

LAMAR SENIOR ACTIVITY CENTER

2874 Shoal Crest Ave Austin, TX 78705

Phone: 512-978-2480

*"Inspiring Active Adults 50+
Since 1978"*

LSAC Program and Activity updates available online:

www.austintexas.gov/seniors



Austin Parks and Recreation Department - Seniors

January



2020



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.

GENERAL INFORMATION

PARD/Lamar Senior Activity Center (LSAC) Waivers and Lamar Senior Activity Center Advisory Board Registration

ALL participants must have a current completed waiver on file to participate in 2020 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the PARD Recreation and Senior Activity Centers. Registered participants are issued a photo id card which you scan when you enter the center to help us easily track center usage, monitor programming activities and secure COA-PARD support.

If you do not have a 2020 waiver and/or an ID card, please stop by the Staff desk and complete the necessary documents on your next visit to the center. Once your 2020 waiver information is in the "Pass" registration system it only takes a few minutes to get your photo ID on the spot or at your next visit during posted registration hours.

HOURS OF OPERATION

Monday 8:30a-8:30p

Tuesday, Wednesday & Thursday 8:30a-4:30p

Friday 8:30a-1:30p and 6-10p

Class & Activity Registration & PARD/LSAC Payments*

M 9a -7p T/W/Th 9a-3:30p F 9a-12:30p

**unless otherwise noted, system unavailable, etc.*

Cash/Check/Credit Card payments accepted for LSAC programs/events

Cash/Check ONLY accepted for Advisory Board donations, etc.

There is a \$25 cash fee on all returned checks.

Computer Lab Hours of Operation**

M 9a -8p T/W/Th 9a-4p F 9a-1p; 6-9p

***when computer class not in session or otherwise noted*



The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. Arts and crafts, health and fitness, excursions, games, group socials, club groups, organizational meetings and computer lab classes comprise some of the many services provided by LSAC. All participants must fill out the required annual PARD waiver at the lobby Volunteer Receptionist or Staff desk. The friendly LSAC staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board (LSACAB) of \$5.00 is appreciated, and an additional \$15 is required if you would like a newsletter mailed to your home and/or \$5 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's programs and day to day operations. *We thank you for your support!*

PUBLIC MEETINGS

Texas Alliance for Retired Americans (TARA)

Thursday, January 16 12:30p

Texas PUBLIC Employees Association (TPEA)

Friday, March 13 9a

Austin Palette Club

New members & guests welcome

Tuesdays, 10a



Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.

Handicraft Group

New members and guests welcome

Wednesdays 1p

BeMused Literari

Tuesdays, 1:30-3p

LSAC Advisory Board Meeting

Public Invited

2nd Wednesday of the month

Wednesday, Jan. 8 2p

If you have an agenda item, please submit to Jerilyn Rainosek, LSAC Supervisor, by noon, Friday, January 3, 2020.

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LSAC HOLIDAYS



LSAC will be closed
Wednesday, January 1 for
the New Year Holiday.



LSAC will be closed
Monday, January 20 for
Martin Luther King, Jr.
Holiday

GAMES

BIRTHDAY BINGO with LUNCH

Wednesday, January 15, 2020

10a-12:30a

\$3 for lunch & \$.25 per card



Ring in the New Year with Bingo and Birthdays with
Lunch Celebration! Tell your friends, sign up early

and come on down! The cost is \$3 for lunch and you must sign up and pay in advance by noon on Friday, January 10, 2020. Late registration and day of drop-in will NOT be available for the Lunch Bingo event! You may also pay for your cards in advance when you sign up and pay for the event, or purchase cards the day of the event. **Remember: In your birthday month you will receive 2 FREE bingo cards.**

Sign-up and payment with LSAC Volunteer for the Bingo with lunch will begin Jan. 2 (Mon. 9a-7p Tues.—Thurs. 9a-3:30p Fri. 9a-12:30p

Payment to LSACAB is due at the time of registration
Cash or Check only - Check payable to: Senior Activity Center

Bingo and Birthday Celebration Sponsored by the Lamar Senior Activity Center Advisory Board and games "called" by LSACAB President, Gayle Fischer.

SOCIAL GAMES

Mexican Train Dominos (No meeting 1/20) **Mondays, 12:30p**
Led by LSAC Volunteer, Mil Love

Thursdays, 12:30p

Led by LSAC Volunteer, George de Villiers

Bunco

Tuesday, January 7 & 21; 12:45p

Led by LSAC Volunteer, Carolyn Rickard

Rummikub*

Tuesdays, January 14 & 28; 1p

No Group Leader at this time

Bingo & Birthdays

Wednesday, January 15; 10a

SAC Advisory Board sponsored; (see page 4)

Pinochle-Advanced~

Wednesdays, 12:30p

Led by LSAC Volunteer, Ernest Lovato

Mah Jongg (Wright-Patterson rules)

Thursdays, 1p

No Group Leader at this time

~If you would like to learn Pinochle, let us know of your interest and when we have enough interested participants we will consider adding beginner classes.

