will be closed Monday, February 18
for Presidents' Day*



GAMES

BINGO & BIRTHDAYS

Wednesday, February 20, 2019
10a-11:30p
\$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 11:30a.

Prizes will be awarded based on the number of cards sold. No need to pre-register for the February 20 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.

SOCIAL GAMES

- Mexican Train Dominos** (*LSAC closed 2/18*) **Mondays, 12:30p**
Led by LSAC Volunteer, Mil Love
Thursdays, 1:15p
Led by LSAC Volunteer, George de Villiers
- Bunco** **Tuesdays February 5 & 19; 12:45p**
Led by LSAC Volunteer, Carolyn Rickard
- Rummikub*** **Tuesdays, February 12 & 26; 1p**
Led by LSAC Volunteer, Claudia Savio
- Bingo & Birthdays** **Wednesday, February 20; 10a**
SAC Advisory Board sponsored; (see page 4)
- Pinochle-Advanced~** **Wednesdays, 12:30p**
Led by LSAC Volunteer, Ernest Lovato
- Mah Jongg** (*Wright-Patterson rules*) **Thursdays, 1p**
Led by LSAC Volunteer, Bob Woertink

~If you would like to learn Pinochle, let the receptionist know of your interest and 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
No meeting 2/18

Friday ACBL Games monthly
10:30a - February 1 and 15
\$6-\$8 per day

All players must have a current PARD ID Card and LSAC waiver on file.

Contact Larry Davis, 512-343-6942,
for specific questions concerning ACBL play at LSAC.

Pay Game Leader on day of play for ACBL Games

***Room subject to change due to COA PARD/LSAC events**

ENRICHMENT

Two separate classes to choose from!

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

Mar. 4 - Apr. 8

2 - 3:30p

Fee \$48

(includes 6 Monday class meetings)

NO CLASS 2/18

OR

Thursdays

Feb. 28 - Apr. 4

1:30 - 3:00p

Fee \$48

(includes 6 Thursday class meetings)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information and class availability.

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



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. * Registration begins Jan. 2 with Kimberly.**

Date: Tutoring time slots available:

Feb. 14 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Feb. 28 (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

COLLETTE TRAVEL

SPECIAL TRAVEL PRESENTATION

THURSDAY, FEBRUARY 7 10a



DISCOVER SWITZERLAND

Travel Dates: September 15- 24, 2019

Co-Sponsored by the LSAC Advisory Board

HEALTH AND WELLNESS



LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p FREE

Check with LSAC staff about setting up on other days & times pending room/space availability.
Novice to Advanced—ALL PLAYERS WELCOME!

Time & date subject to change due to special programs, classes, activities, etc.



Looking for a fun, friendly, social game?

Consider joining our Table Tennis Group!

No prior experience necessary!
Stop by and meet the group and try your hand - no pressure!

Warning - laughter abounds!

HEALTH AND WELLNESS



**9:30a
Fridays
FREE**

(Video led class
2/22)

*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 register with LSAC Staff 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 register with LSAC Staff 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
No class 2/18
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

Fitness Room~

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



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.; 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
Feb. 6 - Mar. 6

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
Jan. 28 -Mar. 4 **No class 2/18**

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



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.

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

Tai Chi~

Tuesdays 1-2p
Fridays 12:30-1:30p
Jan. 8 - Feb. 15
Next Session: Feb. 19 -Mar. 29

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

Instructor: Kade Green

Fee:

Res/Non-Res \$30/\$36 (Tue only)
Res/Non-Res \$30/\$36 (Fri only)
Res/Non-Res \$50/\$60 (Tue & Fri)
Res/Non-Res\$5/\$6 Drop-in/day

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

Personal Training~

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

Taught by Lita Ovalle, LSAC volunteer 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

Thursdays, 10:30 – 11:30a FREE

Taught by LSAC staff, Lan and Leti (no class 2/21)

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 register with LSAC Staff prior to attending your first class.*



HEALTH AND WELLNESS

Brain Cardio Classes

Mondays, 3:30-6p

Jan. 28 - Mar. 25

8 Sessions (no class 2/18)

\$25 (includes workbook)



If you've ever felt "Brain Fog", lost your keys, phone or can't remember things as much as you'd like, then this is the class for you! We will teach you how you can literally *THINK* your way to a better and more fulfilling life by trying new ways to train the brain with games and exercises adapted from "Making Your Brain Hum" - 12 Weeks to A Smarter You!

