

**JULY
2024**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



HAPPY
4th
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 for 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 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 4th of July



REMINDERS & FEE INFO

NEW YEAR = NEW WAIVER

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

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

REGISTRATION

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

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

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

New session will be for JUNE—AUGUST.

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

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

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

Credit Card Payments ONLY -- No Refunds for Paid Programs

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

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

REGISTRATION INFORMATION

JULY 2024 REGISTRATION BEGINS

Tuesday, June 25, 2024 at 9:30am

and will be entered by the time received.

ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 6/25/24, hours:

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



WALK-IN During registration hours listed above

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



CALL 512.978.2480

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

EMAIL lamarsenioractivitycenter@austintexas.gov

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

For several years, the LSAC Advisory Board and the Guild Board have donated to and assisted with sponsoring the Family Eldercare Summer Fan Drive at our Center. At our May meeting, the LSAC Advisory Board voted to make a \$500 donation. We will also vote on a donation at our Guild Board meeting on July 10th.

“Family Eldercare was founded in 1982 by two women with a groundbreaking idea: develop resources and training for families caring for their aging loved ones.” They had a vision, and they saw needs that were being unmet. For over 42 years, Family Eldercare has continued to grow, develop new programs, and provide services to meet the needs of those communities and others in the Central Texas area.

One of their earliest programs was the Summer Fan Drive. They saw a need to “provide lifesaving fans to persons without AC and at risk.” Today, with the help of sponsors like KXAN, St. David’s Foundation, HEB, and many others, they now distribute fans to over 10,000 people across 13 counties in the Central Texas area.

You can go to Family Eldercare’s website and see all the wonderful programs and services they offer. Additionally, you can make a donation to the fan drive there at [Home - Family Eldercare](#).

You can also make a donation online at the KXAN website under their Simple Health Programs at [Family Eldercare Summer Fan Drive: How you can donate \(kxan.com\)](#).

The LSAC Advisory Board and Guild Board will be accepting fans, as donations at our front volunteer desk all summer. I’ll be delivering fans to their main office as we receive them on a weekly basis. Thank you in advance for your continued support.



Guild Board Notice:

The Guild Board will have its annual meeting on Wednesday, July 10th at 1:00 pm at the LSAC and on Zoom. Everyone is welcome!

LSACAB Notice:

Please remember the Advisory Board will not meet again until September 11, 2024, at 1:00 pm. You can reach us by email at lsacboard1@gmail.com or catch us in person at the Center.

2024 TRIPS WITH COLLETTE TRAVEL!

ISLANDS OF NEW ENGLAND

SEPTEMBER 20-27, 2024

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

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

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



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



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

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| <div>1</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Open Cards: 1:30p Yoga Flow 5:30p</div> | <div>2</div> <div>Find Balance 10a Water Aerobics 10a (L) Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p</div> | <div>3</div> <div>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 Pilates 5:30p New: Modern Physics 7p</div> | <div>4</div> <div>CLOSED FOR HOLIDAY</div> <div></div> | <div>5</div> <div>Zumba Gold 9:30a CANCEL Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p</div> |
| <div>8</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p</div> | <div>9</div> <div>Find Balance 10a Water Aerobics 10a (L) Tech Time 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p</div> | <div>10</div> <div>Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSAC Guild Bd. Meeting 1p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p New: Modern Physics 7p</div> | <div>11</div> <div>Find Balance 10a Cuisine Crew: Louisiana Longhorn Café 10:30a (L) Movie: Unfrosted 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Mahjong 1p</div> | <div>12</div> <div>Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Healthier You: Fight Inflammation 12p Tai Chi 12:30p</div> |
| <div>15</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Master Class: One Sheet Wonder Cards 1:30p Yoga Flow</div> | <div>16</div> <div>Find Balance 10a Water Aerobics 10a (L) Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p</div> | <div>17</div> <div>AARP Driving Class 9a Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club: 1:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p New: Modern Physics 7p</div> | <div>18</div> <div>Urban Explorers: Bob Bullock Museum 9:30a Find Balance 10a Fun Time Bingo 11a Table Tennis 11:15a Mahjong 1p</div> | <div>19</div> <div>Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p</div> |
| <div>22</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p</div> | <div>23</div> <div>Find Balance 10a Water Aerobics 10a (L) Suds & Smiles 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p</div> | <div>24</div> <div>Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club: 1:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p New: Modern Physics 7p</div> | <div>25</div> <div>Find Balance 10a Table Tennis 11:15a Mahjong 1p Shake Rattle & Scoop 1p</div> | <div>26</div> <div>Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p</div> |
| <div>29</div> <div>Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Crafty Cards: Stamp Coloring Techniques 1:30p Yoga Flow 5:30p</div> | <div>30</div> <div>Find Balance 10a Water Aerobics 10a (L) Trip: Alamo Drafthouse 11a (L) Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p</div> | <div>31</div> <div>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 New: Modern Physics 7p</div> | <div>LAMAR SENIOR ACTIVITY CENTER</div> <div>JULY</div> <div>2024</div> | |

SUMMER BREAK!

