

**JUNE  
2024**

# PROGRAM GUIDE



## Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



**VARSITY GENERATION**  
*let's get together*



Art In  
Public Places  
AIPP  
Kiosk  
East 7th St



Artist:  
Werllayne Nunes  
Photo by:  
Phillip Rogers



Homage to African American Austin Community



[austintexas.gov/varsitygeneration](http://austintexas.gov/varsitygeneration)

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3914 or Relay Texas 7-1-1.



# CENTER INFORMATION

**CLOSED for JUNETEENTH 6/19**

**CLOSED for MAINTENANCE WEEK:**

**JUNE 10 - 14**

**NO Program Activities**

**[CLICK HERE FOR LAMAR SENIOR ACTIVITY CENTER WEBSITE & MORE INFORMATION](#)**

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Ave on the corner of 29th Street and Lamar Blvd. The center opened in 1978 and was the first City of Austin Parks and Recreation Department center to focus primarily on the interests of Adults 50 plus. Health and fitness, arts and crafts, excursions, social games, group socials events, local club and organization meetings, and cultural events comprise some of the many services provided by LSAC.

Stop by and let the friendly LSAC staff and volunteers show you around.

***Hope to see you soon!***

## Hours of Operation

*Subject to change due to business needs, safety, etc.  
(Registration Hours on page 3)*

### **Monday & Wednesday**

**8:30a-8:30p**

### **Tuesday & Thursday**

**8:30a-4p**

### **Friday**

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

**CLOSED June 19th  
Week of June 10-14**





# REMINDERS & FEE INFO

**NEW YEAR = NEW WAIVER**

**EVERYONE NEEDS TO FILL OUT A NEW 2024 WAIVER TO PARTICIPATE  
LAMAR SENIOR ACTIVITY CENTER**

**For those who receive this program guide via email or mail, you will  
need to renew your advisory Board Registration to continue receipt in  
2024.**

## REGISTRATION

Please note, we changed some of our most popular programs to lottery registration. This gives everyone an equal and fair chance. No need to rush in to turn in your registration form. You will be notified via email or phone call if you get into the class.

You must register for classes, events and activities, including Zoom.

Ongoing programs such as Exercise classes, Social Games and Group Meetings, have a 3-month registration timeframe.

**New session will be for JUNE—AUGUST.**

**New class registration will be accepted throughout the 3-months.**

**Once you register, then no need to register until September 2024!**

The receipt will confirm your enrollment or if you are on a **WAITLIST** or **LOTTERY STATUS**. If you are on a waitlist you must first receive a call from LSAC staff to inform you if and when a spot has opened and is offered to you. You will be required to respond/confirm or we will move to the next person on the waitlist.

**Credit Card Payments ONLY -- No Refunds for Paid Programs**

**NEW FEES:** We are using a Lottery registration for trips, specialized classes and some events. Also some events and classes are now charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

Program Guide information subject to change due to business and facility needs.



# REGISTRATION INFORMATION

## JUNE 2024 REGISTRATION BEGINS

Tuesday, MAY 21st, 2024 at 9:30am

and will be entered by the time received.

**ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 5/21/24, hours:**

**M & W 9a-4:30p T & TH 9a-3p F 9a-1:30p**



### **WALK-IN** During registration hours listed above

You may walk into Lamar Senior Activity Center to register in person by completing a registration form and giving it to a LSAC staff member to date, time and process. You must be in the current RecTrac registration database or fill out a Waiver form to be entered. Then Staff will process the request and inform you if you are in the class or on a waitlist.



### **CALL** 512.978.2480

You may call Lamar Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.

### **EMAIL** [lamarsenioractivitycenter@austintexas.gov](mailto:lamarsenioractivitycenter@austintexas.gov)

You may send an email listing the name, day, time, etc. of the classes or activities you would like to attend. You must be a returning participant with your updated information in our RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



### **ONLINE via the City of Austin Website** (user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at: <https://www.austintexas.gov/department/online-registration>



## WHAT'S INSIDE ...

Hours of Operation.....1	Enrichment.....12
Registration Info.....2,3	Movies.....12
Calendar of Events..... 7&8	Social Games.....13
Creative Arts ..... 8	Trips / Special Programs.....11
Group Meetings.....14	LSAC Advisory Board.....4
Health & Wellness.....5,6,9	