**Rummikub and a variety of board games are always available for pick up games anytime in the lobby!*

BRIDGE

**American Contract Bridge League (ACBL)*
Duplicate Bridge**

Mondays, 12:00-3:30p

No meeting 1/20

Friday ACBL Game: 10:30a January 3 & 17

\$6-\$8 per day

All players must have a 2020 PARD ID Card and LSAC Waiver on file.

Contact Larry Davis, 512-343-6942,

for specific questions concerning ACBL play at LSAC.

Pay Game Leader on day of play for ACBL Games

***Room subject to change due to COA PARD/LSAC events**

ENRICHMENT

CITIZEN SCIENCE CLUB

Everyday citizens contributing to scientific research projects.

Wednesdays, 9:30a - 10:30a FREE

(No meeting 1/1)

Emily Cuellar returns in January to present "Insects and Other Arthropods" during our January Citizen Science Meetings. If you have questions or want more information on the research projects, etc., please speak with Maria "Myr" Hernandez, Group Leader

Please register with LSAC staff.



Insects and Other Arthropods

Presentation by

Austin Nature and Science Center

Wednesdays, January 8, 15, 22 & 29

9:30 - 10:30a FREE



Are you a lifelong learner who likes nothing more than trying to understand this beautiful world just a little bit more than you did yesterday? Don't miss this opportunity to expand your knowledge in this series on Insects and Other Arthropods.

Please register with LSAC Staff



CHESS ANYONE?



Would you like to learn to play chess or practice your skills? Then you've come to the right place! LSAC volunteer, George de Villiers, loves to play and teach chess and has agreed to share his knowledge and to spread the love of the game here at LSAC!

FREE 1 on 1 Classes or Games by Appointment
Call George at 210-360-9432

ENRICHMENT

AARP Smart Driver Program

Our previous instructor, Beverly Martin has retired and future dates of this program will be announced as soon as they become available.

*Thanks Beverly for all of your years of service to
LSAC & Austin participants!*

2020 class dates were not available prior to printing this guide.

You may search for other classes via: <https://www.aarpdriversafety.org/>

This ONE DAY CLASS is designed for the mature driver.

Does not dismiss traffic violations.

For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members

\$20 for Non-AARP Members

Preregister at the LSAC Reception Desk or call 512-978-2480

Pay Instructor the day of class: CASH OR CHECK ONLY

payable to: AARP

Vintage Voices

Come Sing with Us!

Friday 10:15-11:15a

January 3 & 17

FREE.. and FUN!

**Drop In Participants
& Guests Welcome!**



Class is led by Debra Erck, a Board Certified Music Educator and LSACAB Volunteer.

ENRICHMENT

WRITING THE STORIES OF YOUR LIFE

Your memories are your real family treasures!

Have fun learning techniques for retrieving, writing and polishing your memories so you can begin assembling them into your life story.

Two separate classes to choose from!

Mondays 2 - 3:30p Session: Jan. 6 - Feb. 24

(No class 1/20 and 2/17)

OR

Thursdays 1:30 - 3p Session: Jan. 9 - Feb 13

Fee \$48 per session (includes 6 classes)

Contract Instructor: Rosalind Bond 512-441-3014

Contact instructor in advance for registration information

PLEASE TAKE NOTICE:

**IT'S TIME TO RENEW!
2020 PARD WAIVERS AND
ID CARD UPDATES WILL
BEGIN THE LAST WEEK OF
DECEMBER.**

HEALTH AND WELLNESS



9:30a Fridays*

FREE

*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 judgement...**just get moving!*

Jacque Cotrell, Certified Zumba® Gold Instructor and LSACAB Volunteer

Please complete a 2020 PARD Waiver before attending class.



Over 200 toys and 50 pounds of non-perishable food items were donated by LSAC participants for the benefit of Brown Santa!

Generous hearts abound at LSAC!

STRENGTH & STRETCH

FRIDAYS AT 11:25a

Patti Gagne, PARD Instructor

- ◆ Balance the body's strength and flexibility while improving coordination and agility in a fun relaxed atmosphere.
- ◆ All classes are geared toward active adults 50+ but everyone is welcome.
- ◆ All classes are **FREE**

Please complete a 2020 PARD Waiver before attending class.

HEALTH AND WELLNESS



Exercise~

Mondays
9 - 10a (No Class 1/20)
Wednesdays
11a-12p
Fee: FREE
 (No Class 1/1)

Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class with enjoyable music and good folks! Class structure varies using a variety of bands, weights, and balls. All levels welcome.

Instructor: Rebecca Brownlow, LSAC Staff Instructor

Please complete a 2020 PARD Waiver before attending class.

Fitness Room~

Monday 9a - 8p
T/W/Th 9a - 4p
Friday 9a - 1p
 and **6p-9p**



Come use the free Fitness room. Learn how to safely and properly operate the elliptical, treadmill & recumbent bike. Work out on your own and at your own pace...rain or shine! See pg. 11 Personal Training info if you are interested in getting one on one instruction in the fitness room.

