

LAMAR SENIOR ACTIVITY CENTER



**VARSITY
GENERATION**

www.austintexas.gov/VarsityGeneration

DECEMBER 2021



2874 Shoal Crest Ave Austin, TX 78705
Phone: 512-978-2480

"Inspiring Active Adults 50+ Since 1978"



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.

GENERAL INFORMATION

2022 Registration/New Waiver

Due to current limited operations we are not accepting any LSACAB registration renewals at this time. If you do not have a current COA-PARD-LSAC waiver on file we will require a new completed and signed form.

If any information such as emergency contact, address, phone number, medications, etc. have changed since March 2020 please stop by the Front Desk to complete a form to update your information in our database.

BEGINNING JANUARY 10, 2022—ALL PARTICIPANTS WILL COMPLETE A NEW LSAC-PARD WAIVER FORM.

Temporary

HOURS OF OPERATION

(subject to change)

Monday-Thursday

9a-4:30p

Friday

9a-3p

Health Check & Sign-In required each day and for each class you are pre-registered to attend.

FACE MASKS REQUIRED until further notice and must be properly worn upon entry and while in the facility. See pages 18-19



Currently, to enter Lamar Senior Activity Center, you must be pre-registered for a class, complete a Health Check Screening, take your temperature, and sign-in. Please review the Health Check list on page 19 before arriving for your class or activity. The list is

Cover Photo: Zilker Christmas Tree in all it's glory!

Varsity Generation

What is "Varsity Generation"?

"Varsity Generation" is a positive way of describing a stage of life where experience and skill are prized and respected. The term implies being part of a team that always has your back. You rely on your team as much as they rely on you. Participation is encouraged in order to help each other continue mastering the art of living a fulfilling life. Varsity Generation sees aging as a natural progression of life, and positively acknowledges and affirms a person's earned spot on the team.

As we roll out this new concept, You will see this logo on our program promotions and start hearing the staff refer to Varsity Generation activities. Lamar Senior Activity Center and all of the Austin Parks and Recreation Department Senior Centers will continue to offer a variety of quality programs and we hope you will try new experiences with our "team" along the way!



WHERE TO FIND IT...

Advisory Board News	6-7
Calendar	14-15
Computer Lab	10
Creative Arts	10-11
Covid-19 /Health & Safety Guidelines	22-27
Enrichment	12
General Site Information	2
Health & Wellness	13; 16-17
Meetings	9
Movies	20- 21
Registration Information	4-5
Social Games	8-9
Special/Events & Programs	19
Table Tennis	19
Zoom Classes	18

REGISTRATION GUIDE



LAMAR SENIOR ACTIVITY CENTER DECEMBER 2021 -Phase 2 Open

HOW TO REGISTER FOR CLASSES*

You must pre-register for all classes & activities.

The center is only open for classes and activities. New Waivers & Advisory Board renewals are not required at this time unless we do not have info on file for you.

Using the November Activity Calendar you may register for **SPECIFIC DATES** on the calendar for the following:

- ♦ All Exercise Classes
- ♦ Line Dance
- ♦ Social Games
- ♦ Table Tennis
- ♦ Fitness Room
- ♦ Computer Lab
- ♦ Movies
- ♦ All Single Day Class/Event

Due to limited class enrollment, we ask that you only register for dates you are committed to attending in person.

December Registration Begins:

Tuesday, November 23, 2021 @ 9:45a

(December registration will not be accepted before the above listed date/time)

How to register:

On November 23, 2021 @ 9:45a—Email your requests to

lamarsenioractivitycenter@austintexas.gov

or call **512.978.2480** or Drop Off at LSAC

If no answer when you call, please leave a **detailed** message with your name, phone #, dates of classes you are interested in attending.

You are not enrolled until you receive confirmation from LSAC staff.

You are not be allowed to wait for classes in the facility or drop in for any classes or activities. You will receive a "Health Check" each time you enter the building.

PROPERLY WORN MASKS REQUIRED WHILE IN THE FACILITY-INCLUDING DURING CLASS/ACTIVITY/PROGRAM.

*All registration is timestamped & enrolled in that order. Classes, times,



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.

COA Mask Policies on reverse-PLEASE READ

REGISTRATION REMINDERS

Things to remember when registering for a class or activity:

✓ Registration begins @ 9:45a, Tuesday, November 23, 2021. Any requests via email or dropped before 9:45a will be moved to 12p as time received.