Class Instructor: Lynn Cromer, PhD, CTRS

Please register with LSAC Staff

Are you 65 or older?

JOIN OUR NEIGHBORHOOD AND HEALTH STUDY!

A doctoral dissertation study by a Texas A&M student, Sinan Zhong

WHO may be eligible?

- 65 years or older who live in ordinary communities in the City of Austin, Texas

WHAT is involved?

- Fill out a 30-minute survey.
- Receive a \$10 gift card.

HOW to join?

- Visit survey.healthyagingtexas.org

For questions or a paper copy of the survey, contact:
Sinan Zhong
Phone: 979-255-6755
Email: zsn198838@tamu.edu
Website: healthyagingtexas.org

Print copies of the survey are also available in LSAC Lobby.

AARP Smart Driver Program is Back!
February date not yet confirmed. Please call LSAC to check the date and pre-register for the event.

Instructor: Beverly Martin

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

Welcome to bring lunch/snacks!

SPECIAL PROGRAMS

AUSTIN ACOUSTICAL CAFE

Austin Parks and Recreation Department in collaboration with
The Live Music Capital Foundation Present . . .

Butch Hancock
with **Shawnee Kilgore**
Saturday, February 9

7p (doors open at 6:30)

Tickets: \$17 in advance

\$22 at the door

(includes taxes and fees)

Purchase your tickets online
austinacousticalcafe.org



Butch Hancock's tunes evoke mystical visions of wind swept dry plains and his lyrics are profoundly imaginative, often displaying for his listeners, the miracles that occur in the ordinary through creative irony and metaphors. His lyrical style has often been compared to that of Bob Dylan and Woody Guthrie and his songs have been covered by the likes of Emmylou Harris, Jerry Jeff Walker, and The Texas Tornados. Hancock is also a member of renowned alternative country supergroup, The Flatlanders, along with his lifelong friends, Joe Ely and Jimmie Dale Gilmore, a band they formed in 1972.

Opening the show will be Austin's own Shawnee Kilgore. Shawnee moved from her hometown of Bellingham, WA to Austin, TX in 2010. Her most recent solo release, *A Long and Precious Road*, earned her a place among Texas Music Magazine's albums of the year, as well as being named their #1 Songwriter of Distinction, an accolade shared by Kacey Musgraves and Leon Bridges.

SPECIAL PROGRAMS

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 Physical Geography of Flowing Water
Wednesday, February 13 NOON to 1p

Fluvial Life: Ecology of Flowing Water

Lotic or riverine habitats are aquatic ecosystems defined by flowing water from seeps and springs to riffles and rapids to the slow rich waters of deep channels near a river's mouth. This contrasts with lentic or lacustrine habitats of still water systems like lakes, ponds, and many wetlands. Fluvial life begins with the oxygen rich biogeochemistry of flowing water which merges with the ecology of the aquatic organisms






who make their homes both in water and in the gravel bed of rivers and streams. This lecture will explore the rich diversity of habitats and life in flowing water as we travel from headwaters to the deep waters as rivers merge with the sea.

**Free and Open to
the Public**

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



FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN	
<div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <p>Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- BLUE ink</p> </div>					1	2/3
4	5	6	7	8	9/10 Saturday, February 9	
Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Brain Cardio 3:30p Pilates 6p Creative Drawing 7p	Bunco 12:45p Tai Chi 1p Stepping On 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	Sign 10a Exercise 11a Movie 12:30 Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p	Collette Slideshow 10a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p	Zumba Gold 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	 with Shawnee Kilgore 7p Sunday Trip: Gospel Brunch	
11	12	13	14	15	16/17	
Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Brain Cardio 3:30p Pilates 6p Craft Night 6:30p Creative Drawing 7p	Archery 10:15a Tai Chi 1p Rummikub 1p Stepping On 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	Sign 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p Advisory Board Mtg 2p	Tech Time 9:30a or 10:30a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p TRIP: Museum TX State 	Zumba Gold 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out Couples 7p Let's Dance 7:30p		
18	19	20	21	22	23/24	
LSAC CLOSED 	Bunco 12:45p Archery 10:15a Tai Chi 1p Stepping On 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	Sign 10a Bingo & Birthdays 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p	Find Balance No Class Mardi Gras Celebration 11a Mah Jongg 1p Mexican Train 1:15p Gentle Yoga 2p	Zumba Gold - Video 9:30 Strength & Stretch 11:25a Tai Chi 12:30p Steppin' Out Couples 7p Let's Dance 7:30p		
25	26	27	28	<div style="border: 1px solid black; padding: 5px; background-color: #ffffcc;"> <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> </div>		
Exercise 9a Citizen Science 10:15a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Brain Cardio 3:30p Pilates 6p Craft Night 6:30p Creative Drawing 7p	Archery 10:15a Tai Chi 1p Rummikub 1p Improver Dance 1p Stepping On 1p Line Dancing 2p Pilates 2:30p TRIP: Urban Explorers	Exercise 11a Movie 12:30 Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p	Tech Time 9:30a or 10:30 Find Balance 10:30 Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p			

