

**MARCH
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



[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

Subject to change due to business needs, safety, etc.

Monday & Wednesday

8:30a-8:30p

Tuesday & Thursday

8:30a-4p

Friday

8:30a-2:30p

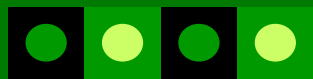


To better serve you please visit the front desk to complete a 2023 Austin Parks and Recreation Department

Waiver and ensure your information is current.



WE CREATE
COMMUNITY



TEMPORARY HOURS

Due to the Lamar Senior Activity Center HVAC system outage, evening programs will not meet until further notice. Please note in the March Program Guide the evening classes are listed but will NOT MEET until the system is repaired.

Participants registered for these classes will be notified when the classes return.

Here are the Temporary Hours of Operation in the interim:

MONDAY– THURSDAY

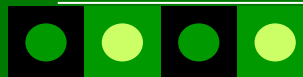
8:30a - 4p

Some classes may cancel due to the cold temps in the facility. Call ahead to check.

FRIDAY

8:30a - 2:30p

Please dress appropriately knowing there is no heat in the majority of the facility.



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

MARCH 2023 REGISTRATION BEGINS FRIDAY, FEBRUARY 24, 2023 at 9:30a

and will be entered in order received. See Lottery Info on pg. 14 for specific info on trips.

ADDITIONAL REGISTRATION ACCEPTED FOR PROCESSING AFTER 2.24.2023:

M & W 9a-4p 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>

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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

Our wonderful volunteers are back helping at the front desk Monday – Friday to assist you. It is exciting to see old, and new friends come through the door!

Remember, to participate in and enjoy what's coming up in 2023, you need to renew or update your LSACAB membership. If you haven't already, please stop by the volunteer desk to fill out your new annual waiver form. It's important that we 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 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 to receive the monthly program guides. The fee for e-mail is an additional \$5 and \$15 for mail. So, you'll be set for another year for a mere \$15 or \$25!

We are looking forward to a fun 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!

Collette Travel Program

We are also excited to announce that the travel program through Collette Travel is up and running again! 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 wonderful all-inclusive trips within the United States and around the world.

There is still time to book "Spotlight on South Dakota" for July 2023, "Shades of Ireland" for October 2023, and "Christmas In New York" for 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>

Art On and Off the Wall Show and Sale on Saturday, April 22nd

We are bringing back old favorites, such as the annual "Art On and Off the Wall" show and sale on Saturday, April 22nd.

45th Anniversary of the Lamar Senior Activity Center – September 2023

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

~HEALTH & WELLNESS



FUSION FITNESS Monday and/or Wednesday

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> MON	<u>Dates</u> 3/6-5/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246308-56
<u>Day</u> WED	<u>Dates</u> 3/1-5/31	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246308-57

<u>Day</u> TUES	<u>Dates</u> 3/7-5/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246310-53
<u>Day</u> THU	<u>Dates</u> 3/2-5/25	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246310-54

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

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

<u>Day</u> FRI	<u>Dates</u> 3/3-5/26	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246304-35

<u>Day</u> THURS	<u>Dates</u> 3/2-5/25	<u>Time</u> 1-1:45p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246203-39

CHAIR ONE FITNESS

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

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# 246903-86
FIND BALANCE	T & Th	10a	Activity# 246903-87
CHAIR ONE FIT	Th	1p	Activity# 246903-88
STRENGTH & STRETCH	F	11a	Activity# 246903-89

~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

March 28th, 2023 thru May 5th

REGISTRATION BEGINS on March 21st

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> 3/7-5/30	<u>Time</u> 2-3p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246302-24

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> 3/3-5/26	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246303-40



~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

(Will not meet until HVAC repaired) 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> 3/1-5/31	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246331-21

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. The class



<u>Day</u> WED	<u>Dates</u> 3/1-5/31	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246503-41

uses foam rollers, yoga therapy 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.