✓ All registration is timestamped and entered onto class lists in that order.

✓ Once a class is full, names are added to a wait list. This list is used to fill spots which come available due to participant cancelation.

✓ Please contact us as soon as you know you will miss a class so we can fill your spot using the wait list.

✓ If you miss more than 2 meetings in a class, you will be removed from the class and your spot filled using the wait list.

✓ You must register for specific days/dates.

Example: Peaceful Yoga is available December 1, 8, 15, 22, 29 so when registering you will need to indicate dates-you are not automatically signed up for all 5 classes.

✓ You are not enrolled in any class until you receive confirmation from staff. Please understand this is a temporary process with many steps for staff so your patience and kindness are appreciated!

ADVISORY BOARD

*Please consider making a
tax-deductible donation to the
LAMAR SENIOR ACTIVITY CENTER
ADVISORY BOARD
before the end of the year.*

The **Lamar Senior Activity Center Advisory Board (LSACAB)** is a 501(3) tax-exempt organization made up of volunteers that raises money to supplement programs offered at, or through **Lamar Senior Activity Center (LSAC)**. The Board works with City of Austin staff to ensure your experience at the Center is always a welcoming, enriching, and an inclusive one.

Funds raised by the Board provide for:

- ♦ computers and software for the Center computer lab
- ♦ a special feature movie license
- ♦ games and door prizes for Bingo, and a variety of celebrations
- ♦ equipment rental for events
- ♦ refreshments i.e., coffee service, food for special occasions
- ♦ wonderful travel opportunities in and around central Texas
- ♦ funding for special events held at the Center throughout the year, such as holiday celebrations, ice cream socials, a casino party and more
- ♦ Specialized certifications for LSAC staff so they are qualified to teach new classes at the Center
- ♦ a Wildlife Habitat Garden and landscaping supplies
- ♦ Additional support for site maintenance expenses
- ♦ The purchase of furniture, appliances, and other improvements for the center

ADVISORY BOARD

The Board cannot continue to provide the special programs and services without continued funding support. Like many nonprofit organizations for the past two years, the Board has been unable to raise major funding through its annual pecan cracking and nut sales events due to the Covid-19 pandemic.

So, please consider making a tax-deductible donation to the Lamar Senior Activity Center Advisory Board today.

Did you also know that you can deduct up to \$300 per individual or \$600 per couple in charitable giving this year, even if you don't itemize? If you have questions or want additional information, please send an email to:

lamarsenioractivitycenter@austintexas.gov

THANK YOU!



Lamar Senior Activity Center Advisory Board Donation

Reaching out to support the Lamar Senior Activity Center Advisory Board in their mission to provide funding for various programs, activities, equipment, etc. to continue to ensure welcoming, enriching and inclusive opportunities for Adults 50 years plus.

Enclosed is my gift of:

\$ _____ Check #: _____

Contribution from: _____

Street: _____ Zip: _____

Email: _____

This donation is made in the Honor of (optional):

Additional Information: _____

LSAC CLOSED

Mark your calendar

LSAC CLOSURES January –June 2022

JANUARY 17

FEBRUARY 21

MAY 30

JUNE 11-19

(annual maintenance)

SOCIAL GAMES

B I N G O

Thursday

December 2 1:30p

FREE

Pre-registered participants (up to 15) will receive 3 Bingo cards to play for \$10 or \$5 gift card prizes donated by the LSAC Advisory Board.

You may only win twice: 1st-\$10 card; 2nd-\$5 card.
A special thanks to Yvette Scott, LSAC Advisory Board & Guild Vice President for volunteering to be our outstanding "Bingo caller"!

SOCIAL GAMES

Returning Games:

***Bunco-Tuesday, December 14
@ 12:45p**

***Mexican Train– Mondays
December 6, 13, 20, 27 @ 12:30p**

***Rummikub-Friday in the
LSAC Lobby @ 10:30a**

**Other Social Games slated to return in
January 2022!**

MEETINGS

Approved groups must follow all Covid-19 Safety Guidelines, set-up, max number, etc.. If you are interested in joining one of the groups or hold a group meeting, please speak with LSAC staff to submit a request for review.