WEATHER ANNOUNCEMENT



In the event of
Inclement Weather
(February can be that way)



Lamar Senior Activity Center
follows all City of Austin closures
announced on local TV and Radio.
You may call 311 for information.

FUN FOR ALL



Archery Clinic

**South Austin
Recreation Center**
Tuesdays,
Feb. 12, 19 & 26
10:15-11:45a

Interested in becoming an
archer? Join us for an Archery
Clinic for a three week series at South Austin Recreation Center! *(This is
an indoor event)*

Learn how to shoot in a stress-free environment, improve your aim by
playing games, and partake in some friendly competition. Whether you
are a brand new to archery or want to brush up on your skills, this clinic
is perfect for you! Class instructed by Melissa Rios, PARD Program
Specialist and USA Certified Archery Instructor.

Transportation will be provided from LSAC. Bring a sack lunch and we
will sit at the picnic tables following the clinic and enjoy lunch together.

***Please note that attendance at our first clinic is mandatory. We will
cover safety procedures, proper form and technique at that time.**

FUN FOR ALL

Line Dancing Classes!

Tuesdays, 2-3p **FREE**
All levels of experience welcome!



Round up your friends and come on down to the center every Tuesday to
enjoy our Line Dancing Class led by Connie Shell, LSAC Volunteer!!!

Register with LSAC staff prior to your first day of class!



High Beginner to Intermediate Line Dance
Tuesdays 1-1:45p **FREE**

Linda Fugate, Volunteer Instructor

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 prior to first class

Vintage Voices

Come Sing with Us!

Fridays 10:15a
February 1 & 15
Free



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

EVENING PROGRAMS



PILATES
Mondays
6 -7p FREE
 No class 2/18

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 2/18

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, February 11 & 25
6:30 FREE



Come join the fun, make new friends and bring home your own handmade 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

- February 11 - Jewelry Club - Multi-string bracelets
- February 25 - Ribbon Rose Wreaths

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

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

STEPPIN' OUT - COUNTRY STYLE



Fridays, 7-8:30p
Upcoming Sessions:
February 8-22
March 8-22

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

*Please register you and your dance partner
 with LSAC staff before first class session. - Space is limited.*



Love to all—this Valentine's day and always!

SPECIAL EVENTS

A SPECIAL PRESENTATION
by Bridget Bradshaw of the Austin's Nature & Science Center

CITIZEN SCIENCE: WHAT IS IT & HOW DOES IT WORK?

Monday, February 25 10:15 - 11:30

Everyday citizens contributing to scientific research projects.



If you have curiosity, enjoy nature or want to use your power of observation to enhance your surroundings then this presentation is for you. By getting involved in Citizen Science Projects you are contributing to real research. We are exploring the possibility of adopting a citizen science project here at LSAC.

Light Refreshments will be served

Please register with LSAC staff

CREATIVE ARTS

AUSTIN PALETTE CLUB

You're invited to visit the Austin Palette Club

Tuesdays 10 - 11:30a

Art demonstrations are presented on the 2nd and 3rd Tuesdays each month. Come meet the members and see if you might be interested in joining this creative, social group!

CREATIVE ARTS

Save the Date!

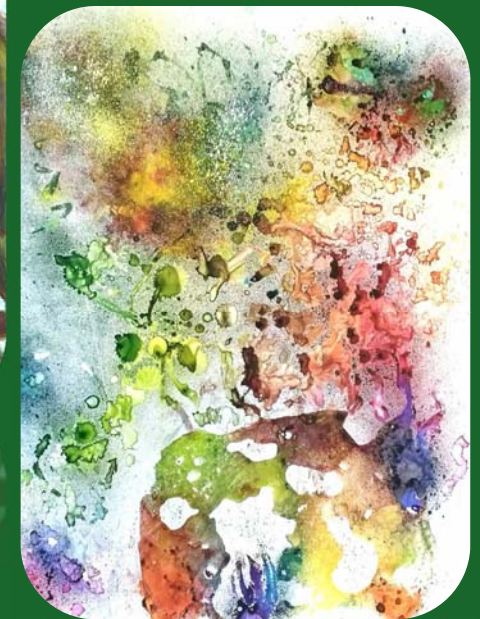
LSAC Art Show & Sale
Friday, May 31 9:30a - 1:30p

&

Saturday, June 1 10a - 4p



Registration & more details in the March Program Guide



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.

