

**FEBRUARY
2023**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



austintexas.gov/varsitygeneration

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.

CENTER INFORMATION

Monday Holiday Closures:
FEBRUARY 20, 2023

[CLICK HERE FOR LAMAR SENIOR ACTIVITY CENTER WEBSITE & MORE INFORMATION](#)

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue on the corner of 29th Street and Lamar Blvd. The center opened in 1978 and was the first City of Austin Parks and Recreation Department center to focus primarily on the interests of Adults 50 plus. Health and fitness, arts and crafts, excursions, social games, group socials, local club and organization meetings, computer lab and cultural events comprise some of the many services provided by LSAC.

Stop by and let the friendly LSAC staff and volunteers show you around. **Hope to see you soon!**

Hours of Operation

Monday & Wednesday

8:30a-8:30p

Tuesday & Thursday

8:30a-4p

Friday

8:30a-2:30p

CLOSED 2.20.23



To better serve you please visit the front desk to complete a 2023 Austin Parks and Recreation Department Waiver and ensure your information is current.





Good News! The Annual Pecan Cracking Sales Fundraiser is extended! We still have a variety of austiNuts products available, including an assortment of chocolate pretzels; chocolate-covered nuts, almonds, and pecans; and several types of tasty nuts. You can still get delicious almonds and walnuts to enjoy as a healthy snack or put into salads for more Vitamin E and Magnesium. They're great for your baking needs too. Be sure to pick up these tasty items for your celebrations and other functions before they go. They make perfect party or hostess gifts. We will also continue to sell those wonderful, shelled pecan halves and medium and small pieces. Pick up several bags for your favorite dishes. Remember, they freeze well—shop early so you can have them on hand for your family's favorite Holiday dishes. These excellent products are from family-owned businesses, local farmers, and vendors. Please help support them and the Lamar Senior Activity Center by purchasing their products!



REMINDERS & FEE INFO

You must register for classes, events and activities, including Zoom. Your receipt will confirm your enrollment or if you are on a WAITLIST OR LOTTERY STATUS. If you are on a waitlist you must first receive a call from LSAC staff to inform you if and when a spot has opened and is offered to you. You will be required to respond/confirm or we will move to the next person on the waitlist.

Credit Card Payments ONLY — No Refunds for Paid Programs

NEW FEES: As we move toward “normal” operations we will begin using Lottery registration for trips and some events and charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

LOTTERY INFORMATION ON PAGE 14

REGISTRATION INFORMATION

FEBRUARY 2023 REGISTRATION BEGINS **THURSDAY, JANUARY 26, 2023 at 9:30a**

And will be entered in order received. See Lottery Info on page 14 for specific info.

ADDITIONAL REGISTRATION ACCEPTED FOR PROCESSING AFTER 1.26.2023:

M & W 9a-5p T & TH 9a-3p F 9a-1:30p



WALK-IN During registration hours listed above

You may walk into Lamar Senior Activity Center to register in person by completing a registration form and giving it to a LSAC staff member to date, time and process. You must be in the current RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



CALL 512.978.2480

You may call Lamar Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.



EMAIL lamarsenioractivitycenter@austintexas.gov

You may send an email listing the name, day, time, etc. of the classes or activities you would like to attend. You must be a returning participant with your updated information in our RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



ONLINE via the City of Austin Website (user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at:
<https://www.austintexas.gov/department/online-registration>

WHAT'S INSIDE ...

Hours of Operation.....	1	Health & Wellness.....	5-7
Registration Info.....	3	Movies.....	15
Acoustical Café.....	19	Special Programs.....	13
Calendar of Events.....	9 & 10	Social Games.....	16
Creative Arts.....	8	Trips & Lottery Info.....	14
Group Meetings.....	17	LSAC Advisory Board.....	2,4, 15,17

*All info subject to change

News from Paula Brown, LSAC Advisory Board President

With 2023 here, we are pleased to announce that the Lamar Senior Activity Center is completely open again to offer you the programs, classes, and events you have come to love and enjoy. We also have our wonderful volunteers at the front desk Monday – Friday to assist you and the Center staff.

The great LSAC City of Austin staff and the LSAC Advisory Board are busy planning and scheduling new programs, events, and classes. We are bringing back old favorites, such as the annual "Art On and Off the Wall" show and sale on Saturday, April 22nd. We also have Bingo, Bridge, and excursions around Austin and central Texas that you will remember for years. Please remember that if you are interested in a program or trip, just let us know, and we will try to find a way to incorporate it into our offerings at or through the Center.

