

**SEPTEMBER
2023**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



SEPTEMBER 27, 2023



**Wednesday
NOON to 7PM
Open House**



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 LABOR DAY
MONDAY SEPT 4th**

[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, local club and organization meetings, computer lab 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 9/4/23



To better serve you please visit the front desk to complete a 2023 Austin Parks and Recreation Department

Waiver and ensure your information is current.



WE CREATE

COMMUNITY



REMINDERS & FEE INFO

The Lamar Senior Activity Center Advisory Board (LSACAB) is now accepting **Annual Optional Fees (Donations)** as follow:

- **LSACAB Card: \$10** (required if signing up for mail or email)
- **Monthly Program Guide Mailed Directly to You: \$15**
- **Monthly Program Guide Emailed Directly to You: \$5**

Payment is good for the 2023 calendar year, midyear payments are not prorated.

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 September—November.

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

Once you register, then no need to register until December 2023!

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.

LOTTERY INFORMATION ON PAGE 10

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

REGISTRATION INFORMATION

SEPTEMBER 2023 REGISTRATION BEGINS

Tuesday, AUG 29th, 2023

and will be entered in order received. See Lottery Info on pg. 10 for specific info on trips.

ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 8.29.2023:

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

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>

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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

September Program Guide

45th Anniversary - Wednesday, September 27th Open House Noon to 7:00 pm

The “Memories Pages” form will be at the volunteer desk in August. Please fill it out and let us know about your experiences at the Center and what it has meant to you. Also, if you have any pictures, drop them at the desk, too. Have your information on the back so we can return them to you. Your Memories Pages will be posted on bulletin boards, along with pictures to share with everyone at the Open House. Don't forget along with making your “Memories” known, please make some “Stars” to add to our decorations for the 45th Anniversary. It's a great way to relax and visit with friends in the lobby or the art room. Materials and informational “how to” sheets are always out there for you and your friends. It's a fun game to see who can finish their star first!

See page 9 for information on the Star Weaving Project.

Volunteer Information

One of the Advisory Board functions is to coordinate volunteers for Board programs and activities. Do you enjoy greeting visitors, showing off the Center, helping participants with registration for classes and programs, and helping to answer phone calls? We could sure use your talents once a week for 3.5 to 4 hours. We currently have shift openings for Monday afternoons and Wednesday mornings plus other temp positions are available, too. Leave a message of your interest at the front desk, and we will gladly get in touch with more details. The more friendly faces, the better.

2023 Waiver Needed

Please remember, a 2023 waiver is required for anyone to participate in our programs, classes, and events. It's important that we have your current address and phone number as well as your emergency contacts on file at LSAC. Please renew your waiver today! We look forward to your being a part of our wonderful diverse community.

Collette Travel Program

Announcing new trips planned in 2024 with new brochures at the Volunteer Desk and see page 13 for the list of the four trips and the travel dates with links directly to each trip for more information.

LSAC Advisory Board Notices are posted on page 16.



The **Ice Cream Social** was a lot of Cool Fun! The Line Dance Program led by our wonderful volunteer instructor, Sonja Hemmes, was great fun for everyone.



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> *9/4-11/27	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-60
<u>Day</u> WED	<u>Dates:</u> *9/6-11/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-61

<u>Day</u> TUE	<u>Dates</u> *9/5-11/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-57
<u>Day</u> THUR	<u>Dates</u> *9/7-11/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-58

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

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

<u>Day</u> FRI	<u>Dates</u> *9/1-11-24	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246304-37

<u>Day</u> THUR	<u>Dates</u> *9/7-11/30	<u>Time</u> 1-1:45p
<u>Fee</u> N/A	<u>Class Size</u> 30	<u>Activity #</u> 246203-43

CHAIR ONE FITNESS

Join Myia on a new fitness journey! Chair One is a fitness class that includes everyone of all levels to enjoy a low to high intensity dance class while sitting in a chair. Chair One offers fun dance movements that stimulate brain and will burn calories. (No Zoom classes)

Instructor: Myia Little, CTRS, LSAC Program Specialist, Certified Chair One Instructor

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# 246903-93
- * FIND BALANCE T & Th 10a Activity# 246903-94
- * STRENGTH & STRETCH F 11a Activity# 246903-95

**** 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> 9/19-10/24	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-78
<u>Day</u> FRI	<u>Dates</u> 9/22-10/27	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-81
<u>Day</u> T & F	<u>Dates</u> 9/19-10/27	<u>Time</u> See above
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-79

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.

