

CONLEY - GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street • Austin, Texas 78702 • 512-978-2660
Monday - Friday 8:00a - 4:30p Saturday 8:00a - 12:30p

VARSITY GENERATION
Programs, events, and services



<http://www.austintexas.gov/departments/conley-guerrero-senior-activity-center>
Austin Parks and Recreation Department - Seniors



August 2022



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 (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.

Conley-Guerrero SAC Annual Enrollment Form and Donation

Please stop by the front desk and renew your enrollment form for 2021-2022.

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: C-GSAC Advisory Board)

808 Nile Street Austin, Texas 78702

AUGUST FIELD TRIPS

LOTTERY REGISTRATION DUE:

August 1st 8:00am– August 9th 4:00pm

LOTTERY RESULTS AVAILABLE: August 10th 8:00am

REGISTRATION FEES DUE: 48 hours prior to date of trip. *Exact Change, Credit Cards, Checks accepted*

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 August 10th 8:00am 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.



Vintage Ventures

Date: Tuesday, August 16th, 2022

Join us on a thrifty trip and let's shop till we drop! We will venture out to Goodwill on North Lamar and enjoy shopping during Senior Discount Day. Items will be 25% off for 55+. After we will head over to Top Drawer Thrift. Here you can find an array of great vintage treasures. After we will eat lunch at Rudy's BBQ.

PLEASE BRING CASH FOR THRIFT STORES

Departure Time: 9:30 AM

Return Time: 1:30 PM

Cost: Res: \$3.00 Non Res: \$4.00

Additional Expenses: Dinner at Game

Activity Level: Medium

AUGUST FIELD TRIPS



Lunch Bunch at Dimassi's Mediterranean Buffet

Date: Wednesday, August 24, 2022

Since 1992, Dimassi's goal has always been to provide authentic, delicious, and healthy Halal and Mediterranean food. Using only the freshest ingredients, we have introduced Texas to the finest Mediterranean food around. We take great pride in telling you that Dimassi's Mediterranean Buffet has been family owned and operated since we first opened the doors. Serving our customers with traditional Mediterranean fare is something we take great pride in and something you can count on. Whether it's a small dinner for two or a large gathering of family and friends, we have accommodations to fit your needs. So we encourage you to try the legend in Mediterranean food today.

Departure Time: 10:30 AM

Return Time: 1:30 PM

Cost: Res: \$3.00 Non Res: \$4.00

Other Expenses: Lunch

Activity Level: LOW



Texas Military Forces Museum at Camp Mabry and Cherry Creek Catfish

Date: Wednesday, August 31, 2022

Texas Military Forces Museum explores the history of the Lone Star State's militia and volunteer forces from 1823 (date of the first militia muster in Stephen F. Austin's colony) to 1903 when the Congress created the National Guard. From 1903 to the present the museum tells the story of the Texas Army and Air National Guard, as well as the Texas State Guard, in both peacetime and wartime. Permanent exhibits utilize uniforms, weapons, equipment, personal items, film, music, photographs, battle dioramas and realistic full-scale environments to tell the story of the Texas Military Forces in the Texas Revolution, the Texas Navy, the Texas Republic, the Mexican War, the Battles along the Indian Frontier, the War between the States, the Spanish-American and Philippine-American Wars, World War I, World War II, the Korean War, the Cold War, Peace Keeping Deployments and the Global War on Terror. Living history programs, battle reenactments and other special events take place throughout the year. Admission to the museum is FREE.

Departure Time: 9:30 AM

Return Time: 2:00 PM

Cost: Res: \$3.00 Non Res: \$4.00

Additional Expenses: Lunch

Activity Level: LOW

HEALTHY LIVING

Healthy Living

Class 1 August 12th: About Diabetes

Class 2 August 22nd: Diabetes Control

Class 3 August 29nd: Active Living/ Physical Education

Classes are held Monday Mornings at Conley-Guerrero Senior Activity Center from 10:30AM - 12:00 PM

Get a gift card and class incentives by attending!

To register, Call: Patrice Hatchett at 512-972-6465, or visit www.HealthyPlacesHealthyPeople.org/diabetes to sign up.

