

**JULY
2023**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



ALL AROUND AUSTIN
Happy Fourth of July!



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 July 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 Fourth of July



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.





SUMMER BREAK

ACTIVITIES NOT MEETING in JUNE thru AUGUST

- * LSACAB * Austin Acoustical Café * Bringing Seniors Together *
- * Comedy Improv * Golden Rollers * Painting w/Rebecca * Palette Club *
- * Alpha Chapter Meetings * * Book Club - Not in July *
- *AARP Safe Driver— Not in August *



REMINDERS & FEE INFO

REGISTRATION

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—July—August.

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

If you registered in June, then no need to register again.

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 and some events and are now charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

LOTTERY INFORMATION ON PAGE 12

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

REGISTRATION INFORMATION

JULY 2023 REGISTRATION BEGINS

Tuesday, June 27th, 2023 at 9:30a

and will be entered in order received. See Lottery Info on pg. 12 for specific info on trips.

ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 6.27.2023:

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>

WHAT'S INSIDE ...

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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

July Program Guide

In an effort to be more in line with the City of Austin's "green initiatives" and due to rising production costs, our program guides now will be printed in black and white, and only a limited number of reference copies will be provided at the volunteer desk. Unfortunately, it is very expensive to print the guides in color, as the costs of paper and ink continue to increase. Those who have paid to receive a guide by email or mail will still receive them, and we will still provide the calendar of events each month as well as trip/lottery request forms for you to fill out. We always try to keep all of our events, classes, and programs at no cost or low costs to our members. Initiating these measures will ensure that we are able to continue to put our efforts where they should be: To provide you with a wonderful experience at or through the offerings from the Lamar Senior Activity Center. Thank you for understanding. If you have any questions or comments concerning these changes, please see me.

New Summer Feature! For Reel! Free Family Movie Nights on Monday and Wednesday Evenings!

For many years the LSAC Advisory Board has purchased a commercial movie license so we can show first run movies during the day at the center. We are expanding our features and hours to include family friendly movies for everyone to enjoy in our large multipurpose room. So load up the kids or grandkids, bring blankets, pillows, and snacks, and come enjoy a cool movie night on us! (Chairs will be provided.)

Our Two July features: **Sandlot** on Monday, July 10th and **The Goonies** on Wednesday, July 19th
Movies begin at 6:45pm. See page 11 for more information and to sign up for family fun.

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 answering phone calls? We sure could use your talents once a week for 3.5 to 4 hours. We currently have shift openings for Wednesday mornings, 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. A **2023 waiver is required** for anyone to participate in all 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 15 for the list of the four trips and the travel dates with links directly to each trip for more information.

45th Anniversary ...Save the Date: Wednesday, September 27th Open House Noon to 7:00pm

We are going to have a "Memories Page" at the volunteer desk you can fill out concerning your experiences at the center and what it has meant to you. Also, if you have any pictures, please drop these at the desk too. Have your information on the back so we can get them back to you. Your Memories Pages will be posted on bulletin boards, along with pictures to share with everyone at the Open House.

LSAC Guild Board will meet on Wednesday, July 12th at 1pm in person.

For Zoom requests contact Paula Brown, LSAC President at lsacboard1@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> *6/5-8/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-58
<u>Day</u> WED	<u>Dates:</u> *6/7-8/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-59

<u>Day</u> TUE	<u>Dates</u> *6/6-8/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-55
<u>Day</u> THUR	<u>Dates</u> *6/1-8/31	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-56

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> *6/2-8/25	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246304-36

<u>Day</u> THUR	<u>Dates</u> *6/1-8/31	<u>Time</u> 1-1:45p
<u>Fee</u> N/A	<u>Class Size</u> 30	<u>Activity #</u> 246203-42

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# 246903-90
- * FIND BALANCE T & Th 10a Activity# 246903-91
- * STRENGTH & STRETCH F 11a Activity# 246903-92

**** 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> 6/27-8/1	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-68
<u>Day</u> FRI	<u>Dates</u> 6/30-8/4	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-71
<u>Day</u> T & F	<u>Dates</u> 6/27-8/4	<u>Time</u> See above
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-69

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

June 26th thru August 4th

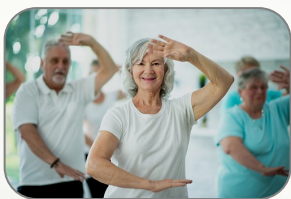
REGISTRATION BEGINS on JUNE 26th

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

This class requires a 6 week commitment.

Sessions and fees same as listed above.

