

NOVEMBER







The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

GENERAL INFORMATION

PARD/Lamar Senior Activity Center (LSAC) Waivers and Lamar Senior Activity Center Advisory Board Registration ALL participants must have a current completed waiver on file to participate in 2018 classes,

trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

Stop by the LSAC Volunteer Reception Desk

Monday - Thursday 9a-3p, or Friday 9a - 12:30p to complete a 2018 waiver

NEW PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the					
PARD Re photo id	Due to the COA-PARD RecTrac registration system up-	sued a			
usage, m	grade, we are experiencing system "migration" issues.	Center			
lf yoι	We are currently asking participants to sign in on the list	ease			
S	at the front desk; Keep an eye out for the ID card/scan-in				
docu	system to be back on line!! Thanks for your patience!	<u>2018</u>			
wai		n it			
only takes a few minutes to get your photo ID					

on the spot or at your next visit.

HOURS OF OPERATION Monday 8:30a-8:30p Tuesday, Wednesday & Thursday 8:30a-4:30p Friday 8:30a-1:30p and 6-10p

Class & Activity Registration & PARD/LSAC Payments* M 9a -7p T/W/Th 9a-3:30p F 9a-12:30p; 6-8p

*unless otherwise noted, system unavailable, etc. Cash/Check/Credit Card payments accepted for LSAC programs/events Cash/Check ONLY accepted for Advisory Board donations, etc. There is a \$25 cash fee on all returned checks.

Computer Lab Hours of Operation** M 9a –8p T/W/Th 9a-4p F 9a-1p; 6-9p



**when computer class not in session or otherwise noted LSAC Program and Activity updates available online:

www.austintexas.gov/seniors

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. All participants must fill out the required annual PARD waiver at the lobby Volunteer Receptionist or Staff desk. The friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$6 is required if you would like a newsletter mailed to your home and/or \$3 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's programs and day to day operations. *We thank you for your support!*

PUBLIC MEETINGS

Golden "K" Kiwanis New members and guests welcome Mondays 9a

Texas Alliance for Retired Americans (TARA) Thursday, November 15 12:30p

Austin Palette Club

New members and guests welcome Tuesdays 10a

LSAC Advisory Board *Public Invited 2nd Wednesday of the month* Wednesday, November 14 2p

Handicraft Group

New members and guests welcome Wednesdays 1p

BeMused Literari Tuesdays, 1:30-3p

"Art-On & Off the Wall" Open to the public Saturday, November 17 9:30a-4p See page 23

LSACAB "Nut Season Fundraiser" begins: SALES-*Thursday, November 1;* PECAN CRACKING-



Friday, November 2. See all the details on pages 18 & 19.

Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.

INSIDE THE GUIDE . . . PAGE(S)

Advisory Board News	28-30
Computer Classes	10
Creative Arts	22-23
Enrichment	6-7
Evening Programs	20-21
Fun for All & Special Events	8-9, 28,30
Health & Wellness	10-14
Trips	24-27

DON'T FORGET!



November 2 - Early Voting Ends November 6 - Election Day Come Vote at LSAC! 7a-7p



LSAC will be closed Thursday, November 22 through Sunday, November 25 for the Thanksgiving Holiday. Have a safe and happy holiday!



G A M E S

BINGO & BIRTHDAYS-"Giving Back"

Wednesday, November 21, 2018 10a-11:30p

1 non perishable food item per card

It's the last Bingo and Birthdays Celebration of 2018! We will celebrate both November and December Birthdays, giving two free bingo cards to the birthday folks. *Cake or cupcakes will be served to*



all present. Instead of paying \$1 for each card, <u>we are</u> asking that you bring a non perishable food item for each bingo card you'll play. The Board is donating money for prizes and the donated food will go to the Austin Area Food Bank. Games begin promptly at 10a and will end no later

than 11:30a. No need to pre-register just show up with food donations ready to pick your game cards and play on game day!

Bingo and Birthday Celebration Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer.

SOCIAL GAMES

Mexican Train Dominos Mondays, 12:30p Led by LSAC Volunteer, Mil Love Thursdays, 1:15p Led by LSAC Volunteer, George de Villiers Tuesday, November 6 & 20; 12:45p Bunco Led by LSAC Volunteer, Carolyn Rickard Rummikub* Tuesdays, November 13 & 27; 1p Led by LSAC Volunteer, Claudia Savio **Bingo & Birthdays** Wednesday, November 21; 10a SAC Advisory Board sponsored; (see page 4) **Pinochle** Wednesdays, 12:30p Led by LSAC Volunteer, Ernest Lovato Thursdays, 1p **Mah Jongg** (Wright-Patterson rules) Led by LSAC Volunteer, Bob Woertink

No Thursday activities on 11/22 due to the Thanksgiving holiday

*Rummikub and a variety of board games are always available for pick up games anytime in the lobby!

