

**JANUARY  
2024**

# PROGRAM GUIDE

## Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



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



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

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# CENTER INFORMATION

## 2 HOLIDAY CLOSURES

Monday January 1st

Monday January 15th

[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 1/1/2024 & 1/15/2024**



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

Waiver and ensure your information is current.





## REMINDERS & FEE INFO

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

H A P P Y   N E W   Y E A R

### 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 December 2023 - February 2024.

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

*Once you register, then no need to register until February 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.

**LOTTERY INFORMATION ON PAGE 11**

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



# REGISTRATION INFORMATION

## JANUARY REGISTRATION BEGINS

**Wednesday, December 27, 2023 at 9:30am**

and will be entered by the time received. See Lottery Info on pg. 11 for specific trips info.

**ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 12/27/2023, 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

### Best Wishes to you in the New Year from the LSAC Advisory Board.

The great LSAC City staff, along with LSAC Advisory Board, are busy planning and scheduling new programs, events, and classes so be sure and check out the January program guide.

Remember, to participate in and enjoy what's coming in 2024, you need to renew or update your LSAC waiver form. It's important that PARD staff have your current address and phone number as well as your emergency contacts on file at the center, since it's a City of Austin facility. A 2024 waiver is required for participation in all programs, classes, and events offered.

The LSAC Advisory Board and volunteers generously support the center. A \$10 donation to the Advisory Board helps LSAC keep programs offered at no cost, or low cost to you. The Advisory Board offers participants the option of receiving the monthly program guide via email or regular mail. If you choose either of these options, you must renew in January to receive the February and remaining monthly program guides for 2024. The fee for e-mail is \$15 and for mail is \$25 and you'll be set for another year.

With 2024 in mind, we are going to start highlighting a different program, and class offered at or through the center each month. We begin with the **BeMused Literati Writers Group**.

The group has been meeting at the center for over ten years. As generally described by group leader Martin Mayland, it's more than a support group and friendship circle than a workshop. The group is always open to people wishing to see if it's a good fit for their literary wants or needs, and to see if you enjoy writing in some genre.

Martin also noted that they exist to encourage the writer in you. Members typically write a piece in any genre such as memoir, short story, or poetry and share their creations with the group during the meeting. Gentle critique may ensue. While writing is encouraged, it is not required for participation.

We are proud to report that one of the groups' members, Mary Houston, has recently completed and published her book: Cedar Scrub Memoirs: A Teacher's Tale. Another member, John Daniewicz is in the final phase of completing his book for publication: Breathing with Trees: Getting to the Roots of Happiness. How exciting for both authors!

*Whatever your interests are*, we look forward to your being a part of our welcoming and wonderfully diverse community.

### Wishing you the best in 2024 and beyond.

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

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

Payment is good for the 2024 calendar year, midyear payments are not prorated.



**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> *12/4-2/26	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-62
<u>Day</u> WED	<u>Dates:</u> *12/6-2/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-63

<u>Day</u> TUE	<u>Dates</u> *12/5-2/27	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-59
<u>Day</u> THUR	<u>Dates</u> *12/7-2/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-60

## 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> *12/1-2/23	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246304-38

## 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# 246903-96
- \* FIND BALANCE    T & Th    10a    Activity# 246903-97
- \* STRENGTH & STRETCH    F    11a    Activity# 246903-98

**\*\* 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> 1/2-2/6	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-87
<u>Day</u> FRI	<u>Dates</u> 1/5-2/9	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-90
<u>Day</u> T & F	<u>Dates</u> 1/2-2/9	<u>Time</u> See T & F
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-88

## 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

**JANUARY 2nd thru February 9th**

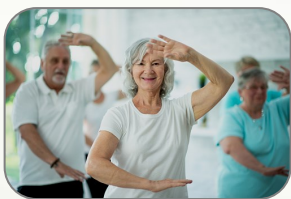
**REGISTRATION BEGINS on December 19th**

**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> 1/3-2/7	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-89

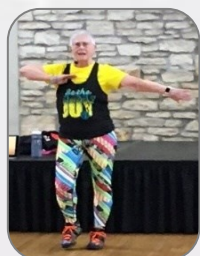
Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

<u>Day</u> TUE	<u>Dates</u> *12/5-2/27	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-27

## 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> *12/1-2/23	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246303-43



**~ 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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*12/6-2/28	11a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246503-51

## 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



## 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	*12/4-2/26	5:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246503-50



## 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	*12/4-2/26	3p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246503-52

## 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	*12/6-2/28	5:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	45	246331-24



# ENRICHMENT

## VINTAGE VOICES - LSAC Choir

1st & 3rd Wednesdays of every month

No experience necessary – all voices welcome. Come Join Debra Erck, past choral director and longtime educator to raises our voices in joyful singing. Stimulate the right and left brain function and just have plain good old fun! This registration is through February 28th.