NEXT SESSION for all Tai Chi classes

will begin the week of

Sept 18th thru Oct 27th

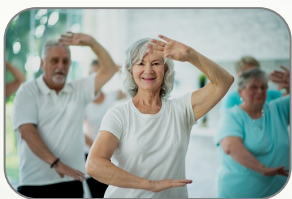
REGISTRATION BEGINS on Sept 12th

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 FRI	<u>Dates</u> 9/20-10/25 9/22-10/27	<u>Time</u> 11:30a-12:30p 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-80 246312-82

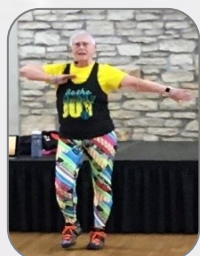
Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

<u>Day</u> TUE	<u>Dates</u> *9/5-11/28	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-26

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



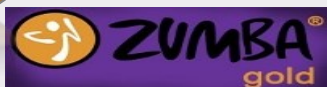
ZUMBA GOLD

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!

<u>Day</u> FRI	<u>Dates</u> *9/1-11/24	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246303-42

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



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

*~HEALTH & WELLNESS

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

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> *9/6-11/29	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246331-23

<u>Day</u> WED	<u>Dates</u> *9/6-11/29	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246503-48

CORE AND RESTORE—Lottery ****NO WALK-INS****

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. If you are interested in purchasing your own class yoga therapy balls go to: <https://www.tuneupfitness.com/shop/self-massage-therapy-balls>

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> *9/6-11/29	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-49

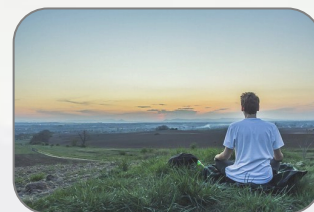
<u>Day</u> MON	<u>Dates</u> *9/4-11/27	<u>Time</u> 4:30-5p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246999-13

MEDITATION

All are welcome! Please come with little to a lot of experience. We will start the sessions with some simple instructions and move into a ten-to-twenty-minute mindful breathing exercise. If you are able,

please bring a yoga mat and a small pillow, if you'd like to sit on the floor. **Chairs will be provided for those who prefer to sit in a chair.**

Beginner QI Gong last Mon of each month. Instructor: Myia Little, CTRS, LSAC Program Specialist



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> *9/4-11/27	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-47



ENRICHMENT

BOOK CLUB

September's Book Selection is "**The Book of Lost Names**"
Inspired by an astonishing true story from World War II, this novel follows Eva, a young woman who uses her talent for forgery to help hundreds of Jewish children flee the Nazis.

<u>Day</u> WED	<u>Dates</u> 9/13 & 27	<u>Time</u> 4:15p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-39

A limited amount of books will be available to check out. See Leti to check one out.
\$5 Fee 1st meeting 9/13 4:15p Bring a dish or snacks to share with the group.

WRITING YOUR LEGACY MEMOIRS—A 6-week series

Join Bill Harrison for writing your memories. How to put your stories on paper. The goal is to show you an easy way to transform your stories – Your memories into a written, video or audio form for family and friends. You will be guided through the process and find this fun and fulfilling.

<u>Day</u> TUE	<u>Dates</u> 9/19-10/24	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246207-40

VINTAGE VOICES - LSAC- Choir

2nd & 4th Wednesdays of every month

No experience necessary – all voices welcome. Come Join Debra Erck, past choral director and longtime educator to raises our voices in joyful singing. Stimulate the right and left brain function and just have plain good ol fun!

<u>Day</u> WED	<u>Dates</u> 9/13 & 9/27	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-41

TECH TIME *help for all!*

Come work with Brent Johnson with the City of Austin Central Library and bring any and 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!

See Leti or Laura to sign up for a 30 minute timeslot.

<u>Day</u> TUE	<u>Dates</u> 9/12	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-40

A HEALTHIER YOU — Talk Series

Bone Builders- Bone Breakers

This month's topic Bone Building. Unfortunately drinking milk or eating dairy is not enough. Many Americans have osteoporosis. Bone is living tissue that responds to care throughout its life, Learn how to support bone health and stay strong.