\*All info subject to change



# News from Paula Brown, LSAC Advisory Board President

## Paper Crafting – Yes Please!

Most Monday afternoons at the center you can find a room full of creative and fun minds laughing in the media room. The reason? Paper crafting at its best. Evolving from a card making Zoom class offered during COVID closure of LSAC, Marianne Perez and Myr Hernandez began sharing this activity with all interested participants after the center re-opened in 2021. Marianne is a retired elementary teacher of 35 years, now finding time to pursue creative dreams. She delights in helping everyone to a successful paper crafting experience. Myr, now retired, is a former employee of LSAC and loves all things hand crafted. She dabbles in stained glass, basket weaving, calligraphy, photography and has found additional fun in paper crafting.

The colorful cards with pop-out and fold-out designs, decorative paper boxes, and other wonderful paper products are always works of art, which our participants treasure and make to give to their closest friends, dearest family members, and those in need of a whimsical gift. Myr and Marianne teach several free classes a month here at the center. Each month they usually offer a Crafty Card Class with full instruction, a Master Class for more advanced projects and an Open Class where all materials are available for participants to “have at it”. Since their classes are so popular, you must register individually for each one and be chosen by lottery to participate. Classes are always full of excited participants, and there is usually a waiting list. If you want to see a collection of their colorful decorative cards and very creative paper box designs, we have several of these little gems displayed in the glass cabinets at the center’s entrance.

## Our 5<sup>th</sup> Annual Art – On & Off the Wall Show and Sale

*It was a wonderful success!* Our artists in attendance were very complimentary of the way the booths were laid out, the number of people coming through the doors, and the fact that they got to visit with other artists participating in the show and sale. Many thanks to the artists who make this a wonderful and eclectic event each year. There was something in every price range for people to purchase. Even though the weather was a little dreary, we had steady crowds and sales throughout the day. Many people who came to vote were excited to also be able to attend and art show and sale. We also had a lot of interest in seniors joining the center. A special thanks to John Harros and his staff for setting up the event and to our senior volunteers who always sign up or show up and ask how they can help to make our events so great.

**LSACAB NOTICES** Please remember the Board will not meet again until September 11, 2024, at 1:00 p.m. If you need us during the summer, please call the Center and leave us a message, send us an email at [lsacboard1@gmail.com](mailto:lsacboard1@gmail.com), or catch us in person at the Center. We always want your input and suggestions concerning the programs, classes, trips, and events.

## **2024 TRIPS WITH COLLETTE TRAVEL!**

**ISLANDS OF NEW ENGLAND**

**SEPTEMBER 20-27, 2024**

<https://gateway.gocollette.com/link/1188399>

**NEW YORK CITY HOLIDAY**

**DECEMBER 5-9, 2024**

<https://gateway.gocollette.com/link/1188415>



Brochures of these destinations are available at the volunteer desk. Contact LSACAB Travel Committee; Tel Dalton or Holly Chacona, **512-978-2480** or [tripscollette@gmail.com](mailto:tripscollette@gmail.com)



**Programs, events, and services for Adults 50 and above.**

# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



## FUSION FITNESS

### Monday and/or Wednesday

Energizing workout using bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo chair / standing. All levels welcome.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

<u>Day</u> MON	<u>Dates</u> *6/3-8/26	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-66
<u>Day</u> WED	<u>Dates:</u> *6/5-8/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-67

<u>Day</u> TUE	<u>Dates</u> *6/4-8/27	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-63
<u>Day</u> THUR	<u>Dates</u> *6/6-8/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-64

## FIND BALANCE

### Tuesday and/or Thursday

Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. All levels welcome.

Instructors: Tuesday: Laura Adams; Thursday: Leti Alvarez  
Both are LSAC Certified Find Balance Instructors

<u>Day</u> FRI	<u>Dates</u> *6/7-8/30	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246304-40

## STRENGTH & STRETCH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands.

All levels are welcome and fun is guaranteed.

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

<u>Day</u> THUR	<u>Date</u> 6/6, 13,20	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u>	<u>Activity #</u> 246203-45

## MUSIC & MOVEMENT

### NEW CLASS

Move and connect to music and others! Join us as we move our bodies to various styles of music for fun and enjoyment! Engage with us to improve your balance, have fun, and meet new friends! Class will be mostly in chairs with the option for standing. It's all up to you. All abilities welcome!

