



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

October



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 9:00a

Senior Tennis Players Social
New members and guests welcome
Fridays
9:30a

Austin Palette Club
New members and guests welcome
Tuesdays 9:00a

LSAC Advisory Board
Wednesday, October 14 2:00p

Texas Public Employees Association
(No Meeting October & November)
Friday, December 11
TPEA Member Luncheon Meeting
11:45-1:00p

AT&T Telephone Pioneers
Thursday, October 22 11:00a

AARP
Smart Driver Program
Instructor: Beverly Martin
Wednesday 10a-2p
October 7, November 18
December 16

This class is designed for the mature driver. **Does not dismiss traffic violations.**



For insurance discount only if allowed by your Insurance Co.

Fee: \$15 for AARP Members
\$20 for Non-AARP Members

Preregister at the LSAC
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

Bingo
Wednesday, October 21
10 - 11:30a
\$1 per card

Join your friends for our 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. No need to preregister; just show up ready to play on game day! Lunch will **not** be served. No payment due until day of event.



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

SOCIAL GAMES

Mexican Train
Mondays 12:30 - 3:30p
Led by LSAC Volunteer, Louise Johnson

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

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

Bingo
Wednesday, Oct. 21 10a - 11:30a
LSAC Advisory Board sponsored; \$1 per card

Bunco
Tuesdays, Oct. 6 & 20 12:45-3:30p
Led by LSAC Volunteer, Helen Anderson



NEW! Rummikub Table Game
2nd & 4th Tuesdays 2:00
Led by LSAC Volunteer, Claudia Savio

*Rummikub is a fast moving Rummy tile game that is a great combination of strategy and luck with surprise endings all the time!

All welcome! Come join the fun and learn a new game!

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? 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.

The class is limited to 12 participants.
Tuesday, September 29 by 9:30a is the FINAL registration date and time to participate in this session.



If you missed this session and are interested in taking this class, please let LSAC Staff know you want to be put on the interest list for future classes.

BRIDGE

American Contract Bridge League (ACBL)

Duplicate Bridge

Mondays & Fridays 12:30-4 \$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 Game Leader each day for ACBL Game

LEARN TO PLAY BRIDGE



Have a friend or relative who'd like to learn to play bridge? Did you play bridge long ago and need a refresher? The bidding style has changed some over the years! It's fun and keeps the mind actively engaged! Come with or without a partner!

More Beginning Bridge Class

Tuesdays, November 3 - December 1 9:30-11:30a

\$50 for 5 weeks

This five week course continues the basics of bridge covered in the Beginning Class. Practice skills learned previously including the language of bidding, scoring, and guidelines for play. Students will practice how to open the bidding, the roles of the partners, and bidding messages. **Questions?** Contact instructor for registration information and availability.

Contact instructor: Sandy Potts 512-658-9795

Duplicate Bridge Class

Tuesdays, November 3 - December 1 12:30-3:30p

\$50 for 5 weeks

A lesson involving conventions/play will be given at the start of each class! Then we will play, play, practice, and play! This is for students with some bridge knowledge who would like to add to their skill set. Meet new folks and have fun too! Supervised play will be monitored and we will play and practice conventions with duplicate style.

Questions? Contact instructor for registration information and availability.

Contact instructor: Sandy Potts 512-658-9795

DANCE CLUBS

NEWCOMERS, SINGLES, COUPLES — ALL WELCOME!

WEDNESDAY NIGHT DANCE CLUB – Ballroom; DJ

(Formerly “Fifty Plus Dance Club”)

2nd and 4th Wednesdays-October 14 & 28 7:30-9:30p

Contact Grace DeLorenzo-Vyborny at 512-919-0794 for more information.