BRIDGE

American Contract Bridge League (ACBL)* Duplicate Bridge

Mondays, 12:00-3:30p

Friday ACBL Games twice monthly 10:30a - November 16 & 30 \$6-\$8 per day

All players must have a current PARD ID Card and LSAC waiver on file. **Contact Larry Davis, 512-343-6942**, for specific questions concerning ACBL play at LSAC.

Pay Game Leader on day of play for ACBL Games

*Room subject to change due to COA PARD/LSAC events

ENRICHMENT

<u>Two separate</u> classes to choose from! WRITING THE STORIES OF YOUR LIFE

Your memories are your real family treasures!



Have fun learning techniques for retrieving, writing and polishing your memories so you can begin assembling them into your life story.

Contract Instructor: Rosalind Bond 512-441-3014 Contact instructor in advance for registration information and class availability.



Fridays 10:15a -November 30 -December 14 Free

Class is led by Debra Erck, a Board Certified Music Educator and LSACAB Volunteer.

The Vintage Voice Choir will preform at the Veteran's Breakfast on Nov 9, 2018!

CHESS ANYONE?

Would you like to learn or practice your skills? Then you've come to the right place! LSAC volunteer, George de Villiers, loves to play and teach chess and has agreed to share his knowledge and to spread the love of the game here at LSAC!

> 1 on 1 Classes or Games by Appointment Call George at 210-360-9432



ENRICHMENT

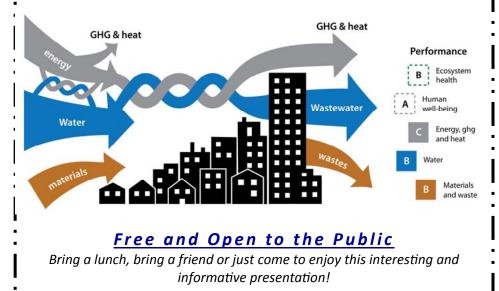
2018 LUNCHTIME LECTURE SERIES

By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

Wednesday, November 14 NOON to 1p

The Ecological City: Sustainability, Ecology and Urban Metabolism

A city is a built landscape designed to support dense populations of humans. Urban ecologists, engineers, architects, and environmental managers approach urban nature as a functional component of the urban landscape. They study the city as an ecosystem for scientific understanding of how cities function ecologically and then apply that understanding to urban environmental management. In this narrative, the "metabolism" of the city is measurable as flows of water, waste, and elements through pipes and cycles. Urban ecosystem cycles are then seen as providing ecological services that can be managed as a sustainable urban metabolism. Thus, in the Ecological City, urban nature is an object to be managed for the benefit of humans and kept in their proper place...but urban nonhumans often resist objectification and claim the whole city as their place too. This lecture will examine the ideas of an Ecological City, urban nature, and the question of sustainability.



SPECIAL EVENT



Will the so-called "shared economy" make life easier for older adults?

Do you use or have you thought about using local grocery or pet food delivery, Lyft or Uber or similar platforms, or local delivery from restaurants using GrubHub; have you used meal kit services like Plated or Blue Apron; have you bought clothing or cleaning or other supplies from Amazon, or consulted on-line with medical personnel? Have you thought of sharing rooms in your house through Airbnb and similar companies?

We'd like to know what you think about these services and if you believe they might make your life easier as you age. Please share your experiences and thoughts on these services with a University of Texas at Austin research team, funded by the US Department of Transportation, as part of a series of group discussions that the UT Austin team is having with seniors across the Austin metropolitan areas.

We welcome you to join the conversation. *Tuesday, November 20 10:00 – 11:00a*

Complementary drinks and refreshments will be provided.

Please preregister with LSAC Staff by noon on Wednesday, Nov 19



Veteran Appreciation Breakfast Friday November 9 9:30a

Join us for a tribute to our LSAC veteran participants - entertainment provided by our own Vintage Voices!

Fee: \$6 per guest/ Veterans are *FREE** *Everyone must pre-register* (and pay if required) *beginning October 29 and before noon on November 7*

*Please bring a service photo or memorabilia for our Honor Table

Limited Space - Register (and pay) beginning October 29 (no day of "drop-ins)



COMPUTER CLASSES

Individual Tutor Time!

