

**APRIL
2024**

PROGRAM GUIDE



Lamar Senior Activity Center

2874 Shoal Crest Avenue Austin, TX 512.978.2480



VARSITY GENERATION
let's get together



EARTH DAY!
Saturday April 20th
**Recycle, Reuse
Compost**



**A look at the sun
Solar Eclipse April 8th**



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 & Recreation Department

Waiver and ensure your information is current.



WE CREATE
COMMUNITY



REMINDERS & FEE INFO

NEW YEAR = NEW WAIVER

**EVERYONE NEEDS TO FILL OUT A NEW 2024 WAIVER TO PARTICIPATE
LAMAR SENIOR ACTIVITY CENTER**

**For those who receive this program guide via email or mail, you will
need to renew your advisory Board Registration to continue receipt in
2024.**

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 March 2024 - May 2024.

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

Once you register, then no need to register until June 2024!

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.

Credit Card Payments ONLY -- No Refunds for Paid Programs

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.

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

REGISTRATION INFORMATION

APRIL 2024 REGISTRATION BEGINS Tuesday, MARCH 26, 2024 at 9:30am

and will be entered by the time received.

**ADDITIONAL REGISTRATIONS ACCEPTED FOR PROCESSING AFTER 3/26/24, hours:
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

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>

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*All info subject to change

News from Paula Brown, LSAC Advisory Board President

This month we are highlighting our **Line Dance class**, which is led by our incredible longtime volunteer instructor, Sonja Hemmes.

The class meets every Tuesday at the Lamar Senior Activity Center from 1:30 pm to 3:00 pm. A Line Dance class has been offered at the center for more than 30 years and is one of our most popular classes.

Sonja has been teaching the class for almost two years. She is also the director/instructor and choreographer of the Austin Rockin' Line Dancers. It's a volunteer group of dancers who perform at nursing homes, assisted living and other senior facilities. They have also performed at several of our events over the years, and everyone is always invited to join in and show their moves. It's great fun for all.

This wonderful dance class is always open to visitors and new participants, and all levels of dance enthusiasts are welcome. The class is comprised of a variety of fun, easy to learn dance steps to all genres of music. Beginners can come early at 1:30 to get some instructions on basic line dancing, then join in the regular 2:00 class to show off their new skills.

Please drop in any Tuesday during class time to kick up your heels with this wonderful group.

Bring a friend or make new ones! We would love to see you.



Got the Travel Bug? Come to an informal social gathering to discuss travel at home and abroad. If you feel intimidated by post-Covid travel or don't want to travel alone, this is an opportunity to meet other seniors who are interested in getting out of the armchair and out into the world again!

We'll share tips on traveling, packing, good experiences and what not to do. We'll also have some internationally inspired snacks and drinks. Join us! Hosted by the LSAC Advisory Board.

Thursday, April 11th 1:30 pm Sign-up with Volunteer desk today!

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 2024 calendar year, midyear payments are not prorated.



*~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> *3/4-5/20	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-64
<u>Day</u> WED	<u>Dates:</u> *3/6-5/29	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246308-65

<u>Day</u> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-61
<u>Day</u> THUR	<u>Dates</u> *3/7-5/30	<u>Time</u> 10-11a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246310-62

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 Iyengar Yoga

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 11a-12p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246304-39

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# 246903-99
- * FIND BALANCE T & Th 10a Activity# 246903-01
- * STRENGTH & STRETCH F 11a Activity# 246903-02

** 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> 3/26-4/30	<u>Time</u> 11:30-12:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-96
<u>Day</u> FRI	<u>Dates</u> 3/29-5/3	<u>Time</u> 12:30-1:30p
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-99
<u>Day</u> T & F	<u>Dates</u> 3/26-5/3	<u>Time</u> See T & F
<u>Fee</u> See listing	<u>Class Size</u> 25	<u>Activity #</u> 246312-97

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.

2024 SESSION for all Tai Chi classes

will begin the week of

March 26th thru May 3rd

REGISTRATION BEGAN on March 19th

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> 3/27-5/1	<u>Time</u> 11:30a-12:30p
<u>Fee</u> See above	<u>Class Size</u> 15	<u>Activity #</u> 246312-98

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

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

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!

