

Conley-Guerrero Senior Activity Center

808 Nile Street Austin, TX 78702 (512) 978-2660

Fax: (512) 479-4140

20 SEPTEMBER

18

Grandparents' Day - September 9
National Hispanic Heritage Month
Sept 15 - Oct 15
Native American Day - September 28

CLOSED on Labor Day Monday, September 3

Celebrating 30 Years
Uplifting 50+ Adults since 1988

http://austintexas.gov/seniors

Facebook: Austin Parks and Recreation Department - Seniors

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.



Welcome To



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.

Staff

Gladys A. Runnels, Program Supervisor
Dina R. Cantú, Program Specialist
Carrolyn Vaterlaus, Program Specialist
Arthur Ramirez, Building and Grounds
Sharon Campbell, Administrative Associate
Estela Rodriguez, Administrative Associate
Daedelus (DJ) Hoffman, Activity Specialist
Matt R. Dietrichson, Activity Specialist
Larry Johnson, Office Assistant

Hours of Operation:

Mondays, Wednesdays and Fridays 8:00 AM - 5:00 PM Tuesdays and Thursdays 8:00 AM - 6:00 PM

Payments accepted from 8:30 AM - 4:00 PM Cash, Check or Credit Card

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.

Conley-Guerrero!

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.

Office of the City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Ray Baray, Chief of Staff
Rey Arellano, Assistant City Manager
Robert Goode, Assistant City Manager
Sara Hensley, Interim Assistant

City Manager
Joe Pantallion, P. E., Interim Assistant
City Manager

Mark Washington, Assistant City Manager

City Council

Steve Alder, 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
Jimmy Flannigan, District 6
Leslie Pool, District 7
Ellen Troxclair, District 8
Alison Alter, District 10

Austin Parks and Recreation Department

Kimberly A. McNeeley, CPRP, Acting *Director*Anthony Segura, *Assistant Director*Liana Kallivoka, PhD, PE, LEED Fellow,

Assistant Director

Lucas Massie, CPRP, Acting Assistant Director Suzanne Piper, Chief Administrative Officer

Christa McCarthy, *Acting Division Manager* **David Crabb**, CPRP, *Program Manager*

Parks Board

Jane Rivera, Chair
Richard DePalma, Vice Chair
Michael Casias, Board Member
Rick Cofer, Board Member
Tom Donovan, Board Member
Romteen Farasat, Board Member
Dawn Lewis, Board Member
Francoise Luca, Board Member
Randy Mann, Board Member
Fred Morgan, Board Member
Frank Ward, Board Member

Arts & Crafts

Ceramics

Beginner to Advanced

Mondays 9:00 AM - 11:00 AM

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"

Quilting Classes

Wednesdays

Beginners - Intermediate

1:00 PM - 3:00 PM

This class teaches new quilters the basic concept of quilting.

Volunteer Instructor: Margarine Beaman Cost: Free



Education

Bible Study

Mondays and Thursdays 10:00 AM - 11:00 AM

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

Instructors: Various

Cost: Free



Free Spanish Class

Beginner to Advanced
Mondays and Wednesdays
1:00 PM - 3:00 PM

Class resumes Monday, September 10 Learn Spanish language basics in a relaxed atmosphere.

Volunteer Instructor: Maestro Dotson

Cost: Free



Music & Dance

Conley-Guerrero Inspiration Choir

Practice on the 1st and 3rd Tuesdays (Practice resumes on October 16)

10:00 AM - 11:30 AM

Bring cheer and good will through song! The choir practices traditional songs, and performs at special functions at our facility and throughout Austin.



Cost: Free

"Golden Ace" R&B Line Dance

Thursdays 10:00 AM - 11:00 AM

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

Volunteer Instructor: L.M. Rivers



Ballet Folklorico Dance Class

All Levels Are Welcome.

Tuesdays

9:00 AM - 11:00 AM

The group practices traditional Mexican folkloric ballet.

Volunteer Instructor: Debi Ramos

Cost: Free

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Cost: Free

Fitness

Exercise 1 & Exercise 2 Beginner to Intermediate

Mondays, Wednesdays and Fridays 9:30 AM - 10:15 AM and 10:30 AM - 11:00 AM



Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.

Volunteer Instructors: Eleanor and Martha Cost: Free

Fitness Room

Mondays, Wednesdays and Fridays 8:30 AM - 4:45 PM Tuesdays and Thursdays 8:30 AM - 5:45 PM



A complete self-paced fitness work-out is available using our treadmills, stationary bikes, elliptical machine and weight machines. Fitness room orientations and assessments are available by appointment only.

