



CONLEY GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street, Austin, Texas 78702
512-978-2660

Monday - Friday 8:00a - 5:00p

<http://www.austintexas.gov/departments/conley-guerrero-senior-activity-center>

Austin Parks and Recreation Department - Seniors



September 2021



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.



GENERAL INFORMATION

Austin Parks and Recreation Department Mission Statement

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

Conley-Guerrero Senior Activity Center Mission Statement

The purpose of the Conley-Guerrero Senior Activity Center is to provide quality recreational and cultural activities and programs to seniors in order to enhance their quality of life.

Austin Parks and Recreation Department Refund Policy

The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks and Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$35 processing charge will be refunded. A medical verification may be required. Please allow 4-6 weeks for refunds to be processed and mailed - **no cash** refunds will be given. If the refund amount is less than \$35, no refund will be issued but you may receive a class credit form to be used within 90 days.

Resident/Non-Resident Fee Structure

The City of Austin Parks and Recreation Department (PARC) is implementing a resident and non-resident fee structure approved by Austin City Council beginning Fiscal Year 2014-2015 as of October 1, 2014. Residents (**R**) of Austin property taxes contribute directly to support the operations of the City of Austin. The non-resident (**NR**) rate ensures that individuals living outside of Austin contribute to the funding of the City of Austin on an equal basis with residents.

Conley-Guerrero SAC Annual Enrollment Form and Donation

Please stop by the front desk and renew your enrollment form for 2019-2020. Only Conley-Guerrero Advisory Board and Guild members can receive the annual donations of \$5.00.

GIFTS AND MEMORIAL FUNDS

Honor a relative or a friend with a gift to the Conley-Guerrero Senior Activity Center in his/her memory. Acknowledgments will be mailed promptly to the family or individual indicated by the donor. Your gift will be dedicated to the activities of the participant.

Enclosed is my gift of \$ _____

In memory of _____

Please mail to: Gifts and Memorial Fund

Conley-Guerrero Senior Activity Center (Attention: CGSAC Advisory Board)

808 Nile Street Austin, Texas 78702

TECHNOLOGY CLASSES

Austin Free Net & Conley-Guerrero Senior Activity Center Presents

50+ Technology & Digital Skill Workshops

Basic Digital Skills, Internet Safety, Email, Calendar, Social Media, Google & More..

**Workshops offered
every Tuesday
11:00a to 12:30p**



Talleres de Tecnología y Habilidades Digitales

*Habilidades digitales básicas, seguridad en Internet,
correo electrónico, calendario, redes sociales,
Google y más ...*

**Talleres ofrecidos
todos los Jueves
11:00a to 12:30p**



SENIOR TRANSPORTATION



PARD SENIOR TRANSPORTATION

We are excited to announce the re-opening of the City of Austin's Parks & Recreation Senior Transportation! We know it has been a long time of persisting through this pandemic, but we are grateful to have the opportunity to open back up to assist you with your transportation needs. As of now we are assisting with transportation for personal errands and medical appointments for registered patrons.

We hope this is just the beginning of safe steps in coming back to a form of normalcy and are excited to see you all again very soon.

512-974-1464

CHAIR YOGA

On Site Chair Yoga

Wednesdays - 10:30a

Limit of 10 participants

First come first serve

Face Mask &

Social Distance



Virtual Chair Yoga on Thursdays - 1:30p

In the comfort of your own home.



Instructor: Patti Gagne

In the Charles Jordan Hall

On site space is limited

NUTRITION EDUCATION



With September being
Immune Support Month.

Jean Romeu, the Nutritional Health
Coach at Natural Grocers will be here
to give an immune nutrition class.

"Immune Support 101"

Wednesday, September 15th
11:00a - 11:45a

On site classes are limited to 10 participants.
Please call to reserve your spot.
Face Mask & Social Distance
512.978.2660

SANCTUARY GARDEN



Come meet
our own
Garden
Guru
Matthew!

