

**DECEMBER
2024**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



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
DECEMBER
24 & 25**

[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 12/24 & 12/25





REMINDERS & FEE INFO

**To participate at the Lamar Senior Activity Center,
all participants are required to complete a waiver.**

If you receive this program guide by email or mail, please remember that you'll need to renew your Advisory Board Registration (donation) in **January 2025** in order to continue receiving it throughout the year.

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 / program.

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 is for DECEMBER 2024 thru FEBRUARY 2025.

New class registration will be accepted throughout the 3 months.

Once you register, then no need to register until February 2025!

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

DECEMBER 2024 REGISTRATION BEGINS

Tuesday, November 26, 2024 at 9:30am

and will be entered by the time received.

ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 11/26/24, hours:

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



WALK-IN During registration hours listed above

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

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 please 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

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) Register online via the City of Austin PARD website RecTrac registration system at:

<https://www.austintexas.gov/departments/online-registration>

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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

'Tis the Season Y'all! Please don't miss the annual LSAC **Holiday Luncheon on December 12, 2024**, from **11:30am to 1pm**. Enjoy a catered lunch from la Madeleine with your fellow LSAC participants and friends! Youth Choir and Line Dancing performances will bring some sparkle to the event along with raffle prizes! To give back to the community we're asking attendees to bring either an unwrapped toy or a non-perishable food item to be donated to Brown Santa. *Hope to see you there!*

Space is limited, **payment in advance will be required by Friday, December 6th to register** for this event. **Registration is only available in person during volunteer hours Monday - Thursday 9am-3pm or Friday 9am-1pm**. Cost for this event is only **\$8 per person**-same as last year.

Please Note: There will be no walk-ins for this event and no refunds if you can't attend. Your payment will be considered a donation to the Advisory Board.

Veterans Day Breakfast

We celebrated our veterans with a special breakfast in their honor on November 8th. We hope you got to view their pictures and decorations commemorating their service to our country. (See photo walls below.)

Wishing everyone a happy, healthy, holiday season and beyond.



LSAC ADVISORY BOARD meets on December 11, 2024 at 1p.

Please submit agenda items for discussion by **Noon on Friday, 12/6/2024 to:** Paula Brown, LSACAB President at lsacboard1@gmail.com. Everyone is welcome to attend.

2025 TRIPS WITH COLLETTE TRAVEL!

Alaska Payment due Dec. 11, 2024

ALASKA DISCOVERY LANDING CRUISE

JUNE 11 - 22, 2025

CLASSICAL GREECE

NOVEMBER 9 - 19, 2025

SOUTHERN CHARM HOLIDAY

DECEMBER 9 - 15, 2025

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



*~HEALTH & WELLNESS

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

- Please note we are limiting our numbers in our fitness classes for your safety and comfort. Maximum of 40 as indicated.
- Please register for each class you wish to attend for the winter classes.
- If you miss more than 2 classes, you may be dropped from the roster. You may still drop-in for classes as long as they are not filled to their capacity.



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> *12/2-2/24	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-70
<u>Day</u> WED	<u>Dates:</u> *12/4-2/26	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-71

<u>Day</u> TUE	<u>Dates</u> *12/3-2/25	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-67
<u>Day</u> THUR	<u>Dates</u> *12/5-2/27	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-68

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 Iyengar Yoga

<u>Day</u> FRI	<u>Dates</u> *12/6-2/28	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246304-42

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# 246903-09
- * FIND BALANCE T & Th 10a Activity# 246903-10
- * STRENGTH & STRETCH F 11a Activity# 246903-11

** 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> 10/29-12/10	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-17
<u>Day</u> FRI	<u>Dates</u> 10/30-12/13	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-20
<u>Day</u> T & F	<u>Dates</u> 10/29-12/13	<u>Time</u> See Above
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-18

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.