FEBRUARY 2019 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

Monday	January 28	9a-8p
Tuesday	January 29	9a-3p
Wednesday	January 30	9a-3p

To complete an February 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



Stubb's BBQ Live Gospel Music & Brunch Buffet

Sunday, February 10

Live Gospel music and a world-renowned buffet, featuring such items as: southern-style grits, migas, fried catfish, and their famous BBQ

brisket. Enjoy the perfect Bloody Mary created by you at their world famous “make your own” Bloody Mary bar. Music performed by the New Soul Invaders

Depart: 9:45a **Return:** 1p

Fee: Resident \$32 / Non-Resident \$33

Additional Expense: Purchases at the Cash Bar www.stubbsaustin.com

Activity Level: MODERATE – Walking through indoor venue, standing in buffet line, possible stairs and ramps.

Tour of the Wittliff Collections at the Alkek Library - Texas State University Lunch at the Root Cellar Café Thursday, February 14



The Wittliff Collections, located on the seventh floor of the Albert B. Alkek Library at Texas State University, was founded by Austin screenwriter and photographer Bill Wittliff and his wife, Sally, our mission is to collect, preserve and share the artistic process that springs from the Southwestern imagination.

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

Fee: Resident \$5/ Non-Resident \$6

Additional Expense: Lunch at Restaurant (\$12-\$15)

www.rootcellarcafe.com

Activity Level: MODERATE - HIGH– Walking through indoor venues, stairs and ramps, walking uphill (steep) to the Library

MORE TRIPS



Urban Explorers to the Contemporary Museum of Art - Jones Center

Tuesday, February 26

We will catch City Bus #3 downtown to Fareground for lunch. Fareground is a

destination food hall featuring six local vendors, each with one-of-a-kind concepts that are distinctly Austin. Afterwards we'll stroll to the Contemporary Museum of Art Downtown, explore this space and the exhibitions, including Jessica Stockholder: Relational Aesthetics. We will catch Bus #1 back to LSAC.

Depart: 10a **Return:** 2p

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

Additional Expense: Lunch at Fareground (\$8-\$15)

<https://faregroundaustin.com/vendors>

Activity Level: MODERATE – HIGH -walk ½ mile to the bus stop each direction, walk 5 blocks to museum, walking stairs and ramps. Anyone with a walking aid, please bring a buddy. Since we are taking buses & must be on scheduled time, please be able to stay up with the group.

Rodeo Cowboy Breakfast at the Long Center

Friday, March 8



The Cowboy Breakfast, presented by Farm Credit, is a super-sized Texas breakfast that kicks off the Fair and Rodeo. Come enjoy pancakes, authentic chuck wagon biscuits, doughnuts, brisket tacos and more at this free event. Featuring western-themed entertainment, live music, world renown trick roper, a longhorn and two-stepping lessons, the Cowboy Breakfast is fun for all ages.

Depart: 7a **Return:** 10:30a

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

Activity Level: HIGH Walking through outdoor venue, possible stairs and ramps, standing in line as this is a heavily attended event

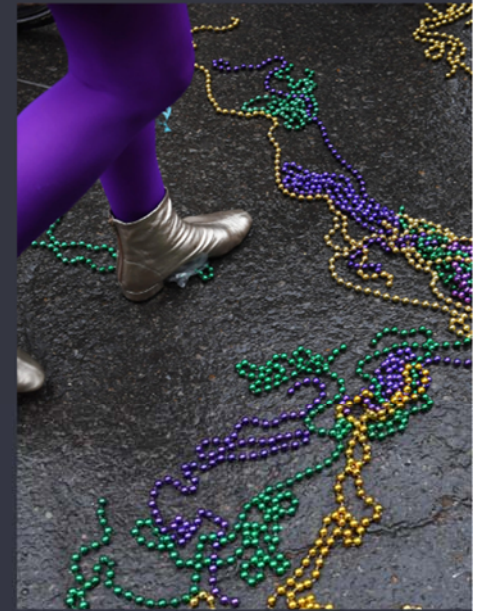
SPECIAL EVENT

This event is being co-sponsored by the Lamar Senior Activity Center Advisory Board and all PARD Senior Activity Programs are invited to attend. With limited space, registration is required, so sign up early!