(Open workout time subject to change pending LSAC/PARD classes, programs, closures, etc.; you may want to call ahead to check availability)

~You should consult your physician or other health care professional before starting any fitness program to determine what is right for you and your needs.

Easy Yoga~*

Wednesdays
2-3:15p

Nov. 27 - Jan. 8 (No Class 1/1)
Next Session: Jan. 15- Feb. 12

Contract Instructor: Lisa Kadlec
Fee: \$50 for one session
\$80 for two sessions
\$15 Drop In

Designed to make yoga easy, gentle and accessible to adults 50+. Excellent for joints, improving balance, flexibility, strength and feeling more relaxed. Features therapeutic applications of yoga that help in prevention and management of common ailments like arthritis, hypertension, back pain, diabetes, asthma, digestive disorders, depression and anxiety. If you can breathe and smile, you are fit to practice yoga in this class.



YOGA CLASS REGISTRATIONS

Register with and pay the Contract Instructor before class. **No transfers, refunds or make-ups for missed classes.** All class participants must have a current completed LSAC PARD waiver on file.

HEALTH AND WELLNESS

Gentle Yoga~*

Mondays & Thursdays
2-3:15p

Dec. 2 - Jan. 9
Next Session: Jan. 13 - Feb 17
 (No Class 1/20)

Contract Instructor: Lisa Kadlec
Fee: \$75 for one session
\$110 for two sessions
\$15 Drop In



The "Gentle Yoga" class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

Both Yoga classes are led by:

Lisa Kadlec, RYT-200,
Certified Yoga Instructor &
Yoga Therapist

Lisa has taught yoga in Austin for 15 years to people of all ages, sizes and with various challenges. She also has a background in movement & dance with a degree in music. Lisa incorporates music, mudras and sound therapy in her class to enhance your yoga experience & practice.

***For questions about LSAC Yoga classes, please email: lekhappyylife16@gmail.com**

Tai Chi~

Tuesdays 1-2p
Fridays 12:30-1:30p
 (No Class 1/3)
Jan. 7 - Feb. 14
Next Session: Feb. 18 - Mar. 27

Tai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. Tai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green
Fee:

Res/Non-Res \$30/\$36 (Tue only)
Res/Non-Res \$30/\$36 (Fri only)
Res/Non-Res \$50/\$60 (Tue & Fri)
Res/Non-Res \$5/\$6 Drop-in/day

Register and pay LSAC Staff before first class. Classroom location may vary due to LSAC special events.

Personal Training~



Rebecca Brownlow, LSAC Instructor, offers small group and individual Personal Training sessions after her Monday & Wednesday exercise classes. If you are interested in this opportunity, please speak with Rebecca about the details. \$5 fee for one 1/2 hour session/ by appointment only.

Contact Rebecca to set time and date: 512-978-2480 or email: rebecca.brownlow@austintexas.gov

HEALTH AND WELLNESS

Afternoon Pilates Class Tuesdays 2:30 - 3:30p **FREE**



Taught by
Rebecca

Brownlow, LSAC staff instructor. Pilates offers a greater understanding of individual movement, posture, strength, and balance. If you are looking to strengthen your abdomen and pelvis as well as maintain good posture, then Pilates is for you.

Please complete a 2020 PARD Waiver prior to attending your first class.

Find Balance and Strength Thursdays, 10:30 – 11:30a **FREE**

Taught by LSAC staff, Leti Alvarez & Laura Adams

This class is designed to increase your range of motion, strength and improve balance. We will use light hand and ankle weights and low impact resistance training set to fun music! Perfect for all levels.



Please complete a 2020 PARD Waiver prior to attending your first class.



Line Dancing Classes!

Tuesdays, 2-3p
FREE

All levels of experience welcome!

Come dance with us! We do a variety of fun easy dances to music of all genres. Wear whatever is comfortable; you don't need special dance shoes. Round up your friends and come on down to the center to enjoy our Line Dancing led by

Connie Shell, LSAC Volunteer!!!

Please complete a 2020 PARD Waiver prior to attending your first class.

Improver Line Dance Class (High Beginner to Intermediate) Tuesdays 1-1:45p **FREE**

Linda Fugate, Volunteer Leader

Take your Line Dancing to the next level! This class offers dance instruction for seniors who have enough experience to dance at the high beginner, easy intermediate level. Students should be familiar with basic step patterns such as vine, jazz box and K step. Dances taught will prepare students to participate in dance events outside of class.

Please complete a 2020 PARD Waiver prior to attending your first class.

FUN FOR ALL



Good Fun with Good People!

Looking for a fun, friendly, social game?

LSAC "Open Play" TABLE TENNIS

Mondays 10:30a-1p FREE

Novice to Advanced—ALL PLAYERS WELCOME!

Time & date subject to change due to special programs, classes, activities, etc.

Check with LSAC staff about setting up on other days & times pending room/space availability.

LAMAR UKULELE GROUP

It's a fun Ukes Group led by Kevin Jolly, at LSAC!!

