

## Austin City Council

Steve Adler, Mayor  
Kathie Tovo, Mayor Pro Tem, District 9  
Ora Houston, District 1  
Delia Garza, District 2  
Sabino "Pio" Renteria, District 3  
Gregorio "Greg" Casar, District 4  
Ann Kitchen, District 5  
Jimmy Flannigan, District 6  
Leslie Pool, District 7  
Ellen Troxclair, District 8  
Alison Alter, District 10

## Austin Parks and Recreation

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

## 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

## City Manager

Spencer Cronk, City Manager  
Ray Baray, Chief of Staff  
Rey Arellano, Assistant City Manager  
Robert Goode, Assistant City Manager  
Sara Hensley, Interim Assistant City Manager  
Joe Pantalion, P.E., Interim Assistant City Manager  
Mark Washington, Assistant City Manager

## Parks Board

Jane Rivera, Chair  
Rick Cofer, Vice Chair  
Michael Casias, Board Member  
Richard DePalma, Board Member  
Tom Donovan, Board Member  
Romteen Farasat Board Member  
Dawn Lewis, Board Member  
Francoise Luca, Board Member  
Randy Mann, Board Member  
Fred Morgan, Board Member  
Frank Ward, Board Member

## 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

## 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.

12.20.18



**LAMAR**  
**SENIOR ACTIVITY CENTER**  
2874 Shoal Crest Avenue Austin, TX 78705  
Phone: 512-978-2480

*"Inspiring Active Adults 50+ Since 1978"*

LSAC Program and Activity updates available online:  
[www.austintexas.gov/seniors](http://www.austintexas.gov/seniors)



Austin Parks and Recreation Department - Seniors

# JANUARY



# 2019



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-974-3914.

# 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 2019 classes, trips, computer lab, drop-in, work out room use etc. at Lamar Senior Activity Center (LSAC).

**Beginning December 31 stop by the LSAC Volunteer Reception Desk Monday - Thursday 9a-3p, or Friday 9a - 12:30p to complete a 2019 waiver**

## NEW PHOTO ID & AUTOMATED CHECK-IN PROCESS

LSAC is now participating in a city-wide electronic automated check-in process for the PARD RecTrac photo ID. Due to the COA-PARD RecTrac registration system upgrade, we are experiencing system "migration" issues. We are currently asking participants to sign in on the list at the front desk; Keep an eye out for the ID card/scan-in system to be back on line!! Thanks for your patience!

**only takes a few minutes to get your photo ID on the spot or at your next visit.**

## 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; 6-8p**

*\*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*

LSAC Program and Activity updates available online:

[www.austintexas.gov/seniors](http://www.austintexas.gov/seniors)



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 \$6 is required if you would like a newsletter mailed to your home and/or \$3 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!*

# REMINDERS . . .

## **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.**



### **REMINDER -**

If you are feeling ill or have an infection, please be considerate of others and stay home to take care of yourself. Your fellow participants will appreciate it!

### **PLEASE CONSIDER this...**

For those who are able to safely use the stairs or sidewalk to the upper LSAC parking lot, please think about parking there. This will reserve the lower lot with more accessible spaces for participants who cannot manage the stairs or the sidewalk to the upper lot.



## **Tips and Gratuities—Reminder!**

City of Austin policies prohibit ALL STAFF members from accepting or soliciting gratuities (tips) or favors in any form for any purpose or services.

**PLEASE do not** put staff in an uncomfortable situation or jeopardize their position due to a violation of this policy. A simple "Thank You," note or smile is sincerely appreciated and will not put LSAC staff at risk.

# COLLETTE TRAVEL

Lamar Senior Activity Center Advisory Board presents. . .

## Collette Travel Trips

*Springtime Tulip River Cruise Netherlands*

Travel Dates: April 4 - 12, 2019

*Spotlight on South Dakota*

Travel Dates: June 2019

*Discover Switzerland*

Travel Dates: September 15-24, 2019

LSAC presentation: February 7, 2019

Brochures available in LSAC North Hall Info table.

For more information call and leave a message for:

LSACAB Travel Committee **512-978-2480**

Or email: [tripscollette@gmail.com](mailto:tripscollette@gmail.com)

Tel Dalton , LSACAB Travel Committee Representative

### DON'T FORGET

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

Beginning Monday, December 31, 2018 you may stop by the LSAC Volunteer Reception Desk Monday - Thursday 9a-3p or Friday 9a - 1p to complete and update information on the required PARD 2019 WAIVER FORM.