Texas Alliance for Retired Americans (TARA)

February 17, 2022

12:30p

Handicraft Group

New members/guests welcome

Wednesdays, 12:30p

BeMused Literari

Tuesdays, 1:30p

Lamar Senior Activity Center Advisory Board Meeting

December 8 2021

2p Via Zoom

If you have an agenda item or would like to attend the Zoom meeting, please contact Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, December 3, 2021

RESERVE A SPOT

If you want to check or send email, surf the net, shop online or just play a game, the Lamar Senior Activity Center Computer Lab is available:



Monday– Thursday 9:30a-4p
Friday 9:30a-2:30p



Fitness Room~

FREE

9:15-10:a 10:15-11a 11:15a-12p

12:15p-1p 1:15p-2p 2:15-3p 3:15-4p not Fridays

The fitness room is available to **reserve** for a max of 2 participants at one time or more if al from the same household.

CREATIVE ARTS



Willie Nelson *SNOWFLAKES* **w/Nancy**

Thursday December 9
1p FREE



Nancy Langer, LSAC Volunteer Instructor, invites you to make sone creative Willie Nelson & Guitar Snowflakes. This class honors Willie Nelson and Austin, the Music Capital of the World. How fun!

All supplies and provided and you will go home with patterns to make more snowflakes.

CREATIVE ARTS

Painting w/ Rebecca



Thursday
December 16 1p
FREE

Paint a unique Holiday Tree in this afternoon fun class. Rebecca will show you a variety of ways you can make the tree a “one of a kind” and impress all of your holiday guests with your talent!



All supplies for the project are provided by LSAC.



ENRICHMENT



Beginner Line Dance Class

Tuesdays 2-3p FREE

November 30; December 7, 14, 21, 28

Connie Shell, Volunteer Leader

Connie is ready to lead you in a variety of fun easy dances to music of all genres. Round up your friends and pre-register to come on down to the center on Tuesdays to enjoy dancing and meeting new people. Line dancing is good exercise for your body and brain! All levels of welcome!

HEALTH AND WELLNESS

LSAC Boot Camp (Fun!) Challenge



It's BACK by popular demand!

Monday December 13 11:30a
Pease Park Open Field FREE All Levels

Everyone enjoyed the October Boot Camp so much that Sergeant Leti and Sergeant Jen are offering another fun outdoor "Boot Camp" at Pease Park (across Lamar from LSAC). Jen & Leti are putting their heads together and coming up with a few new games and challenges.

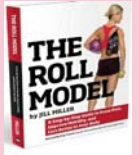
So sign up early and meet us on the field!

HEALTH AND WELLNESS

ROLL & RELAX

Monday
December 20
11:15a
FREE

Jennifer Taylor, LSAC Instructor



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 begin to feel better and perform stronger with as little as 10 minutes a day. This class will teach you various techniques that can be practiced from home helping to enhance the body's natural healing capabilities.



9:30a Fridays FREE
December 3, 10, 17

*This class is modified and the choreography focuses on **balance, range of motion and coordination**. Everyone is encouraged to move at their own pace—all levels welcome, **no judgement...**just get moving!*

Jacque Cotrell, Certified Zumba® Gold Instructor & LSACAB Volunteer

You must pre-register due to limited attendance in compliance with Covid-19 COA-PARD guidelines. See registration guide on page 4

STRENGTH & STRETCH
11a FRIDAYS FREE
December 3, 10, 17

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



- ♦ **Balance the body's strength and flexibility while improving coordination and agility in a fun relaxed atmosphere.**
- ♦ **All classes are geared toward active adults 50+ but everyone is welcome.**

Pre-registration required for all classes, events, activities, etc. due to limited attendance in compliance with Covid-19 COA-PARD guidelines. See registration guide on page 4