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

<u>Day</u> WED	<u>Dates</u> 6/2-8/2	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-70

<u>Day</u> TUE	<u>Dates</u> *6/6-8/29	<u>Time</u> 2-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-25

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. This class has an optional 15 min warm up before 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> *6/2-8/25	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246303-41



~ 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.

<u>Day</u> WED	<u>Dates</u> *6/7-8/30	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246331-22

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

CORE AND RESTORE

****NO WALK-INS****

<u>Day</u> WED	<u>Dates</u> *6/7-8/30	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246503-45

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 Instructor, 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.

<u>Day</u> WED	<u>Dates</u> *6/7-8/30	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-46

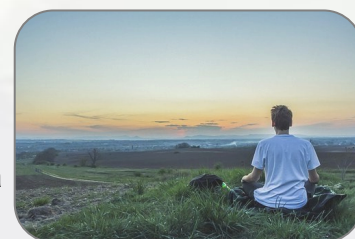
Instructor: Leti Alvarez, LSAC Program Specialist-Health & Wellness; Certified Yoga Instructor

MEDITATION

<u>Day</u> MON	<u>Dates</u> *6/5-8/28	<u>Time</u> 4:30-5p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246999-12

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 Instructor, Certified Yoga Instructor, Fitness Professional

<u>Day</u> MON	<u>Date</u> *6/5-8/28	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-44

ENRICHMENT

BOOKMOBILE from AUSTIN PUBLIC LIBRARY

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 suggestions

<u>Day</u> MON	<u>Dates</u> 7/10	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 50	<u>Activity #</u> 246900-17

what you want the bookmobile to bring on board! Drops in welcome too.

TECH TIME *is Back!*

Questions and Solutions

<u>Day</u> TUE	<u>Dates</u> 7/11	<u>Time</u> 11a
<u>Fee</u> NA	<u>Class Size</u> 8	<u>Activity #</u> 246201-38

Meet Brent Johnson with the City of Austin Central Library and bring any and all questions regarding your devices, laptops, tablets and phones. He can help you trouble shoot and set you up to better utilize and learn how to use your devices more efficiently and effectively.

See Leti or Laura to set up a 30 min time slot between 11am-1p or email via: lamarsenioractivitycenter@austintexas.gov

LGBTQ Verbage

In honor of Gay Pride Month, Myia is offering a presentation on the following topics: What does it mean to be an ally? What is the difference between transexual and bisexual? What is the difference between gender vs sex? And many more questions. Myia's goal is to provide a safe space for an open discussion about these topics. Please join her for a 45-60min discussion.

<u>Day</u> WED	<u>Dates</u> 7/12	<u>Time</u> 11:30a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246211-74

HOW TO GET UP AND OFF THE FLOOR—with ease!

<u>Day</u> TUE	<u>Dates</u> 7/18	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-72

Come learn how you can feel empowered to safely get off the floor or up from a chair with confidence and ease with Belynda Montgomery, BBM Advocate. Belynda has 25 years of experience in healthcare. She is a strong patient advocate who listens to client needs to get results.

A HEALTHIER YOU — Talk Series LOVE YOUR HEART

Come join Taylor Lobell, Nutritional Coach from Natural Grocers. This month's topic is taking care of your heart. It doesn't have to be so complicated. Let's start by uncovering heart care myths and begin applying dietary strategies. And then learn how to pump up your heart health.

<u>Day</u> FRI	<u>Dates</u> 7/21	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-75