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

<u>Day</u> FRI	<u>Dates</u> *3/1-5/31	<u>Time</u> 9:30-10:30a
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246303-44



~ 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



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> *3/4-5/20	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-54

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> 246503-53

CORE AND RESTORE

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.

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> *3/6-5/29	<u>Time</u> 3p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246503-55

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> *3/6-5/29	<u>Time</u> 5:30p
<u>Fee</u> N/A	<u>Class Size</u> 45	<u>Activity #</u> 246331-25

CREATIVE ARTS



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.

<u>Day</u> MON	<u>Dates</u> 4/1	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246500-76

LSAC Volunteers, Myr and Marianne will be available to answer questions.

<u>Day</u> WED	<u>Dates</u> 4/3 - 5/8	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246500-74

CREATIVE ART w/ Nikki from Lending Library

Nikki is back, a Lamar-SAC favorite to bring her creative art classes and guidance on Wednesdays. All supplies are provided and you don't need prior experience just a curious mind and the willingness to play and think out of the box.



STAMPING PORTRAITS

Join Beth for a fun, creative art class using carved stamps of eyes, nose, mouth, and hair. Make a unique portrait, adding decorations of colors and backgrounds to make the drawing more individual. The artwork will be scanned and displayed at the Austin Central Library!

All supplies provided, no experience necessary, this is fun and easy.

<u>Day</u> FRI	<u>Dates</u> 4/12	<u>Time</u> 1p
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246505-75

<u>Day</u> MON	<u>Dates</u> 4/22	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 6	<u>Activity #</u> 246500-78

MASTER CLASS - TWIST 'n CLOSE BOX

Please join us to create an easy to assemble box. What makes this one unique is it's six sides and a top that twists itself shut.

This is a MASTER class; you must have attended previous instructional card crafting classes to register.

Instructors: LSAC Volunteers Marianne and Myr



CROCHETING for Beginners

This is a beginner class where we will be learning how to hold the yarn and needle and learn the verbiage. All levels are welcome, but this is catered to beginners.

<u>Day</u> WED	<u>Dates</u> 4/17	<u>Time</u> 10a
<u>Fee</u> \$5	<u>Class Size</u> 8	<u>Activity #</u> 246500-77

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
1 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Open Cards 1:30p Yoga Flow 5:30p	2 Find Balance 10a Cancelled Golden Rollers 10a NASA Webinar 11a Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	3 Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Cusine Crew: Blacks BBQ 11:30a (L) Handicraft Meet-up 12:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p	4 Find Balance 10a Movie: Nyad 11a Table Tennis 11:15a Mahjong 1p Matter of Balance 1-3p	5 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Healthier You: Sleep 12p Tai Chi 12:30p	6 7
8 Solar Eclipse 1:36p Fusion Fitness 10a Cancelled Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	9 Find Balance 10a Palette Club 10a Tech Time 11a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	10 BST 9:30a Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p LSACAB Meeting 1p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p	11 Find Balance 10a Movie: Dog Gone 11a Table Tennis 11:15a Lunchtime Lecture CER 12p Mahjong 1p Matter of Balance 1-3p	12 Zumba Gold 9:30a Hike w/Ranger 9:30a (L) Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	13 7p Austin Acoustic Café 14
15 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	16 Find Balance 10a Palette Club 10a Golden Rollers Int. 10a Tai Chi 11:30a Line Dance 1:30p BeMused Literati 1:30p	17 AARP Driving Class 9a Crochet for Beginners 10a Fusion Fitness 10a Core & Restore 11a Vintage Voices 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club 1:30p Peaceful Yoga 3p Table Tennis 4:15p Pilates 5:30p	18 Urban Exporers 9:30a (L) Find Balance 10a Table Tennis 11:15a Bingo 11:00p Mahjong 1p Matter of Balance 1-3p	19 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p	20 Earth Day ATX 21
22 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Master Class: Twist 'n Close Box 1:30p Yoga Flow 5:30p	23 Find Balance 10a Tai Chi 11:30a Bunco 12:30p BeMused Literati 1:30p Line Dance 1:30p	24 Fusion Fitness 10a Core & Restore 11a Tai Chi-Advanced 11:30a Handicraft Meet-up 12:30p Book Club 1:30p Peaceful Yoga 3p Table Tennis 4:15 Pilates 5:30p	25 Find Balance 10a Movie: Your Place or Mine 11a Table Tennis 11:15a Mahjong 1p Matter of Balance 1-3p	26 Zumba Gold 9:30a Rummikub 10a Strength & Stretch 11a Tai Chi 12:30p Trip: UT Softball Game 6p (L)	27 28
29 Fusion Fitness 10a Table Tennis 11:15a Mexican Train 12:30p Yoga Flow 5:30p	30 Find Balance 10a Trip: Umlauf Garden 10:30a (L) Tai Chi 11:30a BeMused Literati 1:30p Line Dance 1:30p	LAMAR SENIOR ACTIVITY CENTER APRIL 2024 Class listing & PG info are subject to change due to business needs.			 Scan code for Program Guide

