MARCH 2022

Lamar Senior Activity Center

PROGRAM GUIDE

VARSITY GENERATION

let’s get together

WELLBEING

FRIENDSHIPS

ENRICHMENT

COMMUNITY

RECREATION

2874 Shoal Crest Avenue     Austin, TX  78705
512.978.2480

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.
To better serve you please visit the front desk to complete a 2022 Austin Parks and Recreation Department Waiver to ensure your information is current.

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at 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, and computer lab classes 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

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VARISITY GENERATION

Programs, events, and services for adults 50 and above.
REGISTRATION INFORMATION

March 2022 Registration Begins
February 25, 2022 @ 9a

Walk-in
You may walk into Lamar Senior Activity Center to register in person. Walk-in Registration hours are:
M & W 9a-7:30p  T & TH 9a-3p  F 9a-1:30p

Call
You may call Lamar Senior Activity Center @ 512.978.2480 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.

Email
You may send an email listing the name, day, time, etc. of the class 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
You may register online via the City of Austin PARD website RecTrac registration system at
https://www.austintexas.gov/department/online-registration

2022 PARD Waiver Forms

All new, current and returning Lamar Senior Activity Center participants are now required to complete and sign a 2022 PARD Waiver and Release form. Please stop by the front desk to pick up a form or request one be emailed (forms will not be mailed).

Health & Wellness

Fusion Fitness
Monday and/or Wednesday
Hybrid Class – available in person and via Zoom
Energizing workout using bands, weights, and balls to complement 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
Location: LSAC Multipurpose Room

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<th>RecTrac #</th>
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<th>Day</th>
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<th>NonRes</th>
<th>Class Limit</th>
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<tr>
<td>246308-37</td>
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<td>Wednesday</td>
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</table>

Find Balance
Tuesday and/or Thursday
Hybrid Class – available in person and via Zoom
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.
Instructor: Tuesday: Laura Adams; Thursday: Leti Alvarez  Both are LSAC Certified Find Balance Instructors
Location: LSAC Multipurpose Room

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<th>RecTrac #</th>
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<td>N/A</td>
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<tr>
<td>246310-34</td>
<td>10a-11a</td>
<td>3/3-3/31</td>
<td>Thursday</td>
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Myofascial Roll & Release
Learn techniques that help heal and repair your soft tissue (fascia) throughout the body. Self-myofascial release and rolling targets different pressure points with therapy balls. You will feel better and stronger with a little as 10 minutes a day. Jennifer will teach techniques you can practice at home.
Instructor: Jennifer Taylor, LSAC Instructor, Certified Myofascial Instructor
Location: LSAC Multipurpose Room or Fitness Room

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<td>Wednesday</td>
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HEALTH & WELLNESS

T'AI CHI
Kade Green leads the class on the skills and movements for Tai Chi. Tai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. Tai Chi is practiced slowly with zero impact. All levels welcome in this class and must make a 6 week commitment. Current session closed, next session begins as listed below.
Instructor: Kade Green, LSAC Instructor, Gohring’s School of TAI CHI Certified Teacher
Location: LSAC Multipurpose Room

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<th>RecTrac #</th>
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<td>3/29-5/3</td>
<td>Tuesday</td>
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<td>246312-33</td>
<td>12:30-1:30p</td>
<td>4/1-5/6</td>
<td>Friday</td>
<td>N/A</td>
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T'AI CHI –Advanced
This is an advanced Tai 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. Current session closed, next session begins as listed below.
Instructor: Kade Green, LSAC Instructor, Gohring’s School of TAI CHI Certified Teacher
Location: LSAC Multipurpose Room

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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
Location: LSAC Multipurpose Room

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<td>N/A</td>
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STRENGTH & STRETCH
Add muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands. All levels welcome and equipment available.
Instructor: Patti Gagne, LSAC Instructor, BS Health, PE & Dance; CIYT Iyengar Yoga
Location: LSAC Multipurpose Room

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<th>Day</th>
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<th>Class Limit</th>
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<td>Friday</td>
<td>N/A</td>
<td>N/A</td>
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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 judgement...just get moving!
Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer
Location: LSAC Multipurpose Room

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<th>RecTrac #</th>
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<th>NonRes</th>
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<td>Friday</td>
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DRUMBA via Zoom
Drumba Fit Class is an exercise format that combines regular or weighted Drumba Stix and exercise balls with combinations of dance steps and exercise moves. It is a fast-paced, fun cardio workout and great for the upper and lower body. It can be done seated or standing and is a fun cardiovascular workout for all ages and abilities!
Instructor: Jennifer Taylor & Leti Alvarez, LSAC Instructor, Certified Drumba Instructor
Location: Zoom link sent to participants upon registration