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

LSACAB Meetings

Austin Acoustical Café

Bring Seniors Together

Palette Club

Golden Rollers

Hike w/Ranger

AARP Safe Driver —Not in August



Remember and Honor

Class listing & PG info are subject to change due to business needs.



*~HEALTH & WELLNESS

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



FUSION FITNESS

Monday and/or Wednesday

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

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

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

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

FIND BALANCE

Tuesday and/or Thursday

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

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

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

HYBRID EXERCISE CLASSES — * Registration Required for all Zoom classes

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

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

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

*~HEALTH & WELLNESS

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

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

T'AI CHI

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

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

2024 SESSION for all Tai Chi classes

will begin the week of

June 24th thru August 2nd

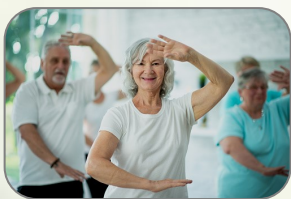
REGISTRATION BEGAN on June 18th

Fees (credit card only)

\$30 1x week

\$40 2x week

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



T'AI CHI –Advanced

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

This class requires a 6-week commitment.

Sessions and fees same as listed above.

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

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

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

LINE DANCE – Beginner and all levels welcome

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

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



NO CLASS 7/5

ZUMBA GOLD

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

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

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

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



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

*~HEALTH & WELLNESS

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



YOGA FLOW

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

Practice sun salutations, find balance and peace.

All levels are welcome!

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

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

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

CORE AND RESTORE

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

The class uses foam rollers, yoga therapy balls, and bands for releasing the tension, lengthening the muscles, and targeting tight areas. Registration is required.

Instructor: Jennifer Taylor, LSAC, Certified Fitness Trainer



PEACEFUL YOGA

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

and flexibility.



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

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

EVENING (MAT) PILATES

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

Some Pilates experience is helpful.

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

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

CREATIVE ARTS



OPEN CARD DESIGN

No Instruction *Play on your creative side!*

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

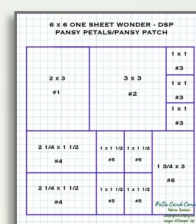
LSAC Volunteers, Myr and Marianne will be available to answer questions.

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| MON | 7/1 | 1:30p |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 10 | 246500-89 |

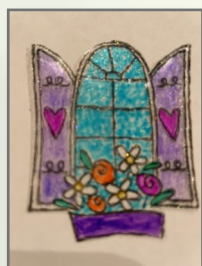
| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| MON | 7/15 | 1:30p |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 6 | 246500-91 |

MASTER CLASS - One Sheet Wonder Cards

Are birthdays and celebrations piling up and you need cards? This master class will explore ways to get the most out of one sheet of 6x6 inch patterned paper to create multiple cards quickly.



This is a MASTER class; you must have attended previous instructional card crafting classes to register. Instructors: LSAC Volunteers Marianne and Myr



CRAFTY CARDS –Stamp Coloring Techniques

Have you ever wondered how to incorporate beautiful stamps into your cards? Michelle Lee, a card crafter and a class participant, will share her expertise in using different techniques to color stamps.

Instructors: LSAC Volunteers Marianne and Myr

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| MON | 7/29 | 1:30p |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 8 | 246500-92 |

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| TUE | 7/23 | 11a-12p |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 12 | 246500-90 |

SUDS & SMILES: A Beginner's Soap Making Class

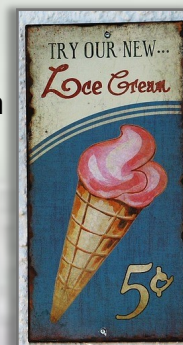
Get ready to lather up your creativity in our soap making class! This class is perfect for beginners, so no worries if you've never touched a soap mold before. Get ready to mix, pour, and swirl your way to beautifully fragrant bars of soap. All supplies will be provided.

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| THUR | 7/25 | 1p |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 65 | 246900-66 |

SHAKE, RATTLE, and SCOOP

Get ready to twist and shout as we transport you back in time to an era of poodle skirts, slicked-back hair, and the coolest tunes! Join us for a sweet soirée filled with creamy delights and retro vibes! We will have ice cream to accommodate all tastes and allergens.