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

LET’S DANCE CLUB – Ballroom; Live Band

Fridays, October 2, 9, 16, 23 & 30 7:30 - 9:30p

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

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

CREATIVE ARTS

Watercolor

Fridays, October 9-30

9a - 12p

Fee: \$40 month \$15 drop in

If you want to get your brush wet, come to Pat's weekly watercolor class. She will share techniques, discuss brushes, composition, color mixing and assist you individually.

Everyone welcome!

Instructor:

Pat Molina

Register & Pay Instructor first day of class.

Oil Painting

Mondays

9a - 12p

Fee: \$35 month \$10 drop in

Beginning and intermediate oil painting with emphasis on drawing, composition, and proper use of colors. Class review of individual paintings each meeting. Students provide own supplies.

Contract Instructor:

Ken Moore

Register & Pay Instructor first day of class.

Ceramics

Tuesdays & Thursdays October 6 - November 12

9:30a—12:30p

Fee: Resident \$30/Nonresident \$35 \$10 Weekly 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 and additional greenware will be available for purchase.

All levels of experience welcome.

Instructor: Janice Grady

Register & Pay LSAC staff before session or drop in class. Space limited.

ENRICHMENT CLASSES

**Writing the Stories
of Your Life**
Thursdays
October 22-December 3
(no class 11/26/15)
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
512-441-3014

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

The Retirement Years
Monthly Refresher
Fridays
October 30, November 20
& December 18
1:30 - 4p

Fee: \$5 per meeting
The Monthly Refresher class meets once a month and is open to graduates of
The Retirement
Years: Increasing the Joy & Overcoming the Challenges.

Contract Instructor:
Eleanor Crenshaw
512-371-1443

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

SAVE THE DATES! NEXT CLASS IN JANUARY 2016!
SPACE IS LIMITED. ENROLL NOW!

The Retirement Years:
Increasing the Joy & Overcoming the Challenges.
Tuesdays, January 26 - March 1 (6 sessions)
1:30-4p Fee: \$50

This popular class is **Exciting, Meaningful, Motivating!** It is for seniors or adults wanting to make positive changes in their lives, meet others with similar interests, learn exciting new things and **move forward!**

Topics Include: Dealing With Change, Goal Setting, Stress Management, Building Self-Esteem, Creating a More Meaningful, Purposeful Life and more! Learn **practical techniques** to use for a lifetime!

Instructor: Eleanor Crenshaw
512-371-1443

Contact instructor in advance for registration information and availability.

COMPUTER CLASSES

Computer Organization 101

Thursday, October 8 1:30-3:00 p.m.

Fee: Resident \$5/Nonresident \$6

Limit 4 students

If you have trouble finding your documents or pictures on your computer and would like to get them all organized - this class is for you! Learn how to organize files within folders and how to move documents/files from one folder to another. **Basic knowledge of a computer and mouse are required.**

Digital Pictures and Your Camera

Thursday, October 15 1:30-3:00 p.m.

Thursday, October 22 1:30-2:30 p.m.

Fee: Resident \$10/Nonresident \$12 (includes both classes) Limit 4 students

You got a new camera or have had one for a while and filled your memory card with pictures of family, friends but don't know what to do next...learn how to upload the images to your computer, file and store them and explore online photography sites and vendors that will print your pictures for a small fee.

Please bring your digital camera to class with the provided cord to connect to computer.

iPhone – iPad 101

Tuesday, October 20 9:30 – 11 a.m.

Tuesday, October 27 9:30 – 10:30 a.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. **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 with the cord to class.**

Apple Computer Basics

Thursday, October 29 1:30-3:30 p.m.

Fee: Resident \$5/Nonresident \$6

Limit 4 students

Bring your personal Apple MacBook to class and learn the basics of how to set the preferences, organize files, open and close programs and more. Class will meet in the computer lab. **Prerequisite: Must own an Apple computer/laptop and be able to bring it to class.**

Please register & pay SAC staff at least one (1) week before scheduled class begins. All computer classes have a limit of 4 students.

