LAMAR
SENIOR ACTIVITY CENTER

www.austintexas.gov/VarsityGeneration

FEBRUARY 2022

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/Waiver Info

**DUE TO CURRENT COVID-19 MODIFIED OPERATIONS,**
**WE ARE NOT ACCEPTING 2022 RENEWAL WAIVERS OR ADVISORY BOARD DONATIONS FOR PROGRAM GUIDE DELIVERY.**

If you do not have a current COA-PARD-LSAC waiver on file we will require a **new completed and signed form** before participating.

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.

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**LSAC 2022**

**NEW HOURS OF OPERATION**

**Monday & Wednesday**
8:30a—8:30p

**Tuesday & Thursday**
8:30a –4p

**Friday**
8:30a-2:30p

Health Check & Sign-In REQUIRED before entering programs/facility.

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**FACE MASKS REQUIRED** until further notice and must be properly worn upon entry and while in the facility. See pages 30-31

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**HEALTH CHECK REQUIRED**

Currently, to enter Lamar Senior Activity Center, you must complete a Health Check Screening, take your temperature, and sign-in. Please review the Health Check list on page 31 before arriving for your class or activity. The list is also located at the check-in table when you arrive.

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**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!

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**PUBLIC NOTICE**

Due to Covid-19 fluctuating trends, some programs, classes, events, etc. listed in the program guide may be canceled for everyone’s safety.

Please call 512.978.2480 if you have questions.
How do I register for February 2022 classes? Beginning Wednesday January 26th @ 9:30a you may register:

- In person with LSAC Staff
- Via phone call & speak to LSAC Staff
- Via email to lamarsenioractivitycenter@austintexas.gov
- Online registration via registration line on LSAC webpage www.austintexas.gov/department/lamar-senior-activity-center

Class drop-ins are allowed with some limitations. If you want to drop in please check with a staff member (in person or via phone) BEFORE attending class. They will confirm if space is available and then enroll you in the class.

Things to remember when registering for a class or activity:

Registration begins @ 9:30a Wednesday January 26th. Any requests via email, phone, etc. before 9:30a will be moved to the end of the day for processing.

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.

Once LSAC staff have enrolled you in class, via our RecTrac registration system, you should receive an emailed receipt, if you do not have an email address your receipt is available upon request at the center. Please contact us if you want to confirm you are registered but have not received a receipt the day before your scheduled class.

Registration is available for the following February class/activity session (detail info in the guide):

- Advance Planning Seminar
- Aging Is Cool – Nature & Travel Series
- Amazing Alterations
- Austin Nature Science Center – Science is for Everyone
- Bingo
- Bunco (2 meetings)
- Crafts - Valentine Cards (2nd day)
- Crafts - Coasters
- Drumba via Zoom
- Find Balance
- Fusion Fitness
- Lunchtime Lecture
- Line Dance
- Mexican Train
- Painting w/ Rebecca
- Rummikub
- Strength & Stretch
- Tai Chi
- Yard Games
- Zumba Gold

You must register for specific days and times for:

- Fitness Room – (45-minute sessions)
- Computer Lab – (1 hour session)
- Table Tennis Monday thru Wednesday
- Wednesday Movies – weekly
- Roll & Release – Myofascial Rolling & Tension Release

If you have questions about registration please contact LSAC staff at 512.978.2480—leave a message if no answer.
Dear All,

I hope this newsletter finds you doing well and looking forward to the year ahead. Whether you participate in person or with us through one of our Zoom activities, we want you to know that you are an integral and valued part of our Varsity Generation community.

Previous editions of the newsletter had a letter from the LSACAB. This month, we are reviving that tradition and adding to it by starting a new feature: “What We Are Grateful For . . .” It will highlight our wonderful volunteers, staff, and community partners who help PARD, LSAC and Varsity Generation out in so many ways. You may know what their accomplishments are, but there may be outreach activities which are performed behind the scenes that aren’t so visible. Whatever is happening, you know that something good is going on or something has been enhanced for your benefit and enjoyment at the center. You may recognize these wonderful and tireless people, and if you do, please give them a big “Thank You!” for all that they do for us.