**Thursdays 10:30a
On-Going—FREE!**



Come join the group for musical fun. Ukuleles are available for your use. All are welcome!

Please Register with LSAC Staff

COMPUTER CLASSES

TECH TIME! 1:1 tutoring

Instructor: Mendy Marshall; [Register with Kimberly Flores 512-978-2483](#)

Meet individually for a private lesson! Topics may include basic computer lessons, computer organization, learn to use Word, Excel, Facebook, iTunes, Windows 8 . Bring your own laptop or use the computers in the lab. **Select a one (1) hour time slot from the dates and times listed below and contact [Kimberly Flores 512-978-2483](#) to complete an info sheet at least one week prior to class. The instructor will review info sheet prior to confirmation of the tutoring session to insure she can help with your topic. Payment due at time of class confirmation**

Date: Tutoring time slots available:

Jan. 9 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Jan. 23 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

Fee: Resident \$5/ Non-Resident \$6 per one (1) hour session

Limit 1 student per session; no refunds on canceled or transferred classes

GROUP COMPUTER CLASS



Austin Free-Net continues to offer [free classes](#) in digital literacy that are open to all.

Computer Basics

Wednesday, January 8 & 22 10-11a FREE

The skills that will be addressed help people to:

- use desktop computers
- understand the Windows operating system
- use email to communicate with others
- use the Internet to find information
- locate events, transportation, and opportunities for learning
- use social media
- use an online calendar for scheduling and event reminders

Register with LSAC Staff - Limited Space

SPECIAL EVENTS

2020 LAMAR SENIOR ACTIVITY CENTER LUNCHTIME LECTURE SERIES

Alexander von Humboldt: Culture, Science, and the Geography of Nature
By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

Wednesday, January 8, 2020 NOON to 1p
Natural Philosophy and the Concept of Nature



The 2020 CER Lunchtime Lectures will focus on Alexander von Humboldt – his life, legacy, and rediscovery. We will begin by examining our Western ideas of nature and the study of nature which laid the foundations for Humboldt’s ideas. From there, we will trace the influence of Humboldt on 19th century science, literature, and his disappearance from 20th century scientific education in the United States. The year will end by seeing how Humboldt’s legacy is re-emerging in contemporary environmentalism, environmental science, and the idea of the Anthropocene. Join us for a year of “Humboldtian

Science” and Alexander von Humboldt!



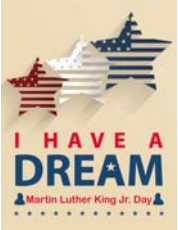
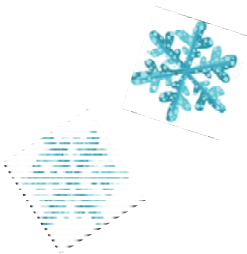
January – *Natural Philosophy and the Concept of Nature*

Natural philosophy was the philosophical study of the physical universe that was dominant before the development of modern science. From the ancient world, starting with Aristotle, to the 19th century, natural philosophy was the common term for the practice of studying nature. Natural philosophy was distinguished from the other precursor of modern science, natural history, in that natural philosophy involved reasoning and explanations about nature, whereas natural history was more qualitative and descriptive. We begin 2020 by examining the origins and development of natural philosophy from the Greeks to the Scientific Revolution which set the stage for Humboldtian science.

FREE and Open to the Public
Meets in the LSAC South Room

Bring a lunch, bring a friend or just come to enjoy this interesting and informative presentation! Registration not required.