Instructor: Mendy Marshall; Register with Kimberly Flores 512-978-2483

Meet individually for a private lesson! Topics may include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8 . Bring your own laptop or use the computers in the lab. **Select a one (1) hour time slot from the dates and times listed below and** *contact Kimberly Flores 512-978-2483 to complete an info sheet at least one week prior to class. The instructor will review info sheet prior to confirmation of the tutoring session to insure she can help with your topic. Payment due at <u>time of confirmation of the class.</u> * Registration begins Oct. 29 with Kimberly.*

Date: Tutoring time slots available:

Nov. 1 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p) Nov. 15 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Fee: Resident \$5/ Non-Resident \$6 per session

Limit 1 student per session; no refunds on canceled or transferred classes

HEALTH AND WELLNESS



Tuesday & Thursday Oct. 9 - Nov. 15 1-2:15p

Transportation from LSAC departs at 12:30p. Once registered for the program you may also use your own transportation to meet the group at Harvey Penick Golf Course.

Please register with LSAC Staff prior to class.

HEALTH AND WELLNESS

9:30a Fridays FREE No class 11/23

Jacque Cotrell, Certified Zumba[®] Gold Instructor and LSACAB Volunteer

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!

Please register with LSAC Staff before attending class.

STRENGTH & STRETCH FRIDAYS AT 11:25a

Patti Gagne, PARD Instructor No Class 11/23

- 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.
 - All classes are FREE

Please register with LSAC Staff before attending class



LSAC "Open Play" TABLE TENNIS Mondays 10:30a-1p FREE

Check with LSAC staff about setting up on other days & times pending room/space availability. *Come help us break in the new ping pong table!*

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

Senior Tennis at Caswell Mondays, Wednesdays & Fridays 8:30-10:30a

Play doubles; no partner needed.

Located at 24th & Lamar. Two courts reserved for play. Contact Bob Freeman: 512-680-1453 or bfreeman704@gmail.com



HEALTH AND WELLNESS



Exercise~

Mondavs 9 - 10a Wednesdays 11a-12p Fee: FREE

Increase your

stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class with enjoyable music and good folks! Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Instructor: Rebecca Brownlow, LSAC Staff Instructor

Register with LSAC Staff prior to class.

Fitness Room~

Monday 9a - 8p T/W/Th 9a-4p Friday

9a - 1p and 6p-8p

Come use the free Fitness room. Learn how to safely and properly operate the elliptical, treadmill & recumbent bike. Work out on your own and at your own pace...rain or shine! See pg. 13 Personal Training info if you are interested in getting one on one instruction in the fitness room.

(Open workout time subject to change pending LSAC/ PARD classes, programs, closures, etc.; Call ahead to check availability)

~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.

Easy Yoga~* Wednesdays 2-3:15p Oct. 24 - Nov. 21 Next Session: Nov. 28 - Dec. 26

Designed to make yoga easy, gentle and accessible to adults 50+. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of yoga that help in prevention and management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety. If you can breathe and smile, you are fit to practice yoga in this class.

> Fee: \$45 for one session \$75 for two sessions \$15 Drop In

Contract Instructor: Jogi Bhagat* *Jogi is on a trip to India beginning August 23, 2018. Brock Roser will substitute his Easy Yoga classes in his absence.



YOGA CLASS REGISTRATIONS Register with and pay the Contract Instructor before class. No transfers, refunds or make-ups for missed classes. All class participants must have a current completed LSAC PARD waiver on file.

HEALTH AND WELLNESS

Gentle Yoga~* **Mondays & Thursdays** 2-3:15p Oct. 1 - Nov. 5 Next Session: Nov. 8 - Dec. 13 No class 11/22

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

> Fee: \$70 for one session \$105 for two sessions \$15 Drop In

Contract Instructor: Jogi Bhagat* *Jogi is on a trip to India beginning August 23, 2018. Brock Roser will substitute his Gentle Yoga classes in his absence.

Brock Roser came to teaching yoga with a background of teaching swimming, martial arts, West African drum, dance and other practices involving breath and body movement. His approach is based on using intentional breathing and attentive movement to develop calm and stability in body and mind. He aims to help everyone find an approach to yoga practice that suits their level of strength and fitness.

> *For questions about LSAC Yoga classes, please email: jogibhagat@gmail.com

Tai Chi~

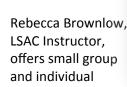
Tuesdays 1-2p Fridays 12:30-1:30p Next Session: Oct. 30 - Dec. 7 No class 11/23

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact. Instructor: Kade Green Fee:

Res/Non-Res \$30/\$36 (Tue only) Res/Non-Res \$30/\$36 (Fri only) Res/Non-Res \$50/\$60 (Tue & Fri) Res/Non-Res\$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.

Personal Training~



Personal Training sessions after her Monday & Wednesday exercise classes. If you are interested in this opportunity, please speak with Rebecca about the details. \$5 fee for one session.