2025 SESSION for all Tai Chi classes
will be the weeks of

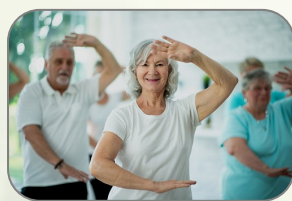
January 6th thru February 10th
Registration will BEGIN on December 31st, 2024

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.

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

<u>Day</u> WED	<u>Dates</u> 10/30-12/11	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-19

<u>Day</u> TUE	<u>Dates</u> *12/3-2/25	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246302-31

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> *12/6-2/28	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246303-47



~ 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



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

Day	Date	Time
MON	*12/2-2/24	5:30p
Fee	Class Size	Activity #
N/A	40	246503-64

Day	Dates	Time
WED	*12/4-2/26	11a
Fee	Class Size	Activity #
N/A	20	246503-65

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

Day	Dates	Time
WED	*12/4-2/26	3p
Fee	Class Size	Activity #
N/A	40	246503-66

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

Day	Dates	Time
WED	*12/4-2/26	5:30p
Fee	Class Size	Activity #
N/A	40	246503-67

Day	Dates	Time
WED	*12/4-2/26	6:45p
Fee	Class Size	Activity #
N/A	40	246503-68

EVENING YIN YOGA

NEW Class

Yin yoga with Sue Goodly. Yin is a passive practice with longer holds and stays close to the floor. It is beneficial for repatterning the body to help lengthen and stretch ligaments and connective tissue to find more ease in the body. Can also help strengthen and reduce stress in the muscular tissue and overall wellbeing.

Instructor: Sue Goodly, Registered E-RYT500, Yoga Instructor

CREATIVE ARTS

<u>Day</u> MON WED	<u>Dates</u> 12/2,9,16 12/4,11,18	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246500-10

MINDFUL ASIAN ART: w/ Sari

NEW Class

Enjoy easy, yet fun and creative Asia inspired art activities with Sari. You'll learn new techniques and styles like Japanese pen calligraphy, Indian Henna drawing, origami and chigiri-e. (torn paper art). Sari will also talk about the history and significance of each art technique.

NEW Class

ART LAB w/ Nikki

One of our favorite art teachers is back. Why follow traditional art rules when you can explore new ideas and possibilities? In this class, you will create your own unique artwork by using unconventional and inventive art techniques and materials. Each class will vary based on the specific lessons, which include painting, collage, oil pastel, and more. Students will enhance their creativity, develop problem-solving skills, and foster a love of art while experimenting and working collaboratively.

<u>Day</u> TUE	<u>Dates</u> 12/3,10,17	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246500-11

<u>Day</u> WED	<u>Dates</u> 12/4	<u>Time</u> 6p
<u>Fee</u> \$5	<u>Class Size</u> 10	<u>Activity #</u> 246500-13

HOLIDAY WREATH Making

NEW Class

Come gather with Milly Hernandez to create a beautiful holiday door wreath or a center piece for the holiday season. Make a keepsake piece that you can enjoy year after year to give your home cheer and color. All supplies will be provided.

NEW Class

POUR, SET, GLOW: Candle Making

Discover the art of candle making in this engaging class! This hands-on workshop will guide you through the entire process, from selecting the perfect scents and colors to pouring and decorating your own unique candles. All supplies provided.

Instructor: Marissa Vasquez, LSAC

<u>Day</u> MON	<u>Dates</u> 12/20	<u>Time</u> 11a
<u>Fee</u> \$5	<u>Class Size</u> 10	<u>Activity #</u> 246500-14