Cost: Free

50+ Adult Trike Program "Golden Rollers"

www.Goldenrollers.org



For more information and dates see Front Desk



Games

Domino Group

Mondays, Wednesdays and Fridays 8:00 AM - 4:45PM Tuesdays and Thursdays 8:00 AM - 5:45 PM

The group plays regular dominoes.



Bridge

All Levels

Tuesdays and Thursdays 2:00 PM - 5:45 PM

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

Bingo

Mondays, Wednesdays and Fridays 1:00 PM - 2:30 PM

Socialize and play bingo \$1.00 per card (Volunteer Callers needed) Contact Front Desk for more information

Billiards Room

Monday - Friday 8:00 AM - 4:45 PM

Open Puzzle Table

Mondays, Wednesdays and Fridays 8:00 AM - 4:45 PM Tuesdays and Thursdays 8:00 AM - 5:45 PM

Enjoy putting together an assortment of puzzles!

Special Interest

CGSAC Veteran Network Group

Wednesday, September 26 12:00 PM - 12:55 PM

CGSAC Veterans or family members getting together to discuss available benefits and upcoming local events for veterans. The group will also exchange and address information on issues and concerns that pertain to veterans.

Facilitator: CG Staff

Cost: Free



Age of Central Texas

Every 3rd Wednesday September 19 11:45 AM - 1:00 PM Cost: Free

"Dedicated to older adults and those who care for them."

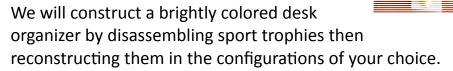
- Adult day health care
- Caregiver education and information
- Early memory loss support
 - Equipment lending
 - Computer training

Craft Classes

Build A Desk Organizer Wednesday, September 19

8:30 AM - 11:00 AM

Cost: \$10.00-R/\$11.00-NR per craft



Supplies will be provided.

Moment in Time...



Remember When...

Friday, September 21

11:00 AM - 11:45 AM

Cost: Free

Remember when someone would say let's go to the store and get some ice cream? Remember when life changed, disassembled, and rearranged and we all came together.

September Trips

All activities/trips are done through a lottery registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a trip or activity you may register yourself and one other current participant. Activities and trips must be paid in full by Thursday, September 6 at Noon (12:00 PM). Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (two business days before trip). All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

If paying with cash, please bring exact amount for your transaction.

Credit Cards are now accepted.

R-Resident NR-Non-Resident

September lotto selection is on Tuesday, September 4, 2018 (12 PM)

Animal World & Snake Farm Zoo New Braunfels, TX Thursday, September 6

One of the top priorities at Animal World & Snake Farm Zoo is to provide an intimate, up-close and personal experience. Through hands-on interactions, education and conservation based programs and interactive shows, visitors are given the opportunity to make genuine connections that will last a lifetime.

Lunch at Clear Springs Restaurant.



Depart: 9:00 AM Return: 3:30 PM

Cost: \$18.75-R/\$19.75-NR

Additional Expenses: Lunch & Animal Food \$1.50 per bags

Activity Level: Easy - Moderate

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Seniors and Law Enforcement Together (SALT) Fair @ Lamar Senior Activity Center Friday, September 7



Depart Time: 8:30 AM Return Time: 12:00 PM

Cost: Free

Additional Expenses: None Activity Level: Moderate

Lunch Day Out Abuelo's Mexican Restaurant Thursday, September 20

Abuelo's Mexican Restaurants makes everything fresh daily... with pride from family recipes. They use only the freshest, finest ingredients in every dish, from our scratch-made salsas, sauces and sides, to our hand-rolled enchiladas, traditional TexMex items and unique House Specialties.



Depart: 10:30 AM Return: 1:30 PM

Cost: \$3.00-R/\$4.00-NR Additional Expenses: Lunch

Activity Level: Low-Moderate

Cine de Oro @ Emma S. Barriento Mexican

American Cultural Center Tuesday, September 25

"Cantinflas" The Film 2014: Mexican film directed by Sebastián del Amo. Based on the life of actor and comedian Cantinflas, the film stars Óscar Jaenada as Cantinflas, Michael Imperioli, Ilse Salas, Bárbara Mori, Ana



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Layevska and Adal Ramones. Seniors will enjoy a healthy lunch provided by AARP immediately following the film.

Depart: 9:00 AM Return: 12:30 PM

Cost: Free

Additional Expenses: None Activity Level: Moderate

10 Activity Level: Moderate

Coloring Book

Coloring Book
Second Tuesdays
September 11
12:30 PM - 1:30 PM



Cost: Free

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



Book Club

Book Club Third Thursdays September 20 11:00 AM – 12:00 PM

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.

The University of Texas



"Boosting Older Adults' Cognition by Training Real-World eHealth Skills"

Call for Participation from Older Adults

Older adults age 65 or older are invited to participate in a NIH-funded research study, entitled "Boosting Older Adults' Cognition by Training Real-World eHealth Skills" for research purpose.

