



LAMAR
SENIOR ACTIVITY CENTER
2874 Shoal Crest Avenue Austin, TX, 78705
512-474-5921

LSAC Program and Activity updates available online:
www.austintexas.gov/seniors

 Austin Parks and Recreation Department - Seniors

September



2015



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.

PUBLIC MEETINGS

Golden "K" Kiwanis
New members and guests welcome
Mondays (No Meeting 9/7/15)
9a

Senior Tennis Players Social
New members and guests welcome
Mondays, Wednesdays & Fridays
9:30a (No Meeting 9/7/15)

Austin Palette Club
New members and guests welcome
Tuesdays (No Meeting 9/22/15)
9:00a

LSAC Advisory Board
Wednesday, September 9
2p

Texas Public Employees Association
Friday, September 11
9:30a

AT&T Telephone Pioneers
Thursday, September 24
11a

AARP **Smart Driver Program** *Instructor: Beverly Martin* **Wednesday** **September 16** **10a-2p**

This class is designed for the mature driver & it **will 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
Volunteer desk or call
512-474-5921.

Pay Instructor the day of class:
CASH OR CHECKS ONLY
payable to AARP

Welcome to bring snacks!

GAMES



Mexican Train

Mondays 12:30 - 3:30p (No Meeting 9/7/15)
Led by LSAC Volunteer, Louise Johnson

Bingo

Wednesday, Sept. 16 10a - 11:30a
LSAC Advisory Board sponsored; \$1 per card

Bunco

Tuesdays, Sept. 1 & 15 12:45-3:30p
Led by LSAC Volunteer, Helen Anderson

Pinochle

Wednesdays 12:30 - 4p
Led by LSAC Volunteer, Ernest Lovato

Mah Jongg

Thursdays 1-3p
Led by LSAC Volunteer, Carole Jernigan

MATTER OF BALANCE CLASS

A Matter of Balance: Fall Prevention Program
Tuesdays & Thursdays September 22 - October 15
9:30a - 11:30a FREE

What is A Matter of Balance?

A Matter of Balance: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase activity levels among older adults.

A Matter of Balance includes eight two-hour sessions for a small group led by a Kipa Smith and other certified trained facilitators.

This nationally recognized program was developed at the Royal Center at Boston University.

Who Should Attend A Matter of Balance?

The program was designed to benefit community-dwelling older adults who:

- Are concerned about falls
- Have sustained falls in the past
- Restrict activities because of concerns about falling
- Are interested in improving flexibility, balance and strength
- Are age 60 or older, ambulatory and able to problem solve

The class is limited to 12 participants.

Sign up with LSAC Staff beginning August 26, 2015

BRIDGE

Beginning Bridge

Tuesdays, Sep. 8 - Oct. 6
9:30-11:30a

\$50 for 5 weeks

Registration begins August 24, 2015

Instructor: Sandy Potts*

Duplicate Bridge

Tuesdays, Sep. 8 - Oct. 6
12:30-3:30p

\$50 for 5 weeks

Registration begins August 24, 2015

Instructor: Sandy Potts*

ACBL Duplicate Bridge

Mondays & Fridays (No Game 9/7/15 & 9/25/15) **12:30-4p**

\$6 per day

All players must have 2015 PARD waiver on file

Led by Larry Davis*

Contact Larry Davis, 512-343-6942, for specific questions concerning ACBL play at LSAC

*Pay Instructor on first day of class or each day for ACBL

ENRICHMENT CLASSES

Writing the Stories of Your Life Thursdays

September 10-October 15

1:30 - 3:30p

Fee: \$45

Your memories are your real family treasures! Have fun learning techniques for retrieving, writing and polishing your memories so that you can begin assembling them into your life story.

