

FEBRUARY 2026 Program Guide



Lamar Senior Activity Center

512.978.2480

2874 Shoal Crest Avenue

Join the Fun Activities!



Front Cover Credits:

CELESTIAL BEINGS (no longer here)
Confabulating Orbits – Convention Center, 1996, Ben Livingston
Astron – Temp 2018, Nordstrom & Krsko
Beacon of Hope Memorial Sculpture – 2009, Garanzuay & Arismendi
All are AIPP sculptures.

Center Information

The Lamar Senior Activity Center (LSAC) opened in 1978 and was the first City of Austin Parks and Recreation 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!

To participate at the Lamar Senior Activity Center, all participants are required to complete a waiver. To receive a program guide by email or mail, please see the Volunteer Desk.

Hours of Operation

Subject to change due to business needs, safety, etc.

Monday & Wednesday 8:30 a.m.-8:30 p.m.

Tuesday & Thursday 8:30 a.m.-4 p.m.

Friday 8:30 a.m.-2:30 p.m.

What's Inside

- Registration Information
- Varsity Generations Programs
- Health & Wellness
- Calendar of Events
- Creative Arts
- Trips
- Enrichment
- Movies
- Special Events
- Group Meetings
- Social Games

Reminders & Fee Info

We've updated how registration works for some of our most popular programs!

Lottery Registration

To give everyone an equal chance, several programs now use a lottery system. There's no need to rush—just submit your registration form, and you'll be notified by email or phone if you're selected for the class or program.

General Registration Details

- Registration is required for all classes, events, and activities (including Zoom).
- Ongoing programs such as exercise classes, social games, and group meetings have a 3-month registration period.
- The next session runs December 2025 - February 2026 and new registrations will be accepted throughout those months.
- Once you register, you won't need to register again until March 2026.
- All participants will fill out a 2026 LSAC Participant Waiver in January

After You Register

You'll receive a receipt confirming whether you're enrolled, on the waitlist, or in lottery status.

- If you're on the waitlist, LSAC staff will contact you when a spot opens.
- You'll need to confirm your spot promptly—otherwise, it will be offered to the next person.

Payments and Fees

- Credit card payments only
- No refunds for paid programs
- Some trips, specialized classes, and events now include fees to cover equipment, instruction, or supplies.

Please Note:

Program details are subject to change based on business or facility needs.

LSAC Advisory Board meets on February 11, 2026, at 1p. Everyone is welcome to attend. Please submit agenda items for discussion by Noon on Friday, 2/6/2026 to Yvette Scott, LSACAB President at lsacab1@gmail.com.

Registration Information

February 2026 Registration Begins Tuesday, January 27th at 9:30 a.m.

Registrations will be entered in the order they are received.

Additional Registration Hours (after 1/27/2026):

- Monday & Wednesday: 8:30 a.m. – 8:30 p.m.
- Tuesday & Thursday: 8:30 a.m. – 4 p.m.
- Friday: 8:30 a.m. – 2 p.m.

Ways to Register for Classes or Activities

WALK-IN

Visit the Lamar Senior Activity Center during registration hours listed above.

Complete a registration form and give it to an LSAC staff member to date, time, and process.

- You must already be in the current RecTrac registration database, or you'll need to fill out a Waiver form to be entered.
- Staff will process your request and inform you if you are enrolled in the class or placed on a waitlist.

CALL – (512) 978-2480

Call the Lamar Senior Activity Center to register by phone.

- You must be a returning participant with your information updated in the RecTrac database.
- If no one answers, please leave a message. A staff member will return your call.
- Staff will process your request and let you know if you are enrolled or on the waitlist.

