CONLEY GUERRERO
SENIOR ACTIVITY CENTER

808 Nile Street Austin, Texas 78702
512-978-2660
Monday/Wednesday/Friday 8:00a - 5:00p
Tuesday/Thursday 8:00a - 6:00p
http://www.austintexas.gov/department/conley-guerrero-senior-activity-center

DECEMBER 2019
Celebrating 30 Years
Uplifting 50+ Adults since 1988

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.

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**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.

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**Resident/Non-Resident Fee Structure**
The City of Austin Parks and Recreation Department (PARD) 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.

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**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.

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**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

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**UPCOMING EVENTS**

**Healthy Eating/Food Safety Class with Dr. Crystal E. Wiltz**
- Tuesdays
- December 3rd, 10th and 17th
- 11-11:55a

The holidays are a time for family and friends to gather for food, fun, and fellowship. Keep in mind food safety practices for a safe holiday season. Whereas food safety is probably not the first thing you think about when planning a holiday dinner, it should be a concern. These classes will focus on healthy eating and food safety practices.

**Reduced Fare ID (RFID)**
- Smart Trips and Cap Metro
- Wednesday, December 11th
- 10:30a-12:30p

Smart Trips Austin along with Capital Metro will be hosting an RFID event to get folks signed up for a bus discount. The Reduced Fare ID (RFID) enables seniors 65 and older, Medicare card holders and riders with disabilities to receive a half-price fare. The card costs $3 and is good for 2 years. Stop by their table in the lobby from 10:30a-12:30p to sign up!

**Carolining at Conley-Guerrero Senior Activity Center**
- Thursday, December 12th
- 11-11:55a

This year caroling will be interactive with various singing groups representing different cultures and styles.
Special Events

The Power of Mushrooms

Discover the one that works for YOU!

Mushroom supplements are growing in popularity and for a good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy brain function, healthy levels of energy, healthy immune system functions, healthy blood sugar levels, glowing skin and hair, and brain, liver and sexual health. Join us to discover the power of mushroom supplements and find the 180 U.

Presented by: Jean Romeu, Nutritional Health Coach

WEDNESDAY, December 4

11:00am - 11:55am

Only at this Location
Conley Guerra Activity Center
808 Nile St., Austin, TX 78702

Natural Grocers
NaturalGrocers.com

Special Events

Senior Holiday Luncheon

PLEASE JOIN US FOR OUR 17TH ANNUAL

PRIZE DRAWINGS • FREE SMOKE ALARMS • FREE FLU SHOTS

11:00 AM - 1:00 PM

11 DEC

CONLEY-GUERRERO SENIOR CENTER
808 NILE ST., AUSTIN, TX 78702

FREE RIDES FROM YOUR CAR TO THE CENTER (ONSITE)

MANY THANKS TO OUR SPONSORS

Costco Wholesale
Austin Golden Age Foundation
Wella Med
Helping Here
Coffee Tasters
Special Events

Join Conley-Guerrero Senior Activity Center for an Awesome Holiday Concert with Jess Lopez, Wednesday, December 18th, 10-11:45a. Cost: Free

Join good Friends and good cheer, it’s that time of the year. Please be our guest.

Open to the public

Special Announcement for Meals on Wheels Participants

Austin PARD Senior Program will serve lunch on Thursday and Friday, December 26th and 27th. Sign-up by Wednesday, December 18th @ 1p

Guild Holiday Breakfast and Bingo
Thursday, December 19th, 9-11:30a
Deadline to sign-up Friday, December 13th
Sponsored by Conley-Guerrero Guild
CONLEY-GUERRERO
SENIOR ACTIVITY CENTER

NEW YEAR'S EVE COUNTDOWN
2020
RING IN THE NEW YEAR WITH
GOOD COMPANY!
31ST OF DECEMBER
12P
CONLEY-GUERRERO
SENIOR ACTIVITY CENTER
Join your Conley-Guerrero Senior Activity Center community in celebrating the new year! Please RSVP by December 27th.

MONTHLY MOVIES
WILL FERRELL
with JAMES CAAN
TUESDAY,
DEC. 17th
@1pm
FREE
Elf
Costume Contest
win the movie
CONLEY-GUERRERO
SENIOR ACTIVITY CENTER
808 Nile Street Austin, TX
78702 512-978-2660
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 facilities, please call 512-974-3914.
Tech Classes

**Austin Public Library**

**Technology Classes**

**Wednesdays**

10-11a

**Free**

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**Computer Classes & Assistance**

Weekly tech classes helping you get comfortable using your computer, your tablet or your cell phone, so you can get the most out of your device.

