VARSITY GENERATION
Programs, events, and services

http://www.austintexas.gov/department/conley-guerrero-senior-activity-center

BLACK HISTORY MONTH

FEbruary 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) 978-2660 or Relay Texas 7-1-1.
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

In order to meet the demand of our growing community, we will be open on Saturdays from 8a—12:30p!!!
We will remain open Monday—Friday 8:00a—4:30p
We will be closed for Presidents’ Day on February 21st

Vote early at Conley Guerrero
Feb 14 - Feb 25 (closed on Presidents’ Day)
Monday – Saturday
Voting: 7a - 7p

Imagine Art

Embroidery, Mending, Patch Making Workshop
Tuesdays from 10a – 12p

In this workshop we will be learning different embroidery techniques and stitches. We will be looking at creative ways to mend worn and well loved clothing.

Patch that hole in your pants!

Stitch a flower over that stain!

Sew on a new and exciting button!

Bring the clothing items you would like to spice up and mend. We will provide the materials!
Tai Chi Class

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1p

Instructor: Kade Green

Strengthen your mind, body, and spirit.

Limited space available
Call to reserve a spot 512.978.2660

Chair Stretch & Strength

On site class
Wednesday 10:30a

Zoom class
Wednesday 1:30p

Instructor: Patti Gagne

Face Mask & Social Distance

Learn the fundamentals of proper posture and body mechanics.

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

Chair Yoga

On site class
Thursdays - 10:30a

Limit of 12 participants
First come first serve

Instructor: Patti Gagne

Limit of 20 participants
First come first serve

On site class
Thursdays - 10:30a

Zoom class
Wednesday 1:30p

Instructor: Patti Gagne

Face Mask & Social Distance

Learn the fundamentals of proper posture and body mechanics.
Pickleball

“Take it to the net”

THE FASTEST
GROWNING SENIOR
SPORT
2 OR 4 PLAYER GAME

Thursdays
1 – 4:30p    FREE
Limited space available

Golden Rollers

REGISTER NOW
WINTER WEATHER RIDERS
FRIDAY MORNINGS
9 - 10a

DRESS WARM
WEAR GLOVES

No riding on days below 40°
Ballet Folklorico Dance Class

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

Instructor: All levels welcomed
Debi Ramos

Tuesdays 10a - 12

Fitness Room

Monday - Friday
8a - 4:30p

Limited space available
Call to reserve a 45 minute spot
512.978.2660
Morning Ceramics Class
Mondays: 9-11a

Afternoon Ceramics Class
Thursdays: 1-3p

Instructor: Carrolyn Vaterlaus

Limited (12 Participants) space available
Call to reserve a spot 512.978.2660

“Golden Aces”
R & B Line Dance Class
Instructor: L M Rivers
Thursday: 10 - 11a

Limited space available.
30 participants per class.
First come first serve.
**Bible Study**
***Mondays***
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.

**Tuesday Mornings 9 - 11a**

**Educational Classes**

**Arts & Crafts**

**Friday Feb 4 at 9-11a**
Wooden Valentine

**Friday Feb 11 at 9-11a**
Mending Bee
Bring your broken jewelry or clothing that needs repair

**Wednesday Feb 16**
1-3p
30 Minute Masterpiece
The Rest Of The Story
Each participant will review an unfinished painting and will add the “rest of the story”

**Friday Feb 18 at 9-11a**
Decorate Your Own Switch Plate

**Friday Feb 25 at 9-11a**
Create a St. Patrick’s Day Decoration
**Billiards / Ping Pong**

**Billiards**

Limited space available

Monday thru Friday
8a–4:30p

**Ping Pong**

**Prize Bingo**

**WEDNESDAYS at 1p**

Limit: 20 Participants
Call to reserve your spot. 512.978.2660

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**Quilting**

**Quilting Classes**

Wednesdays
Morning: 9:30 - 11:30a
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

Limited (12) Spaces Available
Reservations Required

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**Sanctuary Garden**

Come meet our own Garden Guru Matthew!