## HYBRID EXERCISE CLASSES — \* Registration Required for all Zoom classes

If you are unable to get a spot in one of the morning exercise classes or unable to personally attend from time to time or you prefer to workout at home, the following classes are offered online via Zoom:

- \* FUSION FITNESS M & W 10a Activity# 246903-03
- \* FIND BALANCE T & Th 10a Activity# 246903-04
- \* STRENGTH & STRETCH F 11a Activity# 246903-05

**\*\* NEW ZOOM LINK will be issued upon Registration. \*\***

# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

<u>Day</u> TUE	<u>Dates</u> 6/25-7/30	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-5
<u>Day</u> FRI	<u>Dates</u> 6/28-8/2	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-8
<u>Day</u> T & F	<u>Dates</u> 6/25-8/2	<u>Time</u> See T & F
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-6

## T'AI CHI

Kade Green leads the class on the skills and movements for T'ai Chi. T'ai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is practiced slowly with *zero impact*.

*All levels welcome in this class and must make a 6-week commitment.*

### 2024 SESSION for all Tai Chi classes

will begin the week of

**June 24th thru August 2nd**

**REGISTRATION BEGINS on June 18th**

**Fees (credit card only)**

**\$30 1x week**

**\$40 2x week**

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher



## T'AI CHI –Advanced

This is advanced T'ai Chi classes and students must meet with Kade prior to signing up to ensure his class requirements are met.

*This class requires a 6-week commitment.*

**Sessions and fees same as listed above.**

<u>Day</u> WED	<u>Dates</u> 6/26-7/31	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-7

Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

<u>Day</u> TUE	<u>Dates</u> *6/4-8/27	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-29

## LINE DANCE – Beginner and all levels welcome

All levels welcomed! Sonja is ready to lead you in a variety of fun, easy dances to music of all genres. This class is a standard beginner level class, with an optional arrival at 1:30p for basic line dance instruction prior to the 2p class start time. So bring a friend or make some new friends while Sonja takes you through a fun and easy dance class.

Instructor: Sonja Hemmes, LSAC Volunteer Instructor & Director/Instructor of Austin Rockin' Line Dancers



## ZUMBA GOLD

This class is modified and the choreography focuses on balance, range of motion and coordination. Everyone is encouraged to move at their own pace.

All levels welcome, no judgment...just get moving!


Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer

<u>Day</u> FRI	<u>Dates</u> *6/7-8/30	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246303-45



**~ Consult your physician or other health care professionals before starting any fitness program to determine what is right for you and your needs.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAMAR SENIOR ACTIVITY CENTER				
<b>JUNE 2024</b>				
			Scan code for Program Guide	
<small>Class listing &amp; PG info are subject to change due to business needs.</small>				
3 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Open Cards: 1:30p Yoga Flow 5:30p	4 Find Balance 10a Water Aerobics 10a (L) OR Water Aerobics 11a (L) Tech Time 11a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	5 Fusion Fitness 10a Trip: Elgin 10:30a (L) Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p <b>New:</b> Modern Physics 7p	6 Find Balance 10a Movie: My Sailor My Love 11a Art: Paint Ceramic Pots 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Mahjong 1p <b>New:</b> Music & Movement 1p	7 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Healthier You: Memory Support Hacks 12p Tai Chi 12:30p
<b>CLOSED</b>				
<b>MAINTENANCE WEEK</b>				
<b>CLOSED</b>				
17 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Master Class: Notepad Holders 1:30p Yoga Flow 5:30p	18 Find Balance 10a Crochet for Beginners 10a Water Aerobics 10a (L) OR Water Aerobics 11a (L) Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p	19 <b>CLOSED for HOLIDAY</b>  <b>JUNETEENTH</b>	20 AARP Driving Class 9a Find Balance 10a Movie: Shirley 11a Table Tennis 11:15a Cuisine Crew: Hoover's Cooking 11a (L) Mahjong 1p <b>New:</b> Music & Movement 1p	21 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p
24 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Crafty Cards: Faux Stepper Card 1:30p Yoga Flow 5:30p	25 Urban Explorers: Blanton Museum of Art 9:30a (L) Find Balance 10a Water Aerobics 10a (L) OR Water Aerobics 11a (L) Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	26 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p <b>New:</b> Modern Physics 7p	27 Find Balance 10a Fun-time Bingo 11a Table Tennis 11:15a Mahjong 1p <b>New:</b> Music & Movement 1p	28 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p

## SUMMER BREAK!

Following programs will *not* be meeting  
from **June thru August**, returning in September.