HEALTH AND WELLNESS

Exercise

**Mondays,
Wednesdays &
Fridays, 9 - 10a**

Increase your stamina, range of motion, balance, strength and coordination in this fun and energetic exercise class. Improve overall health and fitness and learn more fall prevention. Class structure will vary using a variety of bands, weights, and balls. All levels welcome.

Fee: FREE

Instructor: Shannon Ernst
Register with LSAC Staff
prior to attending class.



Workout with Walter

Tuesdays 9:30a - Noon
(Tuesday dates limited in Sept/Oct)
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! You MUST make an appointment.

Class Leader: Walter Donnelly
Fee: FREE

Call 512-474-5921 or stop by the Volunteer Desk to set an appointment.

Fitness Room

Monday - Friday 8:30a - 4:30p

(equipment not available during Exercise class; subject to change pending LSAC/PARD classes or programs)

Come use the free LSAC Fitness room. Call ahead to confirm room is available. Learn how to properly operate the treadmill & recumbent bike. Work out at your own pace...rain or shine!

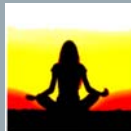
Easy Yoga*

Wednesdays

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

October 8 - Nov 19
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 1-2p

Sep 18 - Oct 30
(Oct 27 & Oct 30 in South or Fitness Room)



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

Zumba Gold®

Resuming in the Fall



Visit with Shannon Ernst, LSAC Recreation Specialist, about class options or to discuss status of the class.

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 / bfreeman704@gmail.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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. NOTE: Not all classes, programs, events, etc. are listed on the calendar ; please refer to guide for individual listings/info.</i></p>			<p>1</p> <p>Open Table Tennis 9a-12:30p Matter of Balance 9:30-11:30a Mah Jongg 1-3p Writing Class 1:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>2</p> <p>Exercise 9-10a Watercolor (open class –no instructor) 9a-12 p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>5</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Play Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>6</p> <p>Matter of <i>Balance</i> 9:30-11:30a Beginning Bridge Class 9:30-11:30a Ceramics 9:30-12:30p Color My World 12-1p Duplicate Bridge Class 12:30-3:30p Bunco 12:45-3:30p Tai Chi 1-2p</p>	<p>7</p> <p>Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p AARP Smart Driver 10a-2a Handicraft Social Group 1-3p</p>	<p>8</p> <p>Open Table Tennis 9a-12:30p Matter of Balance 9:30-11:30a Ceramics 9:30-12:30p Mah Jongg 1-3p Gentle Yoga 1:55-3:15p Computer Organization 1:30-3p Writing Class 1:30-3:30p</p>	<p>9</p> <p>Exercise 9-10a Watercolor (instructor) 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>12</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Play Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>13</p> <p>Matter of Balance 9:30-11:30a Ceramics 9:30-12:30p Color My World 12-1p Rummikub 2p Tai Chi 1-2p</p>	<p>14</p> <p>Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p Handicraft Social Group 1-3p Wednesday Night Dance 7:30-9:30p</p>	<p>15</p> <p>Open Table Tennis 9a-12:30p Trip-S.A.L.T. Safety Fair 8:45a-12p Matter of Balance 9:30-11:30a Ceramics 9:30-12:30p Mah Jongg 1-3p Writing Class 1:30-3:30p</p>	<p>16</p> <p>Exercise 9-10a Watercolor (instructor) 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>19</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Play Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>20</p> <p>iPhone & iPad Class 9:30-11a Ceramics 9:30-12:30p Color My World 12-1p Bunco 12:45-3:30p Tai Chi 1-2p</p>	<p>21</p> <p>Exercise 9-10a Bingo 10-11:30a Pinochle 12:30-4p Handicraft Social Group 1-3p Easy Yoga 2-3:15p</p>	<p>22</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Mah Jongg 1-3p Writing Class 1:30-3:30p Digital Pics 1:30-2:30p Gentle Yoga 1:55-3:15p</p>	<p>23</p> <p>Exercise 9-10a Watercolor (instructor) 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p Let's Dance 7:30-9:30p</p>
<p>26</p> <p>Exercise 9-10a Oil Painting 9a-12p Open Play Table Tennis 10:15a-1p ACBL Bridge 12:30-4 Mexican Train 12:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>27</p> <p>iPhone & iPad Class 9:30-10:30a Ceramics 9:30-12:30p Trip– AL: Bus With Us—Movie & Lunch 10:30a-2:30p Color My World 12-1p Rummikub 2p Tai Chi 1-2p (South Room)</p>	<p>28</p> <p>Exercise 9-10a Pinochle 12:30-4p Easy Yoga 2-3:15p Handicraft Social Group 1-3p Wednesday Night Dance 7:30-9:30p</p>	<p>29</p> <p>Open Table Tennis 9a-12:30p Ceramics 9:30-12:30p Mah Jongg 1-3p Writing Class 1:30-3:30p Apple Computer Basics 1:30-3:30p Gentle Yoga 1:55-3:15p</p>	<p>30</p> <p>Exercise 9-10a Watercolor (instructor) 9a-12p ACBL Bridge 12:30-4p Tai Chi 1-2p (Fitness or Game Room) Retirement Years 1:30—4p Let's Dance 7:30-9:30p</p>