Sincerely,
Paula Brown, LSAC Advisory Board President

“What We Are Grateful For…”

We are grateful for the Austin Parks Foundation and all the work they do to enhance and care for our parks, trails, and green spaces for everyone to enjoy. This past Fall, APF held a Volunteer Day at the Lamar Senior Activity Center. Their clean-up crew trimmed trees hanging over parking spaces on the east side of our lot and pulled weeds and tree saplings in the garden and entrance flower beds. The crew also prepped the flower beds on the west side of our building for our Spring “Butterfly Garden.” Here are pictures of their awesome crew and the work they performed. Please visit the APF website to read about their mission and vision, find a park near you, or volunteer for one of their upcoming projects. Just like the Lamar Senior Activity Center, the Austin Parks Foundation is a vital part of what makes Austin a great place to live in.
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.

**LSAC CLOSED**

*Mark your calendar*

**LSAC CLOSURES**

February –June 2022

**FEBRUARY 21**

**MAY 30**

**JUNE 11-19**

(annual maintenance)

**MEETINGS**

The Austin Water CER Lunchtime Lectures 2022
By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research
February lecture canceled by speaker due to Covid-19 safety recommendations.

**SOCIAL GAMES**

Current Games: *Drop-ins Welcome*

**Mexican Train – Mondays**

February 7, 14, 28 @ 12:30

**Bunco–Tuesdays 1st & 3rd**

February 1 & 15 @ 12:45p

**Rummikub–Fridays**

February 4, 11, 19, 26

Other Social Games slated to return in 2022 pending Covid-19 safety requirements:

Bridge
Pinochle
Mah Jongg

Texas Alliance for Retired Americans (TARA)
February 17, 2022
12:30p

Handicraft Group
New members/guests welcome
Wednesdays, 12:30p

BeMused Literati
Tuesdays, 1:30p

Lamar Senior Activity Center Advisory Board Meeting
February 9, 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, February 4, 2022
SOCIAL GAMES

Thursday
February 3
1:30p    FREE

Pre-registered participants will receive
8 Bingo cards to play for $10 or $5
GIFT CARD prizes donated by the
LSAC Advisory Board.

You may only win twice:
1st win -$10 card; 2nd win-$5 card. If 2 or more winners, each receive a $5 card

A special thanks to Yvette Scott, LSAC Advisory Board & Guild Vice President for volunteering to be our outstanding "Bingo Caller"!

SOCIAL GAMES

Join JT Harros, PARD Program Coordinator, and have some competitive fun learning new games or perfecting your skills.
Taking a look back at some **FUN** in 2021...

**SPECIAL PROGRAM**

**Give the best Valentine this 2022**
- **The GIFT of Advance Care Planning** -

Feb 14th Mon, 11:30a-12:30p Lamar Senior Activity Center (LSAC)
Lunch and Learn. Free boxed sandwich meals included.

Please **RSVP**

Planning for the last chapter of life can be overwhelming, but it’s one of the greatest gifts you can give to those you love.

Join a nurse for lunch from Jason’s Deli while learning how to:
- identify your healthcare preferences, if there comes a time when you cannot speak for yourself
- decide how to choose a medical power of attorney
- discuss your wishes with loved ones and medical providers
- complete your Texas advance directives

**Please RSVP to Leti Alvarez @ LSAC by Feb 10th to ensure lunch.**
Please specify any food preferences

*Follow up clinic to complete Texas Advance Directives on Feb 21st Mon 11:30-12:30.*

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COME PAINT WITH US!
We are painting a skunk this month! We will provide all of the materials. No experience necessary. Just bring your creativity. Rebecca is looking forward to painting with you!

COME ALTER WITH US!
Nancy Langer, LSAC Volunteer Instructor, invites you to learn some helpful tips and techniques.

Sewing & Cleaning tips.....

- Have a blouse you want to modernize?
- Want ¾ length sleeves instead of long?
- Need new elastic? A zipper you want to fix?
- Do you have a stain you haven’t been able to get rid of?