<u>Day</u> WED	<u>Dates</u> 1/3 & 17 2/7 & 18	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-43

## A HEALTHIER YOU - Talk Series

### Lung Support

<u>Day</u> FRI	<u>Dates</u> 1/5	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-94

Keep your lungs healthy this winter Did you know you breathe about 20,000 breaths per day? Our respiratory system is hard at work every day, it's also one of our first defenses against harmful substances (like microbes & air pollution) and provides detox support. When winter hits and it gets cold and windy, flu and viruses love to shine and get the best of you. Let's not let that happen!

Find out how we can keep our lungs strong and breathing well.

## BOOK CLUB

January's Book Selection is "**The Very Secret Society of Irregular Witches**"

As one of the few witches in Britain, Mika Moon knows she has to hide her magic, keep her head down, and stay away from other witches so their powers don't mingle and draw attention. As an orphan who lost her parents at a young age, she's used to being alone and she follows the rules. Until

someone takes notice, and she finds herself teaching 3 young witches how to control their magic.

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. Fee: for everyone \$5.00

<u>Day</u> WED	<u>Dates</u> 1/10	<u>Time</u> 1:45p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-47

## TECH TIME *help for all!*

<u>Day</u> TUE	<u>Dates</u> 1/16	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-42

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

how to use your devices, add Facebook or Instagram or whatever questions you have. Please see Laura or Leti to set up a .30 minute slot.



## BRINGING SENIORS TOGETHER

### Family Reunion

BST will be held at George Morales Dove Springs Recreation Center!

Join us for some food, fun, games, and good company.

<u>Day</u> THUR	<u>Dates</u> 1/18	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 17	<u>Activity #</u> 286721-06

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT/SUN	
1 HOLIDAY CLOSURE New Years Day 		2 Find Balance 10a Tai Chi Begins 2024 11:30a Pinochle 12:00p Bunco 12:45p BeMused Literati 1:30p Line Dance 1:30p		3 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced Begins 2024 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p		4 Find Balance 10a Movie: Home Alone 11a Table Tennis 11:15a Mah Jong Group 1p		5 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Healthier You - Lung Support 12p Tai Chi Begins 2024 12:30p		6 7	
8 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Card: Miura (Mirror) 1:30p (L) Yoga Flow 5:30p		9 Hike: Walnut Creek 10a (L) Find Balance 10a Palette Club 10a Tai Chi 11:30a Pinochle 12:00p BeMused Literati 1:30p Line Dance 1:30p		10 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSACAB Meeting 1p Book Club 1:45p New Time! Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p		11 Find Balance 10a Craft Time: NY Resolution Cards 10a (L) Movie: Love & Monsters 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Mah Jong Group 1p		12 Zumba Gold 9:30a Rummikub 10a CAPS 10a Strength & Stretch 11a Tai Chi 12:30p		13 Austin Acoustic Café 14	
MLK HOLIDAY CLOSURE MARTIN LUTHER KING JR DAY DAY		16 Trip: San Antonio Zoo 8a (L) Find Balance 10a Golden Rollers Intermediate 10a Palette Club 10a Tech Time 11a Tai Chi 11:30a Pinochle 12:00p Bunco 12:45p Line Dance 1:30p BeMused Literati 1:30p		17 Fusion Fitness 10a MLK Walk 10:30a (L) 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		18 BST Family Reunion 9:30a Find Balance 10a Craft Time: Ribbon Wreath 10a (L) Movie: Family Switch 11a Table Tennis 11:15a Mah Jong Group 1p		19 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p Trip: Les Ballet Trackadero 6:30p 10a (L)		20 21	
22 Urban Explorers: Carver Museum 9:30a Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Crochet for Beginners 1p (L) Card: Open Cards 1:30p (L) Yoga Flow 5:30p		23 Find Balance 10a Tai Chi 11:30a Pinochle 12:00p BeMused Literati 1:30p Line Dance 1:30p		24 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p Trip: Waco Mammoth Museum 7:30a (L)		25 Find Balance 10a Table Tennis 11:15a Mah Jong Group 1p Bingo 1:45p		26 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p  Scan code for Program Guide		27 28	
29 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Master Class: Milk Carton Cards1:30p (L) Yoga Flow 5:30p		30 Find Balance 10a Tai Chi 11:30a Cuisine Crew: Salt Lick 11:30a Pinochle 12:00p Bunco 12:45p BeMused Literati 1:30p Line Dance 1:30p		31 Fusion Fitness 10a Core & Restore 11a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p		LAMAR SENIOR ACTIVITY CENTER JANUARY 2024 Class listing & PG info are subject to change due to business needs.					