We are also excited to announce that the travel program through Collette Travel is up and running again! (See page 12 for list of trips). As many of you may remember, before the pandemic, Collette Travel offered travel opportunities through the LSAC. The Advisory Board would get a percentage of those funds from trips booked. These are lovely all-inclusive trips within the United States and around the world.

The first trip offered, "Discovering Switzerland," is sold out for April 2023, but there is still time to book "Spotlight on South Dakota" for July 2023, "Shades of Ireland" for October 2023, and "Christmas In New York" December 2023. Other trips can be booked and credited back to the LSAC. This can all be done through Collette's website: <https://www.gocollette.com/en>.

We are also going to celebrate the 45th Anniversary of the Center, and we will need your help doing it right! It's planned for September, and we need your help to make it great! More info to come.

Remember, to participate in and enjoy what's coming in 2023, you need to renew or update your LSAC Membership. So, as we begin the new year, please stop by the volunteer desk to fill out your new annual waiver form. We must have your current address, phone number, and emergency contacts on file at LSAC. A 2023 waiver is required for participation in all our programs, classes, and events. This process will automatically update your ID card too!

Here at the LSAC, we are generously supported by our Advisory Board and Volunteers. Your \$10 donation to the Advisory Board helps with all they do for us. Also, if you receive our monthly program guide via mail or e-mail, you must renew by January 9th to receive the February and remaining monthly program guides. The fee for e-mail is \$5 and for mail is \$15. So, you'll be set for another year for a mere \$15 or \$25!

We are looking forward to a program-filled year in 2023! Please renew your waiver today! We look forward to your being a part of our wonderfully diverse community. **Go Varsity Generation!**

~HEALTH & WELLNESS



FUSION FITNESS Monday and/or Wednesday

*No class 2/20

Energizing workout using bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo chair /standing. All levels welcome.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	2/6-27	10-11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246308-54

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	2/1-22	10-11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246308-55

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUES	2/6-27	10-11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246310-51

FIND BALANCE

Tuesday and/or Thursday

Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. All levels welcome.

Instructors: Tuesday: Laura Adams; Thursday: Leti Alvarez
Both are LSAC Certified Find Balance Instructors

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THU	2/2-23	10-11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246310-52

STRENGTH & STRETCH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands.

All levels are welcome and fun is guaranteed.

Instructor: Patti Gagne, PARD Instructor, BS Health, PE & Dance; CIYT Iyengar Yoga

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	2/3-24	11a-12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246304-34

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THURS	2/2&2/9	1-1:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246203-38

CHAIR ONE FITNESS ***No class 2/16 & 2/23

Join Myia on a new fitness journey! Chair One is a fitness class that includes everyone of all levels to enjoy a low to high intensity dance class while sitting in a chair. Chair One offers fun dance movements that stimulate brain and will burn calories.

Instructor: Myia Little, CTRS, LSAC Program Specialist, Certified Chair One Instructor

*** PLEASE NOTE CHAIR ONE CLASS WILL ONLY MEET ON 2/2 & 2/9 IN FEBRUARY 2023

HYBRID EXERCISE CLASSES

If you are unable to get a spot in one of the morning exercise classes or unable to personally attend from time to time or you prefer to workout at home, the following classes are offered online via Zoom:

FUSION FITNESS	M & W	10a	Activity# 246903-82
FIND BALANCE	T & Th	10a	Activity# 246903-83
CHAIR ONE FIT	Th	1p	Activity# 246903-84
STRENGTH & STRETCH	F	11a	Activity# 246903-85

~HEALTH & WELLNESS

<u>Day</u> TUES	<u>Dates</u> 2/14-3/21	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-56
<u>Day</u> FRI	<u>Dates</u> 2/17-3/24	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-59
<u>Day</u> T & F	<u>Dates</u> 2/14-3/24	<u>Time</u> See above
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-57

T'AI CHI

Kade Green leads the class on the skills and movements for T'ai Chi. T'ai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is practiced slowly with *zero impact*.

All levels welcome in this class and must make a 6 week commitment.

NEXT SESSION for all Tai Chi classes
will begin the week of
February 14, 2023 thru March 24, 2023
REGISTRATION BEGINS on February 7

Fees (credit card only)

\$30 1x week

\$40 2x week

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

T'AI CHI –Advanced

This is an advanced T'ai Chi class and students must meet with Kade prior to signing up to ensure class requirements are met.