Contact Rebecca to set time and date: 512-978-2480 or email: rebecca.brownlow@austintexas.gov



HEALTH AND WELLNESS



New Afternoon Pilates Class Tuesdays 2:30 -3:30p FREE no class 11/6/18

Taught by Lita Ovalle, LSAC volunteer instructor. Pilates offers a greater understanding of individual movement,

posture, strength, and balance. If you are looking to strengthen your abdomen and pelvis as well as maintain good posture, then Pilates is for you.

Please register with LSAC Staff prior to first class.

Line Dancing Classes! Tuesdays, 2-3p FREE All levels of experience welcome!



Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing Class led by Connie Shell, LSAC Volunteer!!!

Register with LSAC staff prior to your first day of class!



Improver Line Dance Tuesdays 1-1:45p FREE

no class 11/6/18

Linda Fugate, Volunteer Instructor

Take your Line Dancing to the next level! This class offers dance instruction for seniors who have enough

experience to dance at the high beginner, improver or easy intermediate level. Students should be familiar with basic step patterns such as vine, jazz box and K step. Dances taught will prepare students to participate in dance events outside of class.

Please register with LSAC Staff prior to first class



Find Balance and Strength Thursdays, 10:30 – 11:30a FREE No class 11/22 Taught by LSAC staff, Lan and Leti

This class is designed to increase your range of motion, strength and improve balance. We will use light hand and ankle weights and low impact resistance training set to fun music! Perfect for all levels. Please register with LSAC Staff

SPECIAL EVENT

Meet Company Members from

Love Never Dies

Last week of November - actual event and

registration dates to be determined by Texas Performing Arts.

12:00 - 1p

It's a "Brown Bag" Lunch



First 15 LSAC current participants registered will receive a free "Brown Bag" Lunch; otherwise, bring your own lunch and come join us for an hour of stories, Q & A and more with the cast of Love Never Dies.

AUSTIN PALETTE CLUB

You're invited to visit the Austin Palette Club

Tuesdays 10 - 11:30a

Art demonstrations are presented on the 2nd and 3rd Tuesdays each month. Come meet the members and see if you might be interested in joining this creative, social group!



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
N	in the LSAC program guide and can program leader/coordinator or site i	ses, trips, meetings, events, etc., listed lendar are subject to change; contact lo confirm. events, etc. are listed on the calendar;		1 Tech Time 9:30a LLI Mah Jongg 10a Find Balance 10:30a Mah Jongg 1p	2 Zumba Gold 9:30a Painterly Practice 10a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	3/4 Color coded classes: FREE classes & programs- BLACK ink
0	please refer to guide for individual	istings/info and details.	I am thankful	Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p Nut Sales Begins!	Pecan Cracking Begins!	Classes requiring a FEE- BLUE ink
V E	5 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Brain Cardio 6p	6 Bunco 12:45p Tai Chi 1p Stress Management 1:30 Line Dancing 2p	7 Basic ASL 9:30a Exercise 11a Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p	8 LLI Mah Jongg 10a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p	9 Veteran's Breakfast 9:30a Zumba Gold 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	10/11 Saturday, 11/10
Μ	Pilates 6p Creative Drawing 7p TRIP: Wurstbraten	Voting in LSAC South Room 7a-7p		TRIP: Hike Turkey Creek		TRIP: USO Tribute
BE	12 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Brain Cardio 6p Pilates 6p Craft Night 6:30p Creative Drawing 7p	13 Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	14 Bingo-Birthdays 10a Exercise 11a Lunchtime Lecture 12p Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p Advisory Board Mtg 2p	15 Tech Time 9:30a Collette Presentation 10a Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p TRIP: Turkey Bingo	16 Zumba Gold 9:30a Paint for Craft Night 9:30a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	^{17/18} Art & Crafts Show & Sale "Art - On & Off the Wall" November 17 9:30a -4p
R 2 0		20 Sharing Economy 10a Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	21 Bingo-Birthdays 10a Exercise 11a Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p	22 Hay Thanks	ppy a giving	24/25 LSAC Closed 11/22-11/25 for the Thanksgiving Holiday
 8	26 Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Writing Stories 2p Gentle Yoga 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p TRIP: Stunt Ranch	27 Tai Chi 1p Rummikub 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p	28 Exercise 11a Movie-"HOME FOR THE HOLIDAYS" 12:30p Pinochle 12:30p Handicraft Group 1p Easy Yoga 2p	29 Find Balance 10:30a Mah Jongg 1p Mexican Train 1:15p Writing Stories 1:30p Gentle Yoga 2p	30 Zumba Gold 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p	

SPECIAL EVENTS



Lamar Senior Activity Center is the only place in town providing this service for residents who have pecan trees and want to get the pecans cracked.