# TRIPS - LOTTERY REGISTRATION

## **LSAC Trips and Special Program Lottery System Information**

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

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

**January TRIP LOTTERY REGISTRATION begins at 9:30a 12/27/23,  
will end 1/3/2024 at noon.**

**LOTTERY TRIP RESULTS AVAILABLE AFTER 1/4/2024.**

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

### **GOLDEN ROLLERS**

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	1/16	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246105-7

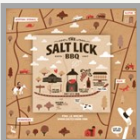
Let's get back on our bikes and pedal around the Boggy Creek.

**Intermediate Ride      Tue Jan 16th**

Longer ride with more miles! Some experience preferred. on the ride.

Meet at Conley Guerrero 808 Nile St. Plan for about 2 hours with lunch at  
a "pit stop"

### **CUISINE CREW: Salt Lick BBQ, Driftwood - Lottery**



Let's go eat some "mouthwatering barbeque"!! Cuisine  
Crew will be visiting Texas! This is a family style restaurant  
with no vegetarian options. Salt Lick is unique because  
they don't use tomatoes in their sauce! They have been in

business since 1967. Seating is indoors but it maybe chilly that day, plan for cooler weather.

Please bring exact cash for the meal \$43, this includes a drink and tip.

Looking forward to this adventure with y'all.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	1/30	11:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$5/\$6	17	246337-07

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	1/22	9:30a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
\$2.50 bus	12	246337-05

### **URBAN EXPLORERS: Washington Carver Museum -**

#### **Lottery**

Let's take the City Bus #5 to the George Washington Carver Museum  
and Cultural Center. We will tour this 36,000 square-foot facility that  
includes four exhibit galleries, theatre dance studio and more. After  
meandering around, we will walk to Papi's Deli for lunch and then hop  
back on Bus #5 to head back to the Lamar-SAC.

Plan on walking about 1.5 miles and getting on and off buses.

# TRIPS & SPECIAL PROGRAMS

## Lottery - HIKE w/ City Park Ranger To Walnut Creek Metropolitan

We'll join our City Park rangers for a Level III hike from Walnut Creek to Balcones District Park. The trail is mostly a paved trail with some mild elevation change, and goes through some nice wooded parkland. We'll enjoy a lunch reward afterwards at Doc's Grill.

<u>Day</u> TUE	<u>Dates</u> 1/9	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246337-01

## SAN ANTONIO ZOO - Lottery

<u>Day</u> TUE	<u>Dates</u> 1/16	<u>Time</u> 8a
<u>Fee</u> \$11/\$12	<u>Class Size</u> 8	<u>Activity #</u> 246337-02

Join LSAC as we go into the wild at the San Antonio Zoo! The zoo holds 7 animal exhibits! Bears, Rainforests, Big Cats, Birds, Amazonian, and Australia! We will be leaving from Conley-Guerrero Senior Activity 808 Nile Street 78702, arrive no later than 8a.m. we will be leaving promptly at 8:30a.m. You will purchase your own tickets at the zoo entrance \$27.

## Lottery - MLK WALK: Pease Park to Town Lake



In honor of Martin Luther King Day, we will be doing a walk through Pease Park to Town lake and back. Pease Park Conservancy is going to meet up with us to do a tour of Kingsbury Commons. The walk will be a level 5. The ground is uneven, has a few steep inclines and will be over 5 miles of walking. We will walk together. Martin Luther King walked 54 miles in 5 days, that's almost 11 miles a day, we will not be doing that, but we will walk with intention just like they did.

<u>Day</u> WED	<u>Dates</u> 1/17	<u>Time</u> 10:30a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246337-03

## Bass Hall: LES BALLE TROCKADERO de Monte Carlo - Lottery

<u>Day</u> FRI	<u>Dates</u> 1/19	<u>Time</u> 6:30p
<u>Fee</u> \$3/\$4	<u>Class Size</u> 9	<u>Activity #</u> 246337-04

Join LSAC for an evening of comedy and classical ballet! Les Ballet is an all-male comic ballet company that does "ballet satire." A fun fact, King Louis XIV "the sun king" only allowed male ballerinas in his performances.