This class requires a 6 week commitment.

Sessions and fees same as listed above.

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher



<u>Day</u> WED	<u>Dates</u> 2/15-3/22	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-58

<u>Day</u> TUES	<u>Dates</u> 2/2-23	<u>Time</u> 2-3p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246302-23

LINE DANCE – Beginner and all levels welcome

All levels welcomed! Sonja is ready to lead you in a variety of fun, easy dances to music of all genres. Round up your friends and come to the center on Tuesdays to enjoy dancing and meeting new friends while having fun exercising.

Instructor: Sonja Hemmes, LSAC Volunteer Instructor & Director/Instructor of Austin Rockin' Line Dancers



ZUMBA GOLD

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 judgment...just get moving!

Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer

<u>Day</u> FRI	<u>Dates</u> 2/3-24	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246303-39



~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.

~ HEALTH & WELLNESS

EVENING (MAT) PILATES

We are so excited to offer Mat Pilates again. Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and flexibility. Some Pilates experience is helpful. Instructor: Jaya Zyman, LSAC Instructor, Certified Pilates Mat Instructor, Fitness Professional

<u>Day</u> WED	<u>Dates</u> 2/1-22	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246331-20

CORE AND RESTORE

NO WALK-INS

Core & Restore is an active practice that works deeply into our bodies with restorative stretches. The program is mostly floor stretches that work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. These areas are



especially rich in connective tissues. The class uses foam rollers, my fascial balls, and bands for releasing the tension, lengthening the muscles, and targeting tight areas. This program has a max of 8 participants. Registration is required.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Myofascial instructor

PEACEFUL YOGA

Gentle yoga with emphasis on breathing and quiet reflection will help calm our nervous systems and tone our muscles. This class will incorporate slow flowing sequences to warm up the body, as well as standing poses focusing on alignment, strength, balance and flexibility.

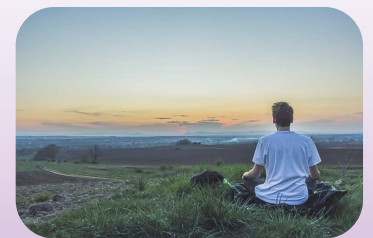


Instructor: Leti Alvarez, LSAC Program Specialist-Health & Wellness; Certified Yoga Instructor

<u>Day</u> WED	<u>Dates</u> 2/1-22	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246503-39

MEDITATION **No Class 2/20

All are welcome! Please come with little to a lot of experience. We will start the sessions with some simple instructions and move into a ten-to-twenty-minute mindful breathing exercise.



If you are able, please bring a yoga mat and a small pillow, if you'd like to sit on the floor. **Chairs will be provided for those who prefer to sit in a chair.**

Instructor: Myia Little, CTRS, LSAC Program Specialist

YOGA FLOW **No Class 2/20

Guided Breath Yoga Flow. This yoga class will link your movements to your breath in a flowing sequence practice. Practice sun salutations, find balance and peace. All levels are welcome!

Instructor: Erika Del Valle, LSAC Instructor, Certified Yoga Instructor



<u>Day</u> MON	<u>Dates</u> 2/6-27	<u>Time</u> 6p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246503-37



CREATIVE ARTS

<u>Day</u> THUR	<u>Dates</u> 2/2	<u>Time</u> 1:30p
<u>Fee</u> \$5.00	<u>Class Size</u> 10	<u>Activity #</u> 246505-30

DIY GROOVY HOT/COLD PACKS w/Rebecca

Let's pamper ourselves! We will tie dye a pair of tube socks and turn them into hot/cold packs. You can make one for yourself and give one to a friend. Feel free to bring a t-shirt, a pillow



case, a handkerchief, or anything else if you would like to add color to something else. Natural fibers such as cotton or bamboo work best. We will provide the dye and the socks. **Be sure to wear something that you don't mind if it gets splashed.** I will send you home with instructions on how to wash your tie dye and create your hot/cold packs.

VALENTINE'S CARDS for YOU +1

w/Marianne & Myr

MONDAY 2.6.23

Create a Valentine's Day card for someone special .
A kit and all supplies provided.



<u>Day</u> MON	<u>Dates</u> 2/6	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-26

MONDAY 2.13.23

Make Valentine's Day cards to give to local Adult Assistance and Memory Care facilities. You may also make extra cards for your friends and family. Something as simple as a card can really brighten someone's day!

All supplies provided and class is free—pre-registration required.