**Classed will resume January 22nd**

Happy Holidays

Classes limited to 6 students

*For maximum benefit bring your cell phone or tablet to class*

**Sponsored by**

**Austin Public Library**

Instructor: Jeannette Smith

Jeannette.smith@austintexas.gov | 512-974-9858

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New Classes

**Ritmos Latinos! (Latino Rhythms!)**

**Tuesdays 10-11:30a**

**Thursdays 8:30-9:30a**

This class uses Latino dance rhythms like salsa, mambo, and cumbia to give physical fitness a fun and cultural twist! Ms. Jenny leads a slow warm-up with strengthening exercises, coordination, and balance exploration and finishes with short dance sequences using iconic Latino rhythms. Get healthier by dancing!

*Presentada en español e inglés (Presented in Spanish and English)*

Instructor: Ms. Jenny Ramos

Cost: Free

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**Costura (Sewing)**

**Martes (Tuesdays)**

12:30-3p

This class is open to all levels of sewers, beginners or advanced! Ms. Luisa will guide everyone through individual projects (Your choice or hers!) that will teach and improve hand and machine sewing techniques. From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!

*Presentada en español e inglés (Presented in Spanish and English)*

Instructor: Ms. Luisa Gutierrez

Cost: Free
**New Classes**

**PRANAYAMA and MEDITATION**

In the first part of this class we will explore some of the different breathing exercises the ancient yogis developed to improve their health and extend their life. Practicing pranayama also helps to clear the mind and leads to better concentration. The second part of the class, we will practice meditation. Some styles of Meditation will include focusing on the breath, a mantra, or candle gazing.

**Mondays 2:15-3:15p**

**FREE**

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**Calling All Quilters**

**Quilt Show By Conley-Guerrero Quilters**

See several quilts such as Fool’s Pattern, Flying Geese, Crazy Quilt, Grandmothers Fan, 6-point Star and 8-point.

Pre-registration is required to show your quilt.

Sponsored by Conley-Guerrero Quilting Classes.

**Turn-in Quilts Between December 3rd-6th**

One (1) quilts per Conley Guerrero quilter

**Displayed December 9th-20th**
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<td>Creative Writing 10a</td>
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<td>Holiday Plates 9a</td>
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<td>Sewing 12:30pm</td>
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<td>Bible Study 10-11a</td>
<td>Chair Yoga 2-3p</td>
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Craft

Holiday Plates
Thursday
December 5th
9-11:30a
Cost: $1.00 per plate

You can create your own or choose one of our patterns, using sharpies. The process requires baking so you may need a day or two before taking home your newest treasure.

Moment In Time

Autumn Magnets
Thursday, December 12th
11-11:45a
Cost: Free

Fall is finally underway! To celebrate the season each participant will receive from one to five little wooden pieces to decorate with an autumn theme. Magnets are already attached and ready to go.

Special Classes

Creative Writing
Fridays
10-11:50a

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.

King and Queen Contest

Hear Ye, Hear Ye
Get the Word Out!

Contestants needed for Conley-Guerrero Senior Activity Center 2020/2021 King and Queen contest.

For more information please see Conley-Guerrero Advisory Board Member.
PUBLIC MEETINGS

GUILD MEETING
TBA
9a

ADVISORY BOARD MEETING
TBA
1:15p

PUBLIC MEETINGS

Join our group on Wednesdays to help with our fall and winter garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Every Wednesdays at 9:30a
Coordinator: Matt Rodriguez

Blood Pressure Checks
with Wesley Nurse
Health Ministries

Tuesday, January 28th
10:30 - 11:30a
Game Room II

Nurse: Sharon
Cost: Free

COMMUNITY GARDEN

Birthday Celebration
Friday, December 27th at 12p
Join us for cake and ice cream to celebrate all friends’ birthdays!!!

DOMINO GROUP

Mondays, Wednesdays & Fridays
8a-4:45p
Tuesdays and Thursdays
8a-5:45p
The group plays regular dominoes.

Coordinator: Mrs. Maery L. Street
Contact Front Desk for more information

BINGO

Mondays, Wednesdays and Fridays
1-2:30p
Socialize and play bingo
$1.00 per card
(Volunteer Callers needed)
Contact Front Desk for more information

GAMES

Domino Group
Mondays, Wednesdays & Fridays
8a-4:45p
Tuesdays and Thursdays
8a-5:45p
The group plays regular dominoes.