<u>Day</u> FRI	<u>Dates</u> 9/22	<u>Time</u> Noon
<u>Fee</u> NA	<u>Class Size</u> 15	<u>Activity #</u> 246211-82

Join Taylor Lobell from Natural Grocers as we discuss and find our way to optimal health

SPECIAL PROGRAMS

STAR WEAVING PROJECT Thru — SEPTEMBER 25TH



Come make some stars in the lobby and/or in the art room. All materials and instruction will be provided. This is a medium level weaving skill. We will be holding our 45th open house in September and LSAC has joined the One Million Star Project to help decorate our building for the occasion. This is a star weaving project for Texas that is inviting communities around the world to weave the symbols of light, courage, solidarity for violence free communities. One Million Stars Texas

45th Anniversary - Wednesday, September 27th Open House Noon to 7:00 pm

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	9/28	1:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246211-83

LAMAR SAC BINGO—Lottery

Register to play Bingo on September 28th at 1:45p. 3 Bingo cards per participant. Gift cards and more for prizes! Only allowed to win a gift card one time.



Austin Resource Reuse Presentation

Lauren Hust from Austin Resource Reuse (ARR) will be guiding us on proper recycling, composting, and the how and why of it all. Q&A will follow and take-home pamphlets.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	9/19	12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246211-81

Hike w/ a Ranger – LOTTERY

Mayfield Park and Mt. Bonnell option

Join our City Park rangers, Aaron and Kat for an interpretive walk and talk around Mayfield Park and then we'll take the long way up to Mt. Bonnell (instead of the 100 steps straight up). Afterwards, our lunch stop reward at Oakmont Food Company. Level 2-3 hike.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	9/29	9:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$3/\$4	12	246633-04

<https://oakmontfood.com/> Average meal prices \$12—\$17

TRIPS - LOTTERY REGISTRATION

LSAC Trips and Special Program Lottery System Information

LOTTERY SIGN-UP IS A SEPARATE FORM AND PROCESS FROM THE MONTHLY CLASS REGISTRATION FORM.

Each participant who wants to register into the lottery, must email / call / or come in person to register themselves.

SEPTEMBER TRIP LOTTERY REGISTRATION WILL BEGIN 9:30a Aug. 29, 2023 will end September 5, 2023 at NOON.

LOTTERY TRIP RESULTS AVAILABLE AFTER Sept. 5, 2023.

LSAC staff will contact you via phone or email if you (and your buddy if applicable) receive a spot on a trip.



Dirdie Birdie Mini Golf Course LOTTERY

Indoor mini golf! Let's get "dirdie" indoors! 12-one-of-a-kind art installations designed to pay tribute to everything we love about ATX living. The food menu is as playful and inspired as the mini-golf course!

Each participant will pay to play at the door. (\$18)

<u>Day</u> TUE	<u>Dates</u> 9/12	<u>Time</u> 12p
<u>Fee</u> \$3/\$4	<u>Class Size</u> 8-10	<u>Activity #</u> 2462633-01

<u>Day</u> SUN	<u>Dates</u> 9/17	<u>Time</u> 10a
<u>Fee</u> \$47/\$48	<u>Class Size</u> 8	<u>Activity #</u> 246633-02

Georgetown Palace Theater- The Sound of Music LOTTERY

Join LSAC for an afternoon of singing and dancing at the Palace Theater in Georgetown. Sound of Music is a classic and everyone's favorite! We will be enjoying brunch at the Monument Café. <https://www.themonumentcafe.com/menu>



Cuisine Crew-Austin Kolaches and Koffee - LOTTERY



Cuisine Crew goes to Czechoslovakia! Austin Kolache and Koffee shop has been a favorite Czech place for over 40 yrs. (AKA "The Kolache Shoppe.") Join LSAC for a cuisine adventure! Savory and Sweet options available.

Price range: \$1.95-\$5.00.

<u>Day</u> WED	<u>Dates</u> 9/27	<u>Time</u> 9:30a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 10	<u>Activity #</u> 246633-03

SPECIAL EVENTS

CASINO ROYALE

<u>Day</u> THUR	<u>Dates</u> 8/31	<u>Time</u> 1-3p
<u>Fee</u> N/A	<u>Class Size</u> ??	<u>Activity #</u> 246900-16

A "celebrity" guest will drop by!

There is still time to register for our Casino Party!