Attached is a video link to check it out! <https://www.youtube.com/watch?v=I0MyFrvaxf0>

## Lottery - Waco MAMMOTH MUSEUM

Join LSAC has we go exploring history at the Waco Mammoth National Monument! It sits within 100 acres of wooded parkland along the Bosque River. Surrounded by oak, mesquite and cedar trees, the site offers an escape from the modern world and provides a glimpse into the lives and habitat of Columbian mammoths and other Ice Age animals.

<u>Day</u> WED	<u>Dates</u> 1/24	<u>Time</u> 7:30a
<u>Fee</u> \$11/\$12	<u>Class Size</u> 8	<u>Activity #</u> 246337-06

Meet at Conley-Guerrero 808 Nile Street 78702, no later than 7:30a.m. We will be leaving promptly at 8a.m. We will be having lunch at the Union Hall which offers a variety of restaurants inside.



# CREATIVE ARTS

<u>Day</u> MON	<u>Dates</u> 1/8	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246500-59

## MIURA CARD (AKA Mirror Card) - Lottery

This is an origami folding technique that shows off interesting angles. Join Myr and Marianne to construct this unique trifold card. Kits will be provided.



## Lottery - CRAFT TIME w/ Jessica New Years Resolution Cards

Join Jessica for some crafting! Jessica is a volunteer from Generation Health Care Inc., that has offered to bring a new craft to our center twice a month. She will be walking you through a thoughtful card process

<u>Day</u> THUR	<u>Dates</u> 1/11	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-60

involving your news resolutions.

## Lottery - CRAFT TIME w/ Jessica Ribbon Wreaths

Join Jessica for some crafting! Jessica is a volunteer from Generation Health Care Inc., that has offered to bring a new craft to our center twice a month. She will teach you how to make beautiful but simple ribbon wreaths.

<u>Day</u> THUR	<u>Dates</u> 1/18	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-61

<u>Day</u> MON	<u>Dates</u> 1/22	<u>Time</u> 1p
<u>Fee</u> \$5	<u>Class Size</u> 8	<u>Activity #</u> 246500-62

## CROCHET FOR BEGINNERS - Lottery

Join Myia and learn how to crochet! This is a beginner class where we will be learning how to hold the yarn and needle and learn the verbiage. All levels are welcome, but this is catered to beginners.



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

You are welcome to make any cards you desire. Bring your ideas. Supplies will be provided. LSAC Volunteers, Myr and Marianne will be available to answer questions.

<u>Day</u> MON	<u>Dates</u> 1/22	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-63

<u>Day</u> MON	<u>Dates</u> 1/29	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 4	<u>Activity #</u> 246500-64

## MASTER CLASS - MILK CARTON BOX - Lottery

Remember those little milk cartons from school lunch days? Join Myr and Marianne to construct these cute containers that can hold treats for any occasion. This is a MASTER class; you must have attended previous instructional card crafting classes to register.





# LSACAB NOTICES

## **Please consider applying to serve on the LSAC Advisory Board**

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

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

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

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

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

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

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

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

**LSAC ADVISORY BOARD meets on JANUARY 10, 2024 at 1p.**

Please submit agenda items for discussion by **Noon on Friday, January 5, 2024** to: Paula Brown, LSACAB President at [lsacboard1@gmail.com](mailto:lsacboard1@gmail.com). Everyone is welcome to attend.

## **Tax Deductible Donation**

Please consider making a tax-deductible donation to [the Lamar Senior Activity Center Advisory Board](#) (LSACAB) before the end of the year. The LSACAB is a tax-exempt, 501(c)(3), organization made up of senior volunteers, which was formed to raise money and support programs offered at, or through the [Lamar Senior Activity](#) Center. You will receive a thank you letter from the LSACAB detailing your donation which can then be used as proof of your charitable contribution for 2023 tax purposes.

***The Board cannot continue to provide the special programs and services offered at the Center at no cost or low cost, without continued volunteer assistance and funding support.***

# MOVIES

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 1/4	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-30

## HOME ALONE PG-13 Comedy/Drama, 1h 42m

When bratty 8-year-old Kevin (Macaulay Culkin) acts out the night before a family trip to Paris, his mother makes him sleep in the attic. After the McCallisters mistakenly leave for the airport without Kevin, he awakens to an empty house and assumes his wish to have no family has come true. But his excitement sours when he realizes that two con men plan to rob the McCallister residence, and that he alone must protect the family home.