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT/SUN	
3 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Meditation Instruction 4:30p Yoga Flow 5:30p		4 Fourth of July HOLIDAY CLOSED		5 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		6 AAUW Bridge Group 9a Find Balance 10a Art w/Nikki #1 10a Movie: Man Called Otto 11a Table Tennis 11:15a Chair One Fit 1p Mah Jongg Group 1:30p		7 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p Cribbage 12:30p		8 9 Trip: Bastrop 10:45a	
10 APL Bookmobile 9:30a Parking Lot 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 Evening Movie: Sandlot 6:45p		11 Water Aerobics 10a (offsite) Find Balance 10a Art w/Nikki #2 10a Tech Time 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p Art w/Nikki #2 1p BeMused Literati 1:30p Line Dance 2p		12 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a LGBTQ Talk: 11:30a Handicraft Meet-up 12:30p LSAC Guild Board Meeting 1p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p		13 AAUW Bridge Group 9a Find Balance 10a Table Tennis 11:15a Lunchtime Lecture CER 12p Chair One Fit 1p Mah Jongg Group 1:30p		14 Zumba Gold 9:30a Rummikub 10a CAPS 10a Strength & Stretch 11a Tai Chi 12:30p Cribbage 12:30p		15 16	
17 Fusion Fitness 10a Art w/Nikki #2 10am Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Meditation Instruction 4:30p Yoga Flow 5:30p		18 Water Aerobics 10a (offsite) Find Balance 10a Talk: How to get up from the floor 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p Beats 4 Beats 1p BeMused Literati 1:30p Line Dance 2p Trip: Bat Cruise 5:45p		19 AARP "Smart Driver" 9a Fusion Fitness 10a Art w/Nikki #2 10am Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Art w/Nikki #2 1p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Evening Movie: The Goonies 6:45p		20 AAUW Bridge Group 9a Find Balance 10a Movie: Julie & Julia 11a Table Tennis 11:15a Chair One Fit 1p Beats 4 Beats 1p TARA 1p Mah Jongg Group 1:30p		21 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Healthier You: Love Heart 12p Tai Chi 12:30p Cribbage 12:30p		22 23	
24 Fusion Fitness 10a Art w/Nikki #3 10am Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Paper Craft: Christmas in July 1:30p Meditation Instruction 4:30p Yoga Flow 5:30p		25 Water Aerobics 10a (offsite) Find Balance 10a Movie: The Choice 11a Tai Chi 11:30a Pinochle 12:30p BeMused Literati 1:30p Line Dance 2p		26 Fusion Fitness 10a Art w/Nikki #3 10am Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Cuisine Crew: Italy 1p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p		27 AAUW Bridge Group 9a Find Balance 10a Table Tennis 11:15a Chair One Fit 1p Mah Jongg Group 1:30p BINGO 11:30a		28 Zumba Gold 9:30a Urban Express 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p Cribbage 12:30p		29 30	
31 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Meditation & QI Gong Instruction 4:30p Yoga Flow 5:30p		July 2023						Class listing & PG info are subject to change due to business needs.			

SPECIAL PROGRAM

SUMMER MOVIE NIGHT Lamar Senior Activity Center

MON **JULY 10 @ 6:45p**

SANDLOT

PG 1993-Comedy-Kidfriendly-1h41m



Summer 1962 new kid in town is taken under the wing of young baseball prodigy and his rowdy team, resulting in many adventures.

WED **JULY 19 @ 6:45p**

The GOONIES

PG 1985-1h54m



A group of young misfits called The Goonies discover an ancient map and set out on an adventure to find a legendary pirate's long-lost treasure.

COME ENJOY! Bring the family, blankets, pillows & snacks.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	7/10	6:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	N/A	246901-10

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	7/19	6:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	N/A	246901-11

SPECIAL PROGRAM

LONE STAR BAT CRUISE (LOTTERY)

Join all three Senior Centers; Conley-G, South Lamar, and LSAC for a one hour bat tour! We will have dinner before the cruise.

Departure time is 30 mins prior to sunset, boarding begins 45 mins prior to departure.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	7/18	5:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$12	10	246631-03

TRIPS - LOTTERY REGISTRATION

The 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.

JULY TRIP LOTTERY REGISTRATION WILL BEGIN 9:30a June 27, 2023
will end June 30, 2023 @ NOON.

LOTTERY TRIP RESULTS AVAILABLE AFTER 1P on July 3rd 2023.

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
SUN	7/9	10:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$29/\$30	10	246631-01

BASTROP OPERA HOUSE (LOTTERY)

Trip to Bountiful

Horton Foote's moving play tells the story of Carrie Watts, an elderly woman, who longs to escape the cramped Houston apartment where she lives with her protective son, Ludie, and her authoritarian daughter-in-law,

Jessie Mae. Carrie wants to return to her beloved hometown of Bountiful, Texas, one final time before she dies. While Ludie is at work and Jessie Mae is at the drugstore, Carrie escapes to the bus station and befriends a young woman named Thelma. The new friends travel toward Bountiful together, but when Carrie arrives in nearby Harrison, Texas, she begins to learn that her beloved town isn't the same as she remembered it. Lunch at noon, Matinee show at 2:30pm.