## 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!

# PUBLIC MEETINGS

**Texas Alliance for Retired Americans (TARA)**

Thursday, January 17 12:30p

**Austin Palette Club**

New members and guests welcome

Tuesdays 10a

**LSAC Advisory Board**

Public Invited

2nd Wednesday of the month

Wednesday, January 9 2p

**Handicraft Group**

New members and guests welcome

Wednesdays 1p

**BeMused Literari**

Tuesdays, 1:30-3p

LSACAB "Nut Season Fundraiser"

**PECAN CRACKING**

M & W 9a-3p

F 9a-1p

Through January 23



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.

## INSIDE THE GUIDE . . .PAGE(S)

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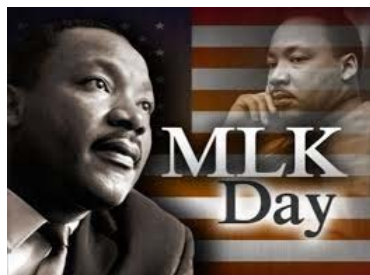
## LSAC HOLIDAYS



*LSAC will be closed  
Tuesday, January 1  
for the New Year  
Holiday*

AND

*Monday, January 21 for  
Martin Luther King Day*



## GAMES

### BINGO & BIRTHDAYS with LUNCH

**Wednesday, January 16, 2019**

**10a-12:30p**

**\$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 11, 2019. Late registration 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 for the Bingo with lunch will begin Jan. 2**

**\*\*Payment to LSACAB is due at the time of registration\*\***

Cash or Check only - Check payable to: SAC

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

## LSAC ADVISORY BOARD

### *Letter from the LSACAB President, Gayle Fischer*

Happy New Year, y'all! I hope your holidays were filled with family and fun! I want to thank all of our participants who gave food and toys at our "giving" events, November Birthday Bingo and the Holiday Luncheon. We collected 65 lbs. of food for Austin Area Food Bank and 150 toys and 40 lbs. of food items for Brown Santa. I am proud to say that we have the most generous participants in town right here at the Lamar Senior Activity Center!

I want to take this time to congratulate our two newest Board Members, Yvette Scott and Madeline Ducate, who will start their terms on the Board in January 2019. Both have been volunteers for our annual nut fundraiser and you may have seen Madeline working as receptionist on Monday mornings. Also, Helen Miller is our new Board Vice President replacing Alma Harrington, a long time LSAC volunteer. All Board Members are volunteers and work with City Staff on planning activities and events for all to enjoy. I look forward to hearing ideas from our newest Members and, if you have suggestions on things you would like to see at the Center in the New Year, please leave your ideas with City Staff or the volunteer receptionists.

The Acoustical Cafe will be returning to the LSAC on January 19, 2019 with the Limeliter. Live music in the cozy, relaxed atmosphere of the Center on Saturday evenings. If you didn't join us for the Acoustical Cafe when it was here before, you'll want to grab a friend and come check it out. See the ad in this guide for details.

Don't forget to fill out and sign your 2019 PARD Waiver Form starting Monday, December 31, and make an annual donation (\$5) to the Advisory Board. You can also pay for a Program Guide to be mailed (\$12) or emailed (\$5) to you for the entire year. The Board pays mailing costs for the Guide, so your donations are appreciated and help keep Board sponsored events going all year.

Lastly, I want to welcome Jerilyn back from her well deserved vacation to Southeast Asia. I know she's refreshed and ready to get back to work. I'm looking forward to working with Jerilyn, her staff, the Board and all of our dedicated volunteers to make your experience at the Center, in 2019, an amazing one!

## ANNUAL FUNDRAISER



*We're still  
cracking pecans!*

**Nut cracking for 50¢/lb.**

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

***Mondays and Wednesdays from 9a-3p***

***Fridays from 9a-1p***

***Through Jan. 23, 2019 - excluding COA  
holidays***



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  
Number.

## AFTERNOON AT THE MOVIES



### SECRETARIAT

Rated: PG

Time: 2hrs 3mins

**Wednesday, January 30 12:30p**

Despite her lack of experience, housewife and mother Penny Chenery (Diane Lane) agrees to take over management of the family Thoroughbred farm after her father (Scott Glenn) becomes ill. Successfully navigating her way through the male-dominated world of horse racing, Chenery, together with veteran trainer Lucien Laurin (John Malkovich), fosters a gifted colt that ultimately crosses the finish line into history as the Triple Crown winner in 1973.