If you are interested in purchasing your own class yoga therapy balls go to:

<https://www.tuneupfitness.com/shop/self-massage-therapy-balls>

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

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> 3/1-5/31	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246503-42

MEDITATION

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

<u>Day</u> MON	<u>Dates</u> 3/6-5/29	<u>Time</u> 5-5:30p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246999-11

(Will not meet until HVAC repaired) 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! **Note new time & instructor.**



<u>Day</u> MON	<u>Date</u> 3/13-5/31	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246503-40

Instructor: Jaya Zyman, LSAC Instructor, Certified Yoga Instructor, Fitness Professional

CREATIVE ARTS & INFO CLASS

Painting w/Rebecca

Come paint a colorful folk art rooster with us! Have fun with colors and learn new techniques. No experience necessary—Rebecca makes it fun and easy. All materials provided including a stencil if you don't want to draw one yourself.



Wear something that you don't mind getting paint on—being creative can be messy!

<u>Day</u> THUR	<u>Dates</u> 3/2	<u>Time</u> 1:30p
<u>Fee</u> \$5.00	<u>Class Size</u> 10	<u>Activity #</u> 246505-31

POP-UP “Explosion” Card w/Marianne & Myr

Back in August of 2021 Marianne & Myr taught their first card making class. It was a simple folded card called the Gatefold. They are bringing back that card but with a surprise twist inside! Please join us to make a Pop Up Explosion Gatefold card complete with a belly band. All supplies provided, class is free and no experience is needed.



<u>Day</u> MON	<u>Dates</u> 3/6	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-28

CRAFT: OPEN CARD DESIGN w/ Marianne & Myr

Do you have some friends or family that you need to send cards to? Then this class is for you! It is an 'open' session for making that special card. Maria 'Myr' and Marianne will be available to assist you as you let your creativity flow. A variety of supplies are available to create your personalized card. Myr and Marianne will be available to answer

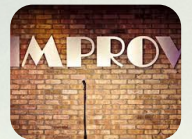
questions but will not be teaching new techniques. Instructors: Marianne Perez, LSAC Volunteer & Maria “Myr” Hernandez, LSACAB Member & Volunteer.

<u>Day</u> MON	<u>Dates</u> 3/20	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-29

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. These fun-loving guys are UT students wanting to share their theatrical knowledge, skills and fun with you! Come give it a try—we promise you will walk away with a smile.



MEDICARE TALK

Navigating the Medicare Maze. March 10th noon
Are you about to retire, or perhaps are already retired but want to add a supplement? Make a change? In this session, Avila Medicare Insurance broker will cover an understanding of the different Medicare enrollment periods, why they matter, and how to avoid costly enrollment penalties. This session will help you select the best program for you. Snacks provided.

<u>Day</u> MON	<u>Date</u> 3/10	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-33

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

MARCH 2023

Class listing & PG info subject to change due to business needs.

Classes: **BLUE** indicate evening programs; **PURPLE** indicates **Lottery (L)** programs

6
 Fusion Fitness 10a
 Ask A Chef-Common Threads 11:15a
 Table Tennis 11:15a
 Mexican Train 12:30p
 Craft: Popup Cards 1:30p
 Meditation Instruction 5p
 Alpha Chapter-Delta Kappa Gamma 5:30p
 Yoga Flow-on hold

7
 Golden Rollers 9:45a
 Find Balance 10a
 Tai Chi 11:30a
 Pinochle 12:30p
 Bunco 12:45p
 Comedy Improv 1p
 BeMused Literati 1:30p
 Line Dance 2p

8
 Fusion Fitness 10a
 Core & Restore 11a
 Tai Chi-Advanced 11:30a
 Handicraft Meet-up 12:30p
 AAUW Bridge Group 1p
 Advisory Board Mtg. 2p
 Peaceful Yoga 3p
 Table Tennis 4:15
 Pilates 5:30p

9
 AAUW Bridge Group 9a
 Find Balance 10a
 Table Tennis 11:15a
 Lunchtime Lecture CER 12p
 Chair One Fit 1p
 Trip: Jester Farm & Brewery 1p (L)
 LLI: Mah Jongg
 Beginner 10a Beginner Advance 1:30p

10
 Zumba Gold 9:30a
 Rummikub 10a
 CAPS 10a
 Strength & Stretch 11a
 Medicare Talk 12p
 Tai Chi 12:30p

11 Austin Acoustical Cafe

13
 Fusion Fitness 10a
 Table Tennis 11:15a
 Mexican Train 12:30p
 Movie: Mack & Rita 1p
 Meditation Instruction 5p
 Yoga Flow 5:30p (new time)

14
 Palette Club 9a
 Find Balance 10a
 Tai Chi 11:30a
 Pinochle 12:30p
 Comedy Improv 1p
 BeMused Literati 1:30p
 Line Dance 2p