It's time to

crack pecans!



Nut cracking Begins Friday, November 2 for 50¢/lb. Schedule of Hours for Drop off and Pick up of pecans for cracking:

Mondays and Wednesdays from 9a-3p Fridays from 9a-1p

All pecans must be in brown paper bags with no more than 20 lbs. in each. Each bag must be clearly marked with: **PRINTED**-Name and Primary Contact Number.



This Pecan Cracking and Nut Sales Fundraiser is very important to the current and future programs at the Center and we appreciate your support.

SPECIAL EVENTS

It's that time of year!

Nut Sales begin Nov. 1

Monday through Thursday 9a-3p Friday 9a-1p

In addition to whole pecans in shell, pecan halves and pieces, we will have your usual favorites - walnuts, cashews, pistachios, mixed and candied nuts plus snack mixes and local honey! Come stock up for holiday baking or gifts and support this LSAC Advisory Board annual fundraising event!



EVENING PROGRAMS



PILATES Mondays 6 -7p FREE Pilates improves flexibility, builds strength and develops control and endurance in the entire body. We will use light weights and low impact resistance training. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Taught by LSAC staff, Leti Alvarez & Assistant, Lan Au.

Register with LSAC staff prior to class

Creative Drawing Mondays 7-8:15p

Fee: \$10 fee per class Participants must pre-register with instructor

Join in a FUN exploration of your drawing skills with absolutely no pressure!

Contact Richard to register at themax1.rm@gmail.com

Craft Night with Kimberly Monday, November 12 & 26 6:30p FREE



Come join the fun, make new friends and bring home your own handmade project each night! Due to the popularity of the jewelry projects, Kimberly has designated the second Monday class of each month for the "Jewelry Club". All are welcome.

Craft Projects

- Nov. 12 Jewelry Club Wire Wrapped Bangle Bracelets
- Nov. 26 Holiday Wreaths from TP Rolls*

*TP Rolls will need to be painted prior to the November 26 craft class. We will hold a painting event Friday morning November 16, from 9:30-11:30a. Please join us.



EVENING PROGRAMS

LET'S DANCE CLUB

Fridays, 7:30-9:30p ~Live Band

Band is David Kautz & Spectrum

FEE: \$5 - Dance Club Members \$7 - Non-Members

For more information contact Green Rives at 512-298-8652 or

grives3@yahoo.com

AFTERNOON AT THE "MOVIES"



Home for the Holidays

Run time: 1 hr 44 min Rating PG 13

NOVEMBER 28 12:30p FREE

When her teenage daughter opts out of Thanksgiving, single mother Claudia Larson (Holly Hunter) travels alone to her childhood home for an explosive holiday dinner with her dysfunctional family. Claudia quickly tires of her parents, her long -suffering sister (Cynthia Stevenson), her snobby brother-in-law (Steve Guttenberg) and her nutty aunt (Geraldine Chaplin). But

the evening gets interesting when sparks fly between Claudia and her brother's handsome friend Leo Fish (Dylan McDermott).



Please register with LSAC staff prior to class - Space is Limited

CREATIVE ARTS

DON'T MISS THIS WONDERFUL OPPORTUNITY TO SUPPORT LOCAL SENIOR ARTISTS AND FIND UNIQUE ITEMS FOR EVERYONE ON YOUR HOLIDAY GIFT LIST!

The 2nd Annual 29th Street Art & Skilled Crafts Show & Sale

Art - On & Off the Wall









Eclectic to eccentric handcrafted gifts for everyone on your holiday list!

Saturday, November 17, 2018 9:30a -4p





Unique Gifts Jewelry, Sculpture, Fiber Art, Woodwork, Ceramics, Paintings & More!

Co-sponsored by LSAC and it's Advisory Board

CREATIVE ARTS

Art - On & Off the Wall

Featured Artists Sandy Shiroma



I do not start a new piece with a blank canvas. Instead, the painting is the finishing touches to a canvas that has been splendidly pre-painted by our Creator. My medium is oil and my canvas are feathers. I have the wonderful blessing of having a canvas that has rich pigments, stunning patterns and designs, and distinct textures. My hope is that my paintings honor and compliment God's handiworks by capturing true to life portraits of birds and other wildlife scenes. Ultimately then, the subject and composition of my pieces are guided by the distinct canvas I have to work with to create these works of art, of which I am grateful to have had a hand in it. – Sandy