WE CAN FIX THEM ALL!
Nancy will show us quick and easy ways to make your wardrobe look like new again.

Bring 3-4 pieces of clothing you want to refresh!

Supplies are provided by LSAC.
CREATIVE ARTS

Valentine’s Day Cards and More!
Monday February 7 1:30p Free
Open craft time to complete or make Valentine’s cards or any other type card of your choice!
This is not an instructed class but time to have fun creating and experimenting using all the center’s card making supplies.

Marianne & Myr will be available to answer questions but will not be teaching new techniques.

CRAFTS and More w/Myr
MONDAY FEBRUARY 28 1:30p Free
Are you looking for a unique way to share pictures, favorite quotes, colorful designs? Well, lucky for you, Myr is going to show you how to make beautiful ceramic tile coasters to keep or give as gifts. They are easy and something everyone can use! Join us!

ENRICHMENT

Aging Is Cool presents...
The Nature and Travel Series
Tuesdays February 1-15 11a Free

Tuesday February 1
We will visit New Zealand and Travel the lush green wonderland that is New Zealand. Find everything from untamed wilderness to rich culture. Find inspiration in towering mountains and mist-cloaked fjords. Serenity in golden beaches curled around quiet bays.

Tuesday February 8
Our next journey provides a fun look into the Wonderful World of Dogs. Explore various breeds of dogs and how they are truly "man's best friend" (and woman of course!)

Tuesday February 15
Travel across America and visit America's Beautiful Natural Parks. We will learn about a few of beautiful parks including: Yellowstone, the Grand Canyon, Yosemite, The Everglades and Zion.
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<td>Open Paint/Craft: 9:30a-1p</td>
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<td>Fusion Fitness 10a</td>
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<td>Movie: Guess Who’s Coming to Dinner 11a</td>
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<td>Line Dance (Beg+) 2-3p</td>
<td>Peaceful Yoga 3p</td>
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**Classes, programs, etc. are subject to change. Check with LSAC staff if you have a question.**

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**February**

1. **President’s Day**

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**LSAC Closed**

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**Open Paint/Craft: 9:30a-1p**

**Fusion Fitness 10a**

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

**Mexican Train 12:30p**

**Craft: Coasters 1:30p**
BEGINNER LINE DANCE
Tuesdays 2-3p FREE
February 4, 11, 18, 25
All levels are welcome!

Connie Shell, LSAC Volunteer Leader

Connie is ready to lead you into 2022 with a variety of fun easy dances to music of all genres. Round up your friends and come on down to the center on Tuesdays to enjoy dancing and meeting new people.

Line dancing is good exercise for your body and brain!

ENRICHMENT

The Austin Nature & Science Center shares science fun with LSAC.
Sign up for one class or for all.
SCIENCE IS FOR EVERYONE!

Thursdays 11a FREE

February 3 – Earth Patterns
Did you know that nature creates five basic patterns? Look at river deltas and agaves, beehives and brain coral...patterns are everywhere!

February 10 – Spirals and Fibonacci
From ferns to snails to brussels sprouts, spirals are a common pattern in nature. The math and science behind spirals is even more fascinating!

February 17 – Animal Patterns
Leopard print is so hot this season! We’ll discuss why camouflage isn’t always meant to hide an animal, and how the octopus is the most awesome animal in the ocean!

February 24 – Rhythms and Time
Annual migration of birds and insects remains a mysterious pattern, but just as fascinating is the reason why you might want a nap after lunch!
**HEALTH AND WELLNESS**

**ROLL & RELEASE**

Myofascial Rolling & Tension Release

Monday  February 9 & 23
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.

**STRENGTH & STRETCH**

FRIDAYS*  11a  FREE

February 4, 11, 18, 25

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.

*Class also available via Zoom-live streaming.

**HEALTH AND WELLNESS**

9:30a  Fridays  FREE
February 4, 11, 18,
(no class February 25)

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

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“Do not let what you cannot do interfere with what you can do.”