ANNUAL LSACAB FUNDRAISER

Volunteers Needed



We Crack Pecans*

ATTENTION: PECAN CRACKERS NEEDED!

**Training for 2015-16 “pecan crackers” is set for Friday, October 30, 2015 with two (2) session options:
10a or 1p**

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

Pecan cracking season planned for November, December, 2015 & January 2016, pending volunteers to cover shifts.

Bill Myers, LSACAB Volunteer, has performed extensive cleaning and maintenance on the cracking machines so they are ready to go! We would like anyone interested in cracking pecans to attend the training. There will be two (2) training sessions on October 30, one in the morning and one in the early afternoon to accommodate everyone's schedule. Please call to put your name on the 10 AM or 1PM training session—**BRING A FRIEND!!**

We Sell Nuts*

Another annual fundraiser volunteer opportunity is selling packaged nuts in the LSAC Lobby. Team up with a friend and socialize while assisting with the annual fundraiser! Morning and afternoon four (4) hour shifts are available M-F (excluding COA Holidays) beginning in November and ending in December. Please leave your name at the LSAC Volunteer desk and a LSAC Board Member will contact you to discuss your options! Thanks in advance for your help!!

This fundraiser is very important to the current and future programs at the Center and we appreciate your commitment to serve.

*See pg. 18 for more info on volunteering

FALL ART SHOW

SAVE THE DATES!

**Friday, November 6
6p-9p**

**Saturday, November 7
9a-5p**



The Lamar Senior Activity Center (LSAC) Art Show highlights the talents of recognized, local, professional artists and creative, reflective works of beginner art students. Passion and inspiration define these talented, dynamic adults, whom are active participants of LSAC. Please join us in celebrating the unique creative perspective of these gifted Adult 50+ Austin area artists.



Call for Artists

**ARTIST INFORMATION SHEETS AND
ENTRY APPLICATION FORMS AVAILABLE AT
Lamar Senior Activity Center Front Desk
BEGINNING SEPTEMBER 29, 2015**

***Application/Registration Deadline:
Wednesday, October 28 at 1:00p***

The Art Show is Co-Sponsored by
Lamar Senior Activity Center Advisory Board

TRIPS

The following trips require Lottery Registration beginning September 29, 2015 at 9a and ending October 1, 2015 at 4p.

S.A.L.T. Safety Fair **October 15**
Alamo Drafthouse Lunch & Movie **October 27**

To place your name in the Trip Lottery please call Lamar Senior Activity Center at **512-474-5921** between the following hours You may also sign up one LSAC registered participant "travel buddy".