Classes are instructed Austin Public Health.

WHAT IS VARSITY GENERATION?

“Varsity Generation” is a positive way of describing a stage of life where experience and skill are prized and respected. The term implies being part of a team that always has your back. You rely on your team as much as they rely on you. Participation is encouraged in order to help each other continue mastering the art of living a fulfilling life. Varsity Generation sees aging as a natural progression of life, and positively acknowledges and affirms a persons earned spot on the team. As we roll out this new concept, you will see this logo on our program promotions and start hearing the staff refer to Varsity Generation activities. Conley-Guerrero Senior Activity Center and all of the Austin Parks and Recreation Department Senior Centers will continue to offer a variety of quality programs and we hope you will try new experiences with our “team” along the way!

SALT RESOURCE FAIR



Travis County • Texas

2022 SALT Resource Fair

FREE and Open to the Public!

Thursday, August 18th

10:00 am to 1:00 pm

Conley-Guerrero Senior Activity Center

(808 Nile Street, Austin, TX 78702)

The annual SALT Resource Fair returns for an in-person event featuring entertainment, informational presentations, community resources, and lunch for attendees.

For More Information, Contact:

Sadot Azzua, Austin Police
Dept. Community Liaison
Sadot.Azzua@AustinTexas.gov
(512) 974-4461



CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne

*On site class
Wednesday 10:30a*

*Zoom class
Wednesday 1:30p*

Learn the fundamentals of proper posture and body mechanics.



CHAIR YOGA

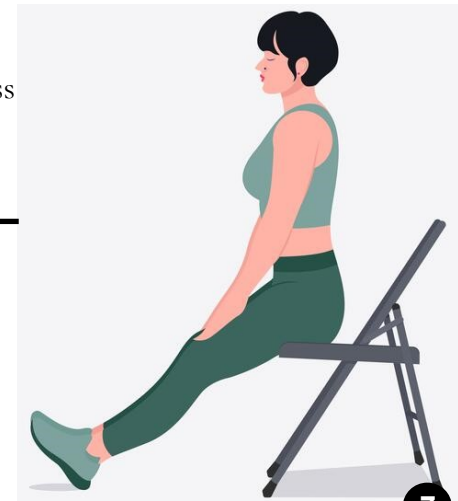
Instructor: Patti Gagne

On site class

Thursdays - 10:30a

This is a sequence based hatha yoga class that uses chairs as props.

*Virtual Chair Yoga
on Thursdays - 1:30p
from the comfort of
your own home.*



PICKLEBALL



THE FASTEST
GROWNING SENIOR
SPORT
2 OR 4 PLAYER GAME

Thursday Open Play 1p – 4:30p

Saturday Open Play 8a – 12:30p

FITNESS ROOM



Mon-Fri 8:15a-4:15p Sat 8:15a-12:15p

8

FIRST TEE GOLF



BILLIARDS ROOM

BILLIARDS

Foosball

PING PONG



Monday thru
Friday
8a-4:30p



9

LINE DANCE

"Golden Aces"

R & B Line Dance Class

Instructor: L M Rivers

Thursday: 10 - 11a



BALLROOM DANCE

Ballroom Dance

Saturday Morning
10am

All ages and skill levels welcome



Class instructed by LM Rivers

ZUMBA



TAI CHI

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1p

Instructor: Kade Green

**\$50 for 12 sessions \$30 for 6 sessions \$5 per
session**

Strengthen your mind, body, and spirit.

QUILTING

Quilting Class

**Wednesday
Beginning
Class
9:30a-11:30a**

**Wednesday
Intermediate
Class
1p-3p**

**Bring your own
materials and
supplies.**

**Sewing Machines
Available**

Instructor: Margarine Beaman

CERAMICS

**Morning Ceramics Class
Mondays: 9-11a**



**Afternoon Ceramics Class
Thursdays: 1-3p**

\$10.00 Per Month

TECHNOLOGY CLASSES

Austin Free-Net:
Smartphone Fundamen-
tals
Tuesday August 2 - 10am

Austin Free-Net:
Google Basics: Emailing
Tuesday August 9 -
10am

Austin Free-Net:
Google Basics: Calendar
Tuesday August 16 - 10am

Austin Free-Net:
Google Basics: Maps
Tuesday August 23 -
10am

BIBLE STUDY

Bible Study

Monday

9 – 10a

Bible Study is taught using the King James' Version. Classes are free to attend.