**LAMAR SENIOR
ACTIVITY CENTER
2874 SHOAL CREST
AVENUE**

Mardi Gras Celebration Bringing Seniors Together

**February 21st
Thursday 11:00a -1p**



This is a FREE event

Come join the fun and celebrate New Orleans Style!

Games, prizes, lunch and more.

**NUMBERS LIMITED, so please
RSVP by 2/14/19 to LSAC
@ 512-978-2480**



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.

AFTERNOON AT THE MOVIES

Celebrating Black History Month with Two Award Winning Selections!



Hidden Figures - Wednesday, February 6 12:30p

Three brilliant African-American women at NASA -- Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. (2016) PG 2h 7m



Black Panther

Wednesday, February 27 12:30p

A fantasy/science fiction film based on the Marvel Comics Character of the same name, this animated feature film was the first superhero film be nominated for an Oscar. With the Oscars on February 24, we may be viewing an Oscar winner for Best Picture!

After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king -- and as Black Panther -- gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people. (2018) PG-13 2h 15m

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

February is the month of love. I am thinking of all the love the Board and the Center has received in the past. So many donations from participants, clubs and the public showing the love. The Center has benefited greatly by all this generosity. Of course, we have all of your \$5 donations every year but we also have participants donating money in memory of loved ones. There are clubs who meet at the Center who also donate money to the Board. Participants and the public have donated fitness equipment, movies, sewing machines, craft supplies, flowers, furniture and, now, we are receiving a digital piano and a fridge for the lobby! We are feeling the love!

Some of the most generous participants we have are our volunteers. In 2018, they donated 5,044 hours of their time to assist the Board and City Staff in many ways. The Advisory Board will honor the volunteers next month at our Volunteer Appreciation Breakfast. They will enjoy a catered breakfast and door prizes. The three volunteers who had the most hours in 2018 are recognized for their contributions of time and hard work. The generosity of all our volunteers is very much appreciated and this event is where our volunteers will feel the love right back!

The LSAC Advisory Board will also be co-sponsoring a Mardi Gras Party, on February 21st, along with the Parks and Recreation Bringing Seniors Together. This event is open to seniors all over the City so there will be limited space available. Check this Guide for sign up details. There will be food, entertainment, beads and fun for all at this celebration and you don't want to miss it.

We are still looking for a friendly personality to work as Monday morning receptionist. If you have that generous spirit I mentioned earlier, we could use you to greet people, answer the phone, take registration, make coffee and other duties as needed. It's only 4 hours on Monday mornings (excluding all those Monday holidays) and a good way to donate to the Center. Show the love by volunteering!

Again, thank you all for your donations. No matter how large or how small, they are appreciated and show your love for the Center!

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

Springtime Tulip River Cruise Netherlands

Travel Dates: April 4 - 12, 2019

Spotlight on South Dakota

Travel Dates: June 2019

Discover Switzerland

Travel Dates: September 15- 24, 2019

**LSAC slide presentation:
February 7, 2019**

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

2019 WAIVERS

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 partake in 2019 classes, trips, computer lab, drop-in, contract classes, work out room use etc. at Lamar Senior Activity Center (LSAC).

**You may stop by the LSAC Volunteer Reception Desk
Monday - Thursday 9a-3p or Friday 9a - 1p
to complete and update information
on the required PARD 2019 WAIVER FORM.**

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, District 2
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

Sara L. Hensley, CPRP, Director
Anthony Segura, Assistant Director
Liana Kallivoka, PhD, P.E, Assistant Director
Lucas Massie, CPRP, Acting Assistant Director
Suzanne Piper, Chief Administrative Officer
Christa McCarthy, CPRP, Acting Division Manager
David Crabb, CPRP, 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
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager
Jim Smith, Interim Assistant City Manager

Parks Board

Jane Rivera, Chair
Rick Cofer, Vice Chair
Michael Casias, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Romteen Farasat Board Member
Dawn Lewis, Board Member
Francoise Luca, Board Member
Randy Mann, Board Member
Fred Morgan, Board Member
Frank Ward, 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.