

OCTOBER  
2023

# PROGRAM GUIDE



## Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



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



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

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.



# CENTER INFORMATION



[CLICK HERE FOR LAMAR SENIOR ACTIVITY CENTER WEBSITE & MORE INFORMATION](#)

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Ave on the corner of 29th Street and Lamar Blvd. The center opened in 1978 and was the first City of Austin Parks and Recreation Department center to focus primarily on the interests of Adults 50 plus. Health and fitness, arts and crafts, excursions, social games, group socials, local club and organization meetings, computer lab and cultural events comprise some of the many services provided by LSAC.

Stop by and let the friendly LSAC staff and volunteers show you around.

***Hope to see you soon!***

## Hours of Operation

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

(Registration Hours on page 3)

### Monday & Wednesday

8:30a-8:30p

### Tuesday & Thursday

8:30a-4p

### Friday

8:30a-2:30p



To better serve you please visit the

front desk to complete a 2023 Austin Parks and

Recreation Department

Waiver and ensure your information is current.





## REMINDERS & FEE INFO

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

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

Payment is good for the 2023 calendar year, midyear payments are not prorated.

## REGISTRATION

**Please note, we changed some of our most popular programs to lottery registration. This gives everyone an equal and fair chance. No need to rush in to turn in your registration form. You will be notified via email or phone call if you get into the class.**

**You must register for classes, events and activities, including Zoom.**

Ongoing programs such as Exercise classes, Social Games and Group Meetings, have a 3-month registration timeframe.

New session will be for September—November.

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

**Once you register, then no need to register until December 2023!**

**The receipt will confirm your enrollment or if you are on a WAITLIST or LOTTERY STATUS.** If you are on a waitlist you must first receive a call from LSAC staff to inform you if and when a spot has opened and is offered to you. You will be required to respond/confirm or we will move to the next person on the waitlist.

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**Credit Card Payments ONLY -- No Refunds for Paid Programs**

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**NEW FEES:** We are using a Lottery registration for trips, specialized classes and some events. Also some events and classes are now charging for activities that require specialized equipment, instruction and supplies to ensure we can keep offering new opportunities.

## **LOTTERY INFORMATION ON PAGE 10**

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

# REGISTRATION INFORMATION

## **OCTOBER 2023 REGISTRATION BEGINS** **Monday, SEPTEMBER 25, 2023 at 9:30am**

and will be entered in order received. See Lottery Info on pg. 10 for specific info on trips.

**ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER xxxx.2023:**

**M & W 9a-4:30p    T & TH 9a-3p    F 9a-1:30p**



### **WALK-IN    During registration hours listed above**

You may walk into Lamar Senior Activity Center to register in person by completing a registration form and giving it to a LSAC staff member to date, time and process. You must be in the current RecTrac registration database or fill out a Waiver form to be entered. Then Staff will process the request and inform you if you are in the class or on a waitlist.



### **CALL    512.978.2480**

You may call Lamar Senior Activity Center to register over the phone. You must be a returning participant with your updated information in our RecTrac registration database. If no answer you may leave a message and staff will return your call. Staff will process the request and inform you if you are in the class or on a waitlist.



### **EMAIL    [lamarsenioractivitycenter@austintexas.gov](mailto:lamarsenioractivitycenter@austintexas.gov)**

You may send an email listing the name, day, time, etc. of the classes or activities you would like to attend. You must be a returning participant with your updated information in our RecTrac registration database. Staff will process the request and inform you if you are in the class or on a waitlist.



### **ONLINE via the City of Austin Website** (user guideline or assistance available upon request)

You may register online via the City of Austin PARD website RecTrac registration system at:  
**<https://www.austintexas.gov/department/online-registration>**

## WHAT'S INSIDE ...

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\*All info subject to change



# News from Paula Brown, LSAC Advisory Board President

## Focus on Caregiver Resources for the Holiday Season

I am excited to note that we will be offering a class in November for caregivers through AGE of Central Texas.