CREATIVE WRITING



The purpose of creative writing is to entertain and to share the human experience. If you'd like to try your hand at creative writing, the first step is to use your imagination.

Thursday Mornings 9 – 11a

ARTS & CRAFTS

Friday August 5 9a-11a

End of Summer Ensemble

Bring your own T-shirt. Using balloons and acrylic paint, we will decorate it with one-of-a-kind designs. We will provide visors and canvas bags for you to create a matching look.

Free Class

Friday August 12 9a-11a

Summer Lights

Create a beautiful addition for your summer parties on the patio by decorating a paper lantern with lovely silk flowers.

Cost: \$5.00

Friday August 19 9a-11a

Hello Sunshine!

Make a happy wreath for your door by painting clothes pins and securing them to a wire frame.

Cost: \$5.00

Friday August 26 9a-11a

Cheese Domes

We will use dome shaped glass light covers to make fancy protectors for cheese or other treats.

Free class

10 Participant Maximum

Concept Art

Wednesday August 17

1-3p

What will you do with the word, phrase, or song title you find in your envelope?

Free Class

30 Minute Masterpiece

Wednesday August 24

1-3p

Let's try our hands at acrylic pouring. It can get messy so wear your painting clothes..

Free Class

WALKAHOLICS

CONLEY
GUERRERO
WALKAHOLICS

JOIN US ON OUR WEEKLY
WALKS TO GET SOME
FRESH AIR AND EXERCISE

EVERY FRIDAY
9:00AM

WEATHER PERMITTING



CASH BINGO

Cash Bingo Monday 1p



Cash Bingo Wednesday 1p

IMAGINE ART

Imagine
Art
CONLEY-GUERRERO SENIOR
ACTIVITY CENTER

No Classes
in August.
We will be
returning in
September.

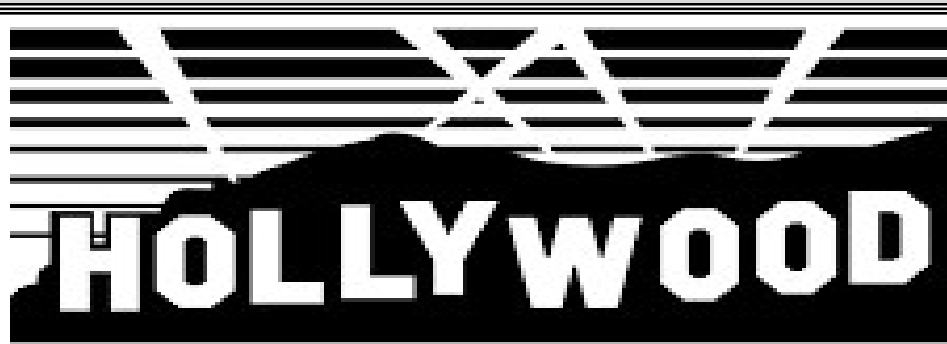
SANCTUARY GARDEN

Tuesday Morning
9 - 10a



Help our Community
Garden grow!!!

FRIDAY MATINEE



Conley-Guerrero Presents . . .