Bridge
All Levels
Tuesdays and Thursdays
2-5:45p

Coordinator: Mrs. Maery L. Street
Contact Front Desk for more information

Open Puzzle Table
Mondays, Wednesdays & Fridays
8a-4:45p
Tuesdays and Thursdays
8a-5:45p

TECHNOLOGY

Free Computer Classes
We teach the skills you want to learn

When & Where:
Conley-Guerrero Senior Activity Center
808 Nile St, Austin, TX 78702
Tuesday’s & Thursday’s
1.00 - 4.00 pm

Instructor: Alix Potter

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We teach the skills you want to learn

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Billiards Room
Monday - Friday
8a-4:45p

Contact Front Desk for more information

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808 Nile St, Austin, TX 78702
Tuesday’s & Thursday’s
1.00 - 4.00 pm

Instructor: Alix Potter
**Exercise 1**
*Beginner*
Mondays, Wednesdays & Fridays
9:30-10:15a
Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.
*Instructors:* Eleanor, Troy and Martha
*Cost:* Free

**Exercise 2**
*Intermediate*
Mondays, Wednesdays & Fridays
10:30-11a
Advance Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.
*Instructors:* Eleanor, Troy and Martha
*Cost:* Free

**Yoga 101**
*Mondays*
1-2p
This is a sequence based hatha (Iyengar) yoga class that uses mats, blankets, blocks, and straps.
*Cost:* $10.00 per month

**Chair Yoga**
*Fridays*
2-3p
This is a sequence based hatha yoga class that uses chairs as props.
*Cost:* $10.00 per month

**T’AI CHI**
*Thursdays*
1-2p
No Class December 26th and January 2nd
*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 also very safe and practiced slowly; it is zero impact.*

**Ritmos Latinos! (Latino Rhythms!)**
*Tuesdays 10-11:30a
Thursdays 8:30-10a*
No Class December 10th, 17th, 24th and 31st
This class uses Latino dance rhythms like salsa, mambo, and cumbia to give physical fitness a fun and cultural twist! Ms. Jenny leads a slow warm-up with strengthening exercises, coordination, and balance exploration and finishes with short dance sequences using iconic Latino rhythms. Get healthier by dancing!
*Presentada en español e inglés (Presented in Spanish and English)*
*Instructor:* Ms. Jenny Ramos

**Pickleball**
*Tuesdays & Thursdays 1-5:45p*
*Class resume January 7th*
The fastest growing senior sport in the nation. Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. This is a two to four player’s game.
*Come join the fun!!!*
*Cost:* Free

**50+ Adult Trike Program “Golden Rollers”**
*Tuesdays and Thursdays*
On the Trail:
December 3rd and 5th
10-11a
11a-12p
On the Road:
December 3rd and 5th
11-12p
*For more information and dates see Front Desk*
*Cost:* Free

**BE SURE TO CHECK OUT**
**OUR TREADMILLS, RECUMBENT BIKES, WEIGHT SYSTEM AND ELLIPTICAL TRAINERS**

**IF YOU NEED ASSISTANCE USING THE EQUIPMENT, CGSAC STAFF IS AVAILABLE TO ANSWER QUESTIONS.**

Mondays, Wednesdays & Fridays
8:30a-4:45p
Tuesdays and Thursdays
8:30a-5:45p

You should consult your physician or other health care professional before starting any fitness program to determine if it is right for you and your needs.
LOTTERY REGISTRATION DUE: Friday, December 6th
REGISTRATION FEES DUE: Monday, December 9th

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after Friday, December 6th to find out if you were selected for a trip. Staff will call you ONLY if you were selected for a trip. All trips are subject to change due to weather, PARD director approval, or registration numbers.

**TRIPS**

**Wal-Mart Super Center North**
**Austin, TX**
**Tuesday, December 10th**
This trip provides a chance for participants to shop for clothes, indoor/outdoor household items, groceries, pharmacy, hardware, garden, electronics, and hair salon etc.

- Depart Time: 9a
- Return Time: 12p
- Cost: $3.00*
- Additional Expenses: Purchases
- Activity Level: Moderate to High

**Silver Bells Holiday Concert and Reception at George Washington Carver Museum**
**Austin, TX**
**Thursday, December 12th**
Enjoy a jazzy Holiday Musical Celebration gift to Austin’s senior citizens. Reception following concert, with lite refreshments.

- Depart Time: 2:30p
- Return Time: 6p
- Cost: Free
- Additional Expenses: Purchases
- Activity Level: Low to Moderate

**Lunch Day Out**
**Cracker Barrel Old Country Store**
**Buda, TX**
**Friday, December 13th**
At Cracker Barrel Old Country Store, has always been about pleasing people and making sure that everyone who walks in their front door gets a warm welcome. They work hard to provide their guest with a good home-style meal prepared from scratch in their kitchen at a fair price, and enjoy browse through their country store.

