

# LAMAR SENIOR ACTIVITY CENTER



**VARSITY  
GENERATION**



**2874 Shoal Crest Ave Austin, TX 78705**

**Phone: 512-978-2480**

***"Inspiring Active Adults 50+  
Since 1978"***

**[www.austintexas.gov/VarsityGeneration](http://www.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



## GENERAL INFORMATION

### 2021 Registration/New Waiver

Due to 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.

Temporary

### HOURS OF OPERATION

**Monday-Thursday**  
**9a-4:30p**

**Friday**  
**9a-3p**

**Health Check & Sign-In required each day and for each class you are signed up to attend.**

[www.austintexas.gov/seniors](http://www.austintexas.gov/seniors)

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

#### HEALTH



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 also located at the check-in table when you arrive.

## 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 persons 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!





# REGISTRATION GUIDE



## LAMAR SENIOR ACTIVITY CENTER Phase 2 Reopening-October 2021

### 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 October Activity Calendar you may register for **SPECIFIC**

**OCTOBER DATES** for the following:

- ♦ All Exercise Classes
- ♦ Improver Line Dance
- ♦ Open Paint & Craft
- ♦ Table Tennis
- ♦ Fitness Room
- ♦ Computer Lab
- ♦ Movies
- ♦ Single Day Class/Event

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

#### **October Registration Begins:**

Monday, September 27, 2021 @ 9:30a  
(October registration will not be accepted before the above listed day/time)

#### **How to register:**

On September 27, 2021 @ 9:30a—Email your requests to

**[lamarsenioractivitycenter@austintexas.gov](mailto: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, etc. subject to change.



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 @ 9:30a, Monday September 27, 2021. Any requests via email or dropped before the 9:30a 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 may 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 October 6, 13, 20,27 so when registering you will need to indicate dates, you are not automatically signed up for all 4 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!

## CALL FOR BOARD MEMBERS

The Lamar Senior Activity Center Advisory Board (LSACAB) is looking for a few great volunteers to join us as board members! We currently have three opening for volunteers to serve on our 15 member Board.

The LSACAB is a tax-exempt 501©(3) organization made up of volunteers 50 years+ which was formed to raise money and support the center and programs. The Lamar Senior Activity Center (LSAC) is centrally located at 2874 Shoal Crest Avenue, at the corner of 29th Street and North Lamar.

Board meetings are held September—May on the 2nd Wednesday of the month and in the summer months when necessary. Meetings are open to the public. Due to the pandemic, we are currently meeting virtually and in person on a limited basis. The center is in “Phase II reopening” and offering limited programs with safe attendance guidelines. To be more inclusive we plan to continue to meet both on Zoom and in person once fully open.

Here are a few examples of items and program support the LSACAB has provided:

- Coordinate all volunteers and receptionists (2 shifts M-F 8:30a-4p)
- Sell nuts and pecan cracking fundraiser
- Teach classes and lead groups
- Funding for special events, staff certifications, trips, site maintenance, Habitat Garden, & more
- Purchase computers and software for the lab, equipment, furnishings, AV equipment, etc.
- Movie license so weekly movies are available (legally ☺)

## CALL FOR BOARD MEMBERS

LSAC is a welcoming and safe place to come together in an inclusive, enjoyable, low cost and enriching environment for the Austin Adult 50+ community.

The LSACAB and city staff are committed to working together to offer a variety of programs. Some of the many programs offered at the Center prior to the Covid-19 pandemic closure and ones we hope to bring back when fully reopened are arts and crafts, health and fitness, trips, music/singing, group socials, club meetings, computer classes and holiday and summer special events. During the pandemic closure over the past year the Board is very proud to say the center staff stayed in touch with as many participants as possible by offering classes on Zoom and YouTube and reaching out with phone calls, handwritten notes, cards, letter, and emails.

Please consider joining the Lamar Senior Activity Center Advisory Board to help keep the center enjoyable and affordable now and for years to come. For an application contact:

Jerilyn Rainosek, LSAC Supervisor

[Lamarsenioractivitycenter@austintexas.gov](mailto:Lamarsenioractivitycenter@austintexas.gov) or 512.978.2480

For a Volunteer application for the LSACAB or any other volunteer area you want to join. Please note the City of Austin requires all volunteers will have a simple background check since you may handle funds, donations for the LSACAB. For more information contact LSAC Staff or any of the LSACAB members listed on the back of this month’s program guide.