<u>Day</u> MON	<u>Dates</u> 2/13	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-27

<u>Day</u> TUE	<u>Dates</u> 2/7-2/28	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246208-3

COMEDY IMPROV is back!!



This improv class offers an opportunity for our Varsity Generation to be creative, let loose, and give their brains a workout. If you enjoy laughing, using your imagination, and storytelling, this is the class for you! Classes will

include going over the fundamentals of improv and practicing both short and long-form styles. The special program is led by Sam, Zain Luke and Noah of Glass Half Silly. They are UT students wanting to share their theatrical knowledge, skills and fun positive attitudes with you.

They are a great bunch of young men and are sure to make you smile and we promise you will leave the class happy!!



ALL RHYTHMS

This Rhythms class teaches participants about a variety of percussions instruments from around the world and how to play them. We will go over basic rhythmic subdivisions, song forms various styles and their corresponding rhythms.

<u>Day</u> TUE	<u>Dates</u> 2/7 & 2/14	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246211-46

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT/SUN	
<div>FEBRUARY CELEBRATES...</div> <div><div>♦ Black History Month</div><div>♦ Valentines Day</div><div>♦ President's Day</div><div>♦ Mardi Gras</div></div>				1 <div>Fusion Fitness 10a</div> <div>Core & Restore 11a</div> <div>Tai Chi-Advanced 11:30a</div> <div>Handicraft Meet-up 12:30p</div> <div>Peaceful Yoga 3p</div> <div>Book Club 4p</div> <div>Table Tennis 4:15</div> <div>Pilates 5:30p</div>	2 <div>Find Balance 10a</div> <div>Table Tennis 11:15a</div> <div>Chair One Fit 1p</div> <div>Tie Dye w/ Rebecca 1:30p</div> <div>Bastrop Farm St Opry (L) 4p</div>	3 <div>Zumba Gold 9:30a</div> <div>Rummikub 10a</div> <div>Strength & Stretch 11a</div> <div>Tai Chi 12:30p</div>	4 <div>5</div>				
		6 <div>Fusion Fitness 10a</div> <div>Table Tennis 11:15a</div> <div>Mexican Train 12:30p</div> <div>Craft: Valentine Cards 1:30p</div> <div>Meditation Instruction 5p</div> <div>Yoga Flow w/ Erika 6p</div>	7 <div>Motorola Mtg 9a</div> <div>Golden Rollers Beginners 10a CG</div> <div>Find Balance 10a</div> <div>All Rhythms 10a</div> <div>Tai Chi 11:30a</div> <div>Comedy Improv 1p</div> <div>BeMused Literati 1:30p</div> <div>Line Dance 2p</div>	8 <div>Fusion Fitness 10a</div> <div>Core & Restore 11a</div> <div>Cuisine Crew: Casa de Luz (L) 11:30a</div> <div>Tai Chi-Advanced 11:30a</div> <div>Handicraft Meet-up 12:30p</div> <div>Advisory Board Mtg. 2p</div> <div>Peaceful Yoga 3p</div> <div>Table Tennis 4:15</div> <div>Book Club 4:30p</div>	9 <div>Find Balance 10a</div> <div>Movie: Charade 11a</div> <div>Table Tennis 11:15a</div> <div>Lunchtime Lecture CER 12p</div> <div>Chair One Fit 1p</div>	10 <div>Zumba Gold 9:30a</div> <div>Rummikub 10a</div> <div>Strength & Stretch 11a</div> <div>Tai Chi 12:30p</div> <div>Dance Theater of Harlem (L) 5:30p</div>	11 Austin Acoustical Cafe <div>12</div>				
		13 <div>Fusion Fitness 10a</div> <div>Table Tennis 11:15a</div> <div>Mexican Train 12:30p</div> <div>Craft: Valentine Cards 1:30p (Donate to assisted living ctr.)</div> <div>Meditation Instruction 5p</div> <div>Yoga Flow w/ Erika 6p</div>	14 <div>Palette Club 9a</div> <div>Find Balance 10a</div> <div>Movie: Fifty First Dates 11a</div> <div>Tai Chi 11:30a</div> <div>Bunco 12:45p</div> <div>Comedy Improv 1p</div> <div>BeMused Literati 1:30p</div> <div>Line Dance 2p</div>	15 <div>AARP "Smart Driver" 9a</div> <div>Fusion Fitness 10a</div> <div>Core & Restore 11a</div> <div>Tai Chi-Advanced 11:30a</div> <div>Handicraft Meet-up 12:30p</div> <div>Peaceful Yoga 3p</div> <div>Table Tennis 4:15</div> <div>Pilates 5:30p</div> <div>Movie: Fifty First Dates 6p</div>	16 <div>Find Balance 10a</div> <div>Table Tennis 11:15a</div> <div>TARA Mtg 1p</div> <div>BST Valentines' Gus Garcia 9a</div>	17 <div>Zumba Gold 9:30a</div> <div>Rummikub 10a</div> <div>Strength & Stretch 11a</div> <div>Tai Chi 12:30p</div> <div>Ballet Austin Talk</div>	18 <div>19</div>				
		20 <div>Presidents' Day</div> <div>CLOSED FOR THE HOLIDAY</div>	21 <div>Mardi Gras Fun in the Lobby</div> <div>Palette Club 9a</div> <div>Golden Rollers Intermediate 10a CG</div> <div>Find Balance 10a</div> <div>All Rhythms 10a</div> <div>Tai Chi 11:30a</div> <div>Comedy Improv 1p</div> <div>BeMused Literati 1:30p</div> <div>Line Dance 2p</div>	22 <div>Fusion Fitness 10a</div> <div>Core & Restore 11a</div> <div>Tai Chi-Advanced 11:30a</div> <div>Handicraft Meet-up 12:30p</div> <div>Peaceful Yoga 3p</div> <div>Table Tennis 4:15</div> <div>Book Club 4:30p</div> <div>Pilates 5:30p</div>	23 <div>HEB Tour & Talk (L) 10a</div> <div>Find Balance 10a</div> <div>Movie: Good Night Oppy 11a</div> <div>Table Tennis 11:15a</div> <div>Bingo 1:45p</div>	24 <div>Zumba Gold 9:30a</div> <div>Rummikub 10a</div> <div>Strength & Stretch 11a</div> <div>Tai Chi 12:30p</div>	25 <div>26</div>				
		27 <div>Fusion Fitness 10a</div> <div>Table Tennis 11:15a</div> <div>Mexican Train 12:30p</div> <div>Meditation Instruction 5p</div> <div>Yoga Flow w/ Erika 6p</div>	28 <div>Hike: Colorado River Refuge (L) 9a</div> <div>Find Balance 10a</div> <div>Tai Chi 11:30a</div> <div>Comedy Improv 1p</div> <div>BeMused Literati 1:30p</div> <div>Line Dance 2p</div>	FEBRUARY 2023 <div>Class listing subject to change due to business needs. Classes in BLUE indicate evening programs; PINK indicates Lottery (L) programs</div>							