## RomCom PG-13 1h 49m LOVE AND MONSTERS

Seven years after the Monsterpocalypse, Joel, along with the rest of humanity, has been living underground ever since giant creatures took control of the land. After reconnecting over the radio with his high school crush, Aimee, Joel begins to fall for her again. As Joel decides to venture out to Aimee, despite all the dangerous monsters that stand in his way.

<u>Day</u> THUR	<u>Dates</u> 1/11	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-31

## FAMILY SWITCH Comedy PG-13 1h 41m

Jess and Bill Walker are doing their best to keep their family connected as their children grow older, more independent, and more distant. When a chance encounter with an astrological reader causes the family to wake up to a full body switch, on the morning of the most important day of each of their lives, can the Walkers unite to land a promotion, college interview, record deal and soccer tryout?



<u>Day</u> THUR	<u>Dates</u> 1/18	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-32

## ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!

AMERICA'S COWBOY COUNTRY **Deposit Deadline 1/4/2024** JULY 11-18, 2024

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

ISLANDS OF NEW ENGLAND

SEPTEMBER 20-27, 2024

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

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

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



Brochures of these destinations are available at the volunteer desk.

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

512-978-2480 or [tripscollette@gmail.com](mailto:tripscollette@gmail.com)

# \*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	*12/4-2/26	11:15a-12:45p
THUR	*12/7-2/29	11:15a-12:45p
Fee	Class Size	Activity #
N/A	10	246103-35
Days	Dates	Time
WED	*12/6-2/28	4:15p-5:15p
Fee	Class Size	Activity #
N/A	10	246103-36

Day	Dates	Time
MON	*12/4-2/26	12:30p
Fee	Class Size	Activity #
N/A	12	246950-82

## 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	*12/5-2/27	12:45p
Fee	Class Size	Activity #
N/A	16	246950-83

Day	Dates	Time
FRI	*12/1-2/23	10a
Fee	Class Size	Activity #
N/A	20	246950-86

## 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



## PINOCHLE

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

All levels welcome!

Day	Dates	Time
TUE	*12/5-2/27	12p
Fee	Class Size	Activity #
N/A	4-6	246950-84

Day	Dates	Time
THUR	*12/7-2/29	1p
Fee	Class Size	Activity #
N/A	20	246950-85

## MAH JONGG

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



# \*GROUP MEETINGS

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

## BEMUSED LITERATI — Writers Group

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

Hopefully you enjoy writing in some genre.

Group Leader: Martin Mayland

<u>Day</u> TUE	<u>Dates</u> *12/5-2/27	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246216-21

## HANDICRAFT MEET-UP

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

<u>Day</u> WED	<u>Dates</u> *12/6-2/28	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-20

## AUSTIN PALETTE CLUB

The Austin Palette Club returning every month on the second and third Tuesday for creative demos and illuminating show and share by local artists.

Looking to spark your creativity? Join us and be inspired.

<u>Day</u> TUE	<u>Dates</u> 1/9 & 16	<u>Time</u> 10a -1p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> N/A

## LAMAR SAC BINGO

Register to play Bingo at Lamar-SAC.

Play up to 3 cards and have a chance to win gift cards and prizes. .

<u>Day</u> THUR	<u>Dates</u> 1/24	<u>Time</u> 1:45p
<u>Fee</u> N/A	<u>Class Size</u> 18	<u>Activity #</u> 246211-96



## 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 each month. Participants are encour-



<u>Day</u> WED	<u>Dates</u> JAN 17 FEB 21	<u>Time</u> 9a-1:30p
<u>Fee</u> Pay \$20/\$25 To Instructor	<u>Class Size</u> 15	<u>Activity #</u> N/A



### **LAMAR SENIOR ACTIVITY CENTER STAFF**

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

### **LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD**

Paula Brown, President  
Yvette Scott, Vice President  
John Camden, Treasurer  
Norma Jost, Secretary  
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.



## The AUSTIN LOUNGE LIZARDS

Opening: Rupert Wates

Saturday, January 13, 2024



## Lamar Senior Activity Center

2874 Shoal Crest Avenue

[Austinacousticalcafe.org](http://Austinacousticalcafe.org)

Doors Open at 6:30pm

Music Starts at 7:00pm

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

# ENVIRONMENTAL LECTURE



**Center for  
Environmental  
Research at Hornsby Bend**



## 2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

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

## 2024 NATURE and the AMERICAN MIND CONCEPTS of AMERICAN NATURE

### January topic: Wild Nature: The New World and Wilderness

Begin the year by exploring four main **Concepts of American Nature** – wild nature, pastoral nature, urban nature, and the emerging concept of a new nature in the Anthropocene.

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	1/11/2024	12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	25	246211-95