Rob Faubion, Chief Community Engagement Officer for AGE of Central Texas describes their organization and its mission this way:

“AGE of Central Texas is a leading regional non-profit delivering services, education, and assistance supporting the area’s rapidly growing population of older adults and their caregivers. Serving residents in Central Texas, AGE’s six core programs include adult day health care, caregiver education, early memory loss support, health equipment lending, resource information, and peer-based computer classes for older adults. Founded in 1986, AGE’s services cultivate strength, compassion, and community. For more information, visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611.”

We have promoted AGE of Central Texas programs for years at the center. Many of our participants, including me, have utilized their resources and services over the years and have always been glad they did.

Their ENGAGE Quarterly Caregiver Newsletter is always full of great information and is a wonderful resource for connecting you to other agencies and organizations in your efforts to secure services for a loved one. If you have ever called AGE and spoken with a staff member, you know they are very caring and knowledgeable concerning the senior community and where to access resources, services, and programs.

Through their CaregiverU program they offer classes both online and in person in Travis, Williamson, Hays, and Bastrop Counties. These classes are free as well. Many thanks to AGE of Central Texas for everything they do for our caregiver and senior community.

As you know, the holiday season can be a lonely and stressful time for many seniors and their caregivers. Having an organization like AGE of Central Texas which offers specialized programs and services can make a real difference in someone’s life. Please reach out if you need more information.

## Veterans Day Breakfast Celebration

Once again, we will honor veterans with our Veteran’s Day Breakfast celebration on Thursday, November 9<sup>th</sup> from 9:00 to 11:00. Please send in information and pictures so we can add you to our list of honorees and their families.

**Casino Royale** was great fun! To everyone’s delight, our surprise celebrity guest showed up and sang a few tunes. There was a whole lotta shakin’ going on . . . Many thanks to the staff and volunteers who made it happen. Viva Las Vegas!



Programs, events, and services for Adults 50 and above.

# \*~HEALTH & WELLNESS

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



## FUSION FITNESS

### Monday and/or Wednesday

Energizing workout using bands, weights, and balls to compliment the exercises. You can accommodate your ability and needs and choose to participate using a chair or combo chair / standing. All levels welcome.

Instructor: Jennifer Taylor, LSAC Instructor, Certified Fitness Trainer

<u>Day</u> MON	<u>Dates</u> *9/4-11/27	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-60
<u>Day</u> WED	<u>Dates:</u> *9/6-11/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246308-61

<u>Day</u> TUE	<u>Dates</u> *9/5-11/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-57
<u>Day</u> THUR	<u>Dates</u> *9/7-11/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246310-58

## FIND BALANCE

### Tuesday and/or Thursday

Laura and Leti lead the class through a variety of chair exercises (standing & sitting) to develop muscle and stamina for better balance and strength. All levels welcome.

Instructors: Tuesday: Laura Adams; Thursday: Leti Alvarez  
Both are LSAC Certified Find Balance Instructors

## STRENGTH & STRETCH

Build muscle and strength through proper body mechanics and posture with both standing and sitting exercises. Class uses hand weights and bands.

All levels are welcome and fun is guaranteed.

Instructor: Patti Gagne, PARD Instructor, BS Health, PE & Dance; CIYT

<u>Day</u> FRI	<u>Dates</u> *9/1-11-24	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246304-37

<u>Day</u> THUR	<u>Dates</u> *9/7-11/30	<u>Time</u> 1-1:45p
<u>Fee</u> N/A	<u>Class Size</u> 30	<u>Activity #</u> 246203-43

## CHAIR ONE FITNESS

Join Myia on a new fitness journey! Chair One is a fitness class that includes everyone of all levels to enjoy a low to high intensity dance class while sitting in a chair. Chair One offers fun dance movements that stimulate brain and will burn calories. (No Zoom classes)

Instructor: Myia Little, CTRS, LSAC Program Specialist, Certified Chair One Instructor