Please register with our Front Desk volunteers.



TRIPS

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|--------------------|-------------------|-------------------|
| THUR | 7/11 | 10:30a |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| \$3/\$4 + Lunch | 12 | 246229-01 |

CUISINE CREW: Louisiana Longhorn Cafe - Lottery

Craving Cajun food? Join us for some of the best Cajun food west of the Sabine River in Round Rock, Texas! Louisiana Longhorn Café was established in February 2003 by Ray & Melinda Overstreet. They are Louisiana natives and wanted to bring some authentic Cajun food to Texas! Afterwards, we will make a quick stop at Round Rock Donuts. Meet in LSAC Lobby.

Lottery - URBAN EXPLORERS: Bob Bullock Museum

Carros y Cultura, Lowriding Legacies in Texas

We will take the CapMetro Bus to the Bob Bullock Museum where we will explore the Carros y Cultura exhibit which introduces visitors to the rich culture that is Texas lowriding. Snacks and drinks can be purchased onsite at the Star Café. Please note that participants will be walking around 1 to 1.5 miles. Meet in LSAC Lobby.

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|-------------------------|-------------------|-------------------|
| THUR | 7/18 | 9:30a |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| \$2.50 bus + \$11 | 12 | 246229-02 |

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|-------------------|-------------------|-------------------|
| TUE | 7/30 | 11a |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| \$3/\$4 +Movie | 12 | 246229-03 |

Lottery - ALAMO DRAFTHOUSE

Join us for a movie and some good eats while we escape from the heat at the Alamo Draffhouse. Movie is To Be Determined closer to said date. Movie ticket \$7 and cost of food or snacks at the Draffhouse. Meet in LSAC Lobby.

SPECIAL PROGRAMS

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| TUE | 7/2-7/30 | 10a |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 16 | 246105-14 |

WATER AEROBICS at Mabel Davis Pool - Lottery

Tuesday at 10am

We are so excited to bring back Water Aerobics for this summer! Get your swimsuit and hat ready and meet us at the Mabel Davis Pool at 3427 Parker Lane. This class is always a lot of fun, a great low impact work out and also a lot of laughs.

A HEALTHIER YOU - Fight Inflammation 101

With Jean Romeu, Nutritional Health Coach
Discover the good, the bad and the ugly side of inflammation. However, you can tame your internal flames and find better balance by making small changes to lifestyle, diet and environment. Find more relief and less puffiness.

| <u>Day</u> | <u>Dates</u> | <u>Time</u> |
|------------|-------------------|-------------------|
| FRI | 7/12 | Noon |
| <u>Fee</u> | <u>Class Size</u> | <u>Activity #</u> |
| N/A | 15 | 246211-15 |

ENRICHMENT & MOVIE

| | | |
|-------------------|------------------------|--------------------------------|
| <u>Day</u> TUE | <u>Dates</u> 7/9 | <u>Time</u> 11a |
| <u>Fee</u> N/A | <u>Class Size</u> 8 | <u>Activity #</u> 246201-46 |

TECH TIME *Help for all!*

All questions welcome!! Come work with Brent Johnson with the City of Austin Central Library and bring all questions regarding your devices, laptops, tablets and phones. In a private or small group setting, he can help you trouble shoot and set you up to better utilize and learn how to

use your devices, add Facebook or Instagram or whatever questions you have.

Please see Laura or Leti to set up a 30-minute slot beginning at 11am thru 1pm.

MODERN PHYSICS - Summer Session

Everyone welcome to learn a little more about how our universe works.

Join longtime volunteer, Linda Fugate and discuss popular physics topics such as black holes, parallel universes, quantum entanglement and more! No prior knowledge needed, just an open mind.

Come have some fun and work on brain power .

| | | |
|-------------------|--------------------------|--------------------------------|
| <u>Day</u> WED | <u>Dates</u> 7/3-8/28 | <u>Time</u> 7p |
| <u>Fee</u> NA | <u>Class Size</u> 12 | <u>Activity #</u> 246207-56 |

| | | |
|--------------------|-------------------------|--------------------------------|
| <u>Day</u> THUR | <u>Dates</u> 7/18 | <u>Time</u> 11a |
| <u>Fee</u> N/A | <u>Class Size</u> 19 | <u>Activity #</u> 246211-16 |

LAMAR SAC FUN TIME BINGO - Lottery

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



VINTAGE VOICES

We are so happy to welcome Debra back for 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.