	Monday November 29	Tuesday November 30	Wednesday 1	Thursday 2	Friday 3	Sat 4
	Open Paint/Craft 9:30a-12:30p Fusion Fitness 10a Table Tennis 11:30a-1:30p Mexican Train 12:30p	Find Balance w/Laura 10a Tai Chi 11:30a Movie - "Cool Runnings" 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	Open Paint/Craft 9:30a-1p Fusion Fitness 10a Movie - "Cool Runnings" 11:30a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Peaceful Yoga 3p	Open Paint/Craft 9:30a-1p Find Balance w/Leti 10a Movie - "Cool Runnings" 11:15a Table Tennis 11:30a-1:30p Bingo 1:30p	Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Rummikub 10:30a Strength & Stretch 11a Tai Chi 12:30p	
5	Open Paint/Craft 9:30a-12:30p Fusion Fitness 10a Table Tennis 11:30a-1:30p Mexican Train 12:30p	Find Balance w/Laura 10a Tai Chi 11:30a Movie- "A Castle for Xmas" 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	Open Paint/Craft 9:30a-1p Fusion Fitness 10a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p LSAC Advisory Board Mtg-Zoom 2p Peaceful Yoga 3p	Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Table Tennis 11:30-1:30p Movie- "A Castle for Xmas" 11:30a Craft: Willie Nelson Snowflakes	Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Rummikub 10:30a Strength & Stretch 11a Tai Chi 12:30p	11
12	Open Paint/Craft 9:30a-12:30p Fusion Fitness 10a Boot Camp 11:30a Table Tennis 11:30a-1:30p Mexican Train 12:30p	Find Balance w/Laura 10a Tai Chi 11:30a Movie- "Love Actually" 11:30a Bunco 12:45p Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	Open Paint/Craft 9:30a-1p Fusion Fitness 10a Table Tennis 11:30a-1:30p Movie- "Love Actually" 11:30a Handicraft Group 12:30-3p Peaceful Yoga 3p	Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Movie- "Love Actually" 11:15a Table Tennis 11:30a Painting w/Rebecca 1p	Zumba Gold 9:30a Rummikub 10:30a Open Paint/Craft 9:30a-1p Strength & Stretch 11a Tai Chi 12:30p	18
19	Open Paint/Craft 9:30a-12:30p Fusion Fitness 10a Roll & Relax 11:15a Table Tennis 11:30a-1:30p Mexican Train 12:30p	Find Balance w/Laura 10a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	Open Paint/Craft 9:30a-1p Fusion Fitness 10a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Peaceful Yoga 3p	<div>Closed for Christmas Holidays</div>		
26	Open Paint/Craft 9:30a-12:30p Fusion Fitness 10a Table Tennis 11:30a-1:30p Mexican Train 12:30p	Find Balance w/Laura 10a Movie- "New Year's Eve" 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	Open Paint/Craft 9:30a-1p Fusion Fitness 10a Table Tennis 11:30a-1:30p Movie- "New Year's Eve" 11:30a Handicraft Group 12:30-3p Peaceful Yoga 3p	Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Movie- "New Year's Eve" 11:15a Table Tennis 10:30a Painting w/Rebecca 1p	<div>Closed for New Year Holiday</div>	

Since classes/activities are limited to 10 or less participants, it is very important you only sign up for classes you know you will attend. If you are unable to attend, please call or email us to cancel so we can offer your space to a participant on the waitlist. This will allow for more people to join classes/activities. **Be sure to read the "How To Register" for sign-up info and procedures.**

HEALTH AND WELLNESS

Fusion Fitness~

Hybrid Class
Monday

November 29
December
6, 13, 20, 27

Wednesday
December 1, 8, 15, 22, 29
10a

FREE



Instructor:
Jennifer Taylor,
Certified Fitness Instructor

This energizing morning workout (formerly known as Exercise w/Jen) uses bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo of chair and standing. All levels welcome. Space is limited. Class also available via Zoom-live streaming.

~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.

Find Balance~

Hybrid Class

Tuesday w/Laura
November 30

December 7, 14, 21, 28

Thursday w/Leti
December 2, 9, 16, 30

10a

FREE

Instructors:
Leti Alvarez, LSAC Program
Specialist-Health & Wellness

Laura Adams,
LSAC Activity
Specialist



Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. The class is limited to 15 participants but also register to attend class via Zoom-live streaming.

Pre-registration required for all classes, events, activities, etc. due to limited attendance in compliance with Covid-19

HEALTH AND WELLNESS

Peaceful Yoga~

Wednesdays

December 1, 8, 15, 22, 29

3p

FREE



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

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.

Pre-registration required for all classes, events, activities, etc. due to limited attendance in compliance with Covid-19 COA-PARD guidelines. See registration guide on page 4

Tai Chi~

Tuesdays 11:30a
or Fridays 12:30p

FREE –currently

Next 6 week Session begins January 4, 2022.

Due to increased interest in this class, enrollment is now limited to Tuesday OR Friday -not both days.

SPECIAL LOTTERY
REGISTRATION

for Tai Chi ONLY begins
Monday December 20, 2021
through noon Wednesday
December 23, 2021

THIS CLASS REQUIRES A 6 WEEK ATTENDANCE COMMITMENT



Instructor:
Kade Green

Kade leads and instructs a group of up to 10 participants on the Tai Chi skills and movements, ensuring the body is in constant motion. Tai Chi is practiced slowly with zero impact.