## HYBRID EXERCISE CLASSES — \* Registration Required for all Zoom classes

If you are unable to get a spot in one of the morning exercise classes or unable to personally attend from time to time or you prefer to workout at home, the following classes are offered online via Zoom:

- \* FUSION FITNESS M & W 10a Activity# 246903-93
- \* FIND BALANCE T & Th 10a Activity# 246903-94
- \* STRENGTH & STRETCH F 11a Activity# 246903-95

\*\* NEW ZOOM LINK will be issued upon Registration. \*\*

# \*~HEALTH & WELLNESS

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

<u>Day</u> TUE	<u>Dates</u> 10/31-12/12	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-83
<u>Day</u> FRI	<u>Dates</u> 11/3-12/15	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-86
<u>Day</u> T & F	<u>Dates</u> 10/31-12/15	<u>Time</u> See above
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-84

## T'AI CHI

Kade Green leads the class on the skills and movements for T'ai Chi. T'ai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is practiced slowly with *zero impact*.

*All levels welcome in this class and must make a 6-week commitment.*

### NEXT SESSION for all Tai Chi classes

will begin the week of

**Oct 31st thru Dec 15th**

**REGISTRATION BEGINS on October 24th**

**Fees (credit card only)**

**\$30 1x week**

**\$40 2x week**

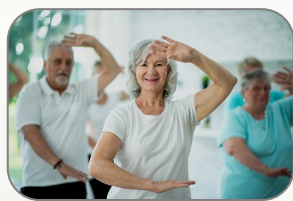
Instructor: Kade Green, LSAC, Gohring's School of T'AI CHI Certified Teacher

## T'AI CHI –Advanced

This is advanced T'ai Chi classes and students must meet with Kade prior to signing up to ensure his class requirements are met.

*This class requires a 6-week commitment.*

**Sessions and fees same as listed above.**



<u>Day</u> WED	<u>Dates</u> 11/1-12/13	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 15	<u>Activity #</u> 246312-85

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

<u>Day</u> TUE	<u>Dates</u> *9/5-11/28	<u>Time</u> 1:30-3p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246302-26

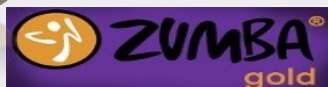
## LINE DANCE – Beginner and all levels welcome

All levels welcomed! Sonja is ready to lead you in a variety of fun, easy dances to music of all genres. This class is a standard beginner level class, with an optional arrival at 1:30p for basic line dance instruction prior to the 2p class start time. So bring a friend or make some new friends while Sonja takes you through a fun and easy dance class.

Instructor: Sonja Hemmes, LSAC Volunteer Instructor & Director/Instructor of Austin Rockin' Line Dancers

## ZUMBA GOLD

This class is modified and the choreography focuses on balance, range of motion and coordination. Everyone is encouraged to move at their own pace. All levels welcome, no judgment...just get moving!



<u>Day</u> FRI	<u>Dates</u> *9/1-11/24	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 40	<u>Activity #</u> 246303-42

Instructor: Jacque Cotrell, Certified Zumba® Gold Instructor & LSAC Volunteer

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



# \*~HEALTH & WELLNESS

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

## EVENING (MAT) PILATES

Pilates is a form of exercise which concentrates on strengthening the body with an emphasis on core strength. This helps to improve general fitness and overall well-being. Pilates concentrates on posture, balance and flexibility.

Some Pilates experience is helpful.

Instructor: Jaya Zyman, LSAC, Certified Pilates Mat Instructor, Fitness Professional

<u>Day</u> WED	<u>Dates</u> *9/6-11/29	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 35	<u>Activity #</u> 246331-23

## CORE AND RESTORE—Lottery **\*\*NO WALK-INS\*\***

Core & Restore is an active practice that works deeply into our bodies with restorative stretches. The program is mostly floor stretches that work the lower part of the body – the hips, pelvis, inner thighs, and lower spine. The class uses foam rollers, yoga

therapy balls, and bands for releasing the tension, lengthening the muscles, and targeting tight areas. Registration is required. If you are interested in purchasing your own class yoga therapy balls go to: <https://www.tuneupfitness.com/shop/self-massage-therapy-balls>

Instructor: Jennifer Taylor, LSAC, Certified Fitness Trainer



## PEACEFUL YOGA

Gentle yoga with emphasis on breathing and quiet reflection will help calm our nervous systems and tone our muscles. This class will incorporate slow flowing sequences to warm up the body, as well as standing poses focusing on alignment, strength, balance and flexibility.