Wednesdays
9a - 11a
Space is limited
Call to Reserve
a spot.
512.978.2660



Learn more
about planting
vegetables.
Relax being out
in nature & have
fun getting your
hands in the
dirt.

MOVIE



Conley-Guerrero Presents . . .



TUESDAY, SEPT. 7th
&
FRIDAY, SEPT. 10th
1:00 pm FREE
Charles Jordan Hall
Big 14 foot screen

REFRESHMENTS

Handsome vagabond Ben Quick (Paul Newman) returns to the Mississippi town his late father called home, but rumors of his dad's pyromaniac tendencies follow him as soon as he sets foot there. The proud young man's determination eventually wins over civic leader Will Varner (Orson Welles), who decides Ben might be just the man for his daughter, Clara (Joanne Woodward) -- much to the displeasure of Will's gutless son (Anthony Franciosa) and Clara's society boyfriend (Richard Anderson).

Limit: 10 participants. Call to reserve your spot. 512.978.2660
Face Mask & Social Distance

MOVIE



Conley-Guerrero Presents . . .



TUESDAY, SEPT. 21st
&
FRIDAY, SEPT. 24th
1:00 pm FREE
Charles Jordan Hall
Big 14 foot screen

REFRESHMENTS

The Help,
by Kathryn Stockett,
details the lives of African American maids Aibileen and Minny as well as the growth and development of Miss "Skeeter" Phelan who believes in racial equality and integration despite the opposition of her friends, peers, and community.

Limit: 10 participants.
Call to reserve your spot.
512.978.2660
Face Mask & Social Distance

BALLET FOLKLORICO



CLASSES WILL RESUME IN OCTOBER

Ballet Folklorico Dance Class

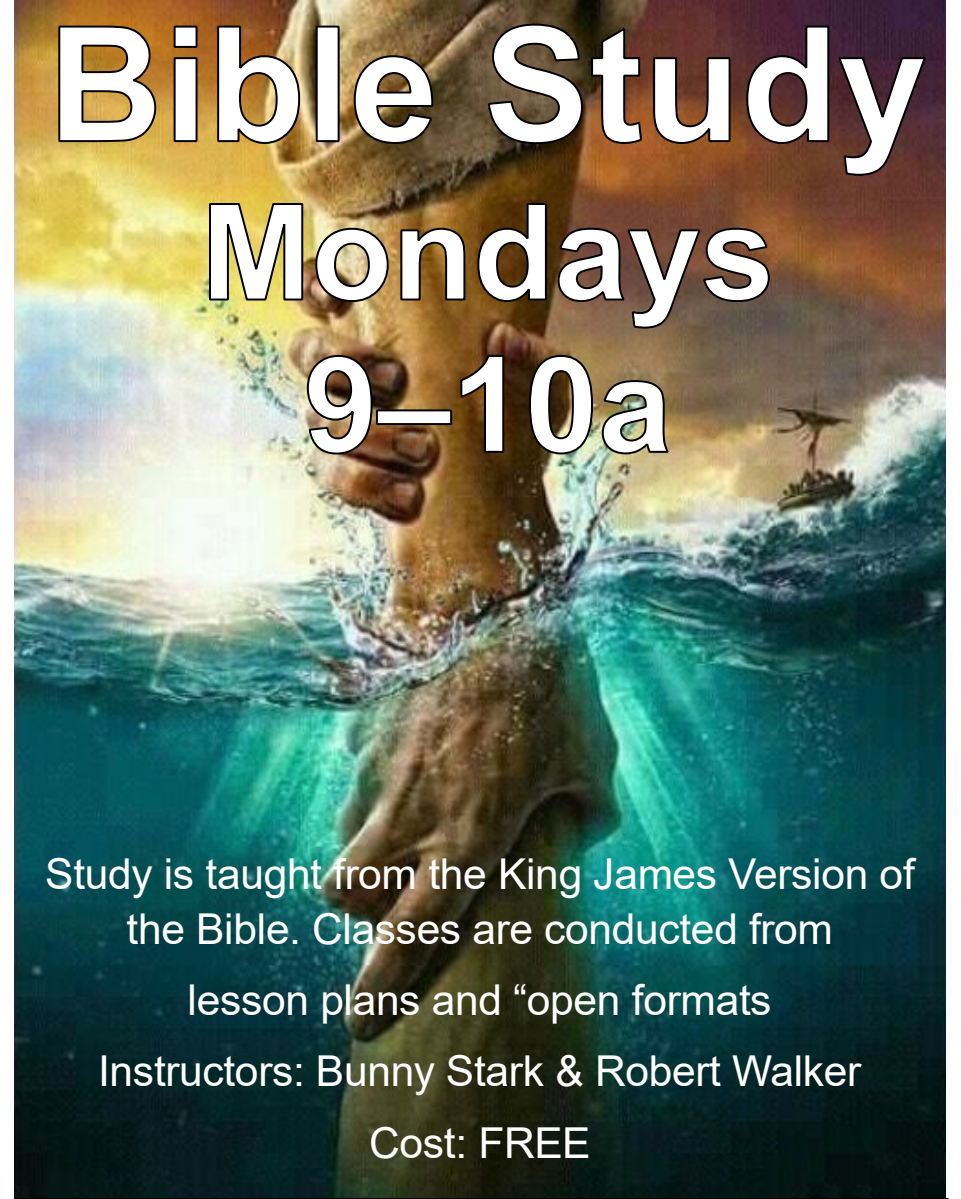
The group practices traditional Mexican folklorico ballet. This class is an excellent enhancement to your regular exercise program.