- Depart Time: 10:30a
- Return Time: 1:30p
- Cost: $3.00*
- Additional Expenses: Lunch and Purchases
- Activity Level: Moderate to High

**Bringing Seniors Together Holiday Meal @**
**The Asian American Resource Center**
**Austin, TX**
**Wednesday, December 18th**
Bringing Seniors Together is an Initiative aimed at partnering with senior programs across the Community Recreation Division to offer monthly fellowship among seniors.

- Depart Time: 9:30a
- Return Time: 1:30p
- Cost: Free
- Additional Expenses: None
- Activity Level: Low to Moderate

**Holiday Shopping at**
**Round Rock Premium Outlets**
**Round Rock, TX**
**Friday, December 20th**
Round Rock Premium Outlets is a family friendly outdoor mall. Home to 125 stores so that our shoppers can enjoy a wide range of retailers specializing in women’s, men’s, family, sporting apparel and fine jewelry, with savings of 25 to 65 percent every day. Relax and take a lunch break in their food Court.

- Depart Time: 9a
- Return Time: 3p
- Cost: $3.00*
- Additional Expenses: Lunch and Purchases
- Activity Level: Low to Moderate
**VISUAL, LITERARY & PERFORMING ARTS**

**Ceramics**  
*Beginner to Advanced*  
**Mondays**  
8:30-11a  
**Thursdays**  
1-3p  

Students will be introduced to different painting and glazing techniques. Class includes group projects and kiln firings.  

**Instructor:** CG Staff  
**Cost:** $10.00-R/$11.00-NR per month. Addition Firing $5.00 per item up to 12”

**Book Club**  
*Third Thursdays, January 16th*  
(Book Club resume January 2020)  
11a–12p  
**Cost:** Free

Want to join a book club but don’t know where to start? Join the new book club starting at Conley Guerrero Senior Activity Center. Plus, you get to meet like-minded readers, and discover new and exciting reads.  

**Book of the Month:** Spiderwoman’s Daughter by Anne Hillerman

**Austin Public Library Coloring Book Club**  
*Second Tuesdays, December 10th*  
12:30-1:30p  
**Cost:** Free

Forget about the idea that coloring is for children. In a busy world, grown ups are turning to the soothing art of coloring.

**Free Spanish Class**  
*Beginner to Advanced*  
**Mondays and Wednesdays**  
1–3:30p  

Learn Spanish language basics in a relaxed atmosphere.  

**Instructor:** Maestro Dotson  
**Cost:** Free

**Bible Study**  
*Mondays and Thursdays*  
10–11a  

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

**Instructors:** Various  
**Cost:** Free

**Dougherty Art Center’s Lending Library**  
*Creative Clay*  
**Tuesdays, December 3rd & 10th**  
10-11:30a

Dougherty Art Center’s Lending Library working with clay. Session 2 and 3

**Ballet Folklorico Dance**  
*All Levels Are Welcome.*  
**Tuesdays**  
9-11a  
**Class resume January 7th**  

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

**Volunteer Instructor:** Debi Ramos

**“Golden Ace” R&B Line Dance**  
**Thursdays**  
10-11a  
**Class resume January 2nd**  

Get your blood pumping and feet moving to Rhythm & Blues, Hip Hop music and steps!  

**Volunteer Instructor:** L.M. Rivers  
**Cost:** Free

**Quilting Classes**  
**Wednesdays**  
*Begginers:* 10:30-11:45a  
*Intermediate:* 1-3p  

This class teaches new quilters the basic concept of quilting.  

**Volunteer Instructor:** Margarine Beaman  
**Cost:** Free

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**Volunteer Instructor:** Margarine Beaman  
**Cost:** Free
Meet new friends while eating a hot, nutritious lunch every day at CGSAC. A $1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

**CONGREGATE MEAL REGISTRATION REQUIRED**

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.

**Meals 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.

### LUNCH MENU

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<td>30. Suellen’s Baked Chicken with Gravy Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Fruit Cal: 613</td>
<td>31. Ham with Raisin Sauce Black-Eyed Peas Cabbage Dinner Roll Oatmeal Cream Cookie Margarine Cal: 608</td>
<td><em>Due to unavailability of certain items, appropriate substitutions may need to be made.</em></td>
<td><strong>Milk is served every meal.</strong></td>
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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 financially viability providing an overall financially sound recreation program to the Austin community.