JANUARY 2020

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|--|---|---|---|---|--|
| <p><i>*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide and calendar are subject to change; contact program leader/coordinator or site to confirm.</i></p> <p><i>NOTE: Not all classes, programs, events, etc. are listed on the calendar; please refer to guide for individual listings/info and details.</i></p> | | <p>1</p>  <p>LSAC CLOSED</p> | <p>2</p> <p>Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Gentle Yoga 2p</p> | <p>3</p> <p>Zumba Gold 9:30a Acrylic Painting 9:30a Vintage Voices 10:15a ACBL Bridge 10:30a Strength & Stretch 11:25a Let's Dance 7:30p</p> | <p>4/5</p> |
| <p>6</p> <p>Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Creative Drawing 7p</p> | <p>7</p> <p>Beyond Beads 10a Austin Palette Club 10a Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p> | <p>8</p> <p>Citizen Science -Insects 9:30a Computer Basics 10a Exercise 11a Lunchtime Lecture 12p Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p LSAC Advisory Board Mtg. 2p</p> | <p>9</p> <p>Tech Time 9:30a Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p TRIP: Alamo Drafthouse</p> | <p>10</p> <p>Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Line Dance Party 6:30 Let's Dance 7:30p</p> | <p>11/12</p> <p>Saturday January 11, 2020</p>  <p>TIMM GRIMM Doors open 6:30 Tickets Available Online</p> |
| <p>13</p> <p>Exercise 9a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p</p> | <p>14</p> <p>Beyond Beads 10a Austin Palette Club 10a Rummikub 1p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p> | <p>15</p> <p>Citizen Science -Insects 9:30a Birthday Bingo w/ Lunch 10a Exercise 11a Pinochle (Advanced) 12:30p Movie 1p Handicraft Group 1p Easy Yoga 2p</p> | <p>16</p> <p>Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p TRIP: BST - Health Expo</p> | <p>17</p> <p>Zumba Gold 9:30a Acrylic Painting 9:30a Vintage Voices 10:15a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p TRIP: Wizard of Oz</p> | <p>18/19</p> <div style="border: 1px solid green; padding: 5px;"> <p>Color coded classes: FREE classes & programs- BLACK ink Classes requiring a FEE- RED ink</p> </div> |
| <p>20</p> <p>LSAC CLOSED</p>  | <p>21</p> <p>Beyond Beads 10a Austin Palette Club 10a Bunco 12:45p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p> | <p>22</p> <p>Citizen Science -Insects 9:30a Computer Basics 10a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p> | <p>23</p> <p>Tech Time 9:30a Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga TRIP: la Madeline</p> | <p>24</p> <p>Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p <i>Last Day for Pecan Cracking!</i></p> | <p>25/26</p> |
| <p>27</p> <p>Exercise 9a All Rhythms 11a ACBL Bridge 12:00p Mexican Train 12:30p Gentle Yoga 2p Writing Stories 2p Pilates 6p Craft Night 6:30p Creative Drawing 7p</p> | <p>28</p> <p>Austin Palette Club 10a Rummikub 1p Tai Chi 1p Improver Dance 1p Line Dancing 2p Pilates 2:30p</p> | <p>29</p> <p>Citizen Science - Insects 9:30a Exercise 11a Pinochle (Advanced) 12:30p Handicraft Group 1p Easy Yoga 2p</p> | <p>30</p> <p>Ukulele Group 10:30a Find Balance 10:30a Mexican Train 12:30p Mah Jongg 1p Writing Stories 1:30 Gentle Yoga 2p</p> | <p>31</p> <p>Zumba Gold 9:30a Acrylic Painting 9:30a Strength & Stretch 11:25a Tai Chi 12:30p Let's Dance 7:30p TRIP: UT Basketball Game</p> |  |

SPECIAL EVENTS

*Pecan cracking ends
Friday, January 24!*



Nut cracking through January 24 for 50¢/lb.

Schedule of Hours for Drop-off and Pick-up of pecans
for cracking:

Mondays and Wednesdays from 9a-3p
LSAC closed 1/1 & 1/20
Fridays from 9a-1p

All pecans must be in brown paper bags with no
more than 20 lbs. in each. Each bag must be clearly
marked with: PRINTED-Name and Primary Contact

***This Pecan Cracking and Nut Sales Fundraiser is very
important to the current and future programs at the
Center and we appreciate your support.***

MEMBERSHIP RENEWAL

HAPPY 2020!

*NEW YEAR -
FRESH START!*

It's time to renew/update your LSAC Membership. As we begin the New Year, please stop by the volunteer desk to fill out your new annual waiver form. It's important that we have your current address and phone number as well as your emergency contacts on file at LSAC. A 2020 waiver is required for participation in all our programs. This process will automatically update your ID card too!

Here at the Center we are generously supported by our Advisory Board and Volunteers. Your \$5 donation to the Advisory Board helps with all they do for us. Also, if you receive our monthly program guide via mail or e-mail you must renew by January 15 to receive February and remaining monthly program guides. The fee for e-mail is \$5 and for mail is \$15. So for a mere \$10 or \$20 you'll be set for another year!

***Looking forward to a program-filled year in 2020!
Renew your waiver today!***

EVENING PROGRAMS



PILATES
Mondays
6 -7p
FREE

(no class 1/20)

Pilates improves flexibility, builds strength and develops control and endurance in the entire body. We will use light weights and low impact resistance training. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Taught by LSAC staff, Leti Alvarez; (Laura Adams sub)

Please complete a 2020 PARD Waiver prior to attending your first class.

Creative Drawing

Mondays 7-8:15p

Richard Maxwell, Instructor

Fee: \$10 fee per class

Participants must pre-register with instructor

Join in a FUN exploration of your drawing skills with absolutely no pressure!

Contact Richard to register at

themax1.rm@gmail.com

(no class 1/20)



with Kimberly

Monday, January 13 & 27

6:30-8p

Jewelry Club is back in session on the first meeting of the month. Come join the fun, make new friends and bring home your own handmade project each night!

Craft Projects

Jan. 13 - Wire Rings

Jan. 27 - Valentine Cards

Please register with LSAC staff prior to class - Space is Limited

LET'S DANCE CLUB

Fridays, 7:30-9:30p

Band is David Kautz & Spectrum



For more information contact
 Green Rives at 512-298-8652 or
grives3@yahoo.com

EVENING PROGRAMS

New Friday Evening Program!

Line Dancing Party

Friday, January 10 6:30-8:30p

FREE



On the second Friday of each month Linda Fugate will facilitate a Line Dance Party at LSAC! It's another opportunity to come and line dance with friends. All levels are welcome. Come join the fun!