Instructor:
Debi Ramos

All levels welcomed
Tuesdays 10a - 12p

EDUCATIONAL CLASSES

Bible Study Mondays 9-10a



Study is taught from the King James Version of the Bible. Classes are conducted from lesson plans and "open formats"

Instructors: Bunny Stark & Robert Walker

Cost: FREE

Limit: 10 Participants

Call to reserve your spot. 512.978.2660

Face Mask & Social Distance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 30 Ceramics 9a	August 31 Creative Writing 9a Basic Digital Skills 11:30a	1 Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	2 Stretch & Strength 10:30a Habilidades digitales basicas 11:00a Ceramics 1p Pickleball 1p Zoom Chair Yoga 1:30p	3 Arts and Crafts 9a
6 Labor Day CENTER CLOSE FOR LABOR DAY	7 Creative Writing 9a Basic Digital Skills 11:30a	8 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p	9 Stretch & Strength 10:30a Habilidades digitales basicas 11:00a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	10 Golden Roller Trikes 8:00a Arts and Crafts 9a
13 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	14 Creative Writing 9a Basic Digital Skills 11:30a	15 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	16 Stretch & Strength 10:30a Habilidades digitales basicas 11:00a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	17 Golden Roller Trikes 8:00a Arts and Crafts 9a
20 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Bible Study 9a Tai Chi 1p	21 Creative Writing 9a Basic Digital Skills 11:30a	22 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	23 Stretch & Strength 10:30a Habilidades digitales basicas 11:00a Ceramics 1p Pickleball 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	24 Golden Roller Trikes 8:00a Arts and Crafts 9a
27 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	28 Creative Writing 9a Basic Digital Skills 11:30a	29 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	30 Stretch & Strength 10:30a Habilidades digitales basicas 11:00a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	Oct 1 Golden Roller Trikes 8:00a Arts and Crafts 9a

FITNESS ROOM



Monday - Friday

8a-4p

Limited space
available

Call to reserve a
45 minute spot
512.978.2660

Masks and
social distancing
required.



BINGO

PRIZE BINGO

WEDNESDAYS at 1a

BINGO

11	25	42	49	63
9	23	31	58	68
4	29	FREE	54	99
3	27	45	56	72
1	19	43	50	61

Limit: 10 Participants

Call to reserve your spot. 512.978.2660

Face Mask & Social Distance

CERAMICS

Morning Ceramics Class
Mondays: 9-11a



Afternoon Ceramics Class
Thursdays: 1-3a

Instructor: Carolyn Vaterlaus

Limited space available

Call to reserve a spot 512.978.2660

Masks and social distancing required.