NO CARD CLASSES UNTIL MID JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fusion Fitness 10a Asian Art 11a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	3 Golden Rollers 10a Find Balance 10a Art w/ Nikki 11a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	4 Asian Art 11a Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Yin Yoga 6:45p New Class Wreath Making 6p	5 Find Balance 10a Table Tennis 11:15a Movie: Last Holiday 11a Lunchtime Lecture CER 12p Mahjong 1p Music & Movement 1p Ballet Austin Nutcracker 6:30p (L)	6 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Tai Chi 12:30p
9 Hike: w/a Ranger 10a (L) Fusion Fitness 10a Asian Art 11a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p Cuisine Crew 4:30p (L)	10 Find Balance 10a Palette Club 10a Tech Time 11a Art w/ Nikki 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	11 Asian Art 11a 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 Yin Yoga 6:45p	12 HOLIDAY LUNCHEON 11:30a Find Balance 10a —Cancelled Table Tennis 11:15a South Rm Mahjong 1p Music & Movement 1p Cancelled	13 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Tai Chi 12:30p Healthier You 12p
16 Urban Explorers 10a (L) Fusion Fitness 10a Asian Art 11a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	17 Golden Rollers Int. 10a Find Balance 10a Palette Club 10a Art w/ Nikki 11a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	18 Asian Art 11a Fusion Fitness 10a Core & Restore 11a Handicraft Meet-up 12:30p LSACAB Meeting 1p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Yin Yoga 6:45p	19 Blue Genie 9:30a (L) Find Balance 10a Movie: Dog's Purpose 11a Table Tennis 11:15a Mahjong 1p Music & Movement 1p	20 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Pour Set Glow 11a Last Day Pecan Sales
23 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	24 CLOSED FOR HOLIDAY	25 CLOSED FOR HOLIDAY	26 Find Balance 10a Table Tennis 11:15a Mahjong 1p Music & Movement 1p Cancelled	27 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a
30 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	31 Find Balance 10a BeMused Literati 1:30p Line Dance 1:30p January 2025 Registration Day	<div>DECEMBER 2024</div> <div>Class listing & PG info are subject to change due to business needs.</div> <div>(L) = LOTTERY</div>		

LSACAB PECAN SEASON
Continues to Dec 20th—SALES
To Jan 25, 2025—CRACKING
See page 8 for more info

LAMAR SAC ADVISORY BOARD SPONSORED

Holiday Luncheon

Thursday, December 12th
11:30am - 1:00pm
Fee: \$8

Please register and pay the Volunteer Desk

See page 12 for more information



TRIPS & SPECIAL PROGRAMS

Trip: Ballet Austin's the NUTCRACKER - Lottery

Step into the winter season with the stunning 62nd annual performance of The Nutcracker—the longest-running production of this beloved holiday classic in Texas! It remains a beloved holiday tradition, enchanting their audiences with its dazzling sets, costumes, and characters. Depart from SAC-Lamar.

<u>Day</u> THUR	<u>Dates</u> 12/5	<u>Time</u> 6:30p
<u>Fee</u> \$3/\$4 snacks	<u>Class Size</u> 12	<u>Activity #</u> 246234-01

<u>Day</u> MOIN	<u>Dates</u> 12/9	<u>Time</u> 4:30p
<u>Fee</u> \$3/\$4 \$39 +	<u>Class Size</u> 12	<u>Activity #</u> 246234-03

Cuisine Crew: PERRY's Steakhouse & Grille - Lottery

Join us for a memorable dining experience with a sophisticated atmosphere and exceptional service. Perry's offers a special Senior Menu featuring a delicious 3-course meal for just \$39 (**drink, tax, and gratuity not included**). Feel free to dress up and make the outing even more special. Departure from SAC-Lamar.

Hike: w/a Ranger - Lottery

We're off for another hike this time to Spicewood Valley Trail. A nice greenbelt hike that has some rolling hills. This is a well-maintained trail that leads through a beautiful forest and passes by a small cascading waterfall.

Level II-III . Expect to hike about 3 miles. We'll reward our hard work afterwards with lunch at Phil's Icehouse. Departure from SAC-Lamar.