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<td>Tuesday</td>
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BOOT CAMP
Boot Camp is back and better than ever with Drill Sergeants Leti and Jen. Join us for some fun and challenging activities at Pease Park. We will have drills, conditioning, and core work all while having fun outdoors with new and familiar friends. Prepare for laughs and maybe a little sweat. Meet in LSAC upper parking lot to cross over to Pease Park.
Instructor: Leti Alvarez, LSAC Program Specialist & Jennifer Taylor, LSAC Instructor; Certified Fitness Trainers
Location: LSAC Multipurpose Room

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<td>Monday</td>
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FITNESS ROOM SELF-LED WORKOUT
The fitness room is available to reserve for a max of 2 participants at one time or more if all participants are from the same household. Drop-ins available if room not reserved and time allows. FREE

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Monday—Thursday Daytime Hours</th>
<th>Monday &amp; Wednesday Evening Hours</th>
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<tbody>
<tr>
<td>Monday</td>
<td>9:15-10a</td>
<td>10:15-11a</td>
<td>4:15-5p</td>
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<tr>
<td>Tuesday</td>
<td>10:15-11a</td>
<td>11:15a-12p</td>
<td>5:15-6p</td>
</tr>
<tr>
<td>Wednesday</td>
<td>12:15p-1p</td>
<td>1:15p-2p</td>
<td>6:15-7p</td>
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<tr>
<td>Friday</td>
<td>9:15a-10a</td>
<td>10:15a-11a</td>
<td>11:15a-12p</td>
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</table>

Available equipment includes:
Elliptical, Sitting Elliptical, Rowing Machine, Recumbent Bicycle, Treadmill, 2 weight machines, Bosu ball, Hand Weights, Exercise Bands, Exercise Balls, Exercise Videos & TV
CREATIVE ARTS

CRAFT: Lattice/Braided Notecards
This braided card is stunning when completed, but oh so easy to create! Can be used for Easter, Birthdays, Thinking of You, etc. Instruction and all supplies are provided. See example on display at the center.
Instructor: Marianne Perez, LSAC Volunteer & Maria “Myr” Hernandez, LSACAB Member & Volunteer
Location: LSAC Game Room or Multipurpose Room

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<td>3/28</td>
<td>Monday</td>
<td>N/A</td>
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CRAFT: A Tisket, A Tasket, Let’s make a Paper Basket!
These cute little baskets with handles are a cinch to make and perfect for any holiday or occasion. Fill them with chocolates or candy to give as gifts. They are sure to bring smiles. Look for examples on display at the center.
Instructor: Marianne Perez, LSAC Volunteer & Maria “Myr” Hernandez, LSACAB Member & Volunteer
Location: LSAC Game Room or Multipurpose Room

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<td>Thursday</td>
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PAINTING W/REBECCA—Blue Jean Painting
Let’s wear our artwork! Liven up a pair of jeans or a denim jacket with a splash of paint. Bring a pair of jeans or a jacket and we will supply the rest. Denim without stretch is best and you will want it to be washed and dried, free of debris, so the paint will stick well. Freehand, swirls designs or use stencils. No experience necessary.
Instructor: Rebecca Brownlow, LSAC Instructor
Location: LSAC Multipurpose Room

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LINE DANCE –Beginner but all levels welcome
Connie is ready to lead you with a variety of fun easy dances to music of all genres. Round up your friends and come on down to the center on Tuesdays to enjoy dancing, meeting new people and have fun exercising. No class March 1, 2022.
Instructor: Connie Shell, LSAC Volunteer Instructor
Location: LSAC Multipurpose Room

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<td>Tuesday</td>
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COMPUTER LAB
Open Daily-check with LSAC Staff to reserve a computer by the hour
If you want to check or send email, surf the net, shop online or just play a game, the LSAC lab is open for public use: Monday–Thursday 9:30a-4p Friday 9:30a-2p

ENRICHMENT

VARSITY VOICES-Storytelling Austin Style w/Nancy
Get to really know your friends – tell one of your stories or pass and listen. We will have fun topics to break the ice such as; plan B, wild & weird/lost & found, a letter or a road trip! Share your experiences and have fun learning about each other.
Instructor: Nancy Langner, LSAC Volunteer
Location: Game or TV Room