15 AARP "Smart Driver" 9a
 Fusion Fitness 10a
 Core & Restore 11a
 Tai Chi-Advanced 11:30a
 Handicraft Meet-up 12:30p
 Peaceful Yoga 3p
 Table Tennis 4:15
 Pilates 5:30p

16
 Trip: BST Lucky Bingo (L) 9:30a
 Find Balance 10a
 Table Tennis 11:15a
 Chair One Fit 1p
 TARA Mtg 1p
 LLI: Mah Jongg
 Beginner 10a Beginner Advance 1:30p

17
 Zumba Gold 9:30a
 Rummikub 10a
 Strength & Stretch 11a
 Tai Chi 12:30p

18
 19

20
 Hike: Mueller Parkway 9a
 Fusion Fitness 10a
 Table Tennis 11:15a
 Mexican Train 12:30p
 Craft: Open Card 1:30p
 Meditation Instruction 5p
 Yoga Flow 5:30p (new time)

21 Palette Club 9a
 Golden Rollers 9:45a
 Find Balance 10a
 Tai Chi 11:30a
 Pinochle 12:30p
 Bunco 12:45p
 Comedy Improv 1p
 BeMused Literati 1:30p

22
 Fusion Fitness 10a
 Core & Restore 11a
 Tai Chi-Advanced 11:30a
 Handicraft Meet-up 12:30p
 AAUW Bridge Group 1p
 Peaceful Yoga 3p
 Table Tennis 4:15

23
 AAUW Bridge Group 9a
 Find Balance 10a
 Lunch Bingo 10:30a
 Table Tennis 11:15a
 Chair One Fit 1p
 LLI: Mah Jongg-Canceled this day

24
 Trip: Texas Quilt Museum 9a (L)
 Zumba Gold 9:30a
 Rummikub 10a
 CAPS 10a
 Strength & Stretch 11a
 Tai Chi 12:30p

25
 26

27
 Fusion Fitness 10a
 Table Tennis 11:15a
 Mexican Train 12:30p
 Meditation Instruction 5p
 Yoga Flow 5:30p (new time)

28
 Golden Rollers w/Camacho 9a
 Find Balance 10a
 Tai Chi 11:30a
 Pinochle 12:30p
 Comedy Improv 1p
 BeMused Literati 1:30p
 Line Dance 2p

29 Trip: Zilker Botanical Garden 10a (L)
 Fusion Fitness 10a
 Core & Restore 11a
 Tai Chi-Advanced 11:30a
 Handicraft Meet-up 12:30p
 Peaceful Yoga 3p
 Table Tennis 4:15
 Pilates 5:30p

30
 Find Balance 10a
 Movie: Megan Leavey 11a
 Table Tennis 11:15a
 Chair One Fit 1p
 LLI: Mah Jongg
 Beginner 10a Beginner Advance 1:30p

31
 Zumba Gold 9:30a
 Rummikub 10a
 Strength & Stretch 11a
 Tai Chi 12:30p

ENVIRONMENTAL LECTURE

Center for
Environmental
Research at Hornsby Bend



2023 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

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

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

March topic: Fluvial Life: Riparia: Life at the Edge

The transition zone along the banks between the flowing water of the main channel and the bottomland and upland areas of a watershed. Riparian vegetation forms rich habitat for biodiversity, and riparian zones are critical sites for hydrology and biogeochemistry influencing water quality and quantity.

April Bottomland: Life on the Floodplain

Bring your lunch to enjoy while listening to the lecture.

<u>Day</u> THURS	<u>Dates</u> 3/9	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-53

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:

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!

UPCOMING SPECIAL EVENT

The 4th Annual
29th Street Art & Skilled Crafts
Market

ART ON & OFF THE WALL

Saturday
April 22, 2023
9:00 am - 4:30 pm



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

Stop by the
LSAC Volunteer
Desk if you are
interested in having
a table to sell your
art and/or
handcrafted items
at the event.



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.

Artwork by: Jeanice Ullmann

SPECIAL PROGRAMS

RECREATIONAL THERAPY WORKSHOP

February was International Recreational Therapy Month! Myia Little, Therapeutic Recreation Specialist, will be introducing a 30-45 min talk about what Recreational Therapy is, who can benefit from Recreational Therapy, and construct a fun game for all to enjoy!