— John Wooden
**Fusion Fitness~**
Hybrid Class
*Monday*
February 7, 14, 28

**Wednesday**
February 2, 9, 16, 23
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.

**EASY YOGA**
Wednesdays
December 18 - January 22
2-3:15p

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

Instructor: Yogi Bhagat

Fee paid to instructor: $40

For questions, please contact Jogi at 512-963-8364 or visit up at front desk and pay the instructor.

**Find Balance~**
Hybrid Class
*Tuesday w/Laura*
November 30
February 1, 8, 15, 22
*Thursday w/Leti*
February 3, 10, 17, 24
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 size is limited but you may also register to attend class via Zoom-live streaming.

**Peaceful Yoga~**
*Wedgesdays*
February 2, 9, 16, 23
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. Class also available via Zoom-live.

**Tai Chi~**
Tuesdays 11:30a
Fridays 12:30p

**Wednesdays Advance Class 11:30a**
FREE ~currently

Next 6 week sessions run:
Tuesday Feb 8-Mar 15
Friday Feb 11-Mar 18

**Wednesday Advance Class**
Feb 9-Mar 16

Registration for Tai Chi begins on
Wednesday January 26

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.
Z O O M  C L A S S E S

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 & Th 10a
- Strength & Stretch F 11a

To get the Zoom link please email Leticia Alvarez, LSAC Recreation Specialist/Health & Wellness at: leetica.alvarez@austintexas.gov

Drumba via Zoom

Tuesdays 1p Free
February 1, 8, 15, 22
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 cardiovascular 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!

G A M E S

Looking for a fun, friendly, social game?

**LSAC “Open Play” TABLE TENNIS**
Novice to Advanced—ALL PLAYERS WELCOME!
FREE

Monday Tuesday and Wednesday
11:00a-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
* 8 player limit

Pre-registration required for each day of play.

**Good Fun with Good People!**

E V E N T

Due to Covid-19 safety concerns, the Austin Acoustical Café (AAC) is on hold but will return to provide you an evening of talented and one of a kind musical guests when it is safe to gather again in large groups.

For More Information visit: austinacousticalcafe.org
“Guess Who’s Coming to Dinner”

The original!!

Wednesdays–February 2

11a
Not Rated 1967 Drama/Comedy
1 hr. 48m

When Joanna Drayton (Katharine Houghton), a free-thinking white woman, and black doctor John Prentice (Sidney Poitier) become engaged, they travel to San Francisco to meet her parents. Matt Drayton (Spencer Tracy) and his wife Christina (Katharine Hepburn) are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Drayton's dinner are Prentice's parents (Roy E. Glenn Sr., Beah Richards), who vehemently disapprove of the relationship.

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

“CINDERELLA”

Wednesday February 9

11a
PG 2021
1 hr. 53m

A modern movie musical with a bold take on the classic fairy tale. Our ambitious heroine has big dreams and with the help of her fab Godmother, she perseveres to make them come true.

“My Name Is Pauli Murray”

Wednesday–February 16

11a
PG-13 2021 Documentary
1 hr. 31m

Fifteen years before Rosa Parks refuses to give up her bus seat, Pauli Murray fights for social justice. A non-binary Black lawyer, activist, poet, and priest, Murray influences both Ruth Bader Ginsburg and Thurgood Marshall.

“Dreamgirls”

Wednesday–February 23

11a
PG-13 2006
2 hrs. 10m

Deena (Beyoncé Knowles), Effie (Jennifer Hudson) and Lorrell (Anika Noni Rose) form a music trio called the Dreamettes. When ambitious manager Curtis Taylor Jr. (Jamie Foxx) spots the act at a talent show, he offers the chance of a lifetime, to be backup singers for a national star (Eddie Murphy). Taylor takes creative control of the group and eventually pushes the singers into the spotlight. However, one becomes the star, forcing another out, which teaches them about the high cost of fame.
FOR YOUR HEALTH AND 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.

(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.

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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 participant 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!
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.
- 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.
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Lucas Massie, Assistant Director
Suzanne Piper, Chief Administrative Officer
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Kelly Malsberger, CPRP, Program Manager

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Vacant, Program Specialist
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds Assistant
Laura Adams, Instructor-Activity Specialist
Jennifer Taylor, Instructor

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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.

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