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BRINGING SENIORS TOGETHER-Loteria & Casino @ Dittmar
Come have some outdoor fun with the other community members and meet some new friends. We will have Mexican Bingo-Loteria, blackjack and lots of door prizes. Event takes place at Dittmar Recreation Center on 1009 W. Dittmar Rd, Austin, TX 78745 Please meet there before 10a
Instructor: Marianne Perez, LSAC Volunteer & Maria “Myr” Hernandez, LSACAB Member & Volunteer
Location: LSAC Game Room or Multipurpose Room

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GOLDEN ROLLERS
Meet at Conley Guerrero Recreation Center for a fun cycling session either on a recumbent bike or a 3-wheeled adult upright tricycle. These bicycles provide a safe, low-impact way to exercise, have fun and get outdoors. This is for all-level riders even if you haven’t ridden a bike in decades—or ever! Bicycles provided by Ghisallo – Golden Roller program. Join us!
Instructor: Leti Alvarez, LSAC Program Specialist
Location: Conley Guerrero Senior Activity Center (no transportation from LSAC)

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<td>3/22</td>
<td>Tuesday</td>
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KAYAKING on Lady Bird Lake
One of our favorite springtime activities – kayaking on Lady Bird Lake. We will park at the Mexican American Cultural Center and walk the short hill down to get on the water with Austin Rowing Club. There will be both double and single stable sit on-top kayaks. We will have a quick tutorial and then paddle out on the water for about one hour, afterwards, we’ll meet under the trees for a picnic lunch. All levels welcome
Leader: Leti Alvarez, LSAC Program Specialist
Location: Park @ Mexican American Cultural Center walk to Austin Rowing Center on Lady Bird Lake

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<td>Tuesday</td>
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OUTDOOR FUN

JYT Harros, PARD Coordinator, is bringing the fun to LSAC! Join him for some competitive fun learning new outdoor games or perfecting your game skills. Games will include: Corn Hole, Washers, and Horse Shoes. No experience necessary.

Instructor: JT Harros
Location: Pease Park (meet at LSAC and walk as a group to the park)

GROUP MEETINGS

BeMused LITERATI
A group of writers meet to share and discuss their work. If you are interested please inform the LSAC staff.
Group Leader: Martin Mayland
Location: TBA

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.
Location: Game Room or TV Room

TARA—Texas Alliance for Retired Americans—Austin Chapter
3rd Thursday @ 12:30p —see update below
The group meeting currently on hold until Covid-19 guidelines are eased and everyone feels comfortable returning to meeting in person.
Location: South Room

LSAC ADVISORY BOARD
2nd Wednesday 2p September—May
The Lamar Senior Activity Center Advisory Board meets 9 months out of the year. Due to Covid-19 safety guidelines, the board is currently meeting via Zoom. Everyone is welcome to attend. To request the Zoom link please submit your request for the link and/or items for discussion by noon on the Friday before each meeting.
lamarsenioractivitycenter@austintexas.gov

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. No table tennis 3.1.2022 due to voting onsite.
Location: South Room

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 his or her hand onto one or more chains, or trains, emanating from a central hub or “station.” Come learn to play and meet new friends.
Group Leader: Claudia Savio, LSACAB Member and Volunteer
Location: TV Room

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.
Game Leader: Carolyn Rickard, LSAC Volunteer
Location: Game Room

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. Everyone is welcome to join this fun social game.
Group Leader: Claudia Savio, LSACAB Member and Volunteer
Location: LSAC Lobby

BINGO
Join us for some fun and simple Bingo games and have a chance to win gift cards. Preregistered participants will receive 3 Bingo cards to play for $10 or $35 gift cards donated by the Lamar Senior Activity Center Advisory Board. To make play fun and fair for all, there are limits on number of times one person can win.
Bingo Caller & Leader: Yvette, Scott, LSACAB Vice President & Volunteer
Location: LSAC Multipurpose Room
A LEAGUE OF THEIR OWN
PG 1992 Sport/Comedy 2hr 8m
A movie to celebrate women during March: Women’s History Month. This movie was inspired by the documentary of the same name about the short-lived, but very real, All-American Girls Professional Baseball League (AAGPBL). It’s a comedy, not a tear-jerker, because “there’s no crying in baseball!”

RecTrac # Time Dates Day Res NonRes Class Limit
246901-51 11a 3/2 Wednesday N/A N/A 5

ENCANTO
PG 2021 Family Musical 1h 49m
Encanto is not set in a specific time, but is based more or less at the beginning of the 20th century. The movie opens with Mirabel’s grandparents fleeing a conflict, during which her grandfather, Pedro, dies. From there, and from the river, comes the miracle that forms the basis of the story.