<u>Day</u> MON	<u>Dates</u> 12/9	<u>Time</u> 10a
<u>Fee</u> N/A lunch	<u>Class Size</u> 12	<u>Activity #</u> 246234-02

<u>Day</u> TUE	<u>Dates</u> 12/16	<u>Time</u> 10a
<u>Fee</u> \$2.50 RT bus fare	<u>Class Size</u> 12	<u>Activity #</u> 246234-04

Urban Explorers: CASA NEVERLANDIA - Lottery

We are heading downtown via city bus to tour a quirky, unique house designed and created by local artist James Talbot.- Neverlandia. Talbot's work has been described as one of delight and magical whimsy. After the tour, there will be time to take pictures of art murals and shop South Congress Avenue stores. Then we will head to Guero's Taco bar for lunch before heading home. Plan to walk about 1-1/2+ miles. Tour Admission is \$10 plus lunch cost. Departure from SAC-Lamar.

Trip: BLUE GENIE ART BAZAAR - Lottery

The Blue Genie Art Bazaar is a popular annual holiday market in Austin, featuring handmade art and crafts by local artists. With unique jewelry, clothing, home decor, and more, it's the perfect place to find one-of-a-kind gifts while supporting the local creative community. Afterwards we will have lunch at VIVO. Departure from SAC-Lamar.

<u>Day</u> THUR	<u>Dates</u> 12/19	<u>Time</u> 9:30a
<u>Fee</u> \$3/\$4 lunch	<u>Class Size</u> 12	<u>Activity #</u> 246234-05

SPECIAL PROGRAMS

LSAC HOLIDAY LUNCHEON

Join us for our Annual Holiday Luncheon, hosted by the Lamar SAC Advisory Board! Enjoy a festive catered meal from La Madeleine along with choir and line dancing performances.

Important: To secure your spot, please register and pay the

\$8 fee in person by Friday, December 6th, 2024

at the **Volunteer Desk (Mon-Thurs, 9 AM–3 PM; Fri, 9 AM–1 PM)**. Registration is on a first-come, first-served basis. Payment must be made in person (**no phone registrations or payments** will be accepted). Your registration will be confirmed once payment is received.

There will be **no walk-ins** for this event and **no refunds** if you can't attend. Payment will be considered a donation to the Advisory Board.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	12/12	11:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$8	65	N/A



GOLDEN ROLLERS Morning Ride

We are back on our bikes pedaling around the Boggy Creek. Expect about a one-hour ride around the trails and surrounding neighborhoods. This is an all-levels ride. Afterwards enjoy a picnic lunch outdoors

depending on weather, or we'll go into the Conley Guerrero Recreation Center.

Meet at Conley Guerrero 808 Nile St. by 9:45a.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	12/3	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	9	246105-19

GOLDEN ROLLERS Intermediate Ride

Let's get on our bikes with Ghisallo Cycling and enjoy the outdoors.

Expect a longer ride around the trails and going into neighborhoods.

This is an intermediate ride that will include a stop at a food truck for replenishing energy. Meet at Conley Guerrero, 808 Nile St. by 9:45a.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	12/17	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246105-

MUSIC & MOVEMENT

No Class 12/26

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!

Instructor: Skye McManus

<u>Day</u>	<u>Date</u>	<u>Time</u>
THUR	*12/5-2/27	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246203-47

LSACAB FUNDRAISER

CELEBRATE PECAN SEASON WITH US!

Lamar Senior Activity Center Advisory Board Annual Fundraiser

Pecan Cracking

Drop Off & Pick Up hours:
Monday, Wednesday, Friday 10a-2p
Still Only \$0.50/lb

November 4, 2024 – January 25, 2025
(excluding COA holidays)



Nut & Honey Sales

Holiday Baking & Gift Shopping!
Monday-Thursday 9a-3p, Friday 9a-1p
November 4 – December 20, 2024
(excluding COA holidays, limited product availability)

More details available on our fundraising flyer available at LSAC.

All forms of payment accepted, but credit cards are preferred. Make checks payable to "Senior Activity Center".

This is a fundraiser offered and performed by volunteers with all proceeds benefiting LSAC programs.

We appreciate your support!

Lamar Senior Activity Center (LSAC) Advisory Board

VOLUNTEERS NEEDED!