***No need to register, just drop in and enjoy!***

## SOCIAL GAMES

**Mexican Train Dominos**

**Mondays, 12:30p**

Led by LSAC Volunteer, Mil Love

**Thursdays, 1:15p**

Led by LSAC Volunteer, George de Villiers

**Bunco**

**Tuesday, January 15; 12:45p**

Led by LSAC Volunteer, Carolyn Rickard

**Rummikub\***

**Tuesdays, January 8 & 22; 1p**

Led by LSAC Volunteer, Claudia Savio

**Bingo & Birthdays**

**Wednesday, January 16; 10a**

SAC Advisory Board sponsored; (see page 4)

**Pinochle**

**Wednesdays, 12:30p**

Led by LSAC Volunteer, Ernest Lovato

**Mah Jongg** (*Wright-Patterson rules*)

**Thursdays, 1p**

Led by LSAC Volunteer, Bob Woertink

***\*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 1/21***

**Friday ACBL Games monthly**

**10:30a - January 18**

**\$6-\$8 per day**

All players must have a current 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***

# ENRICHMENT

## *Two separate classes to choose from!* **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.

**Mondays**  
**Jan 7—Feb. 25**  
**2 - 3:30p**  
**Fee \$48**  
(includes 6 Monday class meetings)  
**NO CLASS 1/21 and 2/18**

**OR**

**Thursdays**  
**Jan 10 - Feb 14**  
**1:30 - 3:00p**  
**Fee \$48**  
(includes 6 Thursday class meetings)

**Contract Instructor: Rosalind Bond 512-441-3014**

**Contact instructor in advance for registration information and class availability.**

## ***CHESS ANYONE?***

Would you like to learn 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!



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



## ***SIGN WITH GEORGE!***

**Wednesdays, Jan. 16 - Feb. 20 10a FREE**  
**Are you interested in learning very basic sign language?**

LSAC Volunteer, George de Villiers has offered to teach this 6 week class to anyone interested in learning about this method of communication.

No new students after the first class. Come join the fun!

**Please pre- register with LSAC Staff. Class size limited**



**Lunch Bunch**  
**Perry's Steakhouse & Grill**  
**Friday, January 25**

Every Friday, [Perry's Steakhouse & Grille](http://www.perryssteakhouse.com/locations/tx/austin/downtown/#lunch) has an unbelievable deal on its famous pork chop. The "Famous Pork Chop Friday Lunch" comes with a lunch cut of their pork chop, whipped potatoes, and their home-made apple sauce for only \$14.95. Other menu items can be viewed at [www.perryssteakhouse.com/locations/tx/austin/downtown/#lunch](http://www.perryssteakhouse.com/locations/tx/austin/downtown/#lunch)

**Depart: 10:30a**

**Return: 1:30p**

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

**Additional Expenses:** Lunch at Restaurant (average \$15 - \$20)

**Activity Level:** MILD – MODERATE - walking at indoor venue, possible stairs and ramps

# COLLETTE TRAVEL

## ***SPECIAL TRAVEL PRESENTATION***

***THURSDAY, FEBRUARY 7 10a***



## ***DISCOVER SWITZERLAND***

**Travel Dates: September 15-24, 2019**

**Co-Sponsored by the LSAC Advisory Board**





## Bringing Seniors Together Senior Health & Wellness Expo at Givens Recreation Center

Thursday, January 17

Come join other seniors at the Senior Health and Wellness Expo at Givens Recreation Center. Visit with your friends, have lunch and explore the vendors and organizations that will be presenting information. Try out some Austin Senior Games Activities such as Cornhole and Washers.

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

**Fee:** this is a **FREE** event

**Activity Level:** MILD – walking at indoor venue

### K1 Speed Racing Carts

Tuesday, January 22

This is a combined trip with South Austin Senior Activity Center. Join us at K1 Speed Track – America's premier indoor karting experience for a quality, fun time K1 has European-style 20hp electric karts that make racing around the track with friends a thrill. We will take a qualifying lap and then a final race with medals for the top 3 alongside a podium finish. When you aren't driving you can browse through the museum-worthy collection of racing memorabilia, including race suits from famous drivers, race cars, autographed paraphernalia, and amazing art work.

**Depart:** 11:00a      **Return:** 3:00p

**Fee:** Resident \$41/ Non-Resident \$42

**Additional Expenses:** Lunch at Trudy's North (avg \$7-12) <http://www.trudys.com/trudys-north.php>

**Activity Level:** MODERATE-HIGH - walking at indoor venue, possible stairs and ramps, ability to sit down into and pull out of a go cart



## ENRICHMENT

### Do Friendships Keep Us Young?

Tuesdays, Jan. 22 - Feb. 12

(4 sessions) 2 - 4p

**Fee:** \$30

**Motivating! Uplifting! Fun!**

Friends are treasures! They enrich our lives! And they keep us young! At each stage of life, the importance of meaningful connections cannot be overestimated. This is especially true as we grow older. This class focuses on the connection of friendship and ways to develop and maintain meaningful friendships in our lives today.