Vivian Griffith



My mother was an artist, so I grew up amid the smell of oils, various easels, and art displays. I loved the color and images and I was intrigued by the feelings and spirit I absorbed when viewing art. Always loving clothes and fabrics - the art of them - I began a journey that would take me places I never expected and combined all my interests. Designing, sewing, taking apart garments and putting them back together differently, was a fun and creative experience. I began studying accessories and realized scarves were fun, easy to wear and store, and multifunctional. Next, an offer as a visiting speaker on cruise

ships presented itself. I taught women about fashion and style, and scarves were the favorite accessories used. I took a class in fabric dying and my passion began. I love that my art has expanded and is ever changing. I am inspired by new ideas and experiences all the time. - Vivian Griffith

All of our participating artists are showcasing the best in their media. You will find jewelry and handmade holiday crafts, sculpture, paintings on feathers, crocheted items, polymer clay jewelry, hand dyed silk scarfs, fiber art, notecards, bags, folk art, ceramics, handmade soaps, quilted and sewing crafts, mixed media art, watercolor, oil and acrylic paintings and much more!

TRIP LOTTERY

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information on this process.

NOVEMBER 2018 TRIP LOTTERY FORMS SUBMISSION DATES AND TIMES:

Tuesday	October 30	9a-3:30p
Wednesday	October 31	9a-3:30p
Thursday	November 1	9a-NOON

To complete an November 2018 LSAC Trip Lottery Form, **call 512-978-2480** during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via phone. You may also come by the Lamar Senior Activity Center during the same allotted days and times to personally complete your lottery registration form.

A current **PARD ID Pass card** and a completed and signed **2018 PARD/LSAC waiver** for *each* participant must be on file to participate in LSAC trips.

<u>Registration is also accepted **AFTER** lottery submission period for any trip openings and/or waitlists.</u>

Unless otherwise noted, trips will depart from the upper parking lot of Lamar Senior Activity Center, 2874 Shoal Crest Avenue

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process, make payment and confirm your trip(s).

Cash/Credit Card/Checks accepted for LSAC trip payment. Failure to pay in full by the deadline will result in loss of your reservation.

"Courtesy Reminder Calls" are NOT guaranteed; participants are personally responsible for remembering trips dates, times, etc. If you require personal or one on one assistance during a trip or activity, you will need to register with your own travel buddy/personal aide to assist you. Staff can only provide limited assistance.

All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

TRIPS



47th Annual Wurstbraten at the Zion Lutheran Church & School in Walburg, Texas

Monday, November 5

Enjoy a relaxing evening shopping for handcrafted items, homemade baked foods and handmade canned foods at the Country Store. The dinner consist of homemade sausage, sweet potatoes, potato salad, sauerkraut, coleslaw, green beans, bread, pickles, assorted drinks and a variety of desserts.

Depart: 3:30pReturn: 7:30pFee: Resident \$5/ Non-Resident \$6Additional Expenses: Dinner \$12 cash

Activity Level: MODERATE –Walking through indoor venue, standing in line, possible stairs and ramps

Hike Turkey Creek

Thursday, November 8



Let's go hike Turkey Creek Trail near the Emma Long Park. This is a gorgeous trail with a stream running alongside it

and trees on both sides. The trees provide ample shade and it is nice and quiet following the creek bed with lots of beautiful trees. We will be guided by Trish Porter, Park Ranger, along this series of trails. Afterwards we will rest our feet and nourish our bodies for a lunch stop at 360 Pizza. The menu has a selections of subs, calzones, pizza and salads. Please wear sturdy hiking/ running shoes and bring at least 1 liter of water.

Depart: 9:30a Return: 2:30p Fee: Resident \$3/ Non-Resident \$4 Additional Expense: Lunch at 360 Pizza (avg \$5.00-\$12.00) http://www.atxpizza.com/

Activity Level: MODERATE – HIGH -Walking outdoors on uneven trails with a mix of steep, rocky, roots and flat terrain. Hiking up to 3+ miles, possible stream crossings.

TRIPS CONTINUED. . .



Lunch at Black's Barbeque – Lockhart USO Tribute Show at Gaslight Baker Theater

Saturday, November 10

The Gaslight Baker Theater is proud to present our fifth annual USO Tribute Show – a variety show filled with music, dance, comedy and magic similar to the traveling shows seen by those serving in the U.S. military.

Depart: 10a Return: 4:30p

Fee: Resident \$18.50 / Non-Resident \$19.50 **Additional Expense:** Lunch at Black's Barbeque (avg. \$10-\$15) <u>www.blacksbbg.com</u>

Activity Level: MODERATE - Walking through indoor venues, possible stairs and ramps

Discover your Inner Hero at Stunt Ranch!