Come try your luck in our casino royale. Games such as blackjack, roulette, craps and more. Throw some dice or spin the wheel and see if you can get lucky to

win prizes. Always a sell – out! \$3.00 per person to reserve your spot. Must register and pay beforehand. We will have snacks and mocktails served by our wonderful staff.



BRINGING SENIORS TOGETHER

To kick off the season we will be going to a tailgating party at Montopolis Rec Center. Join us for some fun and camaraderie. We will be taking a van of participants every third Thursday of the month for these events.

<u>Day</u> THUR	<u>Dates</u> 9/21	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 286721-01

GOLDEN ROLLERS— Lottery

<u>Day</u> TUE	<u>Dates</u> 9/19	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246633-05

Let's get back on our bikes and pedal around the Boggy Creek. Afterwards enjoy a picnic lunch outdoors or if it's too hot we'll go into the Conley Guerrero Recreation Center. Rides offered from Lamar-SAC or meet at Conley Guerrero 808 Nile St.. Tuesday, September 19th 10a Conley-Guerrero (808 Nile St), behind the center. Golden Rollers will provide bikes and get you fitted for a helmet, then lead a ride from 10-11am.

BOOKMOBILE from AUSTIN PUBLIC LIBRARY



Bookmobile is coming toot-toot!

The BookMobile is coming to Lamar-SAC! This is a 37 foot air/con RV retrofitted with a collection of over 1000 library materials. The Bookmobile can provide on the spot library card signups, and check items out to

patrons. Just bring your valid ID. Meet up in the upper parking lot.

Wheelchair accessible.

**See Leti with any book suggestions you want the bookmobile to bring on board! Drops in welcome too.

<u>Day</u> MON	<u>Dates</u> 9/11	<u>Time</u> 9:30a-12:30p
<u>Fee</u> N/A	<u>Class Size</u> 50	<u>Activity #</u> 246900-22

WATER AEROBICS CONTINUES! — LOTTERY

<u>Day</u> TUE	<u>Dates</u> 9/5-9/26	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246300-04

Water Aerobics is Back!

Join us at Stacy Pool at 700 E. Live Oak St. on Tuesdays this fall beginning September 5th at 10a for water fun!

Work the entire body with no impact. We'll have some Styrofoam weights, balls and water equipment. Prepare to have fun while working out. Wear your sunscreen and hat! Meet at 10a at pool

CREATIVE ARTS

Lottery— OPEN CARD DESIGN - No Instruction *Play on your creative side!*

You are welcome to make any cards you desire. Bring your ideas.
Supplies will be provided.

<u>Day</u> MON	<u>Dates</u> 9/18	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-46

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

<u>Day</u> MON	<u>Dates</u> 9/25	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-47

Floating Popup Cards Lottery

This fun fold card has a surprise when you open it. There is an illusion of objects floating in the middle of the card. Join Myr and Marianne as they show you the magic in creating this card. Kits will be provided.



Card Class Instructors: Marianne Perez, LSAC Volunteer &
Maria "Myr" Hernandez, LSACAB Member & Volunteer



Master Class - TIERED PINWHEELCARD Lottery

Were you unable to attend this Master Class last month? Well, you're in luck! Marianne and Myr are presenting the Tiered Pinwheel Card again. Together, we will cut, score and construct the card from start to finish.

The class is limited to four participants and you must have attended at least 4 card classes.

Card Class Instructors: Marianne Perez, LSAC Volunteer &
Maria "Myr" Hernandez, LSACAB Member & Volunteer

<u>Day</u> MON	<u>Dates</u> 9/11	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 4	<u>Activity #</u> 246500-45

DIY Natural Beauty Care

Join Holly Chacona, LSAC volunteer and Board member to make your own natural deodorant and/or body lotion. All supplies are provided

<u>Day</u> THUR	<u>Dates</u> 9/14	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-44

ENVIRONMENTAL LECTURE



2023 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

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

The Cultural Geography of Flowing Water

Rivers and Streams, Nature and Culture

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	9/14	12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246211-80

September topic: Rivers of Empire: American Environmental History and Waterways

This lecture will explore role of rivers in American history and culture, and the way the geography of rivers has shaped America.

Bring your lunch to enjoy while listening to the lecture.

LSACAB –TRAVEL WITH COLLETTE

ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!