ENVIRONMENTAL LECTURE



**Center for
Environmental
Research** at Hornsby Bend



2023 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson

Austin Water Center For Environmental Research

<u>Day</u> THURS	<u>Dates</u> 2/9	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-48

Thursday February 9th, 2023 12p

Open to the Public – Pre-registration preferred but not required.

2023: The Geography of Flowing Water: **Rivers and Streams, Nature and Culture**

February's topic:

Fluvial Life: Ecology of Flowing Water

The 2023 CER Lunchtime Lectures will explore the geography of flowing water – rivers and streams, nature and culture. 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. 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.

The Physical Geography of Flowing Water :

March Riparia: Life at the Edge

April Bottomland: Life on the Floodplain

Bring your lunch to enjoy while listening to the lecture.



INCLEMENT WEATHER INFORMATION

**In the event of
Inclement Weather
Lamar Senior Activity Center
follows all City of Austin CLOSURES
as announced on social media, local TV
and radio.
You may also call 311 for additional
information on the status of**



LSACAB – TRAVEL WITH COLLETTE

If you have ever planned a getaway, you know how overwhelming it can be to put together your own itinerary and plan logistics. Which airline should you choose? Where should you stay? How will you get around once you are there? Where are all the must-sees?

Traveling with *Collette Tours* is a perfect way to not only eliminate the hassle of planning a trip, but it is also a great way to take advantage of the expertise, industry relationships and strong buying power that Collette has built over the past 100 years

The Lamar Senior Activity Center Advisory Board (LSACAB) is partnering with Collette Tours to offer some great travel destinations for 2023. Here are a list of the current Collette trips the board is offering:

Spotlight on South Dakota July 18-24



Western Canada September 22-30



Postcards from Vermont October 22-28



Shades of Ireland October 7-16



Costa Rica November 16-24



Southern Charm November 28– December 4



Spotlight on NYC Holiday December 11-16

Tel Dalton and Maria Hernandez lead the LSACAB Travel Committee and will be happy to discuss the program with you.