<u>Day</u> WED	<u>Dates</u> 4/3	<u>Time</u> 11:30a
<u>Fee</u> \$3/\$4	<u>Class Size</u> 12	<u>Activity #</u> 246226-01

CUISINE CREW– TERRY BLACK’S BBQ

Lottery

Lets grab a bite to eat at Blacks BBQ on Barton Springs Road. Born and raised in Lockhart, Texas, Terry Black passed down generations of barbecue knowledge learned from his experience in the Lockhart



BBQ scene. Bringing their very own style of Central Texas BBQ straight from Lockhart to Austin and now to you and your family to enjoy!

Lottery HIKE w/ City Park Ranger

Level III hike the Red Bluff Nature Area offers a stunning panorama of the city center. A 57-acre natural area offering beautiful views and good hiking. The trail is mostly gravel with some elevation change, and goes through some nice, wooded parkland. We'll enjoy a well-deserved lunch afterwards at Papa Joe's Tex Mex Grill.

<u>Day</u> FRI	<u>Dates</u> 4/12	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246226-2

<u>Day</u> THUR	<u>Dates</u> 4/18	<u>Time</u> 9:30a
<u>Fee</u> \$2.50 bus	<u>Class Size</u> 12	<u>Activity #</u> 246226-03

URBAN EXPLORERS: Washington Carver Museum -

Lottery

Let's take the City Bus #5 to the George Washington Carver Museum and Cultural Center. We will tour this 36,000 square-foot facility that includes four exhibit galleries, theatre dance studio and more. After meandering around, we will walk to lunch for some BBQ, then hop back on Bus #5 to head back to the Lamar-SAC. Plan on walking about 1.5 miles and getting on and off buses.



Lottery UT WOMEN'S SOFTBALL GAME

Lets hit the field with UT Women's Softball Team! Join us for an evening spectating UT Women's Softball team vs. Iowa State at 6pm. Fee will be \$10, covering transportation fee and ticket.

<u>Day</u> FRI	<u>Dates</u> 4/26	<u>Time</u> 6p
<u>Fee</u> \$10	<u>Class Size</u> 12	<u>Activity #</u> 246226-04

You are more than welcome to buy concessions at the field.

<u>Day</u> TUE	<u>Date</u> 4/30	<u>Time</u> 10:30a
<u>Fee</u> \$5/\$6	<u>Class Size</u> 12	<u>Activity #</u> 246226-05

UMLAUF SCULPTURE GARDEN

Lottery

The UMLAUF Sculpture Garden + Museum exhibits the work of Charles Umlauf and other visual and performing artists in a museum and a garden setting. It provides educational and cultural experiences that



encourage the understanding and appreciation of the intersection of nature, sculpture, and the arts. We will be doing a self-guided tour of the grounds.