RecTrac # Time Dates Day Res NonRes Class Limit
246901-52 11a 3/9 Wednesday N/A N/A 5

THE BEST OF RIVERDANCE
NR 2006 Musical Documentary 1h 53m
Celebrate Irish culture and experience the Riverdance journey from its extraordinary beginnings at the Point Theatre, Dublin, with original stars Michael Flatley and Jean Butler, through its phenomenal success in Radio City Music Hall, New York to its latest live recording in Geneva.

RecTrac # Time Dates Day Res NonRes Class Limit
246901-53 11a 3/16 Wednesday N/A N/A 5

GOING IN STYLE
PG-13 2017 Comedy/Crime 1h 36m
Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money.

RecTrac # Time Dates Day Res NonRes Class Limit
246901-54 11a 3/23 Wednesday N/A N/A 5

HUNT FOR THE WILDERPEOPLE
PG-13 2016 Adventure/Comedy 1h 41m
A national manhunt is ordered for a rebellious kid and his foster uncle who go missing in the wild New Zealand bush.

RecTrac # Time Dates Day Res NonRes Class Limit
246901-55 11a 3/30 Wednesday N/A N/A 5

SPECIAL PROGRAMS
LSAC is an Election Site on Tuesday, March 1, 2022 ONLY!
The LSAC South Room will host the Tuesday, March 1, 2022 Joint Primary Election. Programs scheduled in the South Room on March 1st will not meet that day. LSAC is NOT an Early Voting site. For information on Early Voting sites please visit: https://countyclerk.traviscountytx.gov/departments/elections/

2022 LUNCHTIME LECTURE SERIES
Dr. Kevin M. Anderson, Austin Water Center for Environmental Research
Thursday 3/10/2022 12p Open to the Public RecTrac# 246211-15
March CER Lunchtime Lecture Topic:
Ecological Imperialism and the Geography of Nature
“What in heaven’s name is the reason that the sun never sets on the empire of the dandelion?” Al Crosby answered this question in his book Ecological Imperialism. As Europeans colonized the globe from the 1400s onwards, they transformed the biology of the Earth as well. This transformation was a two-way exchange as Europeans carried with them domesticated plant and animal species which flourished in the lands of the “New World” and Europeans returned to the “Old World” with flora and fauna that filled collections and transformed agriculture and ecology at home. This lecture will focus on the “scientific travelers” who practiced natural history for economic gain and for expanding “scientific” knowledge of the new lands in America and beyond before Humboldt’s epic journey which set a new standard for collecting, measur-
What We are Grateful for…

We are grateful for that group of dedicated, visionary seniors who came together in late 1973 to spearhead an ambitious project: Establishing a place for seniors and senior groups from all over Austin to gather and enjoy. This inspiring team of retirees helped to finance, construct, and promote the Lamar Senior Activity Center (LSAC).

We also owe a huge debt of gratitude to the City of Austin’s Parks and Recreation Department (PARD). They helped bring this vision to fruition by being an incredible public partner every step of the way. PARD’s stewardship and identification of critical resources enabled the groundbreaking ceremony for the center to take place on May 11, 1977, and its dedication on May 21, 1978. LSAC is truly a great example of a private/public partnership, which we are all still enjoying 44 years later.

A senior activity center was first envisioned by George Bray, who was chairman of the Retirees Coordinating Board. He wanted to build “a place to meet, plan, and carry-on senior programs of their own design and supervision.” He started by writing a letter to PARD.

Through the support of the Retirees Coordinating Board and its members, resolutions were passed in support of a senior activity center, and PARD surveyed the community concerning the needs for one. They also initiated the search for private and public funding, while identifying three possible sites for the location of the center.

A public hearing was held in December 1974 by the Planning Commission of Austin to identify existing and potential programs for grant applications for Community Development Block Grant Funds from the federal government. The proposal for the senior activity center was approved, and the City’s Community Development Office was directed by the Planning Commission and PARD to prepare a grant request in the amount of $450,000 for a senior activity center. Afterwards, a task force was created to support the endeavor. The grant was approved, and the rest is history.

Information submitted by Paula Brown, LSAC Advisory Board President
March 12, 2022

Terry Klein & Walt Wilkins

Claudia Gibson - Opening Musician
austinacousticalcafe.org

Lamar Senior Activity Center   2874 Shoal Crest Avenue
Doors Open 6:30p       Opening Act Starts @ 7p

PROGRAM GUIDE

Lamar Senior Activity Center

2874 Shoal Crest Avenue

Austin, TX  78705