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Volunteer to operate pecan cracking machines, sell nuts and provide customer service for the November-January fundraiser. For more information and/or to sign up, stop by the lobby desk or call 512-978-2480 and leave your contact information or send an email to lsacboard1@gmail.com. A board member will contact you. Join the fun and comradery of working for a common cause that benefits programs at LSAC. Better yet, volunteer to become an advisory board member!

ENRICHMENT

<u>Day</u> TUE	<u>Dates</u> 12/10	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-54

TECH TIME *Help for all!*

All questions welcome!! Come work with Brent Johnson with the Austin Central Library and bring all questions regarding your devices, laptops, tablets and phones. Please see Laura or Leti to set up a 30-minute slot appointment beginning at 11am thru 1pm.

<u>Day</u> FRI	<u>Dates</u> 12/13	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246211-32

A Healthier You: What are GMOs and Why Should We Care?

A GMO, or genetically modified organism is a plant, animal or organism that has been altered through biotechnology. Some of the unexpected results can be allergic reactions, immunosuppression and loss of nutrition. Come find out why we should care and learn more about GMO's in this talk with Nutrition Specialist, Jean of Natural Grocers

MOVIES

LAST HOLIDAY PG-13 2023 Ron/Com, 1h 52m



The discovery that she has a terminal illness prompts introverted saleswoman Georgia Byrd (Queen Latifah) to reflect on what she realizes has been an overly cautious life. So, Georgia withdraws her life savings and jets off to Europe where she lives like a millionaire. Always upbeat and passionate, Georgia charms everybody she meets. The only thing missing from her life is a love life.

<u>Day</u> THUR	<u>Dates</u> 12/5	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-59

A DOG'S PURPOSE PG 2017 Drama, 2h 0m

<u>Day</u> THUR	<u>Dates</u> 12/19	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-60

A devoted dog (Josh Gad) discovers the meaning of its own existence through the lives of the humans it teaches to laugh and love. Reincarnated as multiple canines over the course of five decades, the lovable pooch develops an unbreakable bond with a kindred spirit named Ethan (Bryce Gheisar). As the boy grows older and comes to a crossroad, the dog once again comes back into his life to remind him of his true self.



*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	*12/2-2/27	11:15a-12:45p
THUR	*	11:15a-12:45p
Fee	Class Size	Activity #
N/A	20	246103-43
Days	Dates	Time
WED	*12/4-2/26	4:15p-5:15p
Fee	Class Size	Activity #
N/A	20	246103-44

Day	Dates	Time
MON	*12/2-2/24	12:30p
Fee	Class Size	Activity #
N/A	12	246950-1

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**.

Game Leader: Carolyn Rickard, LSAC Volunteer

Day	Dates	Time
TUE	12/3 & 17	12:45p
Fee	Class Size	Activity #
N/A	16	246950-2

Day	Dates	Time
FRI	*12/6-2/28	10a
Fee	Class Size	Activity #
N/A	20	246950-4

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

American Mah Jongg version with a card.

Experienced players are welcomed. This is not a taught game.

Please come to observe anytime.

Day	Dates	Time
THUR	*12/5-2/27	1p
Fee	Class Size	Activity #
N/A	20	246950-3

*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> *12/3-2/25	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246216-26

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.

<u>Day</u> WED	<u>Dates</u> *12/4-2/26	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-25

AUSTIN PALETTE CLUB

The Austin Palette Club meets 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.
Guests are welcome

<u>Day</u> TUE	<u>Dates</u> 12/10 & 17	<u>Time</u> 10a -1p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246508-15

VINTAGE VOICES

Come sing alongside your friends with at Lamar-SAC's vintage voices. No experience necessary – all voices welcome. Come join us to raise our voices in joyful singing. Singing stimulates the right and left-brain functions. Come along and just have some good old fun and laughter with friends and raise your vibration.

<u>Day</u> WED	<u>Dates</u> 12/4	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246207-64

*SOCIAL GAMES

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

NEW Class

"Hand & Foot" CANASTA Fridays

Canasta is a form of rummy using two full decks in which players or partnerships try to meld groups of three or more cards of the same rank and score bonuses for 7-card melds. New and experienced players welcomed.