<u>Day</u> THUR	<u>Dates</u> 3/2	<u>Time</u> 11:15a
<u>Fee</u> NA	<u>Class Size</u> 15	<u>Activity #</u> 246211-50

CUISINE CREW: COWBOY BREAKFAST

<u>Day</u> FRI	<u>Dates</u> 3/3	<u>Time</u> 6:15a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246627-01

Get your boots on! Let's go to The Long Center for the Performing Arts and enjoy a free Texas size breakfast for the official opening of the Austin Rodeo! We will leave the LSAC lobby at 6:15am. The breakfast is first come first serve, between 6am-8am. This trip will need a minimum of 5 participants to make. Instructor: Myia, CTRS, LSAC Program Specialist

COMMON THREADS—Ask A Chef

An interactive cooking demonstration featuring nutrition tips and mini culinary skills lesson. Lesson will feature a live cooking demonstration by a Common Threads Chef Instructor, but participants are not required to cook-along. The demo ends with time for Q&A for participants to ask the Chef any questions they may have.

<u>Day</u> MON	<u>Dates</u> 3/6	<u>Time</u> 11:15a
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246211-52

GOLDEN ROLLERS

Golden Rollers is back and now offering two options!

Join Leti or Myia 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 get you fitted for a helmet, 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.

3/7/23—Beginner group
3/21/23—Intermediate group

<u>Day</u> TUES	<u>Dates</u> 3/7	<u>Time</u> 9:45a
<u>Fee</u>	<u>Class Size</u> 10	<u>Activity #</u> 246211-51
<u>Day</u> TUES	<u>Dates</u> 3/21	<u>Time</u> 9:45a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246211-54

GOLDEN ROLLERS/KAYAK W/CAMACHO (Intermediate Level)

We are doing it again! We will be biking to Camacho Activity Center from Conley-Guerrero SAC. We will bike about 4 miles round trip and kayak for about an hour to hour and a half.

<u>Day</u> TUES	<u>Dates</u> 3/28	<u>Time</u> 9a
<u>Fee</u> NA	<u>Class Size</u> 10	<u>Activity #</u> 246900-10

HIKE: MUELLER PARKWAY GREENBELT

Join Leti and the City Park Rangers, John and Liz to hike the Southeast and Southwest Greenway that connects to Mueller Park. The terrain is scenic and relatively flat. We will be going close to 4 miles. Hike is rated Level II-III. Lunch afterwards at Kerby Lane Café.

<u>Day</u> MON	<u>Dates</u> 3/20	<u>Time</u> 9a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246627-03

Other expense: lunch entrees \$10-15 <https://kerbeylanecafe.com/starters-queso>

TECH TIME QUESTIONS & SOLUTIONS

Come join Brent Johnson of the Howson Public Library to ask any questions you have as to how to use your iPhone, -that your kids bought you, or how do I use Facebook? or how do I Download photos to Instagram?

SEE LETI TO REGISTER

<u>Day</u> TUE	<u>Dates</u> 3/14	<u>Time</u> 11a-1p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> NA

Bring your own laptop, smart phone, or tablet or use our computers.

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.

****Each participant who wants to register into the lottery, must email/call/or come in person to register themselves.**

March TRIP LOTTERY REGISTRATION WILL BEGIN 9:30A FRIDAY, FEBRUARY 24, 2023 will

end TUESDAY, FEBRUARY 28, 2023 @ NOON.

LOTTERY TRIP RESULTS AVAILABLE AFTER 1P TUESDAY, FEBRUARY 28, 2023.

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

JESTER FARMS & BREWERY -Goat Experience (Lottery)

Nestled on 165 acres in the Texas Hill Country, Jester King Brewery & Kitchen is dedicated to conservation and stewardship of our land. Enjoy a hands-on experience with our goat handlers for a max 1-hour session with over 50 Nigerian Dwarf goats. You'll learn about their grazing habits and our general farming practices. Enjoy food from the Food Trailers on site serving pizza, sandwiches and drinks.

<u>Day</u> THUR	<u>Dates</u> 3/9	<u>Time</u> 1p
<u>Fee</u> \$13/14	<u>Class Size</u> 12	<u>Activity #</u> 246627-02

BRINGING SENIORS TOGETHER AT MENDEZ

Lucky Bingo (Lottery)

Luck of the Irish to you! Wear your green and come join participants from the other Austin PARD sites to play a few hands of Bingo. Test your luck. Lunch will be served.

