

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

March 2023



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)

303 Nile Street Austin, Texas 78702

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MARCH FIELD TRIPS

LOTTERY REGISTRATION DUE:

February 27th 8:00am – March 3rd 3:00pm

LOTTERY RESULTS AVAILABLE: March 6th 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 January 6th 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.

University of Texas Athletics Hall of
Fame And Jew Boy Burgers

AUSTIN, TX

Wednesday, March 8, 2023

Visual and digital displays honor all 55 of UT's National Championship teams; 599 conference team titles; hundreds of individual National Champions; 171 Olympians at 21 Olympiads who claimed 145 Olympic medals; first-team sports All-Americans; academic All-Americans and other scholastic honorees; as well as the traditions and tales that encompass the history of Texas Athletics. After we will eat at Jew Boy Burgers.

Departure Time: 9:30a

Return Time: 3:00p

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

Additional Expenses: LUNCH

Activity Level: **LOW**

10 Participants **MAX**



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MARCH FIELD TRIPS

Bringing Seniors Together @

Rodolfo Rudy Mendez Recreation Center

Austin, TX

THURSDAY, March 16, 2023

We will head to Rodolfo Rudy Mendez Recreation Center to celebrate Bringing Seniors Together. This will be an opportunity to meet others in the Communities.

Departure Time: 09:30a

Return Time: 12:00 p

Cost: FREE

Activity Level: **LOW**

10 Participants Max



Lunch Bunch @ Maggiano's Little Italy

Austin, TX

Tuesday, March 28, 2023

Join the Lunch Bunch as we continue our cuisine adventures around the globe! This month we will enjoy some yummy Italian dishes!

Departure Time: 10:30a

Return Time: 1:30p

Cost: Res-\$4.00/ Non Res-\$5.00

Activity Level: **LOW**

10 Participants Max



MARCH FIELD TRIPS

Magnolia Market in Waco

Waco, TX

Thursday, March 23, 2023

Magnolia Market at the Silos, commonly called Magnolia Market, is a shopping complex that encompasses two city blocks in downtown Waco, Texas. It is marked by two 120' high silos, built in 1950 as part of the Brazos Valley Cotton Oil Company.

Departure Time: 8:30a

Return Time: 4:00p

Cost: Res-\$14.00 Non Res-\$15.00

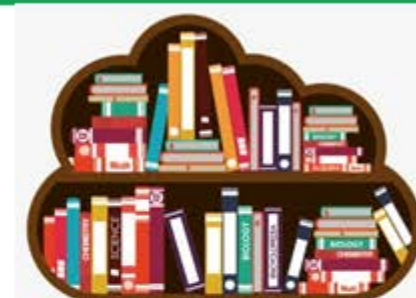
Additional Expenses: LUNCH and Shopping

Activity Level: **MODERATE**

10 Participants MAX



GAME ROOM



This room is open daily for any one to come and play board games, cards, and tile games. We also have a library to take books home to read and open puzzle play to work on. Come join the fun!!!

HEALTHY LIVING



PLACE: Conley-Guerrero Senior Activity Center

808 Nile Street, Austin, TX 78702

DATE: Wednesdays March 1st, 8th, 15th, 22nd, & 29th

TIME: 11:00 am – 12:00 pm

COST: **FREE!** **Classes offered in English**

What do I get if I sign up for this program?

- Support and guidance from a trained lifestyle coach
- Access to a 1-year program
- Support from other participants

How do I qualify?

- Your doctor can help you find out if you have prediabetes or at risk of prediabetes.
- You can also take a free prediabetes risk test at www.cdc.gov/diabetes/takethetest



Contact: Patrice Hatchett, Community Health Worker
512-927-6465|Patrice.Hatchett@austintexas.gov

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 person's 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!

CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne

*On site class
Wednesday 10:30a*



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

GROWING 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

COFFEE SHOP

Coffee Shop

Coffee-

Sm- .30¢

Lg- .50¢

Hot Chocolate- .40¢

Snacks – .50¢- \$1.00

MONDAY-FRIDAY

8a-11a

* Coffee Shop sponsored by Conley Guerrero Advisory Board

BILLIARDS ROOM

BILLIARDS



Foosball

Monday - Friday

8a-4:30p

Saturdays 8a-12:30p

PING PONG



SEWING CLASS

CROCHET CLUB



Instructor: Christina Green-Martinez

When: Tuesdays 10a

Join us for some lessons in

Beginner sewing.

Sewing machines will be provided.

Please bring your own materials.



Instructor: Mechell Washington

When: Mondays 11a

Come learn some basic Crochet skills
and socialize!

Materials provided while it lasts or
bring your own.