Monday, November 26

Stunt Ranch is a true experiential education &

filming venue on 22-acres. Stunt Ranch has been the unique and chosen site for hundreds of films, commercials and movie productions. Our day will be action-packed as Stunt Ranch staff guide us through an exciting day of explosions, axe throwing, low-zip-line and adrenaline-filled stunts, teaching us the secrets of the trade and the special-effects you see every day on TV and the big screen. You can be part of this thrilling day culminating in a pyro van explosion!

Depart: 9:30a Return: 3:30p Fee: Resident \$65 / Non-Resident \$66 Additional Expense: Lunch at Stubb's Graceland (avg. \$7-12) https://www.gracelandgrocery.com/ Activity Level: MODERATE - HIGH - Walking through outdoor venue, possible stairs and ramps – Be prepared to zipline on low-lines, throw

TRIPS CONTINUED. .



Bringing Seniors Together Event Thanksgiving Turkey Bingo Turner-Roberts Recreation Center Thursday, November 15

Come play Turkey Bingo and visit with your friends from other Austin Recreations Centers. Get ready to have a good time and perhaps win a turkey to take home just in time for Thanksgiving dinner. Lunch will be served - Thanksgiving style with all the fixings. Yum – reason enough to come along.

Depart: 9:30a Return: 1:30p Fee: This is a FREE event

Activity Level: MODERATE – Walking through indoor venue, possible stairs and ramps

Interactive State Capital Treasure Hunt Lunch at Schlotz' Gardens

Tuesday, December 4



Come along on this part treasure hunt – part mission-impossible!? with Cluetivity! Austin Cluetivity[®] combines the best elements of classical treasure hunts, GPS-Geocaching and Live-Escape-Games with Augmented Reality Technology into a new outdoor team game. This quest explores the exterior grounds of the Texas State Capitol building. The premise is simple: We will follow clues, crack tricky riddles and race to complete our mission all around the State Capitol grounds. Whether you interact with virtual avatars in real places or unravel tricky puzzles with your ActionPack[™] it will be an action-packed, fun team adventure.

Depart: 9:30aReturn: 2:30pFee: Resident \$23 / Non-Resident \$24Additional Expense: Lunch at Schlotz Gardens (avg \$10-\$15)Activity Level: MODERATE – HIGH- Walking 2+ miles outdoors onuneven terrain during activity and walking to restaurant

LSAC ADVISORY BOARD



(doors open @ 11.15a) \$6 per person + 1 new toy

Catered by Captain Red's Entertainment by AKA Vocal Show Group

Reservations and payment (cash or check) may be made with the LSACAB Volunteer Receptionist beginning November 1. Payment required with reservation.

RSVP & pay by 4p November 28

No phone registrations or "day of" drop-ins

We are collecting new toys for Brown Santa at the luncheon. For every new toy donated you will receive extra tickets for the door prize drawings!



LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

'Tis the season!!..... A season of traditions A season of celebrating with family and friends. It's a season of giving. In my family, it's a tradition to make candy and baked goods for gifts. I remember times at my mother-in-law's when we baked date rolls and all kinds of cookies, like my favorite, snickerdoodles. My sister brought the art and tradition of candy making back to Texas after being in Iowa for years. Although it's time consuming, the candies are a delight (and delicious) to all who receive them. My daughter and I try to make a different kind of goody every year but still make one of our favorites, peanut butter cup chocolate chip cookies.

Another tradition, at this time of year, is giving to charities that help others not so fortunate as yourself. At the November Birthday Bingo, instead of paying \$1 for each card, we are asking that you bring a non perishable food item for each bingo card you'll play. The Board is donating money for prizes and the donated food will go to the Austin Area Food Bank. If your birthday is in November OR December, you'll get 2 free cards at this bingo. Something I never thought I'd hear myself saying.... show you care by playing bingo this month.

It's a fact that the LSAC City Staff knows how to throw a party! They always make sure the Holiday Luncheon is fun and festive. The luncheon will be on Friday, December 7th, catered by Capt. Red's, with entertainment and door prizes. We will be collecting toys for Brown Santa at the luncheon. Bring a new toy to the luncheon and you'll receive extra tickets for the door prize drawings. Look for details as you must sign up ahead of time to reserve your seat.

This season, LSAC is also giving you opportunities to purchase gift items to give to the ones you love. Saturday, November 17, is the date for The 29th Street Art and Skilled Crafts Show. Senior artists have been crafting many different items for you to purchase as gifts. The show is open to the public so tell everyone you know to come and shop. And, the Annual Nut Fundraiser has many things you will need to make your own goody bags to give as gifts. Come down and buy while supplies last. When you make purchases at the Crafts Show and Nut Fundraiser you are supporting Advisory Board sponsored activities.