SPECIAL PROGRAMS

<u>Day</u> FRI	<u>Dates</u> 4/5	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-1

A Healthier You - SLEEP BETTER

Over 78% of the American population suffer from sleep issues including insomnia. There are a variety of natural sleep solutions that can support you in making sound, restful and rejuvenating sleep a reality. This includes increasing nutrient density of the diet, practicing sleep hygiene, and adding sleep-supportive supplements if needed.

Join us to learn how to obtain a healthy and restorative sleep every night.

INTERACTIVE FUN w/ City Park Ranger

Meet at LSAC to walk across to the park.

Week 1: short hike with our City Park Rangers in Shoal Creek,

Week 2: -disc golf at Pease Park,

Week 3: short hike down to the creek to do a macroinvertebrate identification activity.

<u>Day</u> THUR	<u>Dates</u> 4/11,18 & 25	<u>Time</u> Noon
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246211-3

<u>Day</u> TUE	<u>Dates</u> 4/2	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 9	<u>Activity #</u> 246105-10

GOLDEN ROLLERS

We are back. We will get outfitted for a recumbent bike or tricycle and hit the roads behind Conley Guerrero Rec Center.

Beginners Ride Tue April 2nd

All levels and experience welcome. This will be a shorter ride, afterwards enjoy a sack lunch outside at Conley Guerrero Center.

Intermediate Ride Tue April 16th

A longer ride pedaling around Boggy Creek Greenbelt on fun, 3 wheeled recumbent tricycles, then into town on the hike and bike trail. Some experience preferred. Plan on about 2 hours + with lunch during the ride at a food trailer "pit stop" .

Meet at Conley Guerrero 808 Nile St. behind the Rec Center.

<u>Day</u> TUE	<u>Dates</u> 4/16	<u>Time</u> 10a
<u>Fee</u> N/A	<u>Class Size</u> 9	<u>Activity #</u> 246105-11

<u>Day</u> THUR	<u>Dates</u> 4/18	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 19	<u>Activity #</u> 246211-4

LAMAR SAC FUN TIME BINGO - Lottery

Come on in and join the fun, win prizes and gift cards. Register to play Bingo at Lamar-SAC. Play up to 3 cards and have a chance to win. Light refreshments will be served.



ENRICHMENT

VINTAGE VOICES - LSAC Choir

Wednesdays in 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 old fun! This registration is through April.

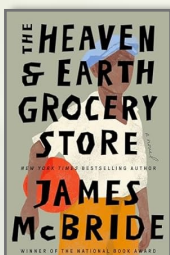
<u>Day</u> WED	<u>Dates</u> 4/3 & 17	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 15	<u>Activity #</u> 246207-XX

<u>Day</u> TUE	<u>Dates</u> 4/9	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246201-44

TECH TIME *Help for all!*

All questions welcome!! Come work with Brent Johnson with the City of Austin Central Library and bring 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.

Please see Laura or Leti to set up a 30-minute slot.



BOOK CLUB

April's Book is "The Heaven & Earth Grocery Store"

In 1972, when workers in Pottstown, Pennsylvania, were digging the foundations for a new development, the last thing they expected to find was a skeleton at the bottom of a well. Who and how it got there were

two of the long-held secrets kept by the residents of Chicken Hill, the dilapidated neighborhood where immigrant Jews and African Americans lived side by side and share ambitions and sorrows. A limited number of books will be available to check out.

See Leti to get one, first come first serve. Please bring a snack or dish to share.

<u>Day</u> WED	<u>Dates</u> 4/17 & 24	<u>Time</u> 1:30p
<u>Fee</u> \$5	<u>Class Size</u> 15	<u>Activity #</u> 246207-51

<u>Day</u> WED	<u>Dates</u> 4/3, 10 & 17	<u>Time</u> 10a - Noon
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246211-5

ALL RHYTHMS from Lending Library

Learn and play all types of percussion instruments and styles from around the world with All Rhythms. Students will learn what percussion is, how to play exercises they can practice their whole life and play together in a percussion ensemble. Repertoire will include music from Cuba, Brazil, Europe, Africa and more.

MATTER OF BALANCE by AGE Central Texas

Classes will include a chair class and lecture as to how to prevent falls, make good choices to reduce fall risks, and exercises for strength, balance and flexibility. All levels welcome.