CREATIVE WRITING



Conley-Guerrero Senior
Activity Center
808 Nile Street
Austin, TX 78702
Phone: (512) 978-2660



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.



Tuesdays
9-11a

As Seniors, we are in the unique position of being in the middle. We know many generations of ancestors as well as our children, grandchildren and great grandchildren.

Those who come after us do not always know the people who came before. In the creative writing workshops we will tell our stories and include many of the generations before us. These will then be formatted into a book.



GOLDEN ROLLERS

REGISTER NOW
FOR SEPTEMBER CLASSES ON
MONDAY, WEDNESDAY & FRIDAY
STARTING SEPTEMBER 13th
8a - 9a

First Come First Serve



The
**Golden
Rollers**

CHAIR STRETCH & STRENGTH

Learn the basics fundamentals of adding muscle to your body through proper posture and body mechanics.

*Chair Stretch & Strength
with Patti Gagne*

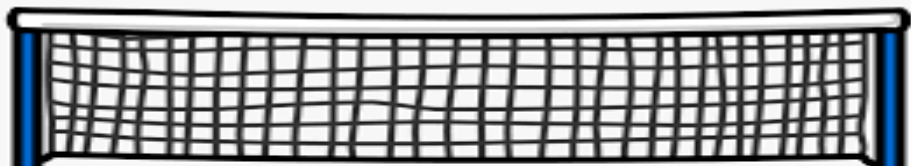
*In person
Thursday
10:30a*

*Zoom
Wednesday
1:30p*



Limit: 10 Participants
Call to reserve your spot. 512.978.2660
Face Mask & Social Distance

PICKELBALL



"Take it to the net"



**THE FASTEST
GROWING SENIOR
SPORT.**

2 OR 4 PLAYER GAME.

Thursdays

1 - 4:45p

FREE

Limited space available

Masks and social distancing required.

CRAFTS



The
30 minute
Masterpiece
with
Ms. Carolyn

*Using sponges and acrylic paint on a
bulletin board you will create a masterpiece.*

Wednesday, September 15th

1 - 3p

FREE

Limited space available

Call to reserve a spot 512.978.2660

Masks and social distancing required

**Let your
creative
mind
run wild
in**

**Arts &
Crafts
Class!**



Fridays 9 - 11a FREE Limited space available

Call to reserve a spot

512.978.2660

Masks and social distancing required

BILLIARDS / PING PONG

BILLIARDS

Monday
thru
Friday
8a-4:45p

"Who's Got Next"



Limited
space
available

PING PONG

Call to reserve a time slot 512.978.2660

QUILTING CLASS

Quilting Classes

Wednesdays

Morning: 10a - 12p

Afternoon: 1 - 3p

This class teaches new quilters the basic concept of quilting.

Bring your own material and supplies.

Few sewing machines are available

Volunteer Instructor: Margarine Beaman



Picture: 2019

Space Limited, Reservation Required.