Tuesday	September 29	9a-4p
Wednesday	September 30	9a-4p
Thursday	October 1	9a-4p

Trip registration will be accepted after October 1st pending any remaining seats or those wishing to be placed on a waiting list.

All trips are subject to change due to weather, PARD director approval, transportation issues, or registration numbers.



S.A.L.T. Safety Fair—Conley-Guerrero **Thursday, October 15, 2015**

Seniors and Law Enforcement Together is presenting a Safety Fair and we are taking a van to the event! Grab a friend and join us! Limited seating; Lottery registration required.

Departure Time: 8:45a

Returning Time: 12 p

Fee: Free

Activity Level: Minimal to Moderate

Additional Cost: Personal purchases at the event

TRIPS

Assistance League Austin presents:

"Bus With Us" Fall Trip to

Alamo Drafthouse for a Movie and Lunch,
Tuesday, October 27, 2015

The Movie: Julie and Julia

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter. Lunch is included in trip package. Limited seating; Lottery registration required.

Departure Time: 10:30a

Returning Time: 2:30p

Fee: \$5

Activity Level: Minimal

Additional Cost: Personal purchases
at the movie theater



ABOUT THE "AUSTIN AREA" ASSISTANCE LEAGUE

Assistance League® of Austin, is a nonprofit organization of volunteers dedicated to addressing specific needs through practical and innovative programs. ALA has been serving the Austin community since 1973 as an all-volunteer, "hands-on" organization of 389 dedicated members (as of June 2014) with no paid staff. These volunteers cheerfully gave more than 66,000 hours to serve and fund philanthropic programs by providing:

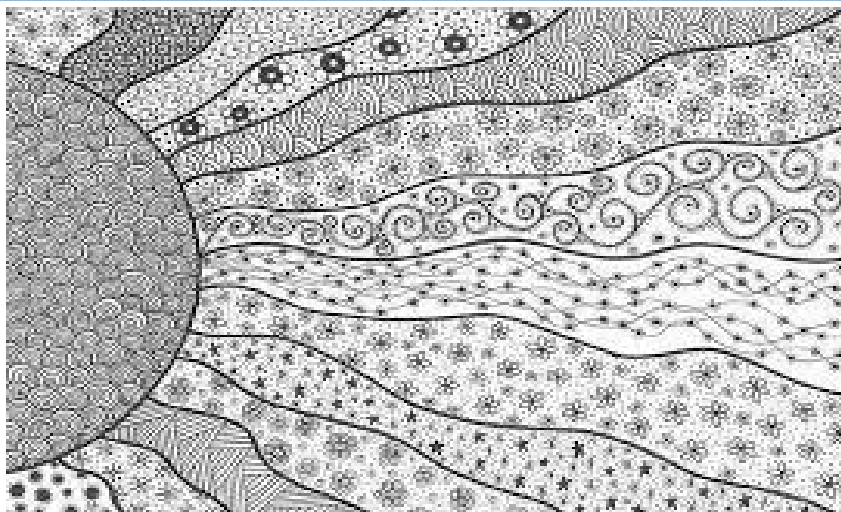
- New School Clothes
- Outings for Seniors
- Aid to Assault Victims
- Instructional Materials to Schools
- Comforting Items for Hospitalized Children
- Life Kits to Foster Youth
- Scholarships and Advocacy Support

Due to continued PARD staffing shortfalls and reorganizations, some Lamar Senior Activity Center monthly trips are on hold until further notice.

We are working hard to navigate the COA/PARD interview process to fill staff positions and plan more trips and adventures for 2015-16.

We thank you for your patience and understanding.

COLOR MY WORLD



ADULT COLORING

It Can Actually Help Adults Combat Stress.

As reported by the Huffington Post 10/13/2014

Coloring is an activity that we tend to associate with children. As we grow older, we often put aside our crayons and colored pencils in favor of more respectable writing utensils like pens and highlighters. However, it turns out coloring can be beneficial for adults -- namely for its de-stressing power.