Main Activities:

- Meet twice a week
- Two hours each time
- Three months to learn computer use to find high quality health information

Orientation (Must attend at least one)
Tuesdays and Thursdays, September 6, 7, 11 and 13
8:30 AM - 10:00 AM and 10:00 AM - 11:30 AM

Session II (Must pre-qualify)
Every Tuesdays and Thursdays
September 18 - December 13, 2018
9:30 AM - 11:30 AM

You will receive a \$20.00 Target gift card at the beginning and \$20.00 Target card at the end.



Brain Cardio Class

BRAIN CARDIO" Class

If you've ever felt "Brain Fog", lost your keys, phone or can't remember 🔀 things as much as you'd like, then this is the class for you! The class will 🌄 show you ways you can literally THINK your way to a better and more fulfilling life. Each class demonstrates new ways to train the brain with games and exercises adapted from "Making Your Brain Hum".



Class Instructor: Lynn Cromer, PhD, CTRS



2018 Fall Session

September 25 -

November 15

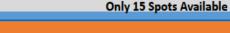
\$25 includes class & workbook

8 Weeks

Tuesdays & Thursdays 1:00 PM - 2:30 PM

CONLEY-GUERRERO SENIOR ACTIVITY CENTER 808 Nile Street Austin, TX 78702 512-978-2660

Pay When You Sign Up for This Class





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 the facility please call 512-974-3914.



Special Events...



Kick Off National Hispanic Heritage Month Celebrating Diez Y Seis de Septiembre

Friday, September 14, 2018

10:00 AM - 12:30 PM

2018 Theme: One Endless Voice To Enhance **Our Traditions**



Conley-Guerrero Senior Activity Center

808 Nile Street Austin, TX 78702 (512) 978-2660

Austin PARD Senior Program participants please sign-up at your center by Wednesday, September 5, 2018.

Sponsored by Bringing Seniors Together Committee and Amerigroup.



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All rooms will be closed during special events at **Conley-Guerrero Senior Activity Center.**

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Austin Free-Net Workshop

Austin Free-Net Pinterest Workshop



Conley Guerrero Senior Center Monday September 10th

2-4 pm Free 14 oz Tumbler cup for attending!

Pinterest is a free website for

discovering new ideas!

Crafting

Gardening

Do it yourself projects

Dance

Food

Relaxation

Travel



10 Spots Available

Senior Games Coming Soon



Registration Begin September 1 - October 15, 2018

The 2018 Austin Senior Games will bring together active, older adults to compete in three days of Olympic-style games! Hosted by Aging is Cool and the Austin Parks and Recreation Department, this year's event features 20 different types of sport, leisure and field competitions.

GAMES

- Pickleball
- · Golf
- Table Tennis
- Cycling
- Billia rds
- Rummikube
- Dominoes Horseshoes
- Washers
- Cornhole
- Badminton
- Volleyball Bocce Ball

- Scrabble
- Around the World (Basketball)
- Basketball Free Throw
- · Pitch and Hit Run (Softball)
- Deca Brain Challenge

REGISTER

Open to adults ages 50 and up. For more information or to register online, visit austinseniorgames.org or call (512) 974-5680.







Tips and Gratuities - Reminder!!!!

City of Austin policies prohibits ALL staff members and volunteers from accepting or soliciting any gifts, gratuities (tips) or favors in any form for any purpose or services.

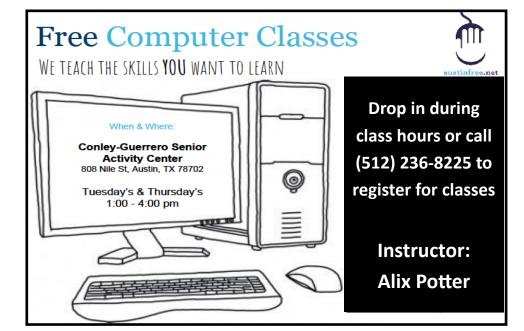
PLEASE do not put staff in an uncomfortable position or jeopardize any position by violation of this policy. A simple "Thank You" or a smile is appreciated and will not put our staff at risk.

Report any violation to management.

The Austin Free-Net Computer Lab at Conley-Guerrero



Mondays - Fridays: 9:00 AM - 4:45 PM (open during non-class hours)



You are Invited!

