

CONLEY GUERRERO

SENIOR ACTIVITY CENTER

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

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



VARSITY GENERATION

Programs, events, and services

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

Austin Parks and Recreation Department - Seniors



October 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

LINE DANCE

"Golden Ace"

Thursdays:

R & B Line Dance

Session 1 10 - 10:45a

Instructor: L M Rivers

Session 2 11 - 11:45a

Starting October 7th



Limited space available.

10 participants per class.

First come first served.

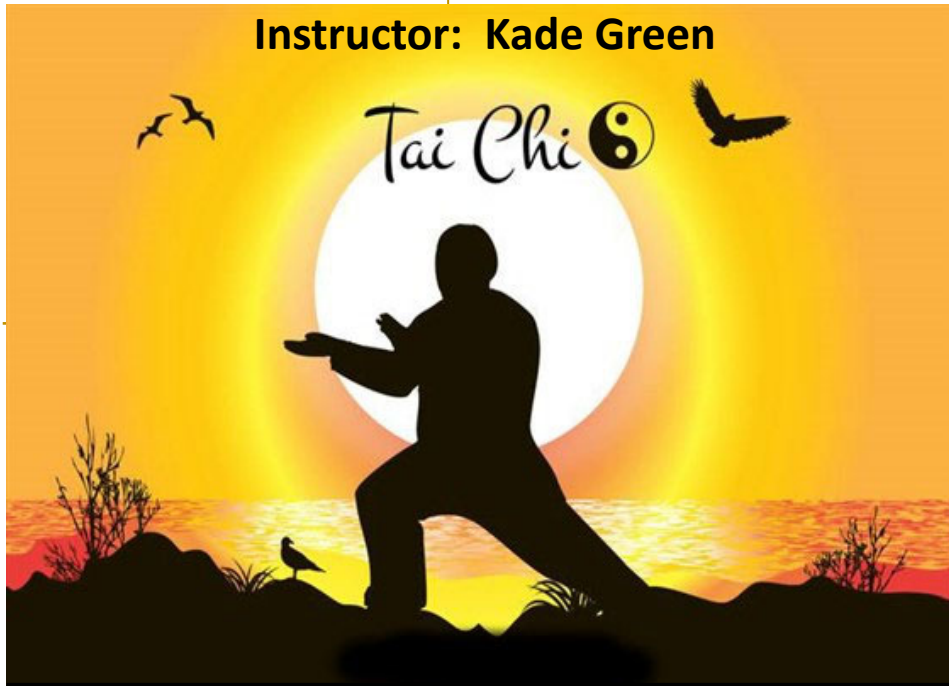
Face mask & social distancing.

TAI CHI CLASS

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1p

Instructor: Kade Green



Strengthen your mind, body, and spirit.

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Op lng#vsdfh#pydledn##

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4 Masks & social distancing required. #

CHAIR YOGA

On Site Chair Yoga

Wednesdays - 10:30a

Limit of 10 participants

First come first serve

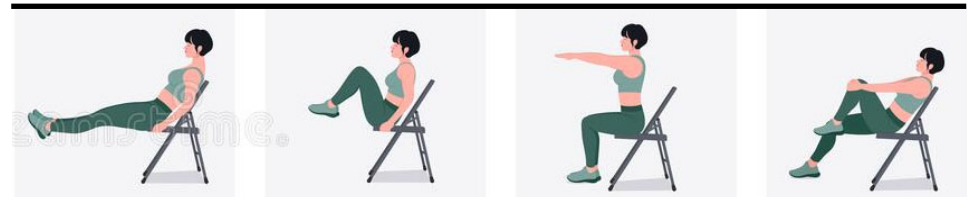
Face Mask &

Social Distance



Virtual Chair Yoga on Thursdays - 1:30p

In the comfort of your own home.

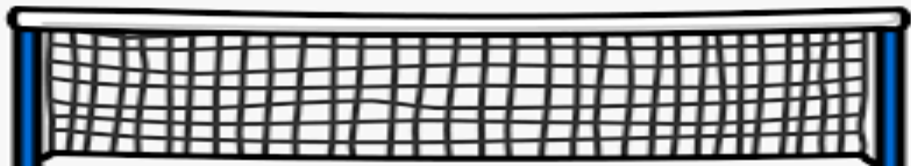


Instructor: Patti Gagne

In the Charles Jordan Hall

On site space is limited

PICKELBALL



"Take it to the net"



THE FASTEST
GROWNING SENIOR
SPORT.
2 OR 4 PLAYER GAME.

Thursdays

1 - 4:45p

FREE

Limited space available

Masks and social distancing required.

GOLDEN ROLLERS

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



The
Golden
Rollers

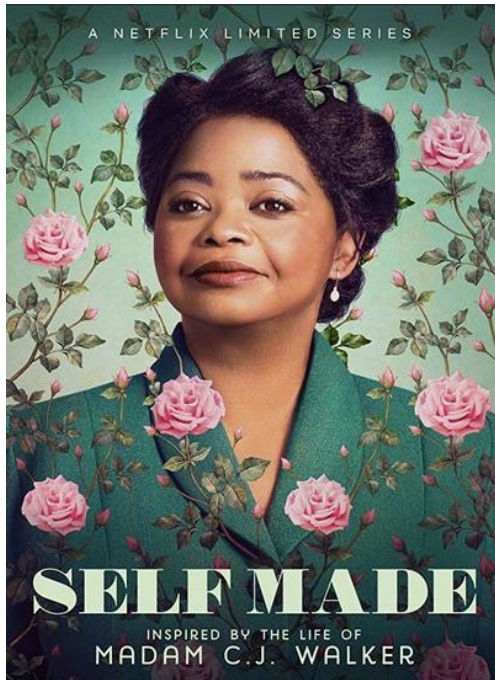
MOVIE



Conley-Guerrero Presents . . .