Instructor: Leti Alvarez, LSAC Program Specialist-Health & Wellness; Certified Yoga Instructor



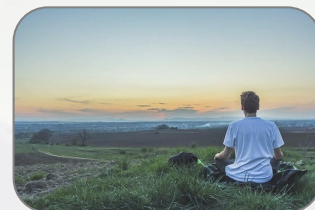
<u>Day</u> WED	<u>Dates</u> *9/6-11/29	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-49

## MEDITATION

All are welcome! Please come with little to a lot of experience. We will start the sessions with some simple instructions and move into a ten-to-twenty-minute mindful breathing exercise. If you are able,

please bring a yoga mat and a small pillow, if you'd like to sit on the floor. **Chairs will be provided for those who prefer to sit in a chair.**

Beginner QI Gong last Mon of each month. Instructor: Myia Little, CTRS, LSAC Program Specialist



## YOGA FLOW

This yoga class will link your movements to your breath in a flowing sequence practice. Practice sun salutations, find balance and peace. All levels are welcome!

Instructor: Jaya Zyman, LSAC, Certified Yoga Instructor, Fitness Professional



<u>Day</u> MON	<u>Date</u> *9/4-11/27	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-47



# ENRICHMENT

## BOOK CLUB

October's Book Selection is "Dear Martin"

Justyce McAllister is a good kid, an honor student, and always there to help a friend--but none of that matters to the police officer who just put him in handcuffs. Despite leaving his rough neighborhood behind, he can't escape the scorn of his former peers or the ridicule of his new classmates. A limited amount of books will be available to check out. See Leti to check one out. Please bring a snack or dish to share. Fee: \$5.00

<u>Day</u> WED	<u>Dates</u> 10/18	<u>Time</u> 4:15p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-42

## VINTAGE VOICES - LSAC- Choir

2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of every month

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

<u>Day</u> WED	<u>Dates</u> 10/11-10/25	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-43

## TECH TIME *help for all!*

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

See Leti or Laura to sign up for a 30 minute timeslot.

<u>Day</u> TUE	<u>Dates</u> 10/10	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-41

## LAMAR SAC BINGO—Lottery

Register to play Bingo on October 26.

3 Bingo cards per participant. Gift cards and more for prizes! Only allowed to win a gift card one time.



<u>Day</u> THUR	<u>Dates</u> 10/26	<u>Time</u> 1:45p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246211-87

## Woodland Hike at Pease Park

Woodland Hike with Pease Park Conservancy. Level III hike; walking to and from Pease Park from LSAC, round trip with Woodland Hike 5 miles. Uneven ground, some ascends and descends.

<u>Day</u> TUE	<u>Dates</u> 10/31	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246634-07

## 2024 Collette Travel – INFO SESSION

Are you interested in traveling to any of the Collette destinations? Do you have questions? Tel and Maria will have another info session on an any of the trips, but especially noting the early bird savings available on the Shades of Ireland Trip.

Join us on Wednesday, October 11, 2023 at 10:00 am. Hope to see you there!