- |                    |                              |
|--------------------|------------------------------|
| LSACAB Meetings    | Austin Acoustical Café Bring |
|                    | Seniors Together             |
| Palette Club       | Golden Rollers               |
|                    | Hike w/Ranger                |
| <b>Not in June</b> |                              |
| Book Club          | Vintage Voices TARA          |

AARP Safe Driver—Not in August





# \*~HEALTH & WELLNESS

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



## YOGA FLOW

This yoga class will link your movements to your breath in a flowing sequence practice.

Practice sun salutations, find balance and peace.

All levels are welcome!

Instructor: Jaya Zyman, LSAC, Certified Yoga Instructor, Fitness Professional

<u>Day</u> MON	<u>Date</u> *6/3-8/26	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-56

<u>Day</u> WED	<u>Dates</u> *6/5-8/28	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-57

## CORE AND RESTORE

Core & Restore is an active practice that works deeply into our bodies with restorative stretches. The program is mostly floor stretches that work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. The class uses foam rollers, yoga therapy

balls, and bands for releasing the tension, lengthening the muscles, and targeting tight areas. Registration is required.

Instructor: Jennifer Taylor, LSAC, Certified Fitness Trainer



## PEACEFUL YOGA

Gentle yoga with emphasis on breathing and quiet reflection will help calm our nervous systems and tone our muscles. This class will incorporate slow flowing sequences to warm up the body, as well as standing poses focusing on alignment, strength, balance and flexibility.

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

<u>Day</u> WED	<u>Dates</u> *6/5-8/28	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-58

## EVENING (MAT) PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and flexibility.

Some Pilates experience is helpful.

Instructor: Jaya Zyman, LSAC, Certified Pilates Mat Instructor, Fitness Professional

<u>Day</u> WED	<u>Dates</u> *6/5-8/28	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246331-59

# CREATIVE ARTS

<u>Day</u> THUR	<u>Dates</u> 6/6	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246500-85

## PAINTING CERAMIC POTS

Selina Valverde will lead us through this fun activity, painting ceramic pots, you'll take home a seedling to plant once your pot is dry. All supplies provided.



## OPEN CARD DESIGN w/ Paper Scraps No Instruction *Play on your creative side!*

This class is designed to challenge you to use scraps of paper to make stunning cards. Bring your ideas. Supplies will be provided. Join the fun!

<u>Day</u> MON	<u>Dates</u> 6/3	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-84

LSAC Volunteers, Myr and Marianne will be available to answer questions.

<u>Day</u> MON	<u>Dates</u> 6/17	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 6	<u>Activity #</u> 246500-86

## MASTER CLASS - Notepad Holders

Are you looking for an easy-to-create gift? Then, this hand notepad holder fits the bill perfectly. They're quick to make, and will brighten up any workspace. This is a MASTER class; you must have attended previous instructional card crafting classes to register.

Instructors: LSAC Volunteers Marianne and Myr



## CRAFTY CARDS - Faux Stepper Card

Let's create a show stopping card! It stands by itself and displays beautifully.

Makes any occasion card special.

Instructors: LSAC Volunteers Marianne and Myr

<u>Day</u> MON	<u>Dates</u> 6/24	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246500-87

<u>Day</u> TUE	<u>Dates</u> 6/18	<u>Time</u> 10a
<u>Fee</u> \$5	<u>Class Size</u> 10	<u>Activity #</u> 246500-88

## CROCHETING for Beginners

This is a beginner class where we will learn the basic of crocheting. For this class, we will be making towel toppers. All levels are welcome to join! Yarn and needles are provided but are welcome to bring your own too!





# TRIPS

## Lottery - ELGIN

Explore downtown Elgin shops with a lunch at Southside BBQ off 290. We will be leaving the center at 10am to hit the road to downtown Elgin for shopping and strolling.