Fridays
9 - 10a
Space is limited

Learn more about planting vegetables. Have fun getting your hands in the dirt.
FRIDAY
February 11th
1p FREE 2h 8m

This lauded drama follows the Youngers, an African-American family living together in an apartment in Chicago. Following the death of their patriarch, they try to determine what to do with the substantial insurance payment they’ll soon receive. Opinions on what to do with the money vary. Walter Lee (Sidney Poitier) wants to make a business investment, while his mother, Lena (Claudia McNeil), is intent on buying a house for them all to live in -- two differing views of the American Dream.

Limit: 20 participants. Call to reserve your spot. 512.978.2660

FRIDAY
February 25th
1p FREE 1h 48m

When Joanna Drayton (Katharine Houghton), a free-thinking white woman, and black doctor John Prentice (Sidney Poitier) become engaged, they travel to San Francisco to meet her parents. Matt Drayton (Spencer Tracy) and his wife Christina (Katharine Hepburn) are wealthy liberals who must confront the latent racism the coming marriage arouses. Also attending the Draytons’ dinner are Prentice’s parents (Roy E. Glenn Sr., Beah Richards), who vehemently disapprove of the relationship.

Limit: 20 participants. Call to reserve your spot. 512.978.2660
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
| 1      | Creative Writing 9a  
Ballet Folklorico 10a | Quilting 9:30a & 1p  
Stretch & Strength 10:30a  
Zoom Stretch & Strength 1:30p  
Prize Bingo 1p | R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p  
Zoom Chair Yoga 1:30p | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Wooden Valentines |
| 2      | Ceramics 9a  
Bible Study 9a  
Tai Chi 1p | R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p  
Zoom Chair Yoga 1:30p | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 3      | Creative Writing 9a  
Ballet Folklorico 10a | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - decorate your own light switch plate  
Friday Matinee 1p: Guess Who's Coming to Dinner |
| 4      | Ceramics 9a  
Bible Study 9a  
Tai Chi 1p | Ceramics 9a  
Bible Study 9a  
Tai Chi 1p  
Meals on Wheels 10a  
Tai Chi 1p | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - create a St. Patrick's Day Decoration  
Friday Matinee 1p: A Raisin in The Sun |
| 5      | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 6      | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 7      | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 8      | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 9      | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 10     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 11     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 12     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 13     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 14     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 15     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 16     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 17     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 18     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 19     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 20     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 21     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 22     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 23     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 24     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 25     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 26     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 27     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 28     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 29     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 30     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
| 31     | Golden Roller Trikes 9a  
Sanctuary Garden 9a  
Arts & Crafts 9a - Mending Bee  
Friday Matinee 1p: A Raisin in The Sun |
## 2022 FEBRUARY LUNCH MENU

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### 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.

### Meals on Wheels Pick Up 10a-12p

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### Central Texas Food Bank 12p-1p

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### Remember Mom’s cooking? Remember her showing you how to make family recipes?

Remember passing these same recipes down to your children? Submit your favorite recipe to Dina so that we can make a Conley-Guerrero Mother’s Day Cook Book!

All recipes must be submitted to Dina by Friday, April 15th 3:00PM.

Email: dina.cantu@austintexas.gov  Questions: office 512.978.2660 or cell. 512.699.5662
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 Kirchen, 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
  Bunny 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, Recreation Programs Specialist
  Administrative Associate, Sean M. Larichiuta
  Arthur Ramirez, Building and Grounds Assistant
  Matthew Rodriguez, Instructor Audio Visual

C-GSAC Guild 2020
  Ida M. Hunt, President
  Dr. Beulah Agnes Jones, Vice President
  Katherine Lamb, Secretary
  Elridge Nelson, Treasurer
  Cora Sutton, Member