EMAIL – lamarsenioractivitycenter@austintexas.gov

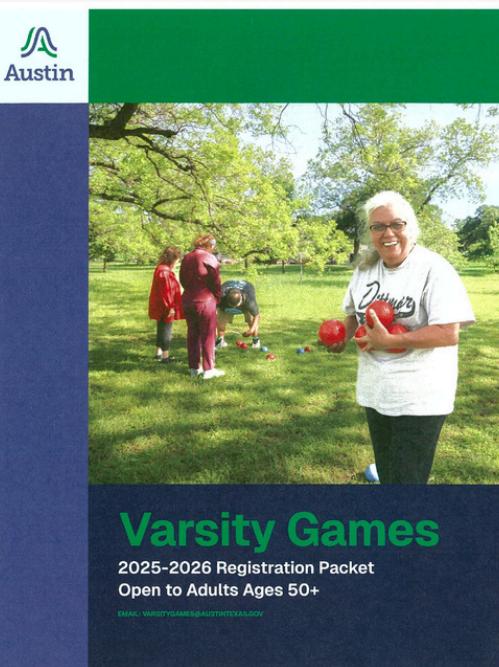
Send an email listing the name, day, time, and other details of the classes or activities you wish to join.

- You must be a returning participant with updated information in the RecTrac database.
- Staff will process your request and notify you if you are enrolled or on the waitlist.

ONLINE – <https://www.austintexas.gov/parksonline>

Register online through the City of Austin PARD RecTrac system.
(User guidelines or assistance available upon request.)

Varsity Generations Programs



Senior Activity Centers www.austintexas.gov/varsitygeneration

• Conley-Guerrero Senior Activity Center	808 Nile St.	512-978-2660
• Lamar Senior Activity Center	2874 Shoal Crest Ave.	512-978-2480
• South Austin Senior Activity Center	3911 Menchaca Rd.	512-978-2400

Adult & 50 + Programs www.AustinTexas.gov/Recreation

• Austin Recreation Center	1301 Shoal Creek Blvd.	512-978-2370
• Camacho Activity Center	35 Robert Martinez Jr. St.	512-978-2420
• Delores Duffie Recreation Center	1182 North Pleasant Valley Rd.	512-978-2465
• Dittmar Recreation Center	1009 W. Dittmar Rd.	512-974-6090
• George Morales Dove Springs Recreation Center	5801 Ainez Dr.	512-974-3840
• Givens Recreation Center	3811 E 12 th St.	512-974-2430
• Gus Garcia Recreation Center	1201 E. Rundberg Ln.	512-978-2525
• Hancock Recreation Center	811 E 41st St.	512-978-2335
• Rodolfo "Rudy" Mendez Recreation Center	2407 Canterbury St.	512-978-2399
• Montopolis Recreation and Community Center	1200 Montopolis Dr.	512-978-2300
• Northwest Recreation Center	2913 Northland Dr.,	512-974-6972
• Oswaldo A.B. Cantu Pan Am Recreation Center	2100 E 3 rd St.	512-978-2425
• Parque Zaragoza Recreation Center	2608 Gonzales St.	512-978-2460
• Pickfair Community Center	10904 Pickfair Dr.	512-974-1320
• South Austin Recreation Center	1100 Cumberland Rd.	512-978-2440
• Turner-Roberts Recreation Center	7201 Colony Loop Dr.	512-978-2690
• Virginia L. Brown Recreation Center	7500 Blessing Ave.	512-974-7865