We look forward to getting together again!

Sincerely,

The Lamar Senior Activity Center Advisory Board

## LSAC HOLIDAYS

*Up Coming 2021 City of Austin Holidays*

### LSAC CLOSED

Thursday	November 11
Thursday	November 25
Friday	November 26
Thursday	December 23
Friday	December 24

## SOCIAL GAMES

### B I N G O

Thursday,  
October 7 & 21

1:30p  
FREE

Since space is limited you may sign up for one of the dates to allow more participants to enjoy the game. We can put your name on waiting list for the other date if you are interested.

Pre-registered participants (up to 10) will receive 6 Bingo cards to play for \$10/\$5 gift card prizes donated by the LSAC Advisory Board.

You may only win twice: 1st-\$10 card; 2nd-\$5 card.

## SOCIAL GAMES

The following Games are on hold until further notice due to COA-PARD

Covid-19 Safety Guidelines:

Bunco  
Chess  
Mah Jongg  
Mexican Train  
Rummikub  
Pinochle  
Bridge (all programs/clubs)

## 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)

TBA-on hold due to Covid-19 limitations  
12:30p

### Handicraft Group

New members/guests welcome  
Wednesdays, 12:30p

### BeMused Literari

Tuesdays, 1:30p

### Lamar Senior Activity Center Advisory Board Meeting

October 13, 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, October 8, 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 to a maximum of **four participants per one hour reservations.**

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

### Available Time Slots:

**Monday– Friday**

**9:30-10:30a 11a-12p 12:30-1:30p 2-3p (not Friday)**

### **Fitness Room~**

**FREE**

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

**12:15p-1p 1:15p-2p 2:15-3p (not Fridays)**



The fitness room is available to **reserve** for an individual workout, or with a member of the same household.

## CREATIVE ARTS

### **Watercolor Fun** with Vivian

**Thursday October 14 1:30p FREE**

Vivian Griffith, LSAC Volunteer Instructor, invites you to join her to play with different kinds of watercolors-pods, tubes, etc. to learn some watercolor techniques.

Vivian will also show you some tricks to produce scenes or botanicals to put on postcards you will be proud to send to your family and friends! You will be amazed at your results!

All supplies, watercolors, postcards, etc. provided.

## CREATIVE ARTS

### **“Don’t BOX Me In!”**

October’s **CRAFTY CARDS & More** class with Maria and Marianne will feature small **hand-made paper boxes**. These one of kind boxes will add a personal touch to a special gift or a nice place to keep treasures safe.

**1:30p FREE**

**°Monday October 11  
Small Hinged Box**

**°Monday October 18  
Flip Top Box**



### **Halloween Pumpkin Deco**

**Thursday October 28 1p**

**Free**

Channel your inner child and get in the Halloween spirit by creating a festive Jack-O-Lantern!

You may choose to carve a pumpkin or try your hand at painting or decorating a face or design on your pumpkin. Whatever you decide it will certainly be one of a kind and ready to display on your porch or in a window for all to enjoy.

Weather permitting this activity will take place outside under pop-up tents on the lower parking.

All supplies for the project are provided by Lamar Senior Activity Center.

## ENRICHMENT

### Beginner Line Dance Class



**Tuesdays 2-3p FREE**  
**October 5, 12, 19, 26**

*Connie Shell, Volunteer Leader*  
**SHE'S BACK!**

Connie is back and 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. All levels of experience welcome!

## HEALTH AND WELLNESS

### LSAC Boot Camp (Fun!) Challenge

**Monday October 25 11:30a**  
**Pease Park Open Field FREE All Levels**

Join Sergeant Leti and Sergeant Jen for a fun outdoor "Boot Camp" at Pease Park (across Lamar from LSAC). The class will combine strength training and basic movements to improve balance and flexibility without added impact to joints. A portion of the class will include aerobic movement. The "boot camp" will use hula hoops, medicine balls, and resistance bands to challenge you while enjoying the fresh air!