An African American washerwoman rises from poverty to build a beauty empire and become the first female self-made millionaire. Based on a true story.

4 part Netflix Limited Series



FRIDAY

OCTOBER 15th

1:00 pm FREE

Charles Jordan Hall

Big 14 foot screen

REFRESHMENTS

1. The Fight of the Century

Aspiring to be more than a washerwoman, Sarah grows determined to sell Addie's hair product. But when she's cruelly rebuffed, the gloves come off. (46m)

2. Bootstraps

Sarah's dream of opening a factory hinges on securing the support of local Black businessmen — and an endorsement from the famous Booker T. Washington. (50m)

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MOVIE



Conley-Guerrero Presents . . .

An African American washerwoman rises from poverty to build a beauty empire and become the first female self-made millionaire. Based on a true story.

4 part Netflix Limited Series



FRIDAY

OCTOBER 29th

1:00 pm FREE

Charles Jordan Hall

Big 14 foot screen

REFRESHMENTS

3. The Walker Girl

Sarah's ambitious plans for expanding her empire take her to New York — and lead to betrayals personal and professional that threaten all she's built. (49m)

4. A Credit to the Race

The combined blows of a health scare, worker issues and a tragedy that hits close to home push Sarah to take decisive action about her life and legacy. (46m)

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BALLET FOLKLORICO



CLASSES WILL RESUME IN NOVEMBER

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

FITNESS ROOM



Monday - Friday

8a-4p

Limited space
available

Call to reserve a
45 minute spot
512.978.2660

Masks and
social distancing
required.



OCTOBER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 27 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	September 28 Creative Writing 9a Basic Digital Skills 11:30a	September 29 Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	September 30 Stretch & Strength 10:30a Ceramics 1p Pickleball 1p Zoom Chair Yoga 1:30p	1 Golden Roller Trikes 8:00a Arts and Crafts 9a
4 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	5 Creative Writing 9a Basic Digital Skills 11:30a	6 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p	7 Stretch & Strength 10:30a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	8 Golden Roller Trikes 8:00a Arts and Crafts 9a
11 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	12 Creative Writing 9a CaptionCall Workshop 10:30a Basic Digital Skills 11:30a	13 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p 30 Minute Masterpiece 1a	14 Stretch & Strength 10:30a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	15 Golden Roller Trikes 8:00a Arts and Crafts 9a Movie "Self Made" 1:00p
18 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Bible Study 9a Tai Chi 1p	19 Creative Writing 9a Basic Digital Skills 11:30a	20 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	21 Stretch & Strength 10:30a Ceramics 1p Pickleball 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	22 Golden Roller Trikes 8:00a Arts and Crafts 9a
25 Golden Roller Trikes 8:00a Ceramics 9a Bible Study 9a Tai Chi 1p	26 Creative Writing 9a Basic Digital Skills 11:30a	27 Golden Roller Trikes 8:00a Quilting 10a Chair Yoga 10:30a Zoom Stretch & Strength 1:30p Quilting 1p Prize Bingo 1p	28 Stretch & Strength 10:30a Ceramics 1p Pickleball 1p Tai Chi 1p Zoom Chair Yoga 1:30p	29 Golden Roller Trikes 8:00a Arts and Crafts 9a Movie "Self Made" 1:00p

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

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.**

CERAMICS

Morning Ceramics Class

Mondays: 9-11a



Afternoon Ceramics Class

Thursdays: 1-3p

Instructor: Carolyn Vaterlaus

Limited space available

Call to reserve a spot 512.978.2660

Masks and social distancing required.

CREATIVE WRITING

Tuesdays 9 - 11 a



The purpose of creative writing is to both entertain and share human experience, like love or loss. If you'd like to try your hand at creative writing, just keep in mind that whether you are trying to express a feeling or a thought, the first step is to use your imagination.

Those who come after after us do not always know the people ho came before, but as seniors we know many generations of ancestors as well as our children, grandchildren and great grandchildren. These will then be formatted onto a book.

Limited space available

Masks and social distancing required.

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: Bunnie Stark & Robert Walker

Cost: FREE

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Idfh#P dvn#) #VrfldG lwdqfh#

BINGO

PRIZE BINGO

WEDNESDAYS at 1p

B I N G O

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

EDUCATION/WORKSHOP



Tuesday, October 12th at 10:30AM

**Learn how the phone and captioning service works,
why there's no cost, and what you can do to get
CaptionCall and improve your conversations.**

Limited space available

Call to reserve a spot 512.978.2660

Masks and social distancing required.

CRAFTS

The
30 minute
Masterpiece
with
Carrolyn



*Using balloons and acrylic paint on a
canvas you will create a masterpiece.*

Wednesday, October 13th

1-3p

FREE

Limited space available

Call to reserve a spot 512.978.2660

Masks and social distancing required

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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

22 Masks and social distancing required

QUILTING CLASS

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



Picture: 2019

Space Limited, Reservation Required.

Face Mask and Social Distancing

**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, Recreation Programs Specialist
Administrative Associate, Vacant
Arthur Ramirez, Building and Grounds Assistant
Lois Killingsworth, Administrative 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