FRIDAY

August 12th

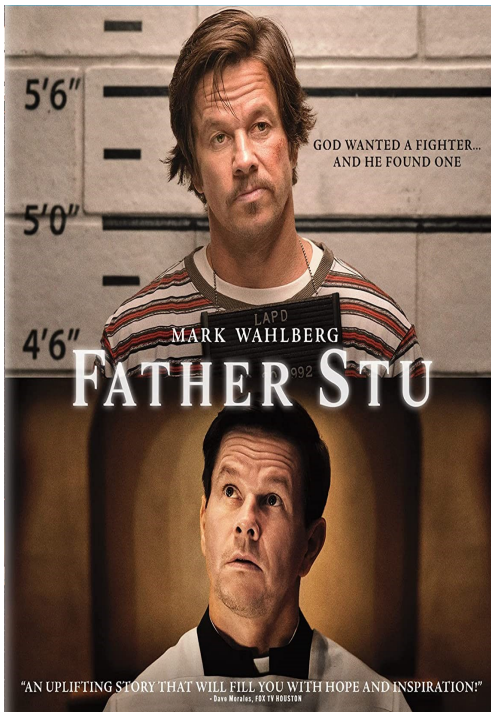
1p FREE Rated R



REFRESHMENTS

When an injury ends his amateur boxing career, Stuart Long moves to Los Angeles to find money and fame. While scraping by as a supermarket clerk, he meets Carmen, a Sunday school teacher who seems immune to his bad-boy charm. Determined to win her over, the longtime agnostic starts going to church to impress her. However, a motorcycle accident leaves him wondering if he can use his second chance to help others, leading to the surprising realization that he's meant to be a Catholic priest.

2h 4m



FRIDAY MATINEE



Conley-Guerrero Presents . . .

FRIDAY

August 26th

1p FREE Rated PG-13



REFRESHMENTS

When a single mother and her two children move to a new town, they soon discover they have a connection to the original Ghostbusters and the secret legacy their grandfather left behind.

2h 4m



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
1 Ceramics 9a Bible Study 9a Tai Chi 1p Cash Bingo 1p	2 Zumba 9a Sanctuary Garden 9a First Tee Golf Workshop 10a	3 Quilting 9:30a & 1p Stretch & Strength 10:30a Cash Bingo 1p Zoom Stretch & Strength 1:30p	4 Creative Writing 9a First Tee Golf Workshop 10a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	5 Walkaholics 9a Arts & Crafts 9a - End of Summer Ensemble Zumba - 10a	6 Pickleball 8a Zumba 9a Ballroom Dance 10a
8 Ceramics 9a Bible Study 9a Tai Chi 1p Cash Bingo 1p	9 Zumba 9a Sanctuary Garden 9a Emailing 101 Workshop 10a	10 Quilting 9:30a & 1p Stretch & Strength 10:30a Cash Bingo 1p Zoom Stretch & Strength 1:30p	11 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	12 Walkaholics 9a Arts & Crafts 9a - Summer Lights Zumba - 10a Friday Matinee: Father Stu - 1p	13 Pickleball 8a Zumba 9a Ballroom Dance 10a
15 Ceramics 9a Bible Study 9a Healthy Living About Diabetes 10:30a-12p Tai Chi 1p Cash Bingo 1p	16 Zumba 9a Sanctuary Garden 9a Vintage Ventures Field Trip 9:30a Smartphone Fundamentals Workshop 10a	17 Quilting 9:30a & 1p Stretch & Strength 10:30a Concept Art 1p Cash Bingo 1p Zoom Stretch & Strength 1:30p	18 Creative Writing 9a Salt Resource Fair 10a-1p R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	19 Walkaholics 9a Arts & Crafts 9a - Hello Sunshine! Zumba - 10a	20 Pickleball 8a Zumba 9a Ballroom Dance 10a
22 Ceramics 9a Bible Study 9a Healthy Living Diabetes Control 10:30a-12p Tai Chi 1p Cash Bingo 1p	23 Zumba 9a Sanctuary Garden 9a Computer Fundamentals Workshop 10a	24 Quilting 9:30a & 1p Stretch & Strength 10:30a Lunch Bunch at Dimassi's Mediterranean Buffet 10:30a Central Texas Food Bank 1:00p Thirty Minute Masterpiece 1p Cash Bingo 1p Zoom Stretch & Strength 1:30p	25 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	26 Walkaholics 9a Arts & Crafts 9a - Cheese Domes Zumba - 10a Friday Matinee: Ghostbuster: Afterlife - 1p	27 Pickleball 8a Zumba 9a Ballroom Dance 10a
29 Ceramics 9a Bible Study 9a Healthy Living Active Living/ Physical Activity 10:30a-12p Tai Chi 1p 20 Cash Bingo 1p	30 Zumba 9a Sanctuary Garden 9a Ask Me Anything Workshop 10a	31 Quilting 9:30a & 1p Texas Military Forces Museum at Camp Mabry and Cherry Creek Catfish Field Trip 9:30a Stretch & Strength 10:30a Cash Bingo 1p Zoom Stretch & Strength 1:30p			