## HEALTH AND WELLNESS

**Monday**  
**October 11**  
or  
**October 18**  
**11:15a**  
**FREE**

### ROLL & RELAX

**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**  
**October 8, 15, 22, 29**

*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

### STRENGTH & STRETCH 11a FRIDAYS FREE

**October 8, 15, 22, 29**

**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



# OCTOBER 4 - 29, 2021- Lamar Senior Activity Center

512.978.2480



**SPECIAL REGISTRATION FOR ALL TAI CHI CLASSES**

**BEGINS MONDAY OCTOBER 18, 2021 @ 10:00AM**

Tai Chi is NOT part of the September 27, 2021 registration.

**Registration for most classes begins Monday, September 27, 2021 @ 9:30a. See page 4**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Open Paint/Craft 9:30a-12:30p Exercise w/Jen 10a Table Tennis 11:30a-1:30p	5 Find Balance w/Laura 10a Tai Chi 11:30a Movie – “Crazy Rich Asians” 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	6 Open Paint/Craft 9:30a-1p Exercise w/Jen 10a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Movie- “Crazy Rich Asians” 11:30a Peaceful Yoga 3p	7 Open Paint/Craft 9:30a-1p Find Balance w/Leti 10a Table Tennis 11:30a-1:30p Movie- “Crazy Rich Asians” 11:15a Bingo 1:30p	8 Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Strength & Stretch 11a Tai Chi 12:30p	9
10	11 Open Paint/Craft 9:30a-12:30p Exercise w/Jen 10a Roll & Relax 11:15a Table Tennis 11:30a-1:30p Craft w/Marianne & Maria 1:30	12 Find Balance w/Laura 10a Tai Chi 11:30a Movie-“Legend of Baggar Vance” 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	13 Open Paint/Craft 9:30a-1p Exercise w/Jen 10a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Movie-“Legend of Baggar Vance” 11:30a Peaceful Yoga 3p	14 Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Table Tennis 11:30a-1:30p Movie-“Legend of Baggar Vance” 11:15a Watercolor Fun Tricks/Techniques 1:30p	15 Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Strength & Stretch 11a Tai Chi 12:30p	16
17	18 Open Paint/Craft 9:30a-12:30p Exercise w/Jen 10a Roll & Relax 11:15a Table Tennis 11:30a-1:30p Craft w/Marianne & Maria 1:30 <b>Tai Chi REGISTRATION STARTS @ 10:00AM</b>	19 Find Balance w/Laura 10a Tai Chi 11:30a Movie- “Queen Bees” 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	20 Open Paint/Craft 9:30a-1p Exercise w/Jen 10a Movie- “Queen Bees” 11:30a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Peaceful Yoga 3p	21 Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Movie- “Queen Bees” 11:15a Table Tennis 11:30a-1:30p Bingo 1:30p	22 Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Strength & Stretch 11a Tai Chi 12:30p	23
24	25 Open Paint/Craft 9:30a-12:30p Exercise w/Jen 10a Table Tennis 11:30a-1:30p Boot Camp Fun Challenge 11:30a	26 Find Balance w/Laura 10a Tai Chi 11:30a (New Session) Movie- “Coco” 11:30a Drumba via Zoom 1p Line Dance (Beg+) 2-3p BeMused Literati Group 1:30p	27 Open Paint/Craft 9:30a-1p Exercise w/Jen 10a Table Tennis 11:30a-1:30p Handicraft Group 12:30-3p Movie- “Coco” 11:30a Peaceful Yoga 3p	28 Open Paint/Craft 9:30a-1p Find Balance-Leti 10a Table Tennis 11:30a-1:30p Movie- “Coco” 11:15a Halloween Pumpkin Deco 1p	29 Zumba Gold 9:30a Open Paint/Craft 9:30a-1p Strength & Stretch 11a Tai Chi 12:30p	30

Classes and programs subject to change.

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**  
**October**  
**4, 11, 18, 25**

**Wednesday**  
**October 6, 13, 20, 27**  
**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**  
**October 5, 12, 19, 26**

**Thursday w/Leti**  
**October 7, 14, 21, 28**  
**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 10 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 COA-PARD guidelines. See registration guide on page 4

# HEALTH AND WELLNESS

## Peaceful Yoga~

Wednesdays

**October 6, 13, 20, 27**  
**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**

**Fridays 12:30p**

FREE –currently

**New 6 week Session begins October 26, 2021.**  
**Due to increased interest in this class, enrollment is now limited to Tuesday OR Friday-not both days.**

**SPECIAL REGISTRATION**  
**for Tai Chi ONLY begins promptly:**

**Monday October 18 @ 10a**

THIS CLASS REQUIRES A 6 WEEK ATTENDANCE COMMITMENT

**Instructor:**

**Kade Green**



Kade has returned to teach at LSAC and is leading a group of up to 10 participants on the skills and movements for Tai Chi.