This is an eight week series.

<u>Day</u> THUR	<u>Dates</u> 4/4 - 5/23	<u>Time</u> 1-3p
<u>Fee</u> NA	<u>Class Size</u> 12	<u>Activity #</u> 246900-31

MOVIES & BST

NO ENTRY INTO THE MEDIA ROOM AFTER THE MOVIE BEGINS

<u>Day</u> THUR	<u>Dates</u> 4/4	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-39

NYAD PG-13 2023 Biography/Drama, 2h 1m



A remarkable true story of tenacity, friendship and the triumph of the human spirit. Three decades after giving up marathon swimming in exchange for a prominent career as a sports journalist, at the age of 60, Diana (Annette Bening) becomes obsessed with completing an epic swim from Cuba to Florida-110 miles. Diana undertakes this journey with her best friend and coach Bonnie (Jodie Foster) and a dedicated sailing team to make it happen.



DOG GONE PG 2023 Drama, 1h 34m

After a young man and his beloved dog are separated on the Appalachian Trail, he and his father must begin a desperate search to find him before it's too late. Based on an incredible true story of humanity and everyday heroism.

<u>Day</u> THUR	<u>Dates</u> 4/11	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-40

<u>Day</u> THUR	<u>Dates</u> 4/25	<u>Time</u> 11a
<u>Fee</u> N/A	<u>Class Size</u> 8	<u>Activity #</u> 246901-41

YOUR PLACE or MINE PG Comedy/Romance, 1h 41m

Debbie (Reese Witherspoon) and Peter (Ashton Kutcher) are best friends and total opposites. She craves routine with her son in LA; he thrives on change in NY. When they swap houses and life's for a week they discover what they think they want might not be what they really need.



<u>Day</u> WED	<u>Dates</u> 4/10	<u>Time</u> 9:30a
<u>Fee</u> N/A	<u>Class Size</u> 100	<u>Activity #</u> 286721-XX

BRINGING SENIORS TOGETHER Celebrations of April

Host: Virginia Brown Recreation Center
Join us for food, fun, games and prizes.
Meet at LSAC at 9a for a ride to the celebration.



*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	*3/4-5/20	11:15a-12:45p
THUR	*3/7-5/30	11:15a-12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-37
<u>Days</u>	<u>Dates</u>	<u>Time</u>
WED	*3/6-5/29	4:15p-5:15p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	10	246103-38

<u>Day</u>	<u>Dates</u>	<u>Time</u>
MON	*3/4-5/20	12:30p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	12	246950-87

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



BUNCO

Bunco is a dice game with players divided into groups of four, trying to score points while taking turns rolling three dice. Come have fun and join the laughter. Meets on the first and third Tuesday.

Game Leader: Carolyn Rickard, LSAC Volunteer

<u>Day</u>	<u>Dates</u>	<u>Time</u>
TUE	*3/5-5/28	12:45p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	16	246950-88

<u>Day</u>	<u>Dates</u>	<u>Time</u>
FRI	*3/1-5/31	10a
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-89

RUMMIKUB

Rummikub is a tile-based game for 2 to 4 players. Similar to Rummy, It's a challenging but fun game. The group is always willing to teach anyone interested in joining on Fridays.

Everyone is welcome to join this fun social game.

Group Leader: Claudia Savio, LSACAB Member and Volunteer



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	*3/7-5/30	1p
<u>Fee</u>	<u>Class Size</u>	<u>Activity #</u>
N/A	20	246950-90

*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> TUE	<u>Dates</u> *3/5-5/28	<u>Time</u> 1:30p
<u>Fee</u> N/A	<u>Class Size</u> 12	<u>Activity #</u> 246216-23

<u>Day</u> WED	<u>Dates</u> *3/6-5/29	<u>Time</u> 12:30p
<u>Fee</u> N/A	<u>Class Size</u> 10	<u>Activity #</u> 246507-22

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.