Topics: Benefits of Friendship; The 4 Circles of Friendship; Differences in Friendships Now From Those in Younger Years; 10 Tips for Making New Friends; 8 Ways to Nurture New Friendships; and Keys To Keeping the Friends We Have Now.

**Contract Instructor:** Eleanor Crenshaw (512-371-1443)

To Enroll or for questions about the class, please call instructor.



## 2019 WAIVERS

### **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 partake in 2019 classes, trips, computer lab, drop-in, contract classes, work out room use etc. at Lamar Senior Activity Center (LSAC).

**Beginning Monday, December 31, 2018,  
you may stop by the**

**LSAC Volunteer Reception Desk**

**Monday - Thursday 9a-3p or Friday 9a - 1p  
to complete and update information  
on the required PARD 2019 WAIVER FORM.**

## ENRICHMENT

***Lifetime Learning Institute is offering spring classes at LSAC  
February 11 - April 5!***

Sign up with Lifetime Learning at [www.lliaustin.org](http://www.lliaustin.org)

### **Beginning Spanish**

Tuesdays, 10a-noon

### **Financial Planning Workshop**

Wednesdays, 10-11:30a

### **Mah Jongg** *(National Mah Jongg League Rules)*

Thursdays, 10-11:45a,

See Lifetime Learning Course Catalog for detailed descriptions of courses and fees or call LLI at 512-206-4232 or visit their website

## COMPUTER CLASSES

### **Individual Tutor Time!**

**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 confirmation of the class.** \* Registration begins Jan. 2 with Kimberly.

**Date:** Tutoring time slots available:

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

Jan. 31 (9:30-10:30a) (10:30-11:30a) (1:30-2:30p) (2:30-3:30p)

**Fee:** Resident \$5/ Non-Resident \$6 per session

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

## TRIPS



Dedicated to the performance and preservation of  
Traditional Jazz in Austin and Central Texas

**Concert at the Capital City Comedy Club  
Featuring  
Hal Smith & the On the Levee Jazz Band  
Sunday, January 6**

The Austin Traditional Jazz Society is a non-profit organization dedicated to the performance and preservation of traditional jazz in Central Texas. It welcomes to its events and membership anyone who enjoys this fine American art form.

**Depart:** 1:30p

**Return:** 5:30p

**Fee:** Resident \$ 13.50 / Non-Resident \$ 14.50

**Additional Expenses:** Food and Drinks at Venue (\$10-\$15)

**Activity Level:** MILD – MODERATE - walking at indoor venue, possible stairs and ramps

**Alamo Drafthouse Cinema: The Upside**

**Friday, January 11**



Inspired by a true story, The Upside is a heartfelt comedy about a recently paroled ex-convict (Kevin Hart) who strikes up an unusual and unlikely friendship with a paralyzed billionaire (Bryan Cranston). Directed by Neil Burger and written by Jon Hartmere, The Upside is based on the hit 2011 French film The Intouchables. Since the movie will be released on Friday, January 11, the Cinema Location and show time (late morning or mid-day) are still to be determined.

**Depart:** TBD

**Return:** TBD

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

**Additional Expense:** General Admission – Senior Discount \$8.50 and Lunch at Cinema (\$15-\$20) <https://drafthouse.com/austin/food-and-drink>

MILD – MODERATE - walking through indoor venue, possible stairs and ramps



# 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 2019 TRIP LOTTERY FORMS

### SUBMISSION DATES AND TIMES:

Wednesday	December 26	9a-3p;
Thursday	December 27	9a-3p
Friday	December 28	9a-1p; 6-8p

To complete an January 2019 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 **2018 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 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.

# HEALTH AND WELLNESS

## 9:30a Fridays FREE

**12/28 & 1/4 class via video - no instructor**

Jacque Cotrell, Certified Zumba® Gold Instructor and LSACAB Volunteer



*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!*

Please register with LSAC Staff before attending class.

## 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 register with LSAC Staff before attending class



## LSAC “Open Play” TABLE TENNIS

**Mondays 10:30a-1p FREE**

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

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

Senior Tennis at Caswell  
Mondays, Wednesdays & Fridays  
8:30-10:30a

Play doubles; no partner needed.

Located at 24th & Lamar. Two courts reserved for play.

Contact Bob Freeman: 512-680-1453 or bfreeman704@gmail.com



# HEALTH AND WELLNESS



## Exercise~

**Mondays**

**9 - 10a**

**No class 1/21**

**Wednesdays**

**11a-12p**

**Fee: FREE**

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**

## Fitness Room~

**Monday 9a - 8p**

**T/W/Th 9a - 4p**

**Friday 9a - 1p  
and 6p-8p**



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. 13 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.; 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**

**Jan. 2 - Jan. 30**

**Next Session: Feb. 6 - Mar. 6**

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.