Once the Tai Chi class session starts, no late registration will be accepted without the instructor's approval.

ZOOM CLASSES

If you are unable to get a spot in one of the M-Th 10a exercise classes or are unable to personally attend from time to time or you just prefer to workout at home, the following



classes are offered online via Zoom:

Fusion Fitness M & W 10a

Find Balance T & Thurs 10a

To get the Zoom link please email Leticia Alvarez, LSAC Recreation Specialist/Health & Wellness at:

leticia.alvarez@austintexas.gov

Drumba via Zoom

Tuesdays 1p Free

November 30; December 7, 14, 21, 28

Lead by Jennifer Taylor, LSAC Instructor

Leti Alvarez, LSAC Specialist, Certified Drumba Instructor

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!



GAMES

Looking for a fun, friendly, social game?

LSAC "Open Play" TABLE TENNIS

Novice to Advanced—ALL PLAYERS WELCOME!

FREE

November 29; December 1, 2, 6, 8, 9, 13, 15, 16, 20, 22, 27, 29, 30

11:30a-1:30p

Time & date subject to change due to special programs, classes, activities, etc. Days and times to change in 2022.

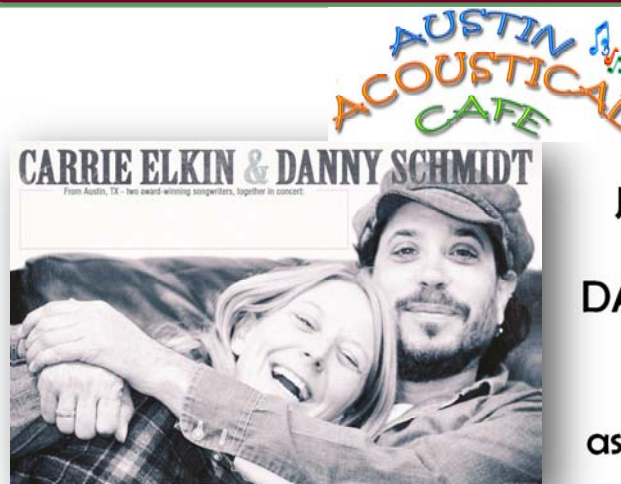
Participants agree to follow LSAC Covid-19 Safety Guidelines including but not limited to:

- °Properly worn mask is required
- °6' Social Distancing
- °No Shared equipment
- °Sanitize ball & paddle after every use
- °8 player limit

Pre-registration required for each day of play.

Good Fun with Good People!

EVENT



**Returning
January 8, 2022
Featuring
DANNY SCHMIDT
with
CARRIE ELKIN
as the opening act.**

Doors open @ 6:30p Show starts @ 7p

For More Information visit: austinaacousticalcafe.org

MOVIE and SNACKS

“COOL RUNNINGS”

Tuesday– November 3-
Wednesday-December 1
Thursday-December 2

11:30a-1:15p

PG 1993

1h 38m Sport/Comedy



Four Jamaican bobsledders dream of competing in the Winter Olympics, despite never having seen snow. With the help of a disgraced former champion desperate to redeem himself, the Jamaicans set out to become worthy of Olympic selection, and go all out for glory.

Bring your own snacks
or choose
from a few snacks provided by
Lamar Senior Activity Center.



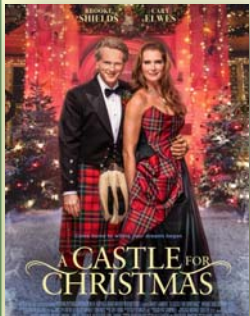
“A CASTLE FOR CHRISTMAS”

Tuesday-December 7 Thursday-December 9

11:30a-1:15p

2021

1h 38m Romantic/Comedy



To escape a scandal, a bestselling author (Brooke Shields) journeys to Scotland, where she falls in love with a castle -- and faces off with the grumpy duke who owns it.

MOVIE and SNACKS

“LOVE ACTUALLY”

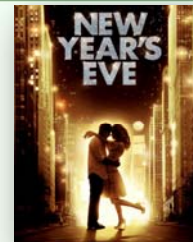
Tuesday-December 14 Wednesday-December 15
Thursday-December 16

11:30a-1:45p

R 2003 Comedy/Drama/Romance

2h 15m

Nine intertwined stories examine the complexities of the one emotion that connects us all: love. Among the characters explored are David (Hugh Grant), the handsome newly elected British prime minister who falls for a young junior staffer (Martine McCutcheon), Sarah (Laura Linney), a graphic designer whose devotion to her mentally ill brother complicates her love life, and Harry (Alan Rickman), a married man tempted by his attractive new secretary.