More information and trip presentations to come!

SPECIAL PROGRAMS

<u>Day</u> MON	<u>Dates</u> 2/23	<u>Time</u> 10a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246626-04

HEB GROCERY STORE TOUR

Join Common Threads chef and Leti for an informative and fun tour of our local HEB. Learn tips to make grocery shopping more easy, healthy and affordable. Receive a reusable tote bag, Cooking for life handbook and an HEB gift card. Meet in the LSAC lobby at 9:45a

BRINGING SENIORS TOGETHER

Valentine's Theme February 16th @10a Meet at the LSAC lobby for a ride to Gus Garcia Recreation Center! The theme will be Valentine's, we will have vendors, a photobooth and snacks. Wear your red.

<u>Day</u> THUR	<u>Dates</u> 2/16	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 286721-10

<u>Day</u> WED	<u>Dates</u> 2/8 & 2/22	<u>Time</u> 4:30p
<u>Fee</u> \$5 CC only	<u>Class Size</u> 10	<u>Activity #</u> 256207-31

BOOK CLUB Coordinator: Leti Alvarez, LSAC Program Specialist

This months selection - "Other Birds"

A motley group of eccentric characters find the true meaning of love, loss, and friendship in this charming novel sure to warm hearts. A limited selection of books available to check out .FEE: \$5.00 (cc only)

BALLET AUSTIN TALK W/ VICKI PARSONS DIRECTOR

Aging does not mean growing old!

Life is full of opportunity and there is no age when it is not. In fact, as we get older there is even more opportunity to be enriched and in turn enrich others. This talk will challenge and inspire you to keep living BOLD instead of OLD.!

<u>Day</u> FRI	<u>Dates</u> 2/17	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246207-32

<u>Day</u> TUES	<u>Dates</u> 2/7 Beginners 2/21 Intermediate	<u>Time</u> 9:45a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246211-45 246211-49

GOLDEN ROLLERS

Golden Rollers is back and now offering two options!

Join us on the 1st and 3rd Tuesday of the month. Ride starts at Conley-Guerrero (808 Nile St), behind the center. Golden Rollers will provide bikes and helmets, then lead a ride from 10-11am. If you will need a ride from LSAC to Conley-Guerrero, please let us know when you register.

1st Tuesday beginner & 3rd Tuesday intermediate.

First session will be on Tuesday February 7th

Second Session is on Tuesday February 21st

<u>Day</u> WED	<u>Dates</u> 2/15 or 3/15	<u>Time</u> 9a-1:30p
<u>Fee</u> Pay Instructor \$20/\$25	<u>Class Size</u> 15	<u>Activity #</u> N/A

SMART DRIVER Class is BACK!!

Instructor: Joan Deluca

Pre-registration required - Pay instructor on day of class (cash or check)

Class is for insurance purposes only--individuals should check with their own insurance company to confirm they will accept the class for discounts

before signing up. Class is NOT for ticket dismissal.

Participants are encouraged to bring snacks, beverages, etc. A short lunch break will be part of the class schedule.





TRIPS - LOTTERY REGISTRATION

The LSAC Trips and Special Program Lottery System Information

LOTTERY SIGN-UP IS A SEPARATE FORM AND PROCESS FROM THE MONTHLY CLASS REGISTRATION CALENDAR.

February TRIP LOTTERY REGISTRATION WILL BEGIN 9:30A THURSDAY, JANUARY 26, 2023 will end MONDAY JANUARY 30, 2023 @ NOON.

LOTTERY TRIP RESULTS AVAILABLE AFTER 12P TUESDAY, JANUARY 31, 2023.

LSAC staff will contact you via phone or email if you (and your buddy if applicable) receive a spot on a trip.

Credit Card ONLY accepted for LSAC payments.

Failure to pay in full by the deadline will result in loss of your reservation.

BASTROP FARM STREET OPRY (Lottery)

Join us for an evening of traditional country music at the Bastrop Convention and Exhibit Center. Featuring talents of local Texas musicians and special guest performers, David Lewis and Briana Adams. February 2nd at 4pm, meet in the LSAC lobby. Food concessions on site. Doors open at 5:30p, show starts at 7p.