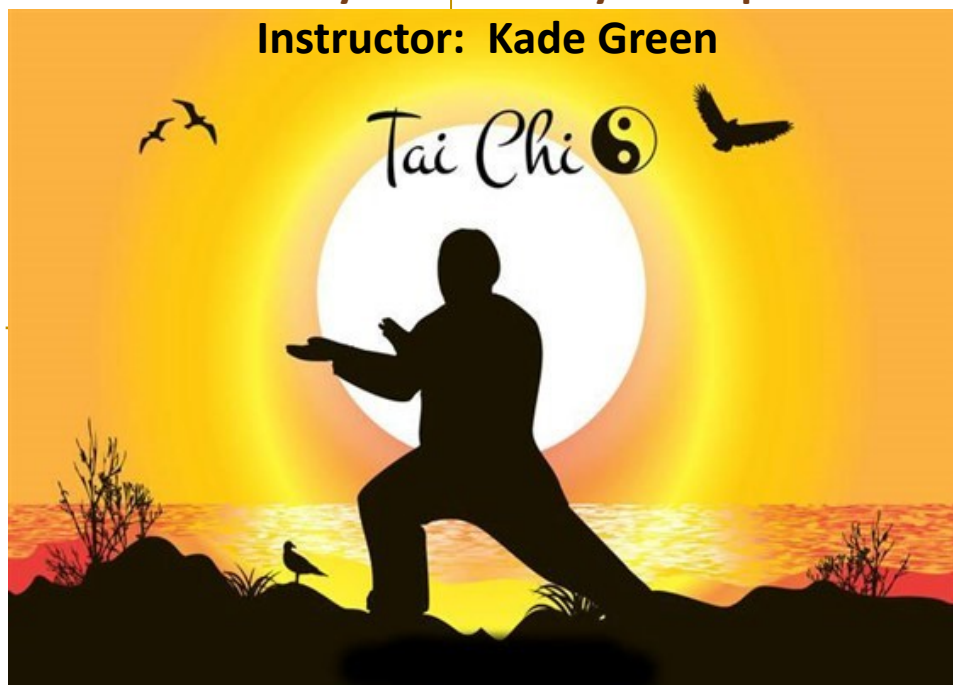
Face Mask and Social Distancing

TAI CHI CLASS

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1p

Instructor: Kade Green



Strengthen your mind, body, and spirit.

Classes start September 9th

Limited space available

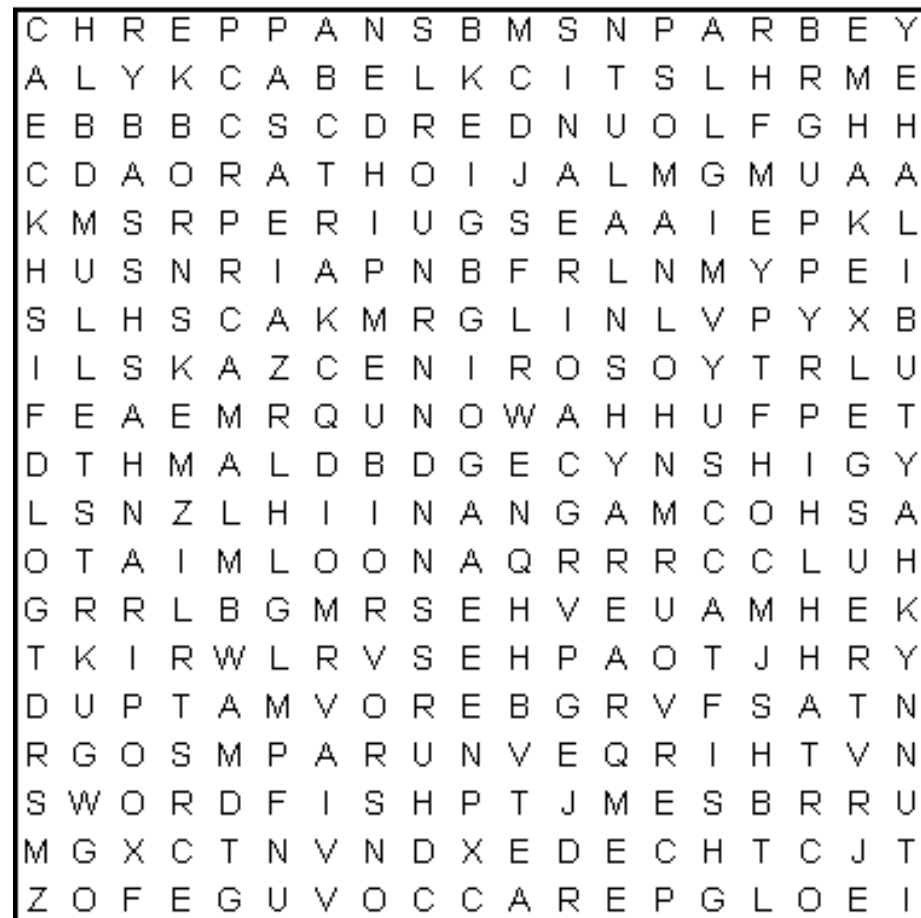
Call to reserve a spot

512.978.2660

Masks & social distancing required.