“NEW YEAR’S EVE”

Tuesday-December 28
Wednesday-December 29
Thursday-December 30

11:30a-1:30p

PG-13 2011 Romantic/Comedy

1h 58m

Intertwining stories promise love, hope, forgiveness, second chances and more for a number of New Yorkers on the celebrated night.

FOR YOUR HEALTH & SAFETY

Austin and Travis County Masking Orders and Guidance (as of August 12, 2021)

Mayor's Order No. 20210811-033-

NOW THEREFORE, I, MAYOR OF THE CITY OF AUSTIN, PURSUANT TO THE AUTHORITY VESTED BY TEXAS GOVERNMENT CODE CHAPTER 418, HEREBY ORDER, EFFECTIVE AS OF 12:01 A.M. ON AUGUST 12, 2021 THAT IN THE CITY OF AUSTIN:

SECTION 1. Face Coverings. An individual over the age of two is REQUIRED to wear a face covering while present on or in City property unless expressly exempted in Section 2 or by a City policy applicable to the premises or facility.

SECTION 2. Exceptions. A face covering is not required for:

- (a) any individual with a medical condition or disability that prevents wearing a face covering;
- (b) any individual while the individual is eating or drinking, or is seated at City property to eat or drink;
- (c) any individual while the individual is
 - (i) exercising outdoors or engaging in physical activity outdoors and
 - (ii) maintaining a safe distance from others not in the same household;
- (d) any individual while the individual is driving alone in a City-owned vehicle;
- (e) any individual obtaining a service that requires temporary removal of the face covering for security surveillance, screening, or the need for specific access to the face, but only to the extent necessary for the temporary removal;
- (f) any individual while the individual is in a swimming pool, lake, or similar body of water;
- (g) any individual who is voting, assisting a voter, serving as a poll watcher, or actively administering an election, but wearing a face covering is strongly encouraged;
- (h) any person who is actively providing or obtaining access to religious worship;
- (i) any individual while the individual is giving a speech for a broadcast or to an audience; or
- (j) any individual while temporary removal of the face covering is necessary for communication by or with an individual who is hearing impaired; or
- (k) any individual who is alone, or in the presence of only members of the same household or residence, in a separate room or single space that is not an indoor common area.

SECTION 3. Enforcement.

- (a) If an individual fails to comply with this rule, an employee responsible for the city property shall make a verbal request that the individual wear a face covering and offer a face covering, if available, or an alternative method to obtain the services provided at the city property.
- (b) If after the employee complies with subsection (a), an individual refuses to wear a face covering or comply with the alternative method to obtain services, the employee shall ask the individual to leave city property for the remainder of the day.
- (c) If an individual refuses a request to leave city property, the employee should seek the assistance of security or law enforcement.
- (d) An employee shall follow Use of City Property Rules and Administrative Bulletin Number 11-4 (Handling Inappropriate Conduct by the Public on City Property) in the event an individual refuses to wear a face covering and engages in conduct prohibited by Use of City Property Rules.

FOR YOUR HEALTH AND SAFETY

(e) A person who violates this Order violates Austin City Code Section 2-6-24. A violation is a misdemeanor punishable by a fine not to exceed \$1,000. A violation of this Order may be enforced by the filing of a probable cause affidavit alleging the criminal violation with the appropriate court or by issuing a citation to the person violating, that contains written notice of the time and place the person must appear before a magistrate of this state, the name and address of the person charged, and the offense charged.

(c) If an individual refuses a request to leave city property, the employee should seek the assistance of security or law enforcement.

(d) An employee shall follow Use of City Property Rules and Administrative Bulletin Number 11-4 (Handling Inappropriate Conduct by the Public on City Property) in the event an individual refuses to wear a face covering and engages in conduct prohibited by Use of City Property Rules.

(e) A person who violates this Order violates Austin City Code Section 2-6-24. A violation is a misdemeanor punishable by a fine not to exceed \$1,000. A violation of this Order may be enforced by the filing of a probable cause affidavit alleging the criminal violation with the appropriate court or by issuing a citation to the person violating, that contains written notice of the time and place the person must appear before a magistrate of this state, the name and address of the person charged, and the offense charged.