Participants must have a 2020 PARD Waiver on file with LSAC.

MOVIE

The Upside

Wednesday, January 15

1-3p

(2017) Drama/Comedy PG-13 2h5m



Phillip is a wealthy quadriplegic who needs a caretaker to help him with his day-to-day routine in his New York penthouse. He decides to hire Dell, a struggling parolee who's trying to reconnect with his ex and his young son. Despite coming from two different worlds, an unlikely friendship starts to blossom as Dell and Phillip rediscover the joy of living life to the fullest.

*Movies, popcorn and snacks provided by LSACAB.
 Bring a friend and join us!*

CREATIVE ARTS

Acrylic Painting

Volunteer Instructor, Larry Drayer
will offer FREE guidance and instruction in
ACRYLIC PAINTING
Fridays, 9:30a—12:30p

Space still available - Please Register with LSAC Staff

- The class is designed for artists of all skill levels
- Instruction and guidance is tailored to individuals' needs
- Advice on selecting supplies will be provided as needed
- Accomplished painters welcome to paint whatever they wish



AUSTIN PALETTE CLUB

*You're invited to visit the Austin
Palette Club*

Tuesdays 10 - 11:30a

*Art demonstrations are presented
on the 2nd and 3rd Tuesdays each
month. Come meet the members
and see if you might be interested
in joining this creative, social
group!*

CREATIVE ARTS

The Dougherty Arts Center and PARD Lending Library present:

Beyond Beads Jewelry

Tuesdays, January 7, 14 & 21

10-11:30a FREE

Go beyond beading and make your own jewelry components! Students will explore various jewelry techniques including making a fused glass pendant, wire-wrapping stones, and creating their own clay beads. Pieces will be assembled to create one of a kind works of wearable art!



Registration begins December 26
Space is Limited - Register with LSAC Staff

ALL RHYTHMS PERCUSSION

Mondays, January 27, February 3 & 10

11a-12p FREE

This class aims to provide a musical experience in the form of percussion and ensemble playing. We will go over basic rhythmic subdivision, song forms, various styles, learn & write songs. We will warm up with basic percussive exercises each session to instill a sense of a practice routine.

Space limited—Register with LSAC Staff
Registration begins December 26

TRIP LOTTERY

All City of Austin Parks and Recreation Department trips are offered using the PARD Senior Programs Lottery System. Please speak with a LSAC Staff member if you have questions or need additional information on this process.

JANUARY 2020 TRIP LOTTERY FORMS

SUBMISSION DATES AND TIMES:

| | | |
|-----------------|----------------|------------------|
| Monday | Dec. 23 | 9a-7p |
| Thursday | Dec. 26 | 9a-3:30p |
| Friday | Dec. 27 | 9a-12:30p |

To complete a January 20 LSAC Trip Lottery Form, call **512-978-2480** during the advertised lottery submission dates and times; PARD staff will complete the current lottery form via phone. You may also come by the Lamar Senior Activity Center during the same allotted days and times to personally complete your lottery registration form.

A completed and signed **2020 PARD/LSAC waiver** for each participant must be on file to participate in LSAC trips.

[Registration is also accepted AFTER lottery submission period for any trip openings and/or waitlists.](#)

Unless otherwise noted, trips will depart from the upper parking lot of Lamar Senior Activity Center, 2874 Shoal Crest Avenue

If you are selected for a trip through the computerized Lottery System, you will receive a confirmation phone call from LSAC Staff with additional information on how to finalize the process, **make payment by 12:30p on Friday, January 3 and confirm your trip(s).**

Cash/Credit Card/Checks accepted for LSAC trip payment.

Failure to pay in full by the deadline will result in loss of your reservation.

“Courtesy Reminder Calls” are NOT guaranteed; participants are personally responsible for remembering trips dates, times, etc.

If you require personal or one on one assistance during a trip or activity, you will need to register with your own travel buddy/personal aide to assist you.

Staff can only provide limited assistance.

All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

TRIPS



Let's Go to the Movies Cats at the Alamo Drafthouse

Thursday, January 9



Cats is an upcoming 2019 musical fantasy film based on the stage musical of the same name by Andrew Lloyd Webber. The film is directed by Tom Hooper—in his second musical film following 2012's *Les Misérables*—from a screenplay by Lee Hall and Hooper and stars James Corden, Judi Dench, Jason Derulo, Idris Elba, Jennifer Hudson, Ian McKellen, Taylor Swift, Rebel Wilson, and introduces Francesca Hayward in her first feature-length film role. As of 2019, the namesake mega-musical stage production remains the fourth-longest-running Broadway show and the sixth-longest-running London show in history.

Time & Location TBA - We will attend the first showing of the day.