<u>Day</u> WED	<u>Dates</u> 10/11	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> N/A	<u>Activity #</u> N/A

# TRIPS - LOTTERY REGISTRATION

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

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

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

**OCTOBER TRIP LOTTERY REGISTRATION WILL BEGIN 9:30a 09/25/2023,**  
**will end 09/29/ 2023 at NOON.**

**LOTTERY TRIP RESULTS AVAILABLE AFTER 09/29/2023.**

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

### **BRINGING SENIORS TOGETHER**

Join us with the City Of Austin department wide event that allows participants to engage with other senior centers across the city, this months event will be hosted by SASAC HALLOWEEN SPOOKTACUKAR

<u>Day</u> FRI	<u>Dates</u> 10/20	<u>Time</u> 9a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 286721-02

### **GOLDEN ROLLERS Beginners Ride**

<u>Day</u> TUE	<u>Dates</u> 10/03	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246105-01

Let's get back on our bikes and pedal around the Boggy Creek. Afterwards enjoy a picnic lunch outdoors or we'll go into the Conley Guerrero Recreation Center. Rides offered from Lamar-SAC or meet at Conley Guerrero 808 Nile St.

### **GOLDEN ROLLERS Intermediate Ride**

<u>Day</u> FRI	<u>Dates</u> 10/17	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246105-02

Let's get back on our bikes and pedal around the Boggy Creek. Afterwards enjoy a picnic lunch outdoors or we'll go into the Conley Guerrero Recreation Center. Rides offered from Lamar-SAC or meet at Conley Guerrero 808 Nile St.

### **BASTROP FARM STREET OPRY– Lottery**

<u>Day</u> FRI	<u>Dates</u> 10/05	<u>Time</u> 4:30p
<u>Fee</u> \$5	<u>Class Size</u> 12	<u>Activity #</u> 246105-04

Join LSAC for some great food and music at the Bastrop Convention Center! Participants will pay \$8 cash at the door. Food trailers onsite

### **Cuisine Crew and Warren Wildlife Gallery – Lottery**

<u>Day</u> FRI	<u>Dates</u> 10/13	<u>Time</u> 10a
<u>Fee</u> \$3	<u>Class Size</u> 15	<u>Activity #</u> 246105-02

Warren Museum and Bouldin Creek Café  
Free 30 min self-guided tour of the Warren Wildlife Gallery. Gallery holds more than 500 mammals and over 900 exotic birds, over 1700 mounted species of wildlife!



# CREATIVE ARTS

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

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

<u>Day</u> MON	<u>Dates</u> 10/23	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-50

## “CRAFTY” CARD TEE PEE -Lottery

Teepee Cards may look intimidating but are quite easy to construct. A great display card for any occasion since it's three dimensional and stands upright. Kits will be provided.

<u>Day</u> Mon	<u>Dates</u> 10/30	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246505-51

## Master Class - Origami Reverse Fold Card Lottery

Join Myre and Marianne to construct an Origami Reverse Fold Card AKA Squash Card . It's over twelve inches long but will squash down to a three-inch square . Hence, the name. you must have attended previous card crafting classes to register.

<u>Day</u> MON	<u>Dates</u> 10/16	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 4	<u>Activity #</u> 246505-52

## Art with Milly– Fall Wreath

Join Milly for some fall fun! Fall wreath for your fall dinner table or front door! All supplies provided.

<u>Day</u> Wed	<u>Dates</u> 10/11	<u>Time</u> 5:30p
<u>Fee</u> \$5	<u>Class Size</u> 8	<u>Activity #</u> 246500-49

<u>Day</u> MON	<u>Dates</u> 10/16	<u>Time</u> 1:30p
<u>Fee</u> \$5	<u>Class Size</u> 8	<u>Activity #</u> 246505-52

## Pumpkin Crocheting (intermediate)

Kick off the fall season with some crochet pumpkins!

Intermediate to experienced skills preferred. All materials provided to make up to three pumpkins.

<u>Day</u> TUES	<u>Dates</u> 10/19	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246211-86

## Austin Nature Science Center

We'll bring the stars & sky to you! Let's learn about astronomy. Using the inflatable planetarium, at the Austin Nature & Science Center, you'll step into tonight's sky and get a sense for how vast our solar system really is! Transportation from the Lamar-SAC provided at 9:45a. Picnic lunch afterwards \*Must be able step into planetarium and sit comfortably on the floor.