HEALTH SCREENING

Lamar Senior Activity Center

Each time you enter the facility, you must confirm all the health requirements below are true:

Temperature does not exceed 100 degrees Fahrenheit. (your temperature will be taken but not recorded).

Visitor has not been diagnosed with Covid-19

In the last 10 days or is waiting on results of a test.

Visitor has not been in close contact (same household) with someone who has

symptoms

or

is waiting on results of Covid-19 test

Or

has received a laboratory confirmed case of Covid-19 in the last 14 days.

Confirm none of the following symptoms are present: Fever or Chills, Cough, Shortness of Breath or Difficulty Breathing, Fatigue, Muscle or Body Aches, Headache, New Loss of Taste or Smell, Sore Throat, Congestion or Runny Nose, Nausea or vomiting, Diarrhea.

WHAT TO EXPECT

What to Expect When Returning to LAMAR SENIOR ACTIVITY CENTER

- ♦ Limited activities and participants began on June 21, 2021.
- ♦ Pre-registration will be required for any class/activity offered at this time. No Drop-Ins will be allowed.
- ♦ Everyone must check-in at the center's main entrance. You will participate in a "Health Screening" which will include health status questions and temperature check. Anyone not able to pass the health questions, refusing to participate in the screening or have a temperature of 100 degrees or more, will not be allowed in the center. Your cooperation is vital to the success of our staying open.
- ♦ **PROPERLY WORN MASKS (covering nose and mouth) ARE REQUIRED AT ALL TIMES WHILE IN THE FACILITY.** (until further notice)
- ♦ We suggest that you bring your own supplies, equipment, water bottle, etc. for the class/activity you attend. Some equipment will be available, but you must sanitize it before and after the class/activity.
- ♦ If you are not feeling well, please stay home.

WHAT TO EXPECT

What to Expect When Returning to LAMAR SENIOR ACTIVITY CENTER (continued)

- ♦ You will not need to complete a new registration/waiver form at this time. If you have changes to the information on your current waiver, please let staff know and they will provide you with a form to complete.
- ♦ We promote and adhere to social distancing of 6 feet.
- ♦ Tables and chairs, exercise pods, etc. will be arranged to promote social distancing. Please do not move or rearrange them.
- ♦ Please wash and sanitize your hands often. Hand sanitizer is available throughout the building.
- ♦ We are implementing extra cleaning and sanitizing protocols throughout the facility and before and after classes.
- ♦ All events and Center hours are subject to change. We will make every effort to provide this information as it occurs.

We miss you; and with everyone following the guidelines and policies, together, we can make this a safe opening!

AUSTIN PARKS & RECREATION DEPARTMENT COVID-19 PROGRAM AND FACILITY GUIDELINES

The Austin Parks and Recreation Department (PARD) has modified its program offerings to provide the safest possible environment for participants, staff, and the community. Using recommendations and best practices sourced from the Centers for Disease Control (CDC), Austin Public Health (APH), and State guidelines for reopening, the following guidelines have been created for all PARD facilities and programs, including contract instructor and volunteer led programs.

Please note, guidelines are subject to change at any time based on local health conditions and guidance as provided by local health authorities.

Any changes to PARD guidelines will be communicated appropriately. Furthermore, program schedules, hours of operation, facility capacity limits, and facility availability may be **changed or cancelled** at any time based on the business need of the City of Austin/PARD or public health safety concerns.

RISK FOR EXPOSURE

While PARD will take necessary precautions and follow approved guidelines in accordance with the CDC and State/Local health authorities, this cannot fully eliminate the inherent risks of exposure to COVID-19 that are associated with being around other individuals who are outside one's household. The virus that causes COVID-19 can infect people of all ages. While the risk of serious illness or loss of life is greatest in those 65 years of age or older with pre-existing health conditions, persons in every age group can become infected with COVID-19 and some may become seriously ill or even die. By participating in PARD programs, or programs and activities happening within/on PARD property, you understand this risk and agree to follow all safety and wellness guidelines as outlined by the Department.

GENERAL GUIDELINES

- If you are symptomatic, don't feel well, have been around someone who tested positive for COVID-19 in the last 14 days, please stay home.
- Upon entry to a PARD facility or a program, temperature will be taken using a non-contact temporal thermometer. Should one's temperature exceed 100 degrees Fahrenheit, entry will be denied.
- Additionally, anyone entering PARD facility must answer general COVID-19 Health Questions each day to satisfy admission into a program or facility. If the answer to any of these questions is "yes", entry will be denied.