<u>Day</u> TUE	<u>Dates</u> 6/5	<u>Time</u> 10:30a
<u>Fee</u> \$5/\$6	<u>Class Size</u> 12	<u>Activity #</u> 246228-01

<u>Day</u> THUR	<u>Dates</u> 6/20	<u>Time</u> 11a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 13	<u>Activity #</u> 246228-02

## CUISINE CREW: HOOVER'S COOKING - Lottery

Ever wanted to try soul food? Well, come join us for an adventure at Hoover's Hometown Cooking. About a 15 minutes drive from the center in East Austin. Let's go have a good lunch!

## Lottery - URBAN EXPLORERS: BLANTON MUSEUM

We will take the City bus to head to the beautiful Blanton Museum of Art, afterwards we'll walk to our lunch spot at the Chili Parlor and then head back to catch our ride home (Lamar Center). Expect to walk all together around 1-1/2 + miles. Free entry to the museum.

<u>Day</u> TUE	<u>Dates</u> 6/25	<u>Time</u> 9:30a
<u>Fee</u> \$2.50 bus	<u>Class Size</u> 12	<u>Activity #</u> 246228-03

# SPECIAL PROGRAMS

<u>Day</u> TUE	<u>Dates</u> 6/4-6/25	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 6	<u>Activity #</u> 246105-13
<u>Day</u> TUE	<u>Dates</u> 6/4-6/25	<u>Time</u> 11a
<u>Fee</u> NA	<u>Class Size</u> 6	<u>Activity #</u> 246105-14

## WATER AEROBICS at Mabel Davis Pool - Lottery

### Section #1 Tuesday at 10am OR #2 Tuesday at 11am

We are so excited to bring back Water Aerobics for this summer! Get your swimsuit and hat ready and meet us at the Mabel Davis Pool at 3427 Parker Lane. This class is always a lot of fun, a great low impact work out and also a lot of laughs. You may only sign up for one section. Because this class is so popular, we ask that you try not miss more than 2 classes.

## A HEALTHIER YOU - Natural Hacks for Memory Support

With Jean Romeu, Nutritional Health Coach

While age - related cognitive decline might seem inevitable, it doesn't have to be! The formula for supporting our brain and our memory is simple. Come, learn and discover how good nutrition and healthy habits can support our memory throughout lifespan.

<u>Day</u> FRI	<u>Dates</u> 6/7	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-11

# ENRICHMENT

<u>Day</u> TUE	<u>Dates</u> 6/4	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-45

## TECH TIME *Help for all!*

All questions welcome!! Come work with Brent Johnson with the City of Austin Central Library and bring all questions regarding your devices, laptops, tablets and phones. In a private or small group setting, he can help you trouble shoot and set you up to better utilize and learn how to use your devices, add Facebook or Instagram or whatever questions you have. Please see Laura or Leti to set up a 30-minute slot.

## MODERN PHYSICS

Everyone welcome to learn a little more about how our universe works. Join longtime volunteer, Linda Fugate and discuss popular physics topics such as black holes, parallel universes, quantum entanglement and more! No prior knowledge needed, just an open mind. We'll start with Einstein's relativity and quantum mechanics. Come have some fun and work on brain power .

<u>Day</u> WED	<u>Dates</u> 6/5-8/28	<u>Time</u> 7p
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246207-56

<u>Day</u> THUR	<u>Dates</u> 6/27	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 19	<u>Activity #</u> 246211-13

## LAMAR SAC FUN TIME BINGO - Lottery

Come on in and join the fun, win prizes and gift cards. Register to play Bingo at Lamar-SAC. Play up to 3 cards and have a chance to win. Light refreshments will be served.



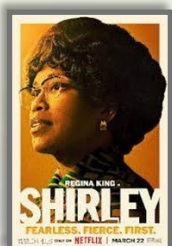
# MOVIES

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 6/6	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-45

## MY SAILOR MY LOVE PG-13 2024 Drama, 1h 43m

Howard, a retired sailor and widower, lives in a house by the sea. His adult daughter Grace hires a caretaker for her father, a lady in her mature years, Annie. Recluse and stubborn, Howard rejects Annie's company, but eventually opens his heart and gives his final love a chance. Grace has her own crisis to unravel and finds her father's romance difficult.



## PG-13 2024 Drama, 1h 43m SHIRLEY

The story of the first Black congresswoman, Shirley Chisholm, and her trailblazing run for president of the United States.