Contract Instructor:
Rosalind Bond

*Register with instructor and pay
Instructor on first day of class.*

*Contact instructor for information,
future class dates, availability
and to register:
512-441-3014*

The Retirement Years Monthly Refresher Friday

September 25

1:30 - 4p

Fee: \$5

The Monthly Refresher meets the last Friday of the month and is open to graduates of **The Retirement Years: Increasing the Joy & Overcoming the Challenges.**

Contract Instructor:
Eleanor Crenshaw

*Register with instructor and pay
Instructor on first day of class.*

*Contact instructor for information,
future class dates, availability
and to register:
512-371-1443*

BINGO

Bingo

Wednesday, September 16

10 - 11:30a

\$1 per card

Join your friends for our "summer format" of Bingo games. The cost to play is \$1 per card. Games begin promptly at 10 a.m. and will end no later than 11:30 a.m. Prizes will be awarded based on the number of cards sold. Lunch will not be served. Pre-register by calling LSAC at 512-474-5921 or stop by the volunteer reception desk.

No payment due until day of event.

Drop-ins welcome if space is available.

*Sponsored by the Lamar Senior Activity Center Advisory Board and
games "called" by LSACAB President, Gayle Fischer*

DANCE CLUBS

NEWCOMERS, SINGLES, COUPLES — ALL WELCOME!

FIFTY PLUS DANCE CLUB – Ballroom; DJ

2nd and 4th Wednesdays-September 9 and 23, 7:30-9:30p

Contact Bob Smith at 512-496-9109 for more information.

Admission \$5 for members and \$7 for non-members.

LET'S DANCE CLUB – Ballroom; Live Band

Friday, September 11, 18 and 25, 7:30 - 9:30p

Contact Kay Sousares at 512-453-7978 for more information.

Admission \$5 for members and \$7 for non-members.

VISUAL ARTS

Ceramics

Tuesdays & Thursdays

August 18-September 24

(No Class Sep 29- Oct. 1)

10a—12p

Fee: Resident \$30/Nonresident \$35
\$10 Drop-in fee

Create your own treasures! Three classes are set aside for technique instruction. Depending on size of greenware, students are provided up to 7 pieces (1 for drop-in students) to complete during session.

Some supplies furnished; additional greenware will be available for purchase.

All levels of experience welcome.

Instructor: Janice Grady

*Register & Pay LSAC staff before class.
Space limited.*



Oil Painting

Mondays

Ongoing Monthly

(No Class 9/7/15)

9a - 12p

Fee: \$35 month
\$10 drop in

Beginning and intermediate oil painting with emphasis on drawing, composition, and proper use of colors. Students provide own supplies.

Contract Instructor:

Ken Moore

*Register & Pay Instructor first day of class.
Space limited.*

Watercolor

Fridays

9a - 12p

OPEN PAINTING- September

No instructional watercolor classes.

The Arts & Crafts room will be open for independent painting.

Everyone welcome!

Contract Instructor, Pat Molina,
slated to return in October 2015.

HEALTH AND WELLNESS

Exercise Mondays, Wednesdays & Fridays 9 - 10a



A self-paced class utilizing videos focusing on balance, coordination, flexibility, stamina and strengthening. This class is great for overall health and fitness and great for fall prevention.

Fee: FREE
Instructor: Shannon Ernst
Register with LSAC Staff

Workout with Walter Tuesdays 9:30a - Noon Fridays 10a - 1p

Join LSAC Volunteer, Walter Donnelly, for a FREE lesson on using the Bowflex equipment. Get a few healthy lifestyle tips and handouts too!
Class Leader: Walter Donnelly
Fee: FREE
Call 512-474-5921 or stop by the Volunteer Desk to make an appointment.

Fitness Room Monday—Friday 8:30a-4:30p

(equipment not available during Exercise class)
Come check out the free LSAC Fitness room. Learn how to use the treadmill, recumbent bike and Bowflex. Work out at your own pace...rain or shine!

Matter of Balance

Please see page 3 for additional information.

Easy Yoga* Wednesdays August 19 - September 16 September 23 - October 21 2 - 3:15p

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

Contract Instructor:
Sarah Fangsrud
Fee paid to instructor
\$40 for one session
\$70 for two sessions
\$14 Drop In



YOGA CLASS REGISTRATION

Register with LSAC staff and pay the Contract Instructor before class.

HEALTH AND WELLNESS

Gentle Yoga* Mondays & Thursdays August 27 - October 1 (No Class 9/7/15) 1:55 - 3:15p

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

Contract Instructor:
Katherine Winge (Mondays)
Lisa Feder (Thursdays)
Fee: \$60 for one session
\$100 for two sessions
\$14 Drop In



*Usually led by Jogi Bhagat, RYT-500, Certified Yoga Instructor and Yoga Therapist, this class will have substitute instructors, Sarah Fangsrud, Katherine Winge and Lisa Feder to cover Jogi's classes while he travels to India this fall.