SHADES OF IRELAND Deposit Due 10/20/23 **APRIL 27- MAY 6, 2024**

<https://gateway.gocollette.com/link/1188397>

AMERICA'S COWBOY COUNTRY **JULY 11-18, 2024**

<https://gateway.gocollette.com/link/1188413>

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>

Click on the blue [links](#) above to go to each trip's webpage.

Thank you to the participants who stopped by the info session on May 31st. Your feedback influenced our choices of trips to sponsor for 2024. Brochures of these destinations are available at the volunteer reception desk and electronic information can be viewed in the LSAC computer lab.

For more information contact Tel Dalton or Maria Hernandez, LSACAB Travel Committee

512-978-2480 or tripscollette@gmail.com

Book Now
Save \$150



LSACAB NOTICES

Please consider applying to serve on the LSAC Advisory Board

The Lamar Senior Activity Center Advisory Board (LSACAB) needs a few more great volunteers to serve as members! Did you know that the Center is the result of a wonderful private/public partnership between the LSAC Advisory Board and the City of Austin Parks Department (PARC) that has lasted for over 45 years?

The LSAC Advisory Board is a tax-exempt, 501(c)(3), nonprofit organization made up of senior volunteers. It was formed in the late 1970s to raise money and support programs offered at, or through, the Lamar Senior Activity Center. A few examples of the support the Board, in conjunction with our LSAC Guild Board members, has provided in past years include:

- coordinating with volunteers to provide support at the Center to greet visitors
- assisting staff with special projects
- teaching classes; and
- selling nuts and cracking pecans as our annual major fund raiser

Proceeds raised have funded computers and software for the Center computer lab as well as feature movies (with the purchase of a special license to show major newer movies at the Center), games, refreshments, door prizes, and wonderful travel opportunities.

The Board also provides funding for special events held at the Center throughout the year, such as luncheons. Funds also pay for special certifications for City staff so they can teach classes at the Center, special landscaping, site maintenance, the purchase of furniture and appliances, and other improvements for the Center for use in special events. In partnership, the City of Austin staff at the Center and the Board members are committed to sponsoring a variety of programs for everyone's enjoyment and education, to ensure your experience at the Center is always a welcoming, diverse, and enriching one.

Board meetings are held on the second Wednesday of each month at 1:00 pm, September through May.

Board members bring a world of knowledge with them and utilize their unique talents in everything they do for our Center. As with all our volunteers, they give their time free of charge, which enables us to offer our members programs, classes, and events at no cost (or low cost) year after year. All our volunteers' in-kind services are an invaluable asset and resource for the Center.

Please consider applying to serve and give back to our wonderful senior community. If you would like to serve on the board, please contact Paula Brown, LSACAB President.

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

LSACAB will meet on SEPTEMBER 13, 2023 at 1p

The Lamar Senior Activity Center Advisory Board meets 9 months out of the year on the second Wednesday. Everyone is welcome to attend. Please submit agenda items for discussion by

Noon on Friday, Sept. 8, 2023 to:

Paula Brown, LSACAB President at lsacboard1@gmail.com

Lobby Receptionist Volunteers Needed

Monday Afternoons & Wednesday Mornings and other temp positions, too.

Interested? Leave your contact information at the LSAC Front Desk or with LSACAB Volunteer then Holly or Myr will contact you with details.

MOVIES

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	9/7	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	8	246901-16

UNDER the TUSCAN SUN

PG- 13 1h 53m

In an attempt to bring her out of a deep depression, Frances, a new divorcée takes a trip to Italy. During the trip, she impulsively decides to purchase a rural Tuscan villa and struggles to start her life anew amid colorful local characters.



FINDING YOU

PG-13 1h 55m

After an ill-fated audition at a prestigious New York music conservatory, violinist Finley Sinclair travels to an Irish coastal village to begin her semester studying abroad. She meets a gregarious heartthrob movie star and romance sparks for this-unlikely pair.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	9/12	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	8	246901-17

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	9/28	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	8	246901-18

AND SO IT GOES

PG-13 1h 34m

Nobody likes real-estate agent Oren Little (Michael Douglas), and he prefers it that way. He's deliberately mean to anyone who crosses his path and wants nothing more than to sell one final house and retire. Oren's life turns upside-down when his estranged son drops off a granddaughter, one he didn't even know existed.



FITNESS ROOM

FITNESS ROOM SELF-LED WORKOUT

FREE!