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	February 2026				
2 Fusion Fitness 10a Tai Chi-Advanced 10a Table Tennis 11:15a Mexican Train 12:30p Open Cards 1:30p (L) Yoga Flow 5:30p	3 Find Balance 10a Key Ingredients 11a Tai Chi 11:30a Bunco 12:45a BeMused Literati 1:30p Line Dance 1:30p	4 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Chair Fit 2:30p Table Tennis 4:15 Pilates 5:30p	5 Find Balance 10a Cuisine Crew 10:45a (L) Table Tennis 11:15a Mahjong 1p	6 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Movie Magic 12p Tai Chi 12:30p Line Dance Plus 1p	
9 Fusion Fitness 10a Tai Chi-Advanced 10a Table Tennis 11:15a Mexican Train 12:30p Crafty Cards 1:30p (L) Yoga Flow 5:30p	10 Find Balance 10a Palette Club 10a Key Ingredients 11a Tech Time 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	11 Fusion Fitness 10a Core & Restore 11a Suds & Smiles 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSACAB Meeting 1p Chair Fit 2:30p Table Tennis 4:15 Pilates 5:30p	12 Find Balance 10a Table Tennis 11:15a Lunchtime Lecture 12p Mahjong 1p Ballet Austin 6:15p (L)	13 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Movie Magic 12p Tai Chi 12:30p	14 AUSTIN ACOUSTICAL CAFE 7p (Doors open 6:30p) BUTCH HANCOCK
16 CLOSED FOR HOLIDAY PRESIDENTS DAY	17 Find Balance 10a Palette Club 10a Key Ingredients 11a Let's Talk Books 11a New Tai Chi 11:30a New Session Bunco 12:45a BeMused Literati 1:30p Line Dance 1:30p	18 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a New Session Trip: Sistine Chapel 12:15p (L) Handicraft Meet-up 12:30p Chair Fit 2:30p Table Tennis 4:15 Pilates 5:30p	19 Find Balance 10a Movie: Eleanor the Great 11a Table Tennis 11:15a Mahjong 1p	20 Zumba Gold 9:30a Rummikub 10a Hand & Foot Canasta 10a Pour Set Glow 11a Strength & Stretch 11a Movie Magic 12p Tai Chi 12:30p New Session Line Dance Plus 1p	
23 Trip: Animal Center 8:30a (L) Fusion Fitness 10a Tai Chi-Advanced 10a New Session Table Tennis 11:15a Mexican Train 12:30p Master Class 1:30p (L) Yoga Flow 5:30p	24 Find Balance 10a Key Ingredients 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p REGISTRATION BEGINS	25 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Chair Fit 2:30p Table Tennis 4:15 Pilates 5:30p	26 Special Event 9a-2p Find Balance 10a Cancel Table Tennis 11:15a South Rm Mahjong 1p	27 Table Tennis Tournament 9a-2p Zumba Gold 9:30a Cancel Rummikub 10a Hand & Foot Canasta 10a Strength & Stretch 11a Cancel Movie Magic 12p Tai Chi 12:30p South Rm	

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

Day	Dates	Time	Fee	Class Size	Activity #
Fri	12/5-2/27	11a-12p	N/A	40	246304-46

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	Fee	Class Size	Activity #
Wed	12/3-2/25	5:30-6:30p	N/A	40	246503-86

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

Day	Dates	Time	Fee	Class Size	Activity #
Fri	12/5-2/20	9:30-10:30a	N/A	20	246303-51

CORE AND RESTORE

Core and 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.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

Day	Dates	Time	Fee	Class Size	Activity #
Wed	12/3-2/25	11-12p	N/A	20	246503-84

CHAIR FIT

This all-levels class is designed to be done primarily from a chair. It's perfect for participants who want to enjoy exercise classes but may have limited mobility. Led by two energetic University of Texas volunteers, the class is mostly seated and incorporates light weights, resistance bands, and balls—all set to fun, upbeat music. Get moving, get stronger, and yes—you can groove in your chair while getting fit!

Day	Dates	Time	Fee	Class Size	Activity #
Wed	2/4-2/25	2:30 -3:30p	N/A	20	246203-56

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

OPEN CARDS - LOTTERY

You are welcome to make any cards you desire with scrap paper pieces. Bring your ideas and join the fun! Supplies will be provided. LSAC Volunteers, Myr and Marianne, will be available to answer questions.



Day	Dates	Time	Fee	Class Size	Activity #
Mon	2/2	1:30-3:30p	N/A	12	246500-83

CRAFTY CARDS - FLOATING CARD- LOTTERY

This card goes by many names: Floating, Window Sheet, Acetate Window. But no matter what name you call it; they all give the illusion that part of the card is disconnected or floating. It's a unique way to make a folded card.



LSAC Volunteer Instructors: Myr and Marianne

Day	Dates	Time	Fee	Class Size	Activity #
Mon	2/9	1:30-3:30p	N/A	10	246500-84

MASTER CARDS - FACETED VERTICAL EASEL CARD- LOTTERY

Participants must have previous master class experience to Register for class.