Tai Chi Tuesdays & Fridays Sep 18 - Oct 30 1 - 2p



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 1st class


Zumba Gold® Resuming in the Fall



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

Play doubles; no partner needed. Located at 24th & Lamar. 2 courts reserved for play.
Contact Bob Freeman:
512-6801453; bfreman11@austin.rr.com

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2015***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ceramics 10a-12p Tai Chi 1-2p Bunco 12:30-3:30p	2 Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p	3 Ceramics 10a-12p Mah Jongg 1-3p Gentle Yoga 1:55-3:15p E-mail/Internet Class 1:30-3:30p	4 Exercise 9-10a ACBL Bridge 12:30-4p Tai Chi 1-2p No Evening Programs
7 	8 Beginning Bridge 9:30-11:30a Ceramics 10a-12p Duplicate Bridge 12:30-3:30p Tai Chi 1-2p	9 Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p Fifty Plus Dance 7:30-9:30p	10 Ceramics 10a-12p Mah Jongg 1-3p Writing Class 1:30-3:30p E-mail/Internet Class 1:30-2:30p Gentle Yoga 1:55-3:15p	11 Exercise 9-10a CELEBRATE LIFE –Trip 10a-1p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p
14 Exercise 9-10a Oil Painting 9a-12p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p	15 Beginning Bridge 9:30-11:30a Ceramics 10a-12p Duplicate Bridge 12:30-3:30p Ice Cream Social 1-2:30p Tai Chi 1-2p Bunco 12:30-3:30p	16 Exercise 9-10a Bingo 10 - 11:30a AARP Smart Driver 10a-2a Pinochle 12:30-4p Easy Yoga 2-3:15p	17 Ceramics 10a-12p Mah Jongg 1-3p Writing Class 1:30-3:30p Gentle Yoga 1:55-3:15p	18 Exercise 9-10a ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p
21 Exercise 9-10a Oil Painting 9a-12p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p	22 Matter of Balance 9:30-11:30a Beginning Bridge 9:30-11:30a Facebook Class 9:30-11a Ceramics 10a-12p Duplicate Bridge 12:30-3:30p Tai Chi 1-2p	23 Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p Fifty Plus Dance 7:30-9:30p	24 Matter of Balance 9:30-11:30a Ceramics 10a-12p Mah Jongg 1-3p Writing Class 1:30-3:30p iPhone - iPad 101 1:30-3:30p Gentle Yoga 1:55-3:15p	25 Exercise 9-10a ACBL Bridge 12:30-4p Tai Chi 1-2p Retirement Years 1:30—4p Let's Dance 7:30-9:30p
28 Exercise 9-10a Oil Painting 9a-12p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p	29 Matter of Balance 9:30-11:30a Conventions Bridge 9:30-11:30a Duplicate Bridge 12:30-3:30p Tai Chi 1-2p No ceramics class	30 Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p	<div style="border: 1px solid gray; padding: 5px; margin-top: 20px;"> <p><i>*Dates, times and locations of classes, trips, meetings, events, etc., listed in the LSAC program guide are subject to change; contact program leader/coordinator or site to confirm.</i></p> </div>	

COMPUTER CLASSES

E-mail/Internet 101

Thursday, September 3 1:30-3:30 p.m.

Thursday, September 10 1:30-2:30 p.m.

Fee: Resident \$10/Nonresident \$12 (includes both classes)

Limit 4 students

This class is for those of you with some experience using email and the Internet. Join us in learning how to save and find files, create and use an e-mail account - how to set up your contacts address book, how to send/receive attachments, browsing and searching on the Internet. **Basic knowledge of a computer and mouse are required. Prerequisite: Must have an active email account; know the password, the web site of your e-mail provider and the ability to access your account.**

Find Friends and Family on Facebook

Tuesday, September 22 9:30 –11 a.m.

Tuesday, September 29 9:30 – 10:30 a.m.