CONGREGATE MEAL REGISTRATION REQUIRED

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

 ≥ 1000mg Sodium

 - Vegetarian Entrée

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Sweet and Sour Chicken Herbed Basmati Rice Broccoli Texas Bread Fresh Fruit Cal: 667</p>	<p>2 Turkey Taco Pinto Beans Steamed Cauliflower Wheat Tortilla Fresh Fruit Taco Sauce Cal: 687</p>	<p>3 Swiss Steak Macaroni and Cheese Dilled Carrots Wheat Bread Tapioca Pudding Cal: 745</p>	<p>4 Rosemary Butter Sliced Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine Cal: 750</p>	<p>5 Breaded Fish Black-Eyed Peas Green Beans Hamburger Bun Fresh Fruit Tartar Sauce Cal: 744 </p>
<p>8 Salisbury Beef with Brown Gravy Cheesy Potatoes Catalina Vegetables Texas Bread Fresh Fruit Cal: 726</p>	<p>9 Cheese Omelet Black Beans Stewed Tomatoes Multigrain Bread Applesauce Cal: 640 </p>	<p>10 Mozzarella Chicken Pasta Florentine Green Beans with Onions Dinner Roll Oreo Vanilla Pudding Cal: 768 </p>	<p>11 John Yocum's Lemon Pepper Fish Cajon Brown Rice Mixed Greens Cornbread Fresh Fruit Cal: 758</p>	<p>12 Beef Chili with Beans Whole Kernel Corn Squash Medley Texas Bread Fresh Fruit Cal: 688</p>
<p>15 Chicken with Country Gravy Whipped Potatoes w/ skins Glazed Carrots Texas Bread Fresh Fruit Cal: 663</p>	<p>16 Italian Shells and Cheese Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Cal: 674 </p>	<p>17 Beef Taco Mexican Brown Rice Charro Beans Wheat Tortilla Fruited Strawberry Gelatin Taco Sauce Cal: 829 </p>	<p>18 Pork Chop Suey Cheesy Spinach Cauliflower Texas Bread Fresh Banana Cal: 723</p>	<p>19 Cold Meal Turkey Salad Lettuce and Tomato Pasta Salad Wheat Bread (2) Fresh Fruit Cal: 656</p>
<p>22 Deviled Pork Lentil Vegetable Pilaf Cauliflower Wheat Bread Fresh Apple Cal: 700</p>	<p>23 Five Spiced Diced Chicken Northern Beans Ginger Carrots Texas Bread Fresh Banana Cal: 725</p>	<p>24 Beef with Peppered Gravy Brown Rice Green Beans with Onions Wheat Bread Butterscotch Swirl Pudding Cal: 657</p>	<p>25 Turkey Brunswick Stew Whole Kernel Corn Garlic Spinach Saltine Crackers Fruited Orange Gelatin Cal: 637</p>	<p>26 Marinara Chicken Meatballs Baked Beans Medley Cabbage Wheat Bread Fresh Fruit Cal: 632</p>
<p>29 Onion Breaded Chicken Herbed Green Peas Squash Medley Wheat Bread Fresh Fruit Cal: 616</p>	<p>30 Three Cheese Ziti Glazed Carrots Green Beans Texas Bread Fresh Apple Cal: 744 </p>	<p>31 Curry Pork Roast Brown Rice Cauliflower w/ Red Peppers Wheat Bread Fresh Fruit Cal: 656</p>	<p>Meals On Wheels Lunch Menu *Due to unavailability of certain items, appropriate substitutions may need to be made.* **Milk is served with every meal**</p>	

**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
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
Carolyn Vaterlaus, Recreation Programs Specialist
Asta Hanson, Recreation Program Specialist
Sean M. Larichiuta, Administrative Associate
Arthur Ramirez, Building and Grounds Assistant

C-GSAC Guild 2020

Ida M. Hunt, President
Dr. Beulah Agnes Jones, Vice President
Elridge Nelson, Treasurer
Cora Sutton, Member