To Celebrate **Birthdays**

Friday, September 21 12:00 PM

Sponsored by: Focused Care at Stonebrian



Blood Pressure Checks with Wesley Nurse Health Ministries

Tuesday September 25

10:30 AM - 11:30 AM Game Room II

Nurse: Sharon Cost: Free



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Monday	Tuesday	Wednesday	Thursday	Friday
We Will Be CLOSED TO OBSERVE LAB R DAY	4 Cajun Meatloaf Cajun Brown Rice Okra and Tomatoes Wheat Bread Fresh Fruit Cal: 622	5 Artichoke/Feta/Tomato Couscous V Herbed Greek Potatoes Herbed Green Beans Wheat Pita Pocket Lemon Swirl Pudding Cal: 645	6 Honey Glazed Ham Black-Eyes Peas Mixed Greens Cornbread Fruited Strawberry Gelatin Margarine Cal: 605	7 Confetti Chicken Cheesy Garlic Polenta Sliced Carrots Wheat Bread Fresh Fruit Cal: 723
10 Pork with Citrus Sauce Whole Kernel Corn California Vegetables Wheat Bread Fresh Fruit Cal: 642	11 Baked Turkey Pastrami Whipped Potatoes with Skins Green Beans with Onions Dinner Roll Lemon Pudding Cal: 611	12 Beef Chili with Beans Cauliflower Harvard Beets Saltine Crackers Fresh Banana Cal: 622	Ranchero Chicken Mexican Brown Rice Stewed Tomatoes Wheat Bread Fruited Orange Gelatin Cal: 727	14 Pasta Bolognese Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Margarine Cal: 618
17 Ron Lantz's Meatloaf with Tomato Gravy Whipped Potatoes @ Skins Cheesy Spinach Texas Bread Fresh Fruit Cal: 682	18 Chicken Spaghetti Green Beans with Onions Sliced Carrots Wheat Bread Gingerbread Cookie Cal: 600	Beef Taco Spanish Brown Rice Fiesta Vegetables Wheat Tortilla Fresh Banana Taco Sauce Cal: 659	Turkey Breast with Gravy Mashed Sweet Potatoes Broccoli Dinner Roll Banana Pudding Cal: 688	Egg Salad Y Lettuce and Tomato Potato Salad Wheat Bread Fresh Fruit Cal: 607 COLD
Tim Andrew's BBQ Pork Rib Patty Baked Beans Mixed Vegetable Hamburger Bun Fresh Fruit Cal: 752	Potato Crusted Fish Brown Rice Florentine Herbed Green Beans Wheat Bread Caramel Pudding Cal: 667	Mexican Chicken Chili Green Peas Sliced Carrots Dinner Roll Applesauce Cal: 601	27 Glazed Ham Lima Beans Collard Greens Cornbread Fresh Fruit Margarine Cal: 686	Swiss Steak Cheesy Rosemary Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 626
			*Due to unavailability of certain items, appropriate substitutions may need to be made.	Every meal is served with low fat milk or buttermilk. ≥ 1000mg Sodium V - Vegetarian Entrée

S E P T M B E

Lunch applications are taken from 9:30 AM - 11:00 AM.

Meet new and interesting people during lunch.
Meal tickets are distributed by

- 1. Reservation
- 2. Waiting List

Lunch is served

Monday - Friday at 12 PM - 12:30 PM.

A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.

Special Thank You

A Very Special

"Thank You!"

Conley-Guerrero
Senior Activity Center
participants and staff
for donations and
contributions during the
months of July and August

- Age of Central Texas
- ◆ Alix Porter Austin Free Net
- Austin Public Health Immunization Program
- Austin Public Library
- Austin Resource Recovery Outreach Team
- Austin-Travis County EMS Senior Home Safety Program
- Central Texas Food Bank
- Clear Captions
- Conley-Guerrero Advisory Board and Guild
- Drive A Seniors
- Fan Drive
- Focused Care at Stonebrair
- Humana
- PARD Inclusion
- UnitedHealth Care

Advisory Board

Margarine G. Beaman, President
Alice Houston-Johnson, Vice President
Jesse L. Colunga, Treasurer
Bunnie Stark, Secretary
Olivia Ussery, Corr. Secretary
Eddie Pearl Rucker, Member
Janice Hardeman. Member

Guild

Ida M. Hunt, President

Dr. Beulah Agnes Jones, Vice President
Katherine Lamb, Secretary
Elridge Nelson, Treasurer
Jesse Carmona, Member
Cora Sutton, Member
Julie Sahara, Member

Conley-Guerrero SAC Annual Enrollment Form and Donation

Please stop by the front desk and renew your enrollment form for 2018-2019.

Only Conley-Guerrero Advisory Board members can receive any annual donations of \$5.00.



Board Bulletin

Advisory Board Meeting:

1:15 PM

Tuesday, September 25

Guild Meeting:

9:00 AM

Thursday, September 20

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: GCSAC Advisory Board)

808 Nile Street Austin, Texas 78702



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