<u>Day</u> FRI	<u>Dates</u> 10/27	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246634-06

## Hike w/ a Ranger – Bauerle Ranch Trail

Join our City Park rangers, Aaron and Kat for an interpretive walk to Bauerle Ranch Trail This is an adventurous hike with a mixture of terrain and environments to explore. The trail travels through a scenic forest that provides plenty of shade. 3.3 miles Level III We'll enjoy a nice picnic lunch afterwards in the great fall weather.

# ENVIRONMENTAL LECTURE



**Center for  
Environmental  
Research at Hornsby Bend**



## 2023 LUNCHTIME LECTURE SERIES

**Dr. Kevin M. Anderson    Austin Water CER**

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

### **The Cultural Geography of Flowing Water**

**Rivers and Streams, Nature and Culture**

**October topic:**    Waters the Land: Rivers and Water in Texas  
Join us for an overview of the geography of water in Texas and  
a history of human impacts on the many rivers that water the land.

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

<u>Day</u> THUR	<u>Dates</u> 10/12	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-85

# LSACAB –TRAVEL WITH COLLETTE

## **ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!**

**SHADES OF IRELAND**

**APRIL 27- MAY 6, 2024**

<https://gateway.gocollette.com/link/1188397>

**AMERICA'S COWBOY COUNTRY**

**JULY 11-18, 2024**

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

**ISLANDS OF NEW ENGLAND**

**SEPTEMBER 20-27, 2024**

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**NEW YORK CITY HOLIDAY**

**DECEMBER 5-9, 2024**

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

**Click** on the blue [links](#) above to go to each trip's webpage.

Brochures of these destinations are available at the volunteer reception desk and electronic  
Information can be viewed in the LSAC computer lab.

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

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

**Book Now  
Save \$150**



# LSACAB NOTICES

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

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

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

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

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

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

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

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

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

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

**LSACAB will meet on OCTOBER 11, 2023 at 1p**

The Lamar Senior Activity Center Advisory Board meets 9 months out of the year on the second Wednesday. Everyone is welcome to attend. Please submit agenda items for discussion by

**Noon on Friday, October 6, 2023 to:**

Paula Brown, LSACAB President at [lsacboard1@gmail.com](mailto:lsacboard1@gmail.com)

## **Lobby Receptionist Volunteers Needed**

**Monday Afternoons & Wednesday Mornings and other temp positions, too.**

**Interested? Leave your contact information at the LSAC Front Desk or with LSACAB Volunteer then Holly or Myr will contact you with details.**

# MOVIES

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 10/05	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-19

## LARRY CROWNE

Larry (Tom Hanks) finds himself unemployed after a wave of downsizing. Drowning in debt and unsure of what to do with his life, Larry enrolls in college, where he becomes part of a community who are all trying to carve out a better future.

The possibility of romance enters the picture when Larry meets Mercedes (Julia Roberts), an instructor who has lost her passion for both teaching and her marriage.



## LOVE AGAIN



What if a random text message led to the love of your life? In this romcom of romantic texts to her ex's cell phone number... not realizing the number was reassigned to Rob Burns. A journalist, Rob is captivated by the honesty in the beautifully confessional texts. When he's assigned to write a profile of megastar Celine Dion (playing herself) he enlists her help in figuring out how to meet Mira in person... and win her heart.

<u>Day</u> THUR	<u>Dates</u> 10/12	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-20

## RENT A GROOM



A woman hires an actor from an agency to pose as her fiancé to make her dying grandmother happy, and they fall for each other during the ruse.

<u>Day</u> THUR	<u>Dates</u> 10/19	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-21

## A GOOD YEAR

<u>Day</u> WED	<u>Dates</u> 10/18	<u>Time</u> 6p
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-22

Failed London banker Max Skinner (Russell Crowe) inherits his uncle's (Albert Finney) vineyard in Provence, where he spent many childhood holidays. Upon his arrival, he meets a woman from California who tells Max she is his long-lost cousin and that the property is hers



## Presentation-Austin Nature and Science Center -Texas Wildlife

<u>Day</u> TUES	<u>Dates</u> 10/10	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246211-84

From downtown Austin out to the Hill Country, wildlife is all around us. Meet some live animals, see some famous wild Austinites, and learn about how we can safely share our spaces with nature.