URBAN EXPLORERS (LOTTERY)

We'll head downtown to catch a classic movie at the Paramount Theatre and then tour some sights with Downtown Austin Alliance followed by a delicious lunch – location TBD

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	7/28	9:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$2.50 bus	12	246631-04

CUISINE CREW: Goes to Italy! Gelato Paradiso! (LOTTERY)

Summertime means heat! Heat means Gelato! Gelato Paradiso offers authentic Italian style ice cream. Each batch is made fresh with characteristic boldness of flavors that are expressive of the artisanal cocas, extracts, fresh fruits and other quality ingredients.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	7/26	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$3/\$4	10	246631-05

LENDING LIBRARY-CREATIVE ARTS

ART CLASSES w/Nikki from the PARD Lending Library *continues!*
THREE SESSIONS to choose from. ALL CLASSES AT LSAC!

Why follow traditional art rules when we can explore new ideas and possibilities?

Participants will create their own unique artwork and projects by using unconventional and inventive painting, printmaking, sculpting and other techniques that incorporate science. Each class will vary by providing a wide variety of materials for the specific lesson. Students will enhance their creativity, develop problem solving skills and foster a love of art while experimenting and working collaboratively.

Participants may get messy! Painting clothes or smocks is encouraged!
 All materials are provided and no prior art experience necessary.

Sign up! Show up! Be Creative!

Explore various processes of creating innovative artwork - unique to you. Participants are encouraged to play and experiment with various 2-D techniques in acrylic painting, oil pastels, watercolor, collage, and more. Using elements and principles of design as a foundation, participants can explore their creativity in a relaxed environment.

<u>Day</u> THUR	<u>Date</u> 7/6	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246505-44

SESSION ONE July 6th

SESSION TWO July 17th & 19th

<u>Day</u> MON WED	<u>Dates</u> 7/17 & 7/19	<u>Time</u> 10a & 1p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246505-45

<u>Day</u> MON WED	<u>Dates</u> 7/24 7/26	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246505-46

SESSION THREE July 24th & 26th

LENDING LIBRARY - SPECIAL PROGRAM

BEATS 4 BEATS with the PARD Lending Library July 18th & 20th

Bucket Drums and Guitars, OH MY! Participants will work as a group on basic through advanced drum/guitar techniques and learn to play rhythms, songs, learn how to tune and strum!! Join in the fun!

<u>Day</u> TUE THUR	<u>Dates</u> 7/18 7/20	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246207-36

CREATIVE ARTS

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

How about an early start to Christmas Card crafting! While you are welcome to make any cards you desire, additional Christmas themed papers will be available for those of you who are early planners.

Bring your ideas, supplies will be provided.

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

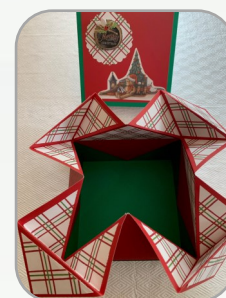
<u>Day</u> MON	<u>Dates</u> 7/10	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-36

Christmas in July! Paper Crafting w/ Marianne & Myr

<u>Day</u> MON	<u>Dates</u> 7/24	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-37

Are you wrapping gifts early? Make this **napkin fold box** for a stunning presentation of a gift for Christmas (or any occasion, really). It's dramatic and easier than you think! All materials will be provided.

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



MOVIES

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> Thurs	<u>Dates</u> 7/6	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-07

A MAN CALLED OTTO

PG-13 2h 4m

When a lively young family moves in next door, grumpy widower Otto Anderson, played by Tom Hanks meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down for the better.



JULIE & JULIA

PG-13 2h 3m

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself

conquered French cuisine with passion, and fearlessness.

<u>Day</u> THUR	<u>Dates</u> 7/20	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-08

THE CHOICE

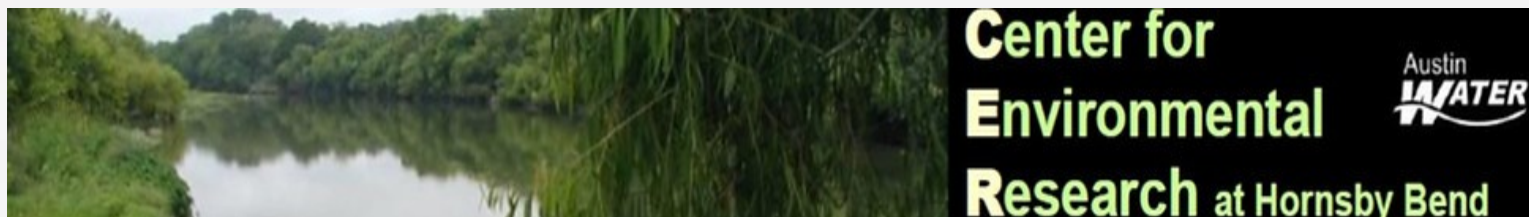
PG-13 1h 51m

Travis Shaw is a ladies' man who thinks a serious relationship would cramp his easygoing lifestyle, until he meets Gabby a feisty medical student who's preparing to settle down with her long-term boyfriend. Fate brings the two together as Gabby moves next door to Travis, sparking an attraction that upends both of their lives. As their bond grows, the unlikely couple must decide how far they're willing to go to keep the hope of love alive.