The practice generates wellness, quietness and also stimulates brain areas related to motor skills, the senses and creativity. In fact, publishers have lately been launching coloring books specifically for adults. The trend is alive and well in North America and European countries.

Maria Hernandez, LSAC Administrative Assistant and "resident artist" invites you to come color with her and re-kindle your sense of creativity and calm.

**Tuesday Afternoons—LSAC Arts & Crafts Room 12-1p
No need to register - *drop in and relax....***

GAMES FOR YOUR HEALTH

LSAC Open Play TABLE TENNIS/PING PONG

Mondays 10:15a—1p Thursdays 9a—12:30p

Check with LSAC staff about setting up on other days & times.

Just about everyone has played **PING-PONG** or **TABLE TENNIS** at sometime or another, it's one of the most popular sports in the world. But what are some of the reasons that table tennis is played by so many people? And what exactly does table tennis have to offer you?

Health & Fitness

Table tennis is good for your health - it's great for getting up a little sweat and getting the heart rate up. You don't have to be a pro to get a good workout. Just a couple of hours a week hitting that little white ball around can do wonders for your fitness.

Gentle on Your Body

It's easy on the body. You can play ping-pong according to your own capabilities and limitations, and still be competitive. And being a non-contact sport, you don't have to worry about those bruises or even broken bones that you can get in con-

Everyone Can Play

There's no age or gender barriers - it's common at clubs for 70 year old veterans to be playing 16 year old juniors, or men playing against women, and with everyone having a great time and a close match.

Keeps You Mentally Sharp

As you get older, ping-pong is good for the brain. There is an awful lot of thinking, planning, and strategizing going on at that table, all of which helps keep the old grey matter active!

Make New Friends

Table tennis is a great social sport. You'll get to meet plenty of people down here at LSAC. Play a competition once in a while and you'll be able to compete and make friends with a whole bunch of fellow table tennis enthusiasts. Maybe, when we fine tune our skills, we will even challenge South Austin Senior Center to a tourna-

Enjoy Yourself

It's fun! Table tennis is a wonderful sport to take up for life. It's easy to play, yet difficult to master. You'll always have another challenge to look forward to, and another mountain to climb.

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!

WEDNESDAY AFTERNOONS...

The **Handicraft Social Group** is looking for additional folks to join in fun and fellowship!

They meet Wednesdays, 1-3p in the LSAC kitchen. Feel free to stop by and visit.

This is a great time to work on your individual handicraft projects in the company of other

"handy", talented and friendly folks!

No "formal" instruction - just fellowship.☺

GENERAL INFORMATION

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*

The Lamar Senior Activity Center (LSAC) is located at 2874 Shoal Crest Avenue at the corner of 29th Street and Lamar Boulevard. LSAC's hours are Monday through Friday from 8a until 5p, with special evening rentals on select Wednesdays and most Fridays. 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. Those interested in participation may fill out a PARD waiver at the lobby front desk. Friendly staff and volunteers are happy to answer any questions you may have. A calendar year (January-December) donation to the LSAC Advisory Board of \$5.00 is appreciated, and an additional \$10.00 is required if you would like a newsletter mailed to your home and/or \$5.00 for an emailed version. Donations go to the LSAC Advisory Board, directly enhancing the Center's offerings. We thank you for your support!

2015 City of Austin PARD Waiver.

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!!!
Current fees have been reduced to reflect the 1/2 year remaining.*

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
Lucas Massie, Division Manager
Tiffany M. Cabin, Seniors Program Manager

LSAC Advisory Board 2015

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Alma Harrington, Vice President
Helen Anderson, Secretary
Dayton Grumbles, Treasurer
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Pat Casey, Tel Dalton, Mary Ann Lawrence,
Phil Horn, Helen Miller,
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City Manager

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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

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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.