Instructor: Myia, CTRS, LSAC Program Specialist

CUISINE CREW: CASA DE LUZ (Lottery)

Join Myia for some local vegan plates! Casa De Luz specializes in plant based meal, each plate has soup, salad, beans and tea. Lunch price, \$14.07 plus tax, dessert is separate \$2.50-\$4.50. We will meet at the LSAC lobby at 11:30am

Instructor: Myia, CTRS, LSAC Program Specialist

DANCE THEATER OF HARLEM (Lottery)

Join us for a magical night. The Dance Theatre of Harlem Company tours nationally and internationally, presenting a powerful vision for ballet in the 21st century.

The 17-member, multi-ethnic company performs a forward-thinking repertoire that includes treasured classics, neoclassical works by Balanchine and

resident choreographer Robert Garland, as well as innovative contemporary works that use the language of ballet to celebrate African American culture.

HIKE COLORADO RIVER REFUGE (Lottery)

Join Leti for a Level 3 hike alongside the Colorado River on the refuge. We will follow along the riverbank taking in all the beauty of nature. The trail is mostly gravel though uneven in places with some inclines and one creek crossing.

Near the top of the trail, it becomes single track and narrow. Good hiking

shoes and hiking poles recommended. Lunch afterwards at Neighbors Kitchen in Bastrop.

Average lunch prices \$8-15 <https://www.neighborskitchen.com/>

<u>Day</u> THURS	<u>Dates</u> 2/2	<u>Time</u> 4p
<u>Fee</u> \$12/\$13	<u>Class Size</u> 12	<u>Activity #</u> 246626-01

<u>Day</u> WED	<u>Dates</u> 2/8	<u>Time</u> 11:30a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246626-02

<u>Day</u> FRI	<u>Dates</u> 2/10	<u>Time</u> 5:30p
<u>Fee</u> \$3/\$4	<u>Class Size</u> 18	<u>Activity #</u> 246626-03

<u>Day</u> TUE	<u>Dates</u> 2/28	<u>Time</u> 9A
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246626-05

LSACAB NOTICES

Beginning January 9, 2023, the Lamar Senior Activity Center Advisory Board (LSACAB) will accept **Annual Optional Fees** as follow:

- **LSACAB Card: \$10 (required if want mail or email)**
- **Monthly Program Guide Mailed Directly to You: \$15**
- **Monthly Program Guide Emailed Directly to You: \$5**

If you were receiving a program guide via mail or email, the January 2023 guide was the final one until you repay .

Lobby Receptionist Volunteers Needed – Wednesday & Friday Mornings
Interested? Leave your contact information at the LSAC Front Desk or with LSACAB Volunteer and Holly or Myr will contact you with details.

MOVIES

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THURS	2/9	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	7	246901-89

CHARADE

(Comedy- Romance- Mystery 1963-Passed-1hr54m)

1963 Film. Romance and suspense ensue in Paris as a woman is pursued by several men who want a fortune her murdered husband had stolen. Whom can she trust?



FIFTY FIRST DATES

(Comedy-Drama-Romance 2004-PG-13-1hr39m)

Henry Roth is a man afraid of commitment until he meets the beautiful Lucy. They hit it off and Henry thinks he's finally found the girl of his dreams until discovery she has a short-term memory loss and forgets him the next day.

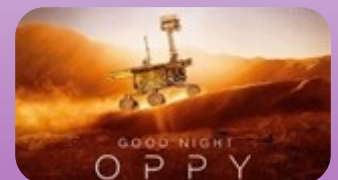
<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	2/15	6p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	7	246901-90

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THURS	2/23	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	7	246901-91

GOOD NIGHT OPPY

(Documentary-2022-PG-1h45m)

The film follows Opportunity, the Mars Exploration Rover affectionately dubbed Oppy by her creators.



Oppy was expected to live for only 90 days but she ended up exploring Mars for nearly 15 years.

SOCIAL GAMES

TABLE TENNIS *No class 2/20

Looking for a free, fun, friendly, social game? LSAC Table Tennis Open Play invites you to join them. Novice to Advanced—ALL PLAYERS ARE WELCOME! *Dates subject to change due to special programs, events, activities, etc.*



EVENING TABLE TENNIS

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	2/6,13,27	11:15a-12:45p
THURS	2/2-23	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-27

<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	2/1-22	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-28

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	2/6,13,27	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-63

MEXICAN TRAIN DOMINOES *No class 2/20

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station". Come learn to play and meet new friends every



Monday. Group Leader: Claudia Savio, LSACAB Member and Volunteer

BUNCO



Bunco is a dice game played with players divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A Bunco is achieved when a person rolls three-of-a-kind and all three numbers match the round number. It is a lot of fun as is evident by the laughter and cheers we hear coming from the game room. Come have fun and join the laughter and challenge. Meets the first and third Tuesday. Game Leader: Carolyn Rickard, LSAC Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUES	2/7 & 2/21	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-64

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is always willing to teach anyone



interested in joining them on Fridays. Everyone is welcome to join this fun social game. Group Leader: Claudia Savio, LSACAB Member and Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	2/3-24	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-65

BINGO!