AUSTIN PARKS & RECREATION DEPARTMENT COVID-19 PROGRAM AND FACILITY GUIDELINES

- For outdoor programs, in particular those led by contract instructors, daily health screenings of participants must be implemented which should include temperature checks and daily health screening questions.
- Good hygiene should be followed at all times, including frequent hand washing and the use of PPE
- Masks-see page 18-19
- All staff, contract instructors, volunteers and participants are strongly encouraged maintain 6 ft. of physical distancing whenever possible. There may be instances when distancing may not be realistically maintained, in such cases masks are highly recommended.

Any equipment or supplies used in the administration of programs and activities, whether provided by parks staff, contract instructors, or brought from home, should be sanitized before and after each use. ○ PARD staff will perform additional cleaning and disinfecting of equipment and high-touch areas within the facility.

- For indoor programs, room and group sizes are limited to no more than 10 participants at a time.
- For outdoor programs, group sizes are recommended to be limited to no more than 25 individuals at a time.
- Any individual accessing PARD facilities, parkland, or PARD-sponsored programs should adhere to all posted guidelines, rules and signage as specified at that location

IF POSITIVE CASE IS CONFIRMED WITHIN A PROGRAM OR FACILITY

If a COVID-19 exposure or risk occurs in any of our programs, health authorities will be notified and PARD will follow their directives which may include cancelation of programs and closing the facility immediately for deep cleaning, quarantine of staff and participants in their own homes and other steps as required. Upon becoming aware that a participant, staff or volunteer in a program tests positive for COVID-19, such cases must be reported to APH. To do so, call the APH nurse line at 512-972-5560. Additionally, all participants and any individuals who may have had close contact with a positive case in your program must be notified in writing within 48 hours. Confidentiality of all participants must be maintained at all times, and under no circumstances should the name or information pertaining to an individual be shared or released.

Austin City Council

Steve Adler, Mayor

Natasha Harper-Madison, Mayor Pro Tem District 1

Vanessa Fuentes, District 2

Sabino "Pio" Renteria, District 3

Gregorio "Greg" Casar, District 4

Ann Kitchen, District 5

Mackenzie Kelly, District 6

Leslie Pool, District 7

Paige Ellis, District 8

Kathie Tovo, District 9

Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Director

Liana Kallivoka, PhD, P.E, Assistant Director

Lucas Massie, Assistant Director

Suzanne Piper, Chief Administrative Officer

Anthony Segura, Assistant Director

Suzanne Piper, Chief Administrative Officer

David Crabb, CPRP, Division Manager

Kelly Maltsberger, CPRP, Program Manager

LSAC Staff

Jerilyn Rainosek, Programs Supervisor

Vacant, Program Specialist

Leticia Alvarez, Program Specialist

Linda Gonzalez, Administrative Assistant

Andy Maldonado, Building & Grounds Assistant

Laura Adams, Instructor-Activity Specialist

Jennifer Taylor, Instructor

Office of City Manager

Spencer Cronk, City Manager

Ann Morgan, Interim Deputy City Manager

Rey Arellano, Assistant City Manager

Gina Fiandaca, Assistant City Manager

Rodney Gonzales, Assistant City Manager

Stephanie Hayden-Howard, Assistant City Manager

Shannon Jones, Interim Assistant City Manager

Ed Van Eenoo, Chief Financial Officer

Parks Board

Dawn Lewis, Chair

Richard DePalma, Vice Chair

Romteen Farasat, Board Member

Nina Rinaldi, Board Member

Anna Di Carlo, Board Member

Kate Mason-Murphy, Board Member

Nancy Barnard, Board Member

Sarah B. Faust, Board Member

Laura Cottam Sajbel, Board Member

Kimberly Taylor, Board Member

District 6 is vacant

LSAC Advisory Board

Paula Brown, President

Yvette Scott, Vice President

Argie Horn, Secretary

Dayton Grumbles, Treasurer

Joanne Cepero, Tel Dalton, Madeline Ducate,

Maria Hernandez, Phil Horn, Charles "Chuck"

Mandelbaum, Ken Moore, Bill Myers,

Patsy Phillips, Sydney Popinsky, Claudia Savio

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.