**Fee: \$50 for one session**

**\$80 for two sessions**

**\$15 Drop In**

**Contract Instructor: Jogi Bhagat\***

*\*Jogi is on a trip to India beginning August 23, 2018.*

**Brock Roser** will substitute his Easy Yoga classes in his absence.



### 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.

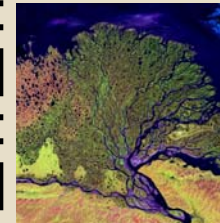
# SPECIAL PROGRAMS

## Geography of Flowing Water: Rivers, Streams, Nature and Culture 2019 LUNCHTIME LECTURE SERIES

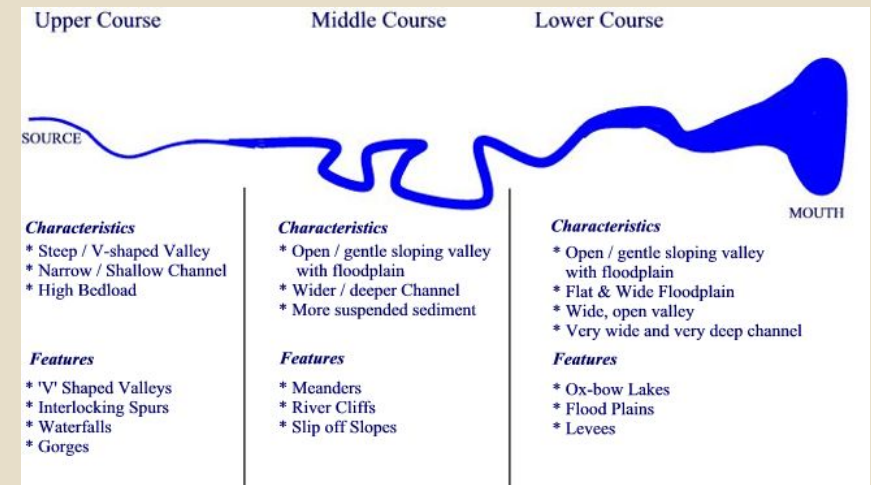
By Dr. Kevin M. Anderson, Austin Water Center for Environmental Research

***The Physical Geography of Flowing Water***  
***Wednesday, January 9 NOON to 1p***

### Fluvial Process: Streams & Hydrology



Water writes its way across the surface of the Earth, inscribing deeply or shallowly depending on how resistant the surface is to the flow of water and sediment carried across the land. This morphology of the physical geography of the Earth is the starting point for geography, the physical shapes and shaping of rivers and streams. From the first flowing rill to the slow merge with sea at a river delta, fluvial systems shape the landscapes in which we live, and fluvial geomorphology reveals how dynamic those landscapes are. Join us for a talk about how rivers and streams work as physical systems that transport water and sediment on the way to the sea.



### **Free and Open to the Public**

*Bring a lunch, bring a friend or just come to enjoy this interesting and informative presentation!*

# EVENING PROGRAMS

**Back by popular demand!**

## AUSTIN ACOUSTICAL CAFE

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



### The Limelitters

**Saturday, January 19**  
**7p**

*Tickets: \$15 in advance  
\$20 at the door  
Purchase your tickets online  
[austinacousticalcafe.org](http://austinacousticalcafe.org)*

The Limelitters launched their career in 1960 at San Francisco's legendary "hungry I" night club. The original band members, Lou Gottlieb, Alex Hassilev and Glenn Yarbrough, took the country by storm with their soaring harmonies, eclectic repertoire and sophisticated humor. In the ensuing years, the lineup of the group has featured several spectacularly talented new members, but The Limelitters have never deviated from the integrity of the fabulous sound they pioneered. Current members Andy Corwin, Steve Brooks, and Don Marovich are in perfect synch with the Limeliter tradition and remain one of the most dynamic vocal groups on the scene today.

*Coffee and desserts will be available for purchase prior to the show and at intermission.*

# HEALTH AND WELLNESS

## Gentle Yoga~\*

**Mondays & Thursdays**

**2-3:15p**

**Dec. 17 - Jan. 24** No class 1/21

**Next Session: Jan. 28 -Mar. 4** No class 2/18

Led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist. His rich yoga experience of last 30 years in India, Europe and US has prepared him to work with people of all ages, sizes, challenges and various ailments. The class is well suited for those with a little yoga experience and in basic good health, but all are welcome to attend.