<u>Day</u> FRI	<u>Dates</u> *12/6-2/28	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246950-5

Lamar Senior Activity Center Advisory Board Annual Fundraiser

2874 Shoal Crest, Austin, Texas 78705 512-978-2480

CELEBRATE PECAN SEASON WITH US!

Pecan Cracking

November 4, 2024 – January 25, 2025

(excluding COA holidays)

Monday, Wednesday, Friday 10a-2p

Still Only \$0.50/lb.



Beat the squirrels!

All pecans must:

- Be in brown paper bags no heavier than 20 lbs. each,
- Not have hulls, leaves, sticks etc., in the bag (clean product) and
- Be separated by size (no mix of small, large, etc. in one bag).

- Pickup turnaround is determined by the amount of pecans waiting to be cracked. This varies from 1 hour to 3 days.
- Pecans are cracked, but not shelled.

Nut & Honey Sales – Holiday Gift Shopping!

Monday-Thursday 9a–3p Friday 9a-1p

November 4 – December 20, 2024 (excluding COA holidays)

Pecans & Nut Mixes

Pecan Halves	16 oz	\$18
Pecan Pieces	16 oz	\$17
In Shell "Whole" 5# bag.		\$30
Cracked Pecans 5# bag		\$35
Dark Chocolate Covered		\$15
Milk Chocolate Covered		\$15
Chocolate Amaretto		\$15
Chocolate Caramel		\$15
Premium Tree Nut Mix		\$12
Fancy Fruit & Nut Mix		\$9
Healthy Hill Country Mix		\$9
Mt. Bonnell Snack Mix		\$9
Trail Mix		\$8

Sassy Bees Honey Products

Wildflower Honey	10 oz	\$12
Pecans in Honey	9 oz	\$14
Honey Lip Balm		\$5
Lotion Stick		\$10
Bee's Wax Votive Candle		\$8
Gift Boxes Assorted		\$45



- ❖ Taste of Texas
 - Two Honeys, Scrub, Face Mask
- ❖ Sweet Spa Day
 - One Honey, Scrub, Face Mask, Lotion Stick
- ❖ Light of Texas
 - Pecans in Honey, Candle, Honey Lip Balm

Shop early for the best selection!

All forms of payment accepted, but credit cards are preferred. Make checks payable to "Senior Activity Center".

We appreciate your support!

This is a fundraiser offered and performed by volunteers with all proceeds benefitting LSAC programs.



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.

LAMAR SAC ADVISORY BOARD SPONSORED

Holiday Luncheon

Thursday, December 12th

11:30am - 1:00pm

Fee: \$8

Please register and pay the Volunteer Desk

****See page 12 for more information****

ENVIRONMENTAL LECTURE

2024 LUNCHTIME LECTURE SERIES

by Dr. Kevin M. Anderson, Austin Water CER

Thursday, Dec. 5th
2024 Final Lecture

MANAGEMENT of AMERICAN NATURE END OF NATURE

Day	Dates	Time
THUR	12/5	12p
Fee	Class Size	Activity #
N/A	25	246211-31

December topic: Prospective Ecology, Gaia and the Anthropocene

The final lecture to review **2024**'s journey through the four concepts and look forward to the new prospective, dynamic vision of nature grounded in the emerging understanding of Earth's resilient ecology in this age of humans, the Anthropocene.

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

Bring your lunch to enjoy while listening to the lecture.

Center for
Environmental
Research at Hornsby Bend





LAMAR SENIOR ACTIVITY CENTER STAFF

John “JT” Harros, Program Supervisor
Marissa Vasquez, Program Specialist
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds
Assistant
Laura Adams, Instructor-Activity Specialist
Jennifer Taylor, Instructor
Jaya Zyman, Instructor
Barbara Garcia, Outreach Coordinator
Kelly Maltsberger, CPRP, Program Manager

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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.