TECHNOLOGY CLASSES

Austin Free-Net:

TBD

Tuesday, March 7th

10a

Austin Free-Net:

TBD

Tuesday, March 14th

10a

Austin Free-Net:

TBD

Tuesday, March 21st

10a

Austin Free-Net:

TBD

Tuesday, March 28th

10a

GOLDEN ROLLERS

TUESDAY MORNINGS

9 - 10a

First Come First Serve



LINE DANCE

"Golden Aces"

R & B Line Dance Class

Instructor: L M Rivers

Thursdays: 10 - 11a



BALLROOM DANCE

Ballroom

Dance

Saturday Mornings

10:00a



*All ages and skill
levels welcomed*

**Class Instructor:
LM Rivers**

ZUMBA

Z U M B A
G O L D

Conley Guerrero
Senior Activity Center



Saturday: 9a - 10a

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**

9:00a -11:30a

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

**Bring your own
materials and
supplies.**

**Sewing Machines
Available**



Instructor: Margarine Beaman

CERAMICS

Morning Ceramics Class

Tuesdays: 9-12p \$10.00 per month



Afternoon Ceramics Class

Thursdays: 1-4p \$10.00 per month

Instructor:

Carrolyn Vaterlaus

\$10.00 per month for Tuesday or Thursday

\$20.00 per month for Tuesday and Thursday

BIBLE STUDY

Bible Study Mondays 9-10a

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

Instructors: Bunnie Stark & Robert Walker

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

Wednesday, March 1st

1-3 p

Clay Works



Create a coiled basket for Spring

Free Class

Wednesday, March 8th

1-3 p

Concept Art

Bring a concept to three dimensions using the vast array of art supplies in the Creativity Room.

Free Class

Join Dolores & Alicia for Flower Power Craft Sessions!

Friday, March 10th

9-11 a

Spring Roses



Cost: \$3.00

Max People: 12

Friday, March 17th

9-11 a

Spring Bouquet



Cost: \$3.00

Max People: 12

Wednesday, March 22nd

1-3p

Hello Spring!



Assemble a sweet centerpiece for Spring.

Cost: \$5.00

Wednesday, March 15th

1-3p

30 Minute Masterpiece



Once again we will use string and acrylic paint as our medium to create a beautiful abstract flower.

Free Class

Wednesday, March 29th

1-3p

Spring Table Runner



Create a design into a pot, then transfer it onto a table runner using acrylic paint.

Cost: \$5.00

INFORMATIVE CLASS



Master of Memory

Master of Memory, a six lesson series that will help you understand how your memory works and what may affect memory functioning.

The lessons include: Am I Losing My Mind, Memory Strategies, Nutrition and Memory Function, Medication and Memory Function, Medical Conditions and Memory Function, and Exercise for the Body and Mind.

Dates: January 23, 30, February 6, 13, 27, March 6, 2023

Time: 10:00 am

Location: Conley-Guerrero Senior Activity Center,
808 Nile Street Austin, Texas 78702

Contact Dina Cantu,
Recreation Program Specialist
512-978-2660

Classes conducted by:
Crystal Wiltz
Cooperative Extension Program,
Prairie View A&M University
1600-B Smith Road Austin, Texas

The Cooperative Extension Program does not discriminate against anyone regardless of their race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity, in any program or activity.



COLORING HOUR

COLORING HOUR!

When: Mondays and Tuesdays 10:30-11:30a

Where: Charles Jordan Hall

COLOR YOUR CARES AWAY

Bring your own supplies or see front desk to check out supplies.



SANCTUARY GARDEN

Tuesday Morning 8:30a- 9:30a



Help our
Community
Garden
grow!!!

Fruits • Vegetables • Herbs

BOOK CLUB

CONLEY-GUERRERO

SAC

BOOK CLUB!

This months pick!



In an "epic, game-changing, moving and brilliant" story of love and hate, two immortals chase each other across continents and centuries, binding their fates.

Meetings:

Tuesday, March 14th @ 10a-11a Midway Discussion

Tuesday, March 28th @ 10a-11a End of Book Discussion

We are excited to bring our Book Club back! If you are interested in this club please see Asta at the front desk for more information on where to rent books or call 512-978-2661.

CASH BINGO

Cash Bingo Monday 1p



Cash Bingo Wednesday 1p



Stop in the front lobby and buy some snacks before going into the CJ Hall to play Bingo!

POPCORN

SNACKS

CANDY

WATER

SODAS

FRIDAY MATINEE



Conley-Guerrero Presents . . .

FRIDAY

March 10th

FREE **Rated R**

1:00 p **2h 19m**



REFRESHMENTS

World-famous detective Benoit Blanc heads to Greece to peel back the layers of a mystery surrounding a tech billionaire and his eclectic crew of friends.