Make a Faceted Vertical Easel card with a unique design that blends two folds. No photo available, so a surprise awaits those who win the Lottery to attend this class.

LSAC Volunteer Instructors: Myr and Marianne

Day	Dates	Time	Fee	Class Size	Activity #
Mon	2/23	1:30-3:30p	N/A	8	246500-85

SUDS & SMILES: Beginner's Soap Making Class

Get ready to lather up your creativity in our soap making class! This class is perfect for all levels, 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 provided.

Instructor: Marissa Vasquez, LSAC Program Specialist

Day	Dates	Time	Fee	Class Size	Activity #
Wed	2/11	11a-12p	\$5	10	246500-86

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 candle-making supplies will be provided, and one 8 oz jar will be provided. Participants may bring one 8 oz or smaller jar.

Instructor: Marissa Vasquez, LSAC Program Specialist

Day	Dates	Time	Fee	Class Size	Activity #
Fri	2/20	11a-12:30p	\$5	10	246500-87

TRIP: CUISINE CREW: The Crescent on Airport Blvd - Lottery

Join us for a fun and flavorful outing to The Crescent Shopping Center, home to a variety of popular eateries and dining options. Participants will have time to explore, choose a restaurant that suits their taste, and enjoy a meal with friends. Departure from SAC-Lamar.

Day	Dates	Time	Fee	Class Size	Activity #
Thur	2/5	10:45a	\$3/\$4 + Lunch	17	246249-01

TRIP: Ballet Austin's "In Motion" - Lottery

This production journeys from the sleek, high-fashion energy of Liminal Glam, through the emotional depth of Four Mortal Men, to the vibrant joy of The Pink Confetti Dance, creating a compelling arc of glamour, reflection, and celebration. Departure from SAC-Lamar.

Day	Dates	Time	Fee	Class Size	Activity #
Thur	2/12	6:15p	N/A	12	246249-02

TRIP: The Sistine Chapel Experience - Lottery

Take a memorable trip to see The Sistine Chapel Experience, an immersive exhibition featuring life-size, high-resolution reproductions of Michelangelo's famous frescoes. Participants will enjoy a guided-style viewing experience that brings art, history, and culture to life—no travel to Italy required! Departure from SAC-Lamar.

Day	Dates	Time	Fee	Class Size	Activity #
Wed	2/18	12:15p	\$26/\$27 + Lunch	17	246249-03

TRIP: Day of Service at the Austin Animal Center - Lottery

Calling all animal lovers! Join us for a visit to the Austin Animal Center, where you'll learn about the wonderful services they provide, help make toys for the animals and spend time sharing some extra love and care with them. Afterward, we'll head out to grab a quick bite to eat together. Departure from SAC-Lamar.

Day	Dates	Time	Fee	Class Size	Activity #
Mon	1/23	8:30a	N/A + Lunch	12	246249-04

Enrichment**TECH TIME**

All questions are welcome!! One on one help with Brent Johnson with the City of Austin Central Library. Bring all questions regarding your devices, laptops, tablets and phones. He can help you trouble shoot and set you up to better utilize and learn how to use your devices, add Facebook or Instagram or whatever other questions you might have. Please see Laura to set up a 30-minute slot.

Day	Dates	Time	Fee	Class Size	Activity #
Tue	2/10	11-1p	N/A	12	246201-66

LET'S TALK BOOKS!**NEW CLASS**

Are you wondering what to read next? Do you have a great book that you want to tell everyone they should read? Come join us for conversation and friendship to talk about what others are reading. It's a great way to discover new authors and genres. "So many books, so little time."