Fee: Resident \$10/Nonresident \$12 (includes both classes)

Limit 4 students

Facebook is a social gathering place on the Internet, to find your family and friends and then more and more friends, share your daily lives, no matter where you are!! Join this class to start up your own Facebook and be a part of this new world of social networking. **Basic knowledge of a computer and mouse and are required. Prerequisite: Must have an active email account; know the password, the web site of your e-mail provider and the ability to access your account.**

iPhone – iPad 101

Thursday, September 24 1:30-3:30 p.m.

Thursday, October 11 1:30-2:30 p.m.

Fee: Resident \$10/Nonresident \$12 (includes both classes)

Limit 4 students

Do you have an iPhone or iPad and want to learn more? Learn the basics on how to use your iPhone/iPad; creating contacts, text messaging, purchasing apps, update settings, and more. **Basic knowledge of a computer and mouse and are required. Prerequisite: Must have an active email account, an iTunes account, a major credit card/debit card and own an iPhone or iPad. Please bring your iPhone/iPad to class with the cord**

WELCOME NEW STAFF



Maria Hernandez joins LSAC part time (20 hr.) as an Administrative Assistant. She has lived in Austin over 35 years and has a BA from UT, a MA from St. Edwards University. Maria and Roger, her husband of 35 years, love to travel, enjoy sports of all kinds, play music and spoil their nieces and nephews. She is excited to be part of the Lamar Senior Activity Center team.

Shannon Ernst, the new LSAC Recreation Program Specialist (20 hr.) has been teaching fitness classes and seminars to gym users, rehab patients, seniors and fitness lovers since 2008. People have discovered fitness as a way to keep healthy, happy and strong at any age and at any level with her. Shannon is “pure energy” and looks forward to bringing fun classes, events and outings to the Lamar Senior Activity Center community.



Join us for a **FREE**
ICE CREAM SOCIAL
Meet and welcome our new staff,
rekindle friendships and
EAT ICE CREAM!!!



**WEDNESDAY,
SEPTEMBER 16
1:00p - 2:30p**

No need to register, just drop by and join us!

TRIP

Carpool, take the bus, call Uber, drive yourself or take a chance and register with LSAC Lottery but just make sure you do not miss out on the fun at the **Austin PARD Celebrate LIFE** event.

National Senior Center Month **Celebrate LIFE** Friday, September 11 - 9:30a-1:30p Fiesta Gardens (2101 Jesse E. Segovia St)

LEARNING
Expand your knowledge



INDEPENDENCE
Live on your terms



FREE active programs & demonstrations!
• Giveaways •
• Refreshments •

Celebrate National Senior Center Month with Austin Parks & Recreation!



FRIENDS
Enjoy life



ENERGY
Discover health and vitality



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TRIP

The following trip requires Lottery Registration beginning August 26, 2015 at 9a and ending August 28, 2015 at 4p. Registration will be accepted after August 28th pending any remaining seats or those wishing to be placed on a waiting list.

Senior Center Month: Celebrate LIFE (Austin, Texas) Friday, September 11, 2015

Join the Parks and Recreation Department to celebrate Senior Programs at Fiesta Gardens. Participate in active fun programs, events, demonstrations and presentations. Giveaways and refreshments will be served. Limited seating; lottery registration required.

Departure Time: 10:30a

Returning Time: 2:30p

Fee: Free

Activity Level: Minimal

LSAC participant transportation to this event provided by West Baxter, South Austin Senior Center Program Specialist

Due to continued PARD staffing shortfalls, the Lamar Senior Activity Center monthly trip will resume very soon.

We are working hard to navigate the COA/PARD interview process to fill staff positions and plan more trips and adventures for Fall 2015.

We thank you for your patience and understanding.

VOLUNTEER CASTING CALL

Important Note from Gayle Fischer, Advisory Board President & LSAC Staff

LSAC Advisory Board Nut Fundraiser is coming up in November. We are in need of volunteers to sell nuts and crack pecans (see options below). Money raised last year went to buying all the new furniture in the lobby.