Tai Chi is practiced slowly with zero impact.

*Once the Tai Chi class sessions have started, no late registration will be accepted without the instructor's approval.*

## ZOOM CLASSES

If you are unable to get a spot in an exercise class 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](mailto:leticia.alvarez@austintexas.gov)

Or

Call 512-.978.2480

## Drum ba via Zoom

**Tuesdays 1p Free**

October 5, 12, 19, 26

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!

*Limited equipment available to loan.*



## GAMES

Looking for a fun, friendly, social game?

### LSAC "Open Play" TABLE TENNIS

Novice to Advanced—ALL PLAYERS WELCOME!

**FREE**

**Monday-Wednesday-Thursday**

October 4, 6, 7, 11, 13, 14, 18, 20, 25, 27, 28

**11:30a-1:30p**

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

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
- °6 player limit

**Pre-registration required for each day of play.**

***Good Fun with Good People!***

## CREATE

### Open Paint and Craft

**Monday 9:30a-12:30p Wednesday-Friday 9:30a-1p**

**FREE**

*Invite a friend to paint and craft!*

Bring in your own supplies or choose from paint kits, craft kits, etc. LSAC has available on a first come, first serve basis. This is a wonderful time to enjoy painting/creating and meet up in a socially distanced safe environment.

On your pre-registered day you may arrive and leave at your leisure beginning at 9:30a until the posted end time.

The art room will be available for up to 4 participants.

You must pre-register, no drop-ins.

## MOVIE and SNACKS

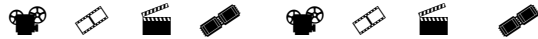
### ***“Crazy Rich Asians”***

**Tuesday– October 5      Wednesday-October 6**  
**Thursday-October 7 (11:15a start this date only)**

**11:30a-1:30p**

R 2018 Romance/Comedy-drama  
 2h 1m

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend’s wedding in Singapore. She’s also surprised to learn that Nick’s family is extremely wealthy and he’s considered one of the country’s most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse—Nick’s disapproving mother.



### ***“Legend of Baggar Vance”***

**Tuesday-October 12      Thursday-October 14**

**11:30a-1:30p**

PG-13 2000 Sports/Drama  
 2h 6m

During the Great Depression, Georgia socialite Adele Invergordon (Charlize Theron) announces a publicity-garnering high-stakes match at her struggling family golf course, featuring the greatest golfers of the era. Once-promising local golfer Rannulph Junuh (Matt Damon), whose career and life were derailed by World War I, is brought in to play alongside the stars, but his game is weak—until the enigmatic Bagger Vance (Will Smith) offers to coach him back into the great golfer he once was.

## MOVIE and SNACKS

### ***“Queen Bees”***

**Tuesday-October 19      Wednesday-October 20**  
**Thursday-October 21 (11:15a start this date only)**

**11:30a-1:30p**

PG-13 2021 Comedy/Rom-com  
 1h 40m

While her house undergoes repairs, fiercely independent senior Helen (Ellen Burstyn) temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments and a hotbed of bullying “mean girls.”

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



### ***“Coco”***

**Tuesday-October 26      Wednesday-October 27**  
**Thursday-October 28**

**11:30a-1:30p**

PG 2017 Family/Comedy/Animated  
 1h 45m

Despite his family's generations-old ban on music, young Miguel dreams of becoming an accomplished musician like his idol Ernesto de la Cruz. Desperate to prove his talent, Miguel finds himself in the stunning and colorful Land of the Dead. After meeting a charming trickster named Héctor, the two new friends embark on an extraordinary journey to unlock the real story behind Miguel's family history.



# 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  
Vacant, 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,  
Phil Horn, Charles "Chuck" Mandelbaum,  
Ken Moore, Bill Myers, Sydney Popinsky

## **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.