Fee: Resident \$3 / Non-Resident \$4

Additional Expense: Admission to Movie and Meal

<https://drafthouse.com/austin>

Activity Level: MODERATE - Walking through indoor venues, possible stairs and ramps

Just Keep Moving for Health Bringing Seniors Together Event – Health Expo at the Asian American Resource Center

Thursday, January 16



There will be Vendors, Keynote Speaker, Health Screenings, Cooking and Exercise demos, Immunizations, Raffle Prizes, and a healthy hearty lunch.

Depart: 9:30a **Return: 1:30p**

Fee: This is a FREE event

Activity Level: MILD – MODERATE - Walking through indoor venue, possible stairs and ramps

TRIPS . . .



Production of The Wizard of Oz at Akins High School Friday, January 17

Akins Journey Theatre is proud to present Wizard of Oz the Musical! Join us for a beloved tale, in which a Kansas farm girl travels over the rainbow to discover the magical power of home, has been entertaining audiences for generations. We will dine at Serrano's before the performance.

Depart: 4:15a **Return:** 9:30p

Fee: Resident \$16/ Non-Resident \$17

Additional Expense: Dinner at Serrano's avg (\$10-\$15)

<https://www.serranos.com>

Activity Level: MODERATE -Walking through indoor venues, possible stairs and ramps

Lunch Bunch

Thursday, January 23

The Casual French Experience - Find Your France

In the middle of a busy life, la Madeleine is a little piece of France you can call your own. Guests are encouraged to choose the la Madeleine experience that suits them. Sit and sip quietly by the fireplace or choose the patio and take place in what we consider one of the highest forms of French culture: the art of conversation.

Depart: 10:30a **Return:** 1:30p

Fee: Resident \$3 / Non-Resident \$4

Activity Level: MILD - MODERATE – Walking through indoor venue, possible stairs and ramps

TRIPS . . .



University of Texas Women's Basketball Friday, January 31

Let's go cheer on the Lady Horns. The Texas Longhorns women's basketball team represents The University of Texas at Austin in NCAA Division I intercollegiate women's basketball competition. The Longhorns currently compete in the Big 12 Conference. The team has long been a national power house in women's basketball.

Depart: 4:45p **Return:** 8:30p

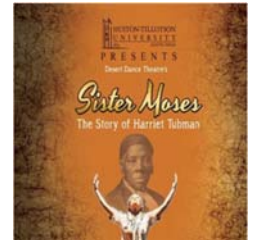
Fee: Resident \$8/ Non-Resident \$9

Additional Expense: Concessions at venue

Activity Level: MODERATE - HIGH Walking throughout venue, stairs and ramps; travel buddy required if you will require assistance—which includes if you are using a mobility device

Sister Moses: The Story of Harriet Tubman Huston-Tillotson University King-Seabrook Chapel

Saturday, February 8



Sister Moses: The Story of Harriet Tubman presented by Huston-Tillotson University is a powerful music/dance/drama featuring Desert Dance Theatre with Renee Davis as Harriet Tubman, and traditional spirituals sung by the Huston-Tillotson University Concert Choir. Additional performances include the Narrator/Voice of Harriet by Renee Morgan Brooks, African drumming and music direction by Step Raptis, a string quartet, and local actors and dancers. We will have dinner at Hoover's Cooking before the performance.

Depart: 4p **Return:** 10p

Fee: Resident \$ 36 / Non-Resident \$37

Additional Expense: Meal at Hoovers avg. (\$15-\$20)

www.hooverscooking.com

Activity Level: MODERATE -Walking through indoor venues, possible stairs and ramps

SPECIAL EVENT

AUSTIN ACOUSTICAL CAFE

*Austin Parks and Recreation Department in collaboration
with The Live Music Capital Foundation presents*

Tim Grimm

Opening
Jackson Grimm &
Nathan Evans Fox

**Saturday,
January 11
7:00p**

Doors open at 6:30p



Tickets: \$17 in advance (Online Only)

\$22 day of the show (taxes & fees included)

PURCHASE YOUR TICKETS ONLINE TODAY!

austinacousticalcafe.org

Lamar Senior Activity Center is an alcohol-free COA-PARD Facility.
Coffee and desserts /snacks available to purchase before the
show and at intermission.

LSAC ADVISORY BOARD

Letter from the LSACAB President, Gayle Fischer

Happy New Year, everyone! I hope all your holiday dreams came true!

I want to thank all who gave so generously at our "giving" events this year. At the November Birthday Bingo, we collected 145 lbs. of food for Austin Area Food Bank which more than doubled last year's donations! Texas Public Employees Association added their donations to LSAC donations and 206 toys and 51 lbs. of food items were collected for Brown Santa! The most generous people in town are right here at the Lamar Senior Activity Center! I have to say that LSAC PARTICIPANTS ARE AWESOME!!

The next event the Board is planning is the Volunteer Appreciation Luncheon to thank all our wonderfully dedicated volunteers. The donations of their skills and time keep games, classes and services going all year. The Board, the Guild and the Nut Fundraiser are all run by the volunteers. LSAC VOLUNTEERS ARE AWESOME!!