<u>Day</u> THUR	<u>Dates</u> 6/20	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-46



# \*SOCIAL GAMES

\*REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS



## TABLE TENNIS

Looking for a free, fun, friendly, social game? LSAC Table Tennis Open Play invites you to join them. Novice to Advanced  
ALL PLAYERS ARE WELCOME!

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*6/3-8/26	11:15a-12:45p
THUR	*6/6-8/29	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-39
<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	*6/5-8/28	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-40

*Dates subject to change due to special programs, events, activities, etc.*

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*6/3-8/26	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-91

## MEXICAN TRAIN DOMINOES

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station".



Come learn to play and meet new friends every Monday.

Group Leader: Claudia Savio, LSACAB Member & Volunteer



## BUNCO

Bunco is a dice game with players divided into groups of four, trying to score points while taking turns rolling three dice. Come have fun and join the laughter. Meets on the first and third Tuesday.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	6/4 & 6/18	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	16	246950-92

Game Leader: Carolyn Rickard, LSAC Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*6/7-8/30	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-94

## RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players. Similar to Rummy, it's a challenging but fun game. The group is always willing to teach anyone interested in joining on Fridays.



Everyone is welcome to join this fun social game.

Group Leader: Claudia Savio, LSACAB Member and Volunteer

## MAH JONGG

Experienced players are welcomed. This is not a taught game. Please come to observe anytime.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	*6/6-8/29	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-93

# \*GROUP MEETINGS

REGISTRATION IS ONGOING BUT ONLY NEED TO REGISTER ONCE EVERY 3 MONTHS

## BEMUSED LITERATI - Writers Group

A support group and friendship circle more than a workshop. Open to new members or people wishing to see if we are a good fit for their wants or needs. Hopefully you enjoy writing in some genre.  
Group Leader: Martin Mayland

<u>Day</u> TUE	<u>Dates</u> *6/4-8/27	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246216-24

<u>Day</u> WED	<u>Dates</u> *6/5-8/28	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-23

## HANDICRAFT MEET-UP

Similar to a "Quilting Bee" this group meets to work on individual projects while catching up and chatting with old and new friends.

# ENVIRONMENTAL LECTURE



## 2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

### SCIENCE and AMERICAN NATURE

#### American Biology

#### June topic: Natives, Immigrants and Humboldt's Progeny

Examine the context and impacts of the emergence of biology as a science in America and the influence of Humboldt on our understanding of American Nature.

Open to the Public – Pre-registration preferred but not required.

**Bring your lunch to enjoy while listening to the lecture.**

<u>Day</u> THUR	<u>Dates</u> 6/6	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-12

<u>Day</u> THUR	<u>Dates</u> 6/20	<u>Time</u> 9a-1:30p
<u>Fee</u> Pay \$20/\$25 To Instructor	<u>Class Size</u> 15	<u>Activity #</u> N/A

## SMART DRIVER Class

Instructor: Joan Deluca

Pre-registration required - Pay instructor on day of class (cash or check) Class is for insurance purposes only--individuals should check with their own insurance company to confirm they will accept the class for discounts before signing up. Class is NOT for ticket dismissal. Classes meets the third Wednesday of most months.



Participants are encouraged to bring snacks and beverages. A short break will be part of the class schedule.





**LAMAR SENIOR ACTIVITY CENTER STAFF**

John "JT" Harros, Program Supervisor  
Leticia Alvarez, Program Specialist  
Linda Gonzalez, Administrative Assistant  
Andy Maldonado, Building & Grounds Assistant  
Laura Adams, Instructor-Activity Specialist  
Jennifer Taylor, Instructor  
Jaya Zyman, Instructor  
Paulina Guerrero, Activity Specialist  
Kelly Maltsberger, CPRP, Program Manager

**LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD**

Paula Brown, President  
Yvette Scott, Vice President  
John Camden, Treasurer  
Norma Jost, Secretary  
Rick Adcock, Terri Behrmann,  
Holly Chacona, Madeline Ducate,  
Getel "Tel" Dalton, Maria "Myr" Hernandez,  
Charles "Chuck" Mandelbaum,  
William "Bill" Myers, Patsy Phillips,  
Claudia Savio

**Austin Parks and Recreation Department Vision:**

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

**Mission:**

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.