**Fee: \$75 for one session  
\$110 for two sessions  
\$15 Drop In**

**Contract Instructor: Jogi Bhagat\***

*\*Jogi is on a trip to India beginning August 23, 2018 .*

**Brock Roser** will substitute his Gentle Yoga classes in his absence.

**Brock Roser** came to teaching yoga with a background of teaching swimming, martial arts, West African drum, dance and other practices involving breath and body movement. His approach is based on using intentional breathing and attentive movement to develop calm and stability in body and mind. He aims to help everyone find an approach to yoga practice that suits their level of strength and fitness.

**\*For questions about  
LSAC Yoga classes, please email:  
[jogibhagat@gmail.com](mailto:jogibhagat@gmail.com)**

## Tai Chi~

**Tuesdays 1-2p**

**Fridays 12:30-1:30p**

**Class resumes January - Free Class 1/4**

**Next Session: Jan. 8 - Feb. 15**

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 session.

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





# HEALTH AND WELLNESS



## Afternoon Pilates Class

**Tuesdays 2:30 -3:30p FREE**

Taught by Lita Ovalle, LSAC volunteer 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 register with LSAC Staff prior to first class.*

## Find Balance and Strength

**Thursdays, 10:30 – 11:30a FREE No class 12/27**

Taught by LSAC staff, Lan and Leti

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 register with LSAC Staff*



## JOIN OUR NEIGHBORHOOD AND HEALTH STUDY!

A doctoral dissertation study by a Texas A&M student, Sinan Zhong

**WHO may be eligible?**

- 65 years or older who live in ordinary communities in the City of Austin, Texas

**WHAT is involved?**

- Fill out a 30-minute survey.
- Receive a \$10 gift card.

**HOW to join?**

- Visit [survey.healthyagingtexas.org](https://survey.healthyagingtexas.org)

For questions or a paper copy of the survey, contact:  
**Sinan Zhong**  
 Phone: 979-255-6755  
 Email: zsn198838@tamu.edu  
 Website: healthyagingtexas.org

Print copies of the survey are also available in LSAC Lobby.

# EVENING PROGRAMS

## LET'S DANCE CLUB

**Fridays, 7:30-9:30p ~Live Band**

**Band is David Kautz & Spectrum**

**FEE: \$5 - Dance Club Members**

**\$7 - Non-Members**

**For more information contact Green Rives at 512-298-8652 or**

[grives3@yahoo.com](mailto:grives3@yahoo.com)

## STEPPIN' OUT - COUNTRY STYLE



**Fridays, 7-8:30p**

**Upcoming Sessions:**

**January 11-25**

**February 8-22**

**March 8-22**

These 3 week courses continue in basic country dancin'! In addition to learning *two-step, swing and waltz* these sessions teach couples *pattern dancing* and you're on your way to "steppin' out" at dances and parties on your own!

Our volunteer Dance Instructor, Connie Shell, is offering these **FREE CLASSES** to help partners learn some country dancin' and get you both movin' together in sync on the dance floor! **GRAB A PARTNER and sign up TODAY!**

*Please register you and your dance partner with LSAC staff before first class session. - Space is limited.*

### DON'T FORGET

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

**Beginning Monday, December 31, 2018  
 you may stop by the LSAC Volunteer Reception Desk  
 Monday - Thursday 9a-3p or Friday 9a - 1p  
 to complete and update information  
 on the required PARD 2019 WAIVER FORM.**

## EVENING PROGRAMS



### PILATES

**Mondays 6 -7p FREE**

**No class 01/21**

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 & Assistant, Lan Au.

*Register with LSAC staff prior to class*

**Craft Night with Kimberly**  
**Monday, January 14 & 28**  
**6:30 FREE**



Come join the fun, make new friends and bring home your own handmade project each night! Due to the popularity of the jewelry projects, Kimberly has designated the first meeting of each month for the "Jewelry Club". All are welcome.

### Craft Projects

- January 14 - Jewelry Club - Easy drop earrings
- January 28 - Paper Quilling

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

## HEALTH AND WELLNESS



### Building confidence, reducing falls

*Join this **free 7 week** Seton Healthcare workshop where you'll learn exercises and strategies to help prevent you from falling.*

**Tuesdays, January 22 - March 5 1-3p**

#### Topics include:

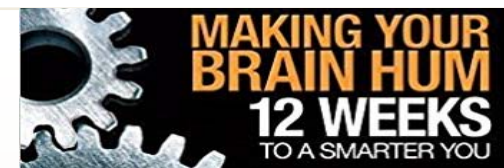
- ♦ Simple and fun balance and strength exercises
- ♦ The role vision plays in keeping your balance
- ♦ How medications can contribute to falls
- ♦ Ways to keep from falling when out in the community
- ♦ What to look for in safe footwear
- ♦ How to eliminate fall hazards from your home
- ♦ Devices you can use to prevent falls