# \*SOCIAL GAMES

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

## TABLE TENNIS



Looking for a free, fun, friendly, social game?  
LSAC Table Tennis Open Play invites you to join  
them. Novice to Advanced  
ALL PLAYERS ARE WELCOME!

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*9/4-11/27	11:15a-12:45p
THUR	*9/7-11/30	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-33
<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	*9/6-11/29	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-34

## MEXICAN TRAIN DOMINOES

Mexican Train is a game played with dominoes. The object of the game is for a player to play all the tiles from their hand onto one or more chains, or trains, emanating from a central hub or "station".

Come learn to play and meet new friends every Monday.  
Group Leader: Claudia Savio, LSACAB Member & Volunteer



<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*9/4-11/27	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-78

## BUNCO

Bunco is a dice game played with players divided into groups of four, trying to score points while taking turns rolling three dice in a series of six rounds. A Bunco is achieved when a person rolls three-of-a-kind

and all three numbers match the round number. It is a lot of fun as is evident by the laughter and cheers we hear coming from the game room. Come have fun and join the laughter and challenge.

Meets on the first and third Tuesday. Game Leader: Carolyn Rickard, LSAC Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*9/5-11/28	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	16	246950-81



## RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players, combining elements of the card game rummy and mahjong. The object is to be the first to play every tile on your rack. It's a challenging but fun game. The group is

always willing to teach anyone interested in joining them on Fridays. Everyone is welcome to join this fun social game. Group Leader: Claudia Savio, LSACAB Member and Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*9/8-11/24	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-80



## PINOCHLE

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*9/5-11/28	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	4-6	246950-79

## MAH JONGG

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
THUR	*9/7-11/30	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-75

# \*GROUP MEETINGS

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

## BEMUSED LITERATI — Writers Group

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

Hopefully you enjoy writing in some genre.

Group Leader: Martin Mayland

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*9/5-11/28	1:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246216-21

## HANDICRAFT MEET-UP

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	*9/6-11/29	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246507-20



## BOOKMOBILE

Drop by the bookmobile. Check it out! It's free Let Leti know what books for them to bring on board and then easily check them out. Don't have a card, they will expedite one on site.

The Bookmobile can provide on the spot library card signups, and check items out to patrons. Just bring your valid ID.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	10/13	9:30a - 12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	N/A	246900-

## CAPITAL AREA PARKINSON'S Meet Up

The Capital Area Parkinson's Society (CAPS) provides education, current Information regarding research and resources, social interaction, and emotional support to persons with Parkinson's disease, their care partners, and the public. This meet up will provide lunch,



socialization, support, light exercise and community for individuals with Parkinson's and their caretakers.

**For registration details please email [ariel@seniorservicesofaustin.com](mailto:ariel@seniorservicesofaustin.com)**

## AUSTIN PALETTE CLUB

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

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

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	10/09 10/16	9a - 12p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246508

## SMART DRIVER Class

Instructor: Joan Deluca

Pre-registration required - Pay instructor on day of class

(cash or check) Class is for insurance purposes only--individuals should check with their own insurance company to confirm they will accept the class for discounts before signing up. Class is NOT for ticket dismissal.

Classes meets the third Wednesday of each month. Participants are encour-

aged to bring snacks, beverages, etc. A short break will be part of the class schedule.