| | | |
|-------------------|---------------------------|--------------------------------|
| <u>Day</u> WED | <u>Dates</u> 7/3,17,31 | <u>Time</u> 11a |
| <u>Fee</u> N/A | <u>Class Size</u> 8 | <u>Activity #</u> 246207-57 |

| | | |
|-------------------|--------------------------------|--------------------------------|
| <u>Day</u> WED | <u>Dates</u> 7/17 & 7/24 | <u>Time</u> 1:30p |
| <u>Fee</u> \$5 | <u>Class Size</u> ?? | <u>Activity #</u> 246207-58 |

BOOK CLUB - "We Must Not Think of Ourselves"

A heart-rending story of love and defiance set in the Warsaw Ghetto, based on the actual archives kept by those determined to have their stories survive World War II. Inspired by the testimony-gathering project with the code name Oneg Shabbat, Author Grodstein draws readers into the lives of

people living on the edge. A limited number of books will be available to check out.

See Leti to get one, first come first serve. Please bring a snack or dish to share.



UNFROSTED PG-13 2023 Drama, 1h 33m

Great cast of characters in this comedy including Jerry Seinfeld and Melissa McCarthy. In 1963, Kellogg's and Post, sworn cereal rivals, race to create a pastry that will change the face of breakfast forever. Hence the pop tart is discovered!

| | | |
|--------------------|------------------------|--------------------------------|
| <u>Day</u> THUR | <u>Dates</u> 7/11 | <u>Time</u> 11a |
| <u>Fee</u> N/A | <u>Class Size</u> 8 | <u>Activity #</u> 246901-47 |

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

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

MEXICAN TRAIN DOMINOES

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

Come learn to play and meet new friends every Monday.
Group Leader: Claudia Savio, LSACAB Member & Volunteer



BUNCO

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

Game Leader: Carolyn Rickard, LSAC Volunteer

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

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

RUMMIKUB

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

Group Leader: Claudia Savio, LSACAB Member and Volunteer



MAH JONGG

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

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

*GROUP MEETINGS

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

BEMUSED LITERATI - Writers Group

A support group and friendship circle more than a workshop. Open to new members or people wishing to see if we are a good fit for their wants or needs.

Hopefully you enjoy writing in some genre.

Group Leader: Martin Mayland

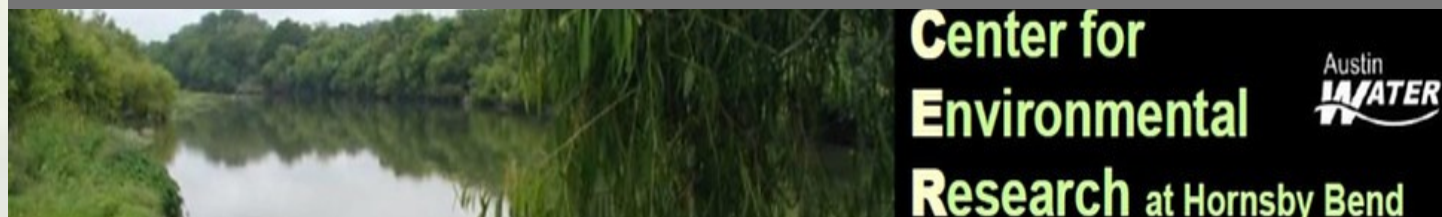
| Day | Dates | Time |
|-----|------------|------------|
| TUE | *6/4-8/27 | 1:30p |
| Fee | Class Size | Activity # |
| N/A | 12 | 246216-24 |

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

HANDICRAFT MEET-UP

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

ENVIRONMENTAL LECTURE



2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

SCIENCE and AMERICAN NATURE

AMERICAN ECOLOGY

July topic: Stability, Integrity and Leopold's Legacy

Untangling of the history of American ecology and an assessment of how the idea of the balance of nature has shaped our American ideas of nature.

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

Bring your lunch to enjoy while listening to the lecture.

| Day | Dates | Time |
|------|------------|------------|
| THUR | 7/11 | 12p |
| Fee | Class Size | Activity # |
| N/A | 25 | 246211-14 |

| Day | Dates | Time |
|--------------------------------|------------|------------|
| WED | 7/17 | 9a-1:30p |
| Fee | Class Size | Activity # |
| Pay \$20/\$25 To Instructor | 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 Wednesday of most months.

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



LAMAR SENIOR ACTIVITY CENTER STAFF

John "JT" Harros, Program Supervisor
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
Paulina Guerrero, Activity Specialist
Kelly Maltsberger, CPRP, Program Manager

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

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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.