*Please register with LSAC Staff*

**Brain Cardio Classes**  
**Mondays, 3:30-6p**  
**Jan. 28 - Mar. 25**

**8 Sessions** *(no class 2/18)*

**\$25 (includes workbook)**



If you've ever felt "Brain Fog", lost your keys, phone or can't remember things as much as you'd like, then this is the class for you! We will teach you how you can literally *THINK* your way to a better and more fulfilling life by trying new ways to train the brain with games and exercises adapted from "Making Your Brain Hum" - 12 Weeks to A Smarter You!

Class Instructor: Lynn Cromer, PhD, CTRS

*Please register with LSAC Staff*

## SPECIAL EVENTS

### *The Benefits of Planning Ahead*

JOIN US  
*for a sweet social.*



Tuesday, January 29 3p

You're invited to enjoy complimentary pie as you mingle with friends in the community. Attendees will have the opportunity to learn how planning for your future can protect you from issues commonly faced by seniors and how to protect your loved ones by making arrangements in advance.

- ◆ Simple Steps to planning ahead
- ◆ Peace of mind for you and your loved ones
- ◆ Demystify eldercare law and end-of-life services

**BEA WALLIS**  
PRE-PLANNING ADVISOR

**MARILYN G. MILLER**  
ATTORNEY AT LAW

This informational seminar is sponsored by:  
Weed Corely Fish Funeral Home & Cremation Services  
and Cook Walden Funeral Home

*Please register with LSAC Staff*

## FUN FOR ALL

### *Line Dancing Classes!*

**Tuesdays, 2-3p FREE No class 1/01**  
**All levels of experience welcome!**



Round up your friends and come on down to the center every Tuesday to enjoy our Line Dancing Class led by Connie Shell, LSAC Volunteer!!!

*Register with LSAC staff prior to your first day of class!*



### **Improver Line Dance**

**Tuesdays 1-1:45p FREE No class 1/01**

*Linda Fugate, Volunteer Instructor*

**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, improver or 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 register with LSAC Staff prior to first class*

### *Vintage Voices*

*Come Sing with Us!*

**Fridays 10:15a**  
**January 4 & 18**  
**Free**



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







## FUN FOR ALL

*Don't miss this fun activity!*  
A **FREE** offering from the staff of the  
Austin Nature and Science Center  
Lending Library Program

Austin Nature & Science Center  
Lending Library Program 2019


# MAD SCIENTISTS!

Monday and Wednesday, January 14 & 16  
9:30-11a

Bring your inner mad scientist and join us as we explore things that drip, wobble, explode, change colors, bubble, and light up!

Monday	Wednesday
We'll make our own natural dye and use it to decorate handkerchiefs, test out an exothermic reaction, and make our own non-newtonian fluid!	Today we'll examine elements of physics and electricity in the natural world, build functioning circuits, and make a connection between science and art.



Register with LSAC Staff - limited space

## SPECIAL THANKS

*LSAC Rocks the Holidays!*






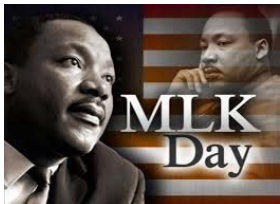



*LSAC participants generously donated 65 lbs. of food for the Austin Area Food Bank in November and 150 toys with 40 lbs. of food for Brown Santa at our Holiday Luncheon in December.*