AUSTIN PALETTE CLUB

The Austin Palette Club meets 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> TUE	<u>Dates</u> 4/9 & 16	<u>Time</u> 10a - 1p
<u>Fee</u> N/A	<u>Class Size</u> 20	<u>Activity #</u> N/A

ANNOUNCING 2024 TRIPS WITH COLLETTE TRAVEL!

ISLANDS OF NEW ENGLAND **Deadline May** SEPTEMBER 20-27, 2024

<https://gateway.gocollette.com/link/1188399>

NEW YORK CITY HOLIDAY

DECEMBER 5-9, 2024

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

Brochures of these destinations are available at the volunteer desk.

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

512-978-2480 or tripscollette@gmail.com



<u>Day</u> WED	<u>Dates</u> 4/17 5/15	<u>Time</u> 9a-1:30p
<u>Fee</u> Pay \$20/\$25 To Instructor	<u>Class Size</u> 15	<u>Activity #</u> N/A

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 encouraged to bring snacks and beverages A short break will be part of the class schedule.



5th Annual

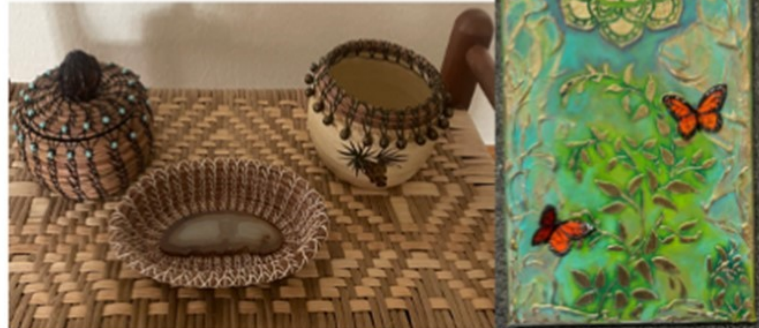
29th Street Art & Skilled Crafts Market

Art - On & Off the Wall



Bring a
Friend &
Shop!

Please join us to celebrate
the unique, creative
perspectives of these
gifted Austin artists.



Saturday, May 4, 2024

9:30a - 4:30p

Lamar Senior Activity Center

2874 Shoal Crest Ave.

Austin, Texas 78705

512-978-2480



BEN BALMER

Opening: **Goldpine**

Saturday, April 13, 2024



Lamar Senior Activity Center
2874 Shoal Crest Avenue
Austinacousticalcafe.org

Doors Open at 6:30pm
Music Starts at 7:00pm
Buy Tickets at Website
\$20 Advance / \$25 Door

Final Show of Spring 2024



GROUCHY LIKE RILEY
Marvin Dykhuis, Danny Britt & Chip Dolan
Open: Roxi Copeland

Saturday
MAY 11

ENVIRONMENTAL LECTURE



Center for Environmental Research at Hornsby Bend
Austin WATER

2024 LUNCHTIME LECTURE SERIES

Dr. Kevin M. Anderson Austin Water CER

NATURE and the AMERICAN MIND

CONCEPTS of AMERICAN NATURE

April topic: New Nature: Discordant Harmony and Ecological Resilience

Explore the emergence of the concept of resilient nature and the new ecology of the Anthropocene.

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

Bring your lunch to enjoy while listening to the lecture.

<u>Day</u> THUR	<u>Dates</u> 4/11	<u>Time</u> 12p
<u>Fee</u> N/A	<u>Class Size</u> 25	<u>Activity #</u> 246211-2



LAMAR SENIOR ACTIVITY CENTER STAFF

John “JT” Harros, Program Supervisor
Leticia Alvarez, Program Specialist
Linda Gonzalez, Administrative Assistant
Andy Maldonado, Building & Grounds Assistant
Laura Adams, Instructor-Activity Specialist
Jennifer Taylor, Instructor
Jaya Zyman, Instructor
Paulina Guerrero, Activity Specialist
Kelly Maltsberger, CPRP, Program Manager

LAMAR SENIOR ACTIVITY CENTER ADVISORY BOARD

Paula Brown, President
Yvette Scott, Vice President
John Camden, Treasurer
Norma Jost, Secretary
Rick Adcock, Terri Behrmann,
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.