<u>Day</u> THUR	<u>Dates</u> 3/16	<u>Time</u> 9:30a
<u>Fee</u> NA	<u>Class Size</u> 10	<u>Activity #</u> 286721-11

TEXAS QUILT MUSEUM (Lottery)

Get ready for a Texas size adventure, to the Texas Quilt Museum in La Grange TX! The museum features great quilt art, both traditional and avant-grade, from all over the world. We will leave the LSAC lobby at 9am. Enjoy the museum and lunch. Bring \$\$ for lunch and souvenirs.

<u>Day</u> FRI	<u>Dates</u> 3/24	<u>Time</u> 9a
<u>Fee</u> \$16/\$17	<u>Class Size</u> 10	<u>Activity #</u> 246627-04

ZILKER BOTANICAL GARDEN (Lottery)

Zilker Botanical Garden, nestled within Zilker Metropolitan Park in the heart of downtown Austin, with themed gardens including the Taniguchi Japanese Garden, Hartman Prehistoric Garden, and Rose Garden. They are all connected with pathways for all ages and abilities. With heritage live oaks, streams, and Koi-filled ponds, the Garden offers a peaceful respite in the middle of our busy city. This is a level 2 out of 5 activity, slight inclines, roots, and some uneven surfaces.

<u>Day</u> WED	<u>Dates</u> 3/29	<u>Time</u> 10a
<u>Fee</u> NA	<u>Class Size</u> 10	<u>Activity #</u> 246627-05

LSACAB NOTICES

The Lamar Senior Activity Center Advisory Board (LSACAB) is now accepting **Annual Optional Fees** as follow:

- **LSACAB Card: \$10 (required if signing up for 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 – Tuesday & Wednesday 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> FRI	<u>Dates</u> 3/3	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-93

WILD

(R / 2014 / Adventure-Biography / 1hr 55min)

A chronicle of one woman's 1,100-mile solo hike undertaken as a way to recover from recent personal tragedy.



MACK AND RITA

(PG / 2022 / Comedy / 1hr 34min)

A 30-year-old writer spends a wild weekend in Palm Springs and wakes up to find she has magically transformed into her 70-year-old self.

<u>Day</u> MON	<u>Dates</u> 3/13	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-94

MEGAN LEAVEY

(PG / 2017 / Bio-Drama / 1hr 56min)

Based on the true life story of a young Marine corporal whose unique discipline and bond with her military combat dog saved many lives during their deployment in Iraq.



<u>Day</u> THURS	<u>Dates</u> 3/30	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-95

SOCIAL GAMES

TABLE TENNIS

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.*



<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	3/6-5/29	11:15a-12:45p
THURS	3/2-5/30	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-29
<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	3/1-5/31	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-30

EVENING TABLE TENNIS

(Will not meet until HVAC repaired)

MEXICAN TRAIN DOMINOES

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,



<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	3/6-5/29	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-67

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	3/7 -5//16	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-68

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	3/3-5/26	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-70

LUNCH BINGO-LSACAB Sponsored!

Yvette Scott, LSAC Board Member and volunteer will call Bingo for us. You **must pre-register** and pay \$3.00 to the Advisory Board for 3 Bingo cards and lunch. Prizes will include gift cards, and other items. You may only win 2 gift cards. We will play Bingo for approximately one hour then enjoy socialization time and lunch.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THURS	3/23	10:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$3 to LSACAB	20	246211-55

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> 3/7-5/30	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246216-19

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> 3/14 & 3/21	<u>Time</u> 9a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246508-08

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> 3/1-5/31	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-17

TARA-Texas Alliance for Retired Americans- Austin Chapter

3rd Thursday @ 1-2:30p
March 16, 2022

The group has returned for meetings, please join us.



<u>Day</u> THURS	<u>Dates</u> 3/16	<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

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.

<u>Day</u> WED	<u>Dates</u> 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





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

Kelly Maltzberger, CPRP, Program Manager

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

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD (LSACAB)

LSACAB Meeting —March 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, March 3, 2023 to:

Paula Brown, LSACAB President at lsacboard1@gmail.com



Saturday March 11th

Kimmie Rhodes

**Opening:
Brother & The Hayes**

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.