Our volunteers are special people and a very important part of the Center's operation. We are looking for generous people willing to devote a few hours of their time every week. We have many volunteer opportunities available. The Center needs volunteers to:

- ◆ Substitute for regularly scheduled receptionists (M-F, shifts are 8:00am-12:00pm and 12:00pm to 4:00pm)
- ◆ Sell nuts in November and December (M-F, shifts are 8:00am-12:00pm and 12:00pm to 4:00pm)
- ◆ Crack pecans from November through January (M-F, shifts are 8:00am-12:00pm and 12:00pm to 4:00pm)
- ◆ Serve as a member of the Advisory Board and/or the Guild (support the Center with fundraisers, trips planning and other programs/activities)
- ◆ Lead a class or group game (If you have a skill, interest or hobby that you would like to teach others or if you would like to serve as facilitator of a group activity, such as, a game, discussion group etc.)
- ◆ Other volunteer opportunities: Help with Bingo, Travel Committee, Gardening, Lead or Teach a class; your ideas, interests, and enthusiasm are the limit!

Stop by the Reception Desk and fill out a volunteer application today!

ATTENTION: PECAN CRACKERS NEEDED!

Training for 2015-16 "pecan crackers" is coming in October. Please check the October newsletter for the date.

Walter Donnelly, LSACAB Volunteer, will be conducting the training.

Bill Myers, LSACAB Volunteer, has performed extensive cleaning and maintenance on the cracking machines so they are ready to go! We would like for anyone interested in cracking pecans to attend the training. This fundraiser is very important to the programs at the Center and we appreciate your commitment to serve in the capacity of a pecan cracker.

GENERAL INFORMATION

2015 COA Fee Structure

Beginning October 1, 2014, the City of Austin Parks and Recreation Department (PAR) implemented a **Resident and Non-Resident Fee Structure** as approved by Austin City Council. Residents of Austin property taxes contribute directly to support the operations of the City of Austin. The Non-Resident rate ensures that individuals living outside of Austin contribute to the funding of the City of Austin on an equal basis with residents.

Contract Instructed classes will not be impacted by the Resident/Non-Resident Fee Structure offered at LSAC.

LSAC Regular Hours of Operation*

8a - 5p M-F

Waiver/Class Sign-Up*

9a - 4p M-F

**unless otherwise noted*

Computer Lab Hours of Operation**

8:30a - 4:30p M-F

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

Beginning May 1, 2015 all participants using the computer lab must sign-in.

**LSAC is CLOSED
Monday
September 7, 2015
for the
Labor Day Holiday**



2015 City of Austin PARD Waiver

Please stop by the LSAC Volunteer desk to complete the City of Austin Parks and Recreation Department 2015 Liability Release Waiver. You may also sign up for the Lamar Senior Activity Center Advisory Board optional donation, mail list and email list to continue to receive the most current information at home. **Current fees have been reduced to reflect the 1/2 year remaining.**

ALL participants must have an up to date waiver on file to participate in 2015 classes, trips, computer lab and work out room use etc. at Lamar Senior Activity Center.

Stop by the LSAC Volunteer Desk to complete the form TODAY!!!

2016 Waivers and LSACAB Registration will begin in December 2015— Date TBA

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
Don Zimmerman, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Sheri Gallo, District 10

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Marty Stump, Assistant Director
Cora D. Wright, Assistant Director
Cheryl Bolin, Division Manager
Tiffany M. Cabin, Seniors Program Manager

LSAC Advisory Board 2015

Gayle Fischer, President
Alma Harrington, Vice President
Helen Anderson, Secretary
Dayton Grumbles, Treasurer
Edna Armendariz, Gladys Ashby, Marilyn Burson,
Pat Casey, Tel Dalton, Mary Ann Lawrence,
Phil Horn, Helen Miller,
Ken Moore, Sydelle Popinsky

City Manager

Marc Ott, City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Bert Lumbreras, Assistant City Manager
Mark Washington, Acting Assistant City Manager

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Alison Alter, Board Member
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Alesha Larkins, Board Member
Francoise Luca, Board Member
Alex Schmitz, Board Member
Mark Vane, Board Member
Pat Wimberly, Board Member

LSAC Staff

Jerilyn Rainosek, Programs Supervisor
Andy Maldonado, Building & Grounds Assistant
Teresa Hudson, Administrative Associate
Maria Hernandez, Administrative Assistant
Shannon Ernst, Program Specialist

MISSION The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.