At LSAC, this holiday season, the Advisory Board is offering you lots of ways to give. So, get your holiday spirit revved up and head down to the Center for giving and gifts.

In closing, on behalf of myself and the Board, I want to wish you all a Happy Thanksgiving and we look forward to celebrating the season of giving with you.

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

<u>Collette Travel Trips</u>

California New Year's Getaway Travel Dates: December 29, 2018 - January 2, 2019

Springtime Tulip River Cruise Netherlands Travel Dates: April 4 - 12, 2019

Spotlight on South Dakota

Travel Dates: June 2019 LSAC presentation: November 15, 2018

Discover Switzerland

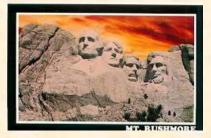
Travel Dates: September 15-24, 2019 LSAC presentation: February 7, 2019

Brochures available in LSAC North Hall Info table.

For more information call and leave a message for: LSACAB Travel Committee 512-978-2480 Or email: tripscollette@gmail.com Tel Dalton and Joanne Ceparo, LSACAB Travel Committee Representatives

SPECIAL TRAVEL PRESENTATION

THURSDAY, NOVEMBER 15 10a



Spotlight on South Dakota Featuring Mount Rushmore & the Badlands

Travel Dates: June 21-27 2019

REMINDERS . . .

Austin Parks and Recreation Department Refund Policy

Full Refunds:

The PARD activity/program fee will be refunded in full **ONLY IF** the activity/ program is canceled by the Austin Parks and Recreation Department.

Partial Refunds:

Program attendance is the responsibility of the participant. Failure to attend a class due to personal reasons, personal injury/illness, etc. does not entitle a participant to a transfer, make-up or refund. No refunds are issued for registrations without 48 hours advance notice and may require a medical verification.

Detailed information on PARD Senior Program cancellations and refunds are defined on each RecTrac receipt.



REMINDER -If you are feeling ill or have an infection, please be considerate of others and stay home to take care

of yourself. Your fellow

who cannot manage the stairs or the sidewalk to the upper lot.



PLEASE CONSIDER this... For those who are able to safely

use the stairs or sidewalk to the

upper LSAC parking lot, please

think about parking there. This will

reserve the lower lot with more

accessible spaces for participants

Tips and Gratuities—Reminder!

City of Austin policies prohibit ALL STAFF members from accepting or soliciting gratuities (tips) or favors in any form for any purpose or services.

PLEASE do not put staff in a uncomfortable situation or jeopardize their position due to a violation of this policy. A simple "Thank You," note or smile is sincerely appreciated and will not put LSAC staff at risk.

Austin City Council

Steve Adler, Mayor Kathie Tovo, Mayor Pro Tem, District 9 Ora Houston, District 1 Delia Garza, District 2 Sabino "Pio" Renteria, District 3 Gregorio "Greg" Casar, District 4 Ann Kitchen, District 5 Jimmy Flannigan, District 5 Leslie Pool, District 7 Ellen Troxclair, District 8 Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Acting Director Anthony Segura, Assistant Director Liana Kallivoka, PhD, P.E, Assistant Director Lucas Massie, CPRP, Acting Assistant Director Suzanne Piper, Chief Administrative Officer Christa McCarthy, CPRP, Acting Division Manager David Crabb, CPRP, Program Manager

LSAC Advisory Board

Gayle Fischer, President Alma Harrington, Vice President Argie Horn, Secretary Dayton Grumbles, Treasurer Helen Anderson, Joanne Cepero, Tel Dalton, Phil Horn, Charles "Chuck" Mandelbaum, Helen Miller, Ken Moore, Bill Meyers, Sydelle Popinsky, Liz Salinas

City Manager

Spencer Cronk, City Manager Ray Baray, Chief of Staff Rey Arellano, Assistant City Manager Robert Goode, Assistant City Manager Sara Hensley, Interim Assistant City Manager Joe Pantalion, P.E., Interim Assistant City Manager Mark Washington, Assistant City Manager

Parks Board

Jane Rivera, Chair Richard DePalma, Vice Chair Michael Casias, Board Member Rick Cofer, Board Member Tom Donovan, Board Member Romteen Farasat Board Member Dawn Lewis, Board Member Francoise Luca, Board Member Randy Mann, Board Member Fred Morgan, Board Member Frank Ward, Board Member

LSAC Staff

Jerilyn Rainosek, Programs Supervisor Kimberly Flores, Program Specialist Leticia Alvarez, Program Specialist Teresa Hudson, Administrative Associate Maria Hernandez, Administrative Assistant Andy Maldonado, Building & Grounds Assistant

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.

9.27.2018