<u>Day</u> TUE	<u>Dates</u> 7/25	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 7	<u>Activity #</u> 246901-09

ENVIRONMENTAL LECTURE



2023 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

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

The Geography of Flowing Water

Rivers and Streams, Nature and Culture

July topic: Water Music: American Music and Rivers

American rivers have inspired a rich and varied response from a wide range of musicians.

Join us for this exploration of river songs and water music. Everyone is invited to bring their top ten list to share and compare!

Bring your lunch to enjoy while listening to the lecture.

<u>Day</u> THUR	<u>Dates</u> 7/13	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-71

LSACAB –TRAVEL WITH COLLETTE

ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!

SHADES OF IRELAND

APRIL 27- MAY 6, 2024

[Shades of Ireland with Senior Activity Center Advisory Board \(gocollette.com\)](https://gocollette.com)

AMERICA'S COWBOY COUNTRY

JULY 11-18, 2024

[America's Cowboy Country with Senior Activity Center Advisory Board \(gocollette.com\)](https://gocollette.com)

ISLANDS OF NEW ENGLAND

SEPTEMBER 20-27, 2024

[Discover the Islands of New England with Senior Activity Center Advisory Board \(gocollette.com\)](https://gocollette.com)

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

[Spotlight on New York City Holiday with Senior Activity Center Advisory Board \(gocollette.com\)](https://gocollette.com)

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



LSACAB NOTICES

The Lamar Senior Activity Center Advisory Board (LSACAB) is now accepting

Annual Optional Fees 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.

Lobby Receptionist Volunteers Needed

Wednesday Mornings

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

LAMAR SENIOR ACTIVITY CENTER - GUILD BOARD

Will Meet on **Wednesday, July 12th at 1pm** in person

For Zoom requests contact Paula Brown, LSAC President at lsacboard1@gmail.com



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.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*6/5-8/31	11:15a-12:45p
THUR	*6/7-8/30	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-31

<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	*6/6-8/29	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-32

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*6/5-8/28	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-72

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*6/6-8/29	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-73

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*6/2-8/25	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-76

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 al-



ways 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

NEW GAME!

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!

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUES	*6/6-8/29	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	4-6	246950-74

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*6/2-8/25	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	15	246950-77

CRIBBAGE

A card game, usually for two players, in which each player tries to form various counting combinations of cards. The score is kept by moving pegs on a narrow rectangular board. Beginners welcomed. Come join us!

NEW GAME!

*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	*6/6-8/29	1:30p
Fee	Class Size	Activity #
N/A	10	246216-20

Day	Dates	Time
WED	*6/7-8/30	12:30p
Fee	Class Size	Activity #
N/A	10	246507-18

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.



(TARA) Texas Alliance for Retired Americans- Austin Chapter

3rd Thursday @ 1-2:30p
July 20 & August 17, 2023

Day	Dates	Time
THUR	7/20	1-2:30p
Fee	Class Size	Activity #
N/A	18	N/A

The group has returned for meetings, please join us.

Day	Dates	Time
FRI	7/14	10-1p
Fee	Class Size	Activity #
N/A	15	See info

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**



Lunchtime B*I*N*G*O

Sponsored by Avila Medicare Solutions with lunch provided. No drop-ins allowed. \$3.00 per person payable to the LSAC Advisory Board to guarantee your lunch. 3 Bingo cards per participant. Gift cards and more for prizes! Only allowed to win gift cards one time.

Day	Dates	Time
THU	7/27	11:30a
Fee	Class Size	Activity #
\$3	20	246211-73



Day	Dates	Time
WED	July 19	9a-1:30p
Fee	Class Size	Activity #
Pay Instructor \$20/\$25	15	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 Thursday of each month. No class in August.

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





LAMAR SENIOR ACTIVITY CENTER STAFF

John “JT” Harros, Program Supervisor

Barbara Garcia, Outreach Coordinator

Myia Little, CTRS, Program Specialist

Leticia Alvarez, Program Specialist

Linda Gonzalez, Administrative Assistant

Andy Maldonado, Building & Grounds Assistant

Laura Adams, Instructor-Activity Specialist

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,

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.