PUZZLE

GONE FISHING



ANCHOVY
 BARRACUDA
 BASS
 BREAM
 CARP
 CATFISH
 CHUB
 DOGFISH
 FLOUNDER

GOLDFISH
 GROUPER
 GUPPY
 HAKE
 HALIBUT
 HERRING
 JELLYFISH
 KRILL
 LAMPREY

MARLIN
 MINNOW
 MULLET
 PERCH
 PIKE
 PIRANHA
 ROACH
 SALMON
 SARDINE

SEAHORSE
 SHARK
 SNAPPER
 STINGRAY
 STURGEON
 SWORDFISH
 TROUT
 TUNA
 TUNNY

CONGREGATE MEAL REGISTRATION REQUIRED

Meet new friends while eating a hot, nutritious lunch every day.

A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

Meal tickets are distributed on a FIRST COME-FIRST SERVE


basis beginning at 9:30a each morning. Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily 12p-12:30p with milk and water.

For ineligible guests OVER 60 (not registered) and guest UNDER 60, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6 CENTER CLOSE FOR LABOR DAY	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	1 October

MONDAY

MORNING

PICK-UP

10a - 12p

In Circular Drive

Austin City Council Mayor and City Council

Steve Adler, Mayor

Natasha Harper-Madison, Mayor Pro Tem, District 1

Vanessa Fuentes, District 2

Sabino "Pio" Renteria, District 3

Gregorio "Greg" Casar, District 4

Ann Kitchen, District 5

Mackenzie Kelly, District 6

Leslie Pool, District 7

Paige Ellis, District 8

Kathie Tovo, District 9

Alison Alter, District 10

Austin Parks and Recreation

Kimberly McNeeley, Director

Liana Kallivoka, Assistant Director

Lucas Massie, Assistant Director

Anthony Segrua, Assistant Director

Suzanne Piper, Chief Administrative Officer

David Crabb, CPRP, Division Manager

Kelly Maltsberger, Seniors Program Manager

C-GSAC Advisory Board 2020

Margarine G. Beaman, President

Alice Houston, Vice President

Jesse L. Colunga, Treasurer

Bunnie Stark, Secretary

Olivia Ussery, Corr. Secretary

Shirley Jenson, Member

Eddie Pearl Rucker, Member

Connie Smith, Member

City Manager

Spencer Cronk, City Manager

Anne Morgan, Interim Deputy City Manager

Rey Arellano, Assistant City Manager

Gina Fiandaca, Assistant City Manager

Rodney Gonzales, Assistant City Manager

Stephanie Hayden-Howard, Assistant City Manager

Shannon Jones, Interim Assistant City Manager

Ed Van Eenoo, Chief Financial Officer

Parks and Recreation Board

Dawn Lewis, Chair

Richard DePalma, Vice Chair

Nancy Barnard, Board Member

Anna Di Carlo, Board Member

Romteen Farasat, Board Member

Sarah B. Faust, Board Member

Kate Mason-Murphy, Board Member

Nina Rinaldi, Board Member

Laura Cottam Sajbel, Board Member

Kimberly Taylor, Board Member

District 6 Vacant, Board Member

C-GSAC Staff

West Baxter, MSRLS, Recreation Program Supervisor

John T. Harros, Recreation Program Coordinator

Dina R. Cantú, Recreation Program Specialist

Carrolyn Vaterlaus-Gilger, Recreation Programs Specialist

Administrative Associate, Vacant

Arthur Ramirez, Building and Grounds Assistant

Lois Killingsworth, Administrative Assistant

Matthew Rodriguez, Audio Visual Assistant

C-GSAC Guild 2020

Ida M. Hunt, President

Dr. Beulah Agnes Jones, Vice President

Katherine Lamb, Secretary

Elridge Nelson, Treasurer

Cora Sutton, Member