<u>Day</u>	<u>Dates</u>	<u>Time</u>
WED	10/18	9a-1:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
Pay \$20/\$25 To Instructor	15	N/A



## **LAMAR SENIOR ACTIVITY CENTER STAFF**

John “JT” Harros, Program Supervisor

Myia Little, CTRS, Program Specialist

Leticia Alvarez, Program Specialist

Linda Gonzalez, Administrative Assistant

Andy Maldonado, Building & Grounds  
Assistant

Laura Adams, Instructor-Activity Specialist

Patsy Ybarra, Office Attendant

Rebecca Brownlow, Instructor

Jennifer Taylor, Instructor

Jaya Zyman, Instructor

Kelly Maltsberger, CPRP, Program Manager

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

Paula Brown, President

Yvette Scott, Vice President

Dayton Grumbles, Treasurer

Norma Jost, Secretary

John Camden, Holly Chacona,

Madeline Ducate,

Getel “Tel” Dalton, Maria “Myr” Hernandez,

Charles “Chuck” Mandelbaum,

William “Bill” Myers, Patsy Phillips,

Claudia Savio

### **Austin Parks and Recreation Department Vision:**

The Parks and Recreation Department will be an innovative leader in parks and recreation experiences.

### **Mission:**

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.





**Saturday, October 14**



**JAY BOY ADAMS**

Opening: Nichole Wagner

Upcoming Nov 11<sup>th</sup>

**Tish Hinojosa**



**Lamar Senior Activity Center**

2874 Shoal Crest Avenue

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

Doors Open at 6:30pm

Music Starts at 7:00pm

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SAT/SUN	
2 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Meditation Instruction 4:30p Yoga Flow 5:30p		3 Capital Food Bank Tour 9a Golden Rollers 10a Find Balance 10a Tech Time 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p		4 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p		5 Find Balance 10a Table Tennis 11:15a Chair One Fit 1p Mah Jong Group 1p Movie: Larry Crown 11a		6 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi-Advanced 11:30a Cap Metro 12p		7 8	
9 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Meditation Instruction 4:30p Yoga Flow 5:30p		10 Palette Club 9a Find Balance 10a ANSC-Wild Life 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p		11 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p		12 AAUW Bridge Group 9a Find Balance 10a Movie: Love Again 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Chair One Fit 1p		13 Zumba Gold 9:30a Book Mobile 9:30a Cuisine Crew &Warren Museum 10a Rummikub 10a CAPS 10a Strength & Stretch 11a		14 Austin Acoustical Café 7p 15	
16 Fusion Fitness 10a (ZOOM ONLY) Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Origami Reverse Fold Card 1:30p Meditation Instruction 4:30p		17 Palet Club 9a Find Balance 10a (ZOOM ONLY) Golden Rollers 10a Tech Time 11a Tai Chi 11:30a Pinochle 12:30p		18 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15p Book Club 4:15p		19 ANSC Astronomy Trip 9:30a Find Balance 10a (ZOOM ONLY) Rent A groom 11a Table Tennis 11:15a <del>Chair One Fit 1p Cancelled</del> Mah Jong Group 1p		20 BST Trip SASAC 9a Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a (ZOOM ONLY) Tai Chi-Advanced 11:30a Tai Chi 12:30p		21 22	
23 Fusion Fitness 10a (ZOOM ONLY) Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Open Card Design: 1:30p <del>Meditation Instruction 4:30p cancelled</del>		24 Find Balance 10a (ZOOM ONLY) Writing your Legacy 11a Tai Chi 11:30a Pinochle 12:30p Bunco 12:45p		25 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p		26 <del>AAUW Bridge Group 9a Cancelled</del> Find Balance 10a (ZOOM ONLY) Table Tennis 11:15a Chair One Fit 1p Mah Jong Group 1p		27 Zumba Gold 9:30a Hike with a ranger Bauerle Trail 9:30a Rummikub 10a Strength & Stretch 11a (ZOOM ONLY) Tai Chi-Advanced 11:30a		28 29	
30 Fusion Fitness 10a Million Stars Craft 10a Table Tennis 11:15a Mexican Train 12:30p MacAttack Bridge 12:30p Specialty Card Teepee cards 1:30p		31 Find Balance 10a (ZOOM ONLY) Writing your Legacy 11a Halloween Movie Marathon 11a Tai Chi 11:30a Pinochle 12:30p BeMused Literati 1:30p									