The Board accepted and acknowledged donations from several participants and civic minded people in 2019. We received over \$600, two pianos, the lobby frig, a wheelchair and decorations. Thanks to all those individuals whose generosity has enhanced the look and services of the LSAC. LSAC DONORS ARE AWESOME!!

I am so happy to announce that Joanne Cepero, Tel Dalton, Chuck Mandelbaum and Ken Moore have all agreed to serve another term on the Advisory Board. They will be installed at the next Board Meeting on January 8, 2020 at 2:00 p.m. Board meetings are open to the public and you're welcome to attend any of them on the 2nd Wednesday of the month from September through May.

Reminder to Birthday and Bingo people: You must sign up ahead of time for January's Birthday Bingo (Wed., Jan. 15). Cost is only \$3 and 25¢ a card with January birthday people getting 2 free cards. There will be a light lunch, cake (or cupcakes) with drinks and gift cards for prizes.

Don't forget to fill out and sign your 2020 PARD Waiver Form and make an annual donation (\$5) to the Advisory Board. You can also pay for a Program Guide to be mailed (\$15) or emailed (\$5) to you for the entire year. Printing and mailing costs for the Program Guide keep increasing, so your donations are appreciated and help keep Board sponsored events going all year.

The Advisory Board and City Staff want to make 2020 your best year at the LSAC. If you have suggestions on things you would like to see at the Center in the coming year, please leave your ideas with City Staff or the volunteer receptionists. I look forward to working with you all in the New Year and making LSAC an AWESOME place to be!

COLLETTE TRIP PRESENTATION

Come get the trip details of

Autumn in Vermont

Travel Dates: October 9-15, 2020

Travel Slide Presentation

Thursday, March 5, 2020 10-11a

RSVP with LSAC Volunteer Receptionist

Brochures available in LSAC North Hall Info Table.

COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

Collette Travel Trips

**Discover Washington, D.C., Niagara Falls &
New York City**

Travel Dates: April 17-25, 2020

Imperial Russia

Travel Dates: June 18-26, 2020

Autumn in Vermont

Travel Dates: October 9-15, 2020

Brochures available in LSAC North Hall Info table.

For more information call and leave a message for:
Tel Dalton , LSACAB Travel Committee Representative
LSACAB Travel Committee **512-978-2480**
Or email: tripscollette@gmail.com

REMINDERS . . .

INCLEMENT WEATHER REMINDER



In the event of
INCLEMENT WEATHER
Lamar Senior Activity Center
follows all City of Austin CLOSURES
as announced on social media,
local TV and radio.

Call 311 for additional information.

**If there is inclement weather please
check local media or call 311
BEFORE coming down to the center!**



Austin Parks and Recreation Department Refund Policy

Full Refunds:

The PARD activity/program fee will be refunded in full **ONLY IF** the activity/program is canceled by the Austin Parks and Recreation Department.

Partial Refunds:

Program attendance is the responsibility of the participant. Failure to attend a class, trip or special event due to personal reasons, personal injury/illness, etc. does not entitle a participant to a transfer, make-up or refund. No refunds are issued for registrations without 48 hours advance notice and may require a medical verification.

Detailed information on PARD Senior Program cancellations and refunds are defined on each RecTrac receipt.

Welcome to LSAC
May all who enter as *guests*, leave as *friends*.

Austin City Council

Steve Adler, Mayor
Delia Garza, Mayor Pro Tem
Natasha Harper-Madison, District 1
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Paige Ellis, District 8
Kathie Tovo, District 9
Alison Alter, District 10

Austin Parks and Recreation

Kimberly A. McNeeley, CPRP, Director
Liana Kallivoka, PhD, P.E, Assistant Director
Lucas Massie, Acting Assistant Director
Suzanne Piper, Chief Administrative Officer
Anthony Segura, Assistant Director
David Crabb, CPRP, Acting Division Manager
Ben Rustenhaven, CPRP, Acting Program Manager

LSAC Staff

Jerilyn Rainosek, Programs Supervisor
Kimberly Flores, Program Specialist
Leticia Alvarez, Program Specialist
Teresa Hudson, Administrative Associate
Maria Hernandez, Administrative Assistant
Andy Maldonado, Building & Grounds Assistant
Laura Adams, Instructor-Activity Specialist
Rebecca Brownlow, Instructor-Activity Specialist
Angela Niemiec, Activity Specialist

Office of City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager

Parks Board

Dawn Lewis, Chair
Romteen Farasat, Vice Chair
Richard DePalma, Board Member
Nina Rinaldi, Board Member
Anna Di Carlo, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Francoise Luca, Board Member
Laura Cottam Sajbel, Board Member
Kimberly Taylor, Board Member

LSAC Advisory Board

Gayle Fischer, President
Helen Miller, Vice President
Argie Horn, Secretary
Dayton Grumbles, Treasurer
Helen Anderson, Joanne Cepero, Tel Dalton,
Madeline Ducate, Phil Horn,
Charles "Chuck" Mandelbaum,
Ken Moore, Bill Meyers, Sydelle Popinsky,
Liz Salinas, Yvette Scott



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.