*Heartfelt thanks to all who made this possible!*

# JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
<p><b>Color coded classes:</b>  <b>FREE</b> classes &amp; programs- <b>BLACK</b> ink</p> <p>Classes requiring a <b>FEE</b>- <b>BLUE</b> ink</p>	<p>1 <b>LSAC CLOSED</b></p> 	<p>2</p> <p>Exercise 11a  Pinochle 12:30p  Handicraft Group 1p  <b>Easy Yoga 2p</b></p> 	<p>3</p> <p>Find Balance 10:30a  Mah Jongg 1p  Mexican Train 1:15p  <b>Gentle Yoga 2p</b></p>	<p>4</p> <p>Zumba Gold-Video 9:30a  Vintage Voices 10:15a  Strength &amp; Stretch 11:25a  <b>Tai Chi 12:30p - Free Class</b>    <b>Let's Dance 7:30p</b></p>	<p>5/6</p> <p><b>TRIP: Sunday 1/6 Jazz Concert</b></p>
<p>7</p> <p>Exercise 9a  <b>ACBL Bridge 12:00p</b>  Mexican Train 12:30p  <b>Writing Stories 2p</b>  <b>Gentle Yoga 2p</b>  Pilates 6p  <b>Creative Drawing 7p</b></p>	<p>8</p> <p><b>Tai Chi 1p</b>  Rummikub 1p  Improver Dance 1p  Line Dancing 2p  Pilates 2:30p</p>	<p>9</p> <p>Exercise 11a  <b>Lunchtime Lecture 12p</b>  Pinochle 12:30p  Handicraft Group 1p  <b>Easy Yoga 2p</b>  <b>Advisory Board Mtg 2p</b></p>	<p>10</p> <p><b>Tech Time 9:30a</b>  Find Balance 10:30a  Mah Jongg 1p  Mexican Train 1:15p  <b>Writing Stories 1:30p</b>  <b>Gentle Yoga 2p</b></p>	<p>11</p> <p>Zumba Gold 9:30a  Strength &amp; Stretch 11:25a  <b>Tai Chi 12:30p</b>  <b>Steppin' Out Couples 7p</b>  <b>Let's Dance 7:30p</b>    <b>TRIP: Alamo Drafthouse</b></p> 	<p>12/13</p>
<p>14</p> <p>Exercise 9a  <b>ACBL Bridge 12:00p</b>  Mexican Train 12:30p  <b>Writing Stories 2p</b>  <b>Gentle Yoga 2p</b>  Pilates 6p  Craft Night 6:30p  <b>Creative Drawing 7p</b></p>	<p>15</p> <p>Bunco 12:45p  <b>Tai Chi 1p</b>  Improver Dance 1p  Line Dancing 2p  Pilates 2:30p</p> 	<p>16</p> <p><b>Bingo w/Lunch 10a</b>  <b>ASL 10a</b>  Exercise 11a  Pinochle 12:30p  Handicraft Group 1p  <b>Easy Yoga 2p</b></p>	<p>17</p> <p>Find Balance 10:30a  Mah Jongg 1p  Mexican Train 1:15p  <b>Writing Stories 1:30p</b>  <b>Gentle Yoga 2p</b>    <b>TRIP: Health Expo</b></p>	<p>18</p> <p>Zumba Gold 9:30a  Vintage Voices 10:15a  <b>ACBL Bridge 10:30a</b>  Strength &amp; Stretch 11:25a  <b>Tai Chi 12:30p</b>  <b>Steppin' Out Couples 7p</b>  <b>Let's Dance 7:30p</b></p>	<p>19/20 <b>Saturday, January 19</b></p>  <p><b>The Limelinters 7p</b></p>
<p>21 <b>LSAC CLOSED</b></p> 	<p>22</p> <p><b>Tai Chi 1p</b>  Rummikub 1p  Improver Dance 1p  Stepping On 1p  Line Dancing 2p  <b>Friendship 2p</b>  Pilates 2:30p  <b>TRIP: K1 Racing Carts</b></p>	<p>23</p> <p><b>ASL 10a</b>  Exercise 11a  Pinochle 12:30p  Handicraft Group 1p  <b>Easy Yoga 2p</b></p>	<p>24</p> <p>Find Balance 10:30  Mah Jongg 1p  Mexican Train 1:15p  <b>Writing Stories 1:30p</b>  <b>Gentle Yoga 2p</b></p>	<p>25</p> <p>Zumba Gold 9:30a  Strength &amp; Stretch 11:25a  <b>Tai Chi 12:30p</b>  <b>Steppin' Out Couples 7p</b>  <b>Let's Dance 7:30p</b>    <b>TRIP: Lunch Bunch</b></p>	<p>26/27</p>
<p>28</p> <p>Exercise 9a  <b>ACBL Bridge 12:00p</b>  Mexican Train 12:30p  <b>Writing Stories 2p</b>  <b>Gentle Yoga 2p</b>  <b>Brain Cardio 3:30</b>  Pilates 6p  Craft Night 6:30p  <b>Creative Drawing 7p</b></p>	<p>29</p> <p><b>Tai Chi 1p</b>  Improver Dance 1p  Stepping On 1p  Line Dancing 2p  <b>Friendship 2p</b>  Pilates 2:30p  Sweet Social 3p</p>	<p>30</p> <p><b>ASL 10a</b>  Exercise 11a  Movie 12:30  Pinochle 12:30p  Handicraft Group 1p  <b>Easy Yoga 2p</b></p> 	<p>31</p> <p><b>Tech Time 9:30a</b>  Find Balance 10:30  Mah Jongg 1p  Mexican Train 1:15p  <b>Writing Stories 1:30p</b>  <b>Gentle Yoga 2p</b></p>	<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>	