LSACAB Volunteer: Julie Moore

Day	Dates	Time	Fee	Class Size	Activity #
Tue	2/17	11a-12p	N/A	12	246207-97

Austin Acoustical Cafe**Upcoming Shows Spring 2026**

**Saturday,
February 14**

Doors Open at
6:30pm
Music Starts at
7:00pm

Butch Hancock



**Saturday,
March 14**

Doors Open at
6:30pm
Music Starts at
7:00pm

Jeff Plankenhorn



**Saturday,
April 11**

Doors Open at
6:30pm
Music Starts at
7:00pm

Amy Speace



**Saturday,
May 9**

Doors Open at
6:30pm
Music Starts at
7:00pm

Hot Club of
Cowtown

**Lamar Senior Activity Center**

2874 Shoal Crest Avenue, Austin, TX 78705
512-978-2480

Ticket Price: \$5.00

Purchase Tickets: AustinTexas.gov/Austinacousticalcafe



Movies and Special Events

MOVIE MAGIC: Film Making 101, Creation to Completion

Everyone welcome! Step behind the camera or into the spotlight in this interactive film production class. Learn all facets of filmmaking to create original short films. All equipment will be provided, and no experience is necessary. If you like movies, and always dreamed of writing or directing movies, this is the place for you.

Taught by house favorites Zain Hussain and Carlos Morrison

Day	Dates	Time	Fee	Class Size	Activity #
Fri	2/7-2/28	12p	N/A	20	246211-74

MOVIE: Eleanor the Great PG-13 2025 DRAMA 1h38m

Eleanor the Great stars June Squibb as a sharp and defiant 94-year-old whose response to loss sets off unexpected consequences. Directed by Scarlett Johansson in her feature debut, the film blends humor and heart to explore the power of storytelling.

Day	Dates	Time	Fee	Class Size	Activity #
Thur	2/19	11-1p	N/A	8	246901-89

KEY INGREDIENTS with Keysha

Explore nutritious cooking and smart eating habits with Keysha. Learn how to read and understand food labels, discover why "eating the rainbow" supports brain and overall health, and enjoy preparing a healthy meal together.

Day	Dates	Time	Fee	Class Size	Activity #
Tue	2/3-2/24	11a-12p	N/A	10	286207-98

Group Meetings

Class 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	Fee	Class Size	Activity #
Tue	12/2-2/24	1:30p	N/A	25	246216-30

HANDICRAFT MEET-UP

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

Day	Dates	Time	Fee	Class Size	Activity #
Wed	12/3-2/25	12:30p	N/A	25	246207-29

AUSTIN PALETTE CLUB

The Austin Palette Club meets in February on the second and third Tuesdays for creative demos and illuminating show and share by local artists. Looking to spark your creativity? Join us and be inspired. Guests are welcome. **2/10 & 2/17** Open Studio

Day	Dates	Time	Fee	Class Size	Activity #
Tue	2/10& 17	10a-1p	N/A	20	246508-27

Social Games

Class registration is ongoing but only need to register once every 3 months

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

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!

Day	Dates	Time	Fee	Class Size	Activity #
Mon	12/1-2/23	11:15a-12:45p	N/A	25	246103-51
Thur	12/4-2/26	11:15a-12:45p	N/A	25	246103-51
Wed	12/3-2/25	4:15p-5:15p	N/A	25	246103-52

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

Day	Dates	Time	Fee	Class Size	Activity #
Mon	12/1-2/23	12:30p	N/A	25	246950-21

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: Paula Brown, LSACAB Member and Volunteer

Day	Dates	Time	Fee	Class Size	Activity #
Tue	12/2-2/17	12:45p	N/A	25	246950-22

MAHJONG

American Mahjong version with a card. Experienced players are welcomed. This is not a taught game. Please come to observe anytime.

Day	Dates	Time	Fee	Class Size	Activity #
Thur	12/4-2/26	1p	N/A	25	246950-23

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

Day	Dates	Time	Fee	Class Size	Activity #
Fri	12/5-2/27	10a	N/A	25	246950-24

"HAND & FOOT" CANASTA

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 returning players are welcome! Please be sure to sign up on the TeamReach app using the code MSR78722.

Day	Dates	Time	Fee	Class Size	Activity #
Fri	12/5-2/27	10a	N/A	18	246950-25