Yvette Scott, LSAC Board Member and Volunteer, has agreed to "call" Bingo for us! Pre-registered participants will receive 3 Bingo cards to play for \$5 gift card prizes donated by the LSAC Advisory Board. You may only win up to 2 gift cards—any wins after that will be small items such as hand towels, food items, game books, etc.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THURS	2/23	1:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246211-47

GOOD FUN WITH GOOD PEOPLE!

GROUP MEETINGS

BEMUSED LITERATI — Writers Group

A support group and friendship circle more than a workshop. Open to new members or people wishing to see if we are a good fit for their wants or needs. Hopefully you enjoy writing in some genre.

Group Leader: Martin Mayland

<u>Day</u> TUES	<u>Dates</u> 2/1-22	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246216-18

AUSTIN PALETTE CLUB

The Austin Palette Club meets monthly on the second and third Tuesday for creative demos and illuminating 'show and share' by local artists.

Looking to spark your creativity? Join us and be inspired

<u>Day</u> TUES	<u>Dates</u> 2/14 & 2/21	<u>Time</u> 9a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246508-07

HANDICRAFT MEET-UP

Similar to a "Quilting Bee" this group meets to work on individual projects while catching up and chatting with old and new friends.

<u>Day</u> WED	<u>Dates</u> 2/2-23	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-16

TARA-Texas Alliance for Retired Americans- Austin Chapter

3rd Thursday @ 1-2:30p

February 16, 2022

The group has returned for meetings, please join us.



<u>Day</u> THURS	<u>Dates</u> 2/16	<u>Time</u> 1-2:30p
<u>Fee</u> N/A	<u>Class Size</u> 18	<u>Activity #</u> TBA

CAPITAL AREA PARKINSON'S Meet Up

<https://www.capitalareaparkinsons.org/>

The Capital Area Parkinson's Society (CAPS) provides education, current information regarding research and

resources, social interaction, and emotional support to persons with Parkinson's disease, their care partners, and the public. This meet up will provide lunch, socialization, support, light exercise and community for individuals with Parkinson's and their caretakers.



For registration details please email ariel@seniorservicesofaustin.com

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD (LSACAB)

LSACAB Meeting —February 8, 2023

The Lamar Senior Activity Center Advisory Board meets 9 months out of the year on the second Wednesday.

Everyone is welcome to attend. Please submit agenda items for discussion by

noon on Friday, February 3, 2023 to:

Paula Brown, LSACAB President at lamarsenioractivitycenter@austintexas.gov



LAMAR SENIOR ACTIVITY CENTER STAFF

Jerilyn Rainosek, Program Supervisor
Myia Little, CTRS, Program Specialist
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds
Assistant
Laura Adams, Instructor-Activity Specialist
Patsy Ybarra, Office Attendant
Rebecca Brownlow, Instructor
Jennifer Taylor, Instructor
Erika Del Valle, Instructor
Jaya Zyman, Instructor

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

Paula Brown, President
Yvette Scott, Vice President
Dayton Grumbles, Treasurer
Norma Jost, Secretary
John Camden, Holly Chacona,
Madeline Ducate,
Getel "Tel" Dalton, Maria "Myr" Hernandez,
Charles "Chuck" Mandelbaum,
William "Bill" Myers, Patsy Phillips,
Claudia Savio

Kelly Maltsberger, CPRP, Program Manager

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.

Upcoming Shows

2023



HARDENED & TEMPERED

Austin Folk Duo

Open: **Emily Shirley**

Saturday
FEB 11



KIMMIE RHODES

American Singer Songwriter

Open: **Brother & the Hayes**

Saturday
MAR 11



BOB LIVINGSTON

Austin Singer Songwriter

Open: **Vanessa Lively**

Saturday
APRIL 15

Purchase tickets at: www.austinacousticalcafe.org



Lamar Senior Activity Center
2874 Shoal Crest Avenue

Austin Acoustical Cafe

Doors Open at 6:30pm
Music Starts at 7:00pm



austintexas.gov/varsitygeneration

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.