The fitness room is available to **reserve** for a max of 3 participants at one time. Drop-ins available if a timeslot is open. Call the center or stop by the Staff Desk to reserve a time.

Monday—Thursday Daytime Hours

9:15-10a 10:15-11a 11:15a-12p
12:15p-1p 1:15p-2p 2:15-3p

Monday & Wednesday Evening Hours

4:15-5p 5:15-6p 6:15-7p 7:15-8p

Friday

9:15a-10a 10:15a-11a 11:15a-12p 12:15-1p

Available equipment includes: Elliptical, Sitting Elliptical, Rowing Machine, Recumbent Bicycle, Treadmill, 2 weight machines, Bossaball, Hand Weights, Exercise Bands, Exercise Balls, Exercise Videos & TV

*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!

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

Day	Dates	Time
MON	*9/4-11/27	11:15a-12:45p
THUR	*9/7-11/30	11:15a-12:45p
Fee	Class Size	Activity #
N/A	10	246103-33
Days	Dates	Time
WED	*9/6-11/29	4:15p-5:15p
Fee	Class Size	Activity #
N/A	10	246103-34

Day	Dates	Time
MON	*9/4-11/27	12:30p
Fee	Class Size	Activity #
N/A	12	246950-78

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 played with players divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A Bunco is achieved when a person rolls three-of-a-kind

and all three numbers match the round number. It is a lot of fun as is evident by the laughter and cheers we hear coming from the game room. Come have fun and join the laughter and challenge.

Meets on the first and third Tuesday.

Game Leader: Carolyn Rickard, LSAC Volunteer

Day	Dates	Time
TUE	*9/5-11/28	12:45p
Fee	Class Size	Activity #
N/A	20	246950-81

Day	Dates	Time
FRI	*9/8-11/24	10a
Fee	Class Size	Activity #
N/A	20	246950-80

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is

always willing to teach anyone interested in joining them on Fridays. Everyone is welcome to join this fun social game.

Group Leader: Claudia Savio, LSACAB Member and Volunteer



PINOCHLE

A card game for two or more players using a 48-card deck consisting of two of each card from nine to ace, the object being to score points for various combinations and to win tricks. Bring a friend or make new friends. All levels welcome!

Day	Dates	Time
TUE	*9/5-11/28	12:30p
Fee	Class Size	Activity #
N/A	4-6	246950-79

Day	Dates	Time
THUR	9/7-11/30	1p
Fee	Class Size	Activity #
N/A	20	246950-75

MAH JONGG

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

*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

Day	Dates	Time
TUE	*9/5-11/28	1:30p
Fee	Class Size	Activity #
N/A	10	246216-21

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.

Day	Dates	Time
WED	*9/6-11/29	12:30p
Fee	Class Size	Activity #
N/A	10	246507-20



(TARA) Texas Alliance for Retired Americans- Austin Chapter

3rd Thursday @ 1-2:30p Sept. 21, 2023

The group has returned for meetings, please join us.

Day	Dates	Time
THUR	9/21	1-2:30p
Fee	Class Size	Activity #
N/A	18	N/A

CAPITAL AREA PARKINSON'S Meet Up

<https://www.capitalareaparkinsons.org/>

The Capital Area Parkinson's Society (CAPS) provides education, current information regarding research and resources, social interaction, and emotional support to persons with Parkinson's disease, their care partners, and the public. This meet up will provide lunch, socialization, support, light exercise and community for individuals

with Parkinson's and their caretakers. **For registration details please email ariel@seniorservicesofaustin.com**



Day	Dates	Time
FRI	XX	10-1p
Fee	Class Size	Activity #
N/A	15	See info

AUSTIN PALETTE CLUB

The Austin Palette Club returning every month on the second and third Tuesday for creative demos and illuminating show and share by local artists.
Looking to spark your creativity? Join us and be inspired.

Day	Dates	Time
TUE	9/12 & 9/19	9a - 12p
Fee	Class Size	Activity #
N/A	20	246508-XX

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 Thursday of each month. Participants are encouraged to bring snacks, beverages, etc. A short break will be part of the class schedule.



Day	Dates	Time
WED	Sept 21	9a-1:30p
Fee	Class Size	Activity #
Pay \$20/\$25 To Instructor	15	N/A



LAMAR SENIOR ACTIVITY CENTER STAFF

John "JT" Harros, Program Supervisor
Myia Little, CTRS, Program Specialist
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds
Assistant
Laura Adams, Instructor-Activity Specialist
Patsy Ybarra, Office Attendant
Rebecca Brownlow, Instructor
Jennifer Taylor, Instructor
Jaya Zyman, Instructor
Kelly Maltsberger, CPRP, Program Manager

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

Paula Brown, President
Yvette Scott, Vice President
Dayton Grumbles, Treasurer
Norma Jost, Secretary
John Camden, Holly Chacona,
Madeline Ducate,
Getel "Tel" Dalton, Maria "Myr" Hernandez,
Charles "Chuck" Mandelbaum,

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.



Saturday, September 9th

HARDENEDANDTEMPERED

Hard enough to hold an edge; soft enough not to break. Austin, Texas duo Kristin Davidson and Carolyn Phillips live that balance and express it in their music. Their songs take



**Opening:
EMILY SHIRLEY**



JAY BOY ADAMS

Texas Storyteller

Open: TBA

**Saturday
OCT 14 2023**



TISH HINOJOSA

Mexican-American Songwriter

Open: TBA

**Saturday
NOV 11 2023**



Lamar Senior Activity Center



2874 Shoal Crest Avenue

Austinacousticalcafe.org

Doors Open at 6:30pm

Music Starts at 7:00pm

Buy Tickets at Website
\$20 Advance / \$25 Door

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
September 2023		 Scan code for Program Guide	LAMAR SENIOR ACTIVITY CENTER <u>Class listing & PG info are subject to</u> <u>change</u> <u>due to business needs.</u>	1 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a Tai Chi 12:30p Star Weaving Daily thru 9/27	2 3
4 CLOSED 	5 Find Balance 10a Water Aerobics –10a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p BeMused Literati 1:30p Line Dance 1:30p	6 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p	7 AAUW Bridge Group 9a Find Balance 10a Movie: Under the Tuscan Sun 11a Table Tennis 11:15a Chair One Fit 1p Mah Jong Group 1p	8 Zumba Gold 9:30a Rummikub 10a CAPS 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a Tai Chi 12:30p	9 Austin Acoustical Café 7p 10 L) Sound of Music 10a
11 Book Mobile 9:30a Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Master Cards: Tiered Pinwheel 1:30p Meditation Instruction 4:30p Yoga Flow 5:30p	12 Find Balance 10a Water Aerobics –10a Dirbie Birdie 10a Tech Time 11a Movie:Finding You 11a Tai Chi 11:30a Pinochle 12:30p BeMused Literati 1:30p Line Dance 1:30p	13 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Book Club 4:15p Pilates 5:30p	14 Find Balance 10a Table Tennis 11:15a Lunchtime Lecture CER 12p Chair One Fit 1p Mah Jong Group 1p Natural Body Care DIY 1:30p	15 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a Tai Chi 12:30p	16 17
18 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Craft: Open Cards 1:30p Meditation Instruction 4:30p Yoga Flow 5:30p	19 Golden Rollers 9:30a Austin Resource Reuse Wkshp 10a Find Balance 10a Water Aerobics –10a Writing your Legacy 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p BeMused Literati 1:30p Line Dance 1:30p	20 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	21 AAUW Bridge Group 9a Find Balance 10a Bringing Seniors Together 10a Table Tennis 11:15a Chair One Fit 1p Mah Jong Group 1p TARA 1p	22 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a A Healthier you– Bone Breakers 12p Tai Chi 12:30p	23 24
25 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Craft: Floating Pop-up cards 1:30p Meditation & QI Gong Instruction 4:30p Yoga Flow 5:30p	26 Find Balance 10a Water Aerobics –10a Writing your Legacy 11a Tai Chi 11:30a Pinochle 12:30p BeMused Literati 1:30p Line Dance 1:30p	27 Fusion Fitness 10a Kolache Creations (L) 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a 45th Anniversary Open House 12p Handicraft Meet-up 12:30p Book Club 4:15p Peaceful Yoga 3p Cancelled Table Tennis 4:15 Cancelled Pilates 5:30p Cancelled	28 Find Balance 10a Movie-And So It Goes 11a Table Tennis 11:15a Chair One Fit 1p Mah Jong Group 1p Bingo 1:45p	29 Zumba Gold 9:30a Hike with a Ranger (L) Rummikub 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a Tai Chi 12:30p	8/25/2023 3p Final