FRIDAY MATINEE



Conley-Guerrero Pre-

FRIDAY

March 24th

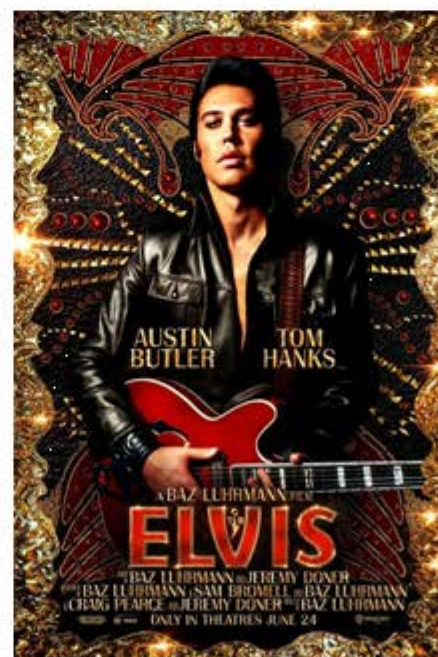
FREE **Rated R**


1:00 p **2h 39m**



REFRESHMENTS

From his rise to fame to his unprecedented superstardom, rock 'n' roll icon Elvis Presley maintains a complicated relationship with his enigmatic manager, Colonel Tom Parker, over the course of 20 years. Central to Presley's journey and happiness is one of the most influential people in his life -- Priscilla.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
MARCH 2023	Trip Registration Starts MON, FEB 27th @ 8:00AM	1 Quilting 9:00a & 1p Stretch & Prevent T2 11:00a Strength 10:30a Cash Bingo 1p Zoom Stretch & Strength 1:30p Arts & Crafts- Clay Works 1p	2 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	3 Trip Registration Ends 3p	4 Pickleball 9a Zumba 9a Ballroom Dance 10a
	6 Bible Study 9a Coloring Hour 10:30a Master of Memory 10a Crochet Club 11a Tai Chi 1p Cash Bingo 1p	7 Ceramics 9a Coloring Hour 10:30a Sewing 10a Sanctuary Garden 8:30a Austin Free Net 10a	8 UT Hall of Fame Field Trip 10a Quilting 9:00a & 1p Stretch & Strength 10:30a Prevent T2 11:00a Cash Bingo 1p Arts & Crafts- Concept Art 1p	9 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	10 Arts & Crafts- Spring Roses w/ Dolores & Alicia Movie- "Glass Onion" 1p
	13 Bible Study 9a Coloring Hour 10:30a Crochet Club 11a Tai Chi 1p Cash Bingo 1p	14 Ceramics 9a Coloring Hour 10:30a Book Club 10a Sewing 10a Sanctuary Garden 8:30a Austin Free Net 10a	15 Quilting 9:00a & 1p Stretch & Strength 10:30a Prevent T2 11:00a Arts & Crafts - 30 Minute Master Piece 1p Cash Bingo 1p Central Texas Food Bank 12p	16 Bringing Seniors Together 9a Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Zoom Chair Yoga 1:30p Pickleball 1p	17 ST PATRICKS DAY Arts & Crafts- Spring Bouquet w/ Dolores & Alicia 
	20 Bible Study 9a Coloring Hour 10:30a Crochet Club 11a Tai Chi 1p Cash Bingo 1p	21 Ceramics 9a Coloring Hour 10:30a Sewing 10a Sanctuary Garden 8:30a Austin Free Net 10a	22 Quilting 9:00a & 1p Stretch & Strength 10:30a Prevent T2 11:00a Arts & Crafts - Hello Spring! 1p Cash Bingo 1p	23 Magnolia Market Trip 8:30a Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	24 Movie- "Elvis" 1p
	27 Bible Study 9a Coloring Hour 10:30a Crochet Club 11a Tai Chi 1p Cash Bingo 1p	28 Lunch Bunch Trip 10:30a Ceramics 9a Coloring Hour 10:30a Book Club 10a Sewing 10a Sanctuary Garden 8:30a Austin Free Net 10a	29 Quilting 9:00a & 1p Stretch & Strength 10:30a Prevent T2 11:00a Arts & Crafts - Spring Table Runner 1p Cash Bingo 1p	30	31

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>*Due to unavailability of certain items, appropriate substitutions may need to be made.* **Milk is served with every meal**</p>		1 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 625	2 Greek Chicken Brown Rice Broccoli with Cheese Wheat Bread Fruited Orange Gelatin Cal: 801	3 Lent Six Bean Stew  Cauliflower Squash Casserole Texas Bread Fresh Fruit Cal: 710
6 Ham w/Red Beans/Brown Rice Black-Eyed Peas Cabbage Wheat Bread Fresh Fruit Cal: 621	7 Beef with Mushroom Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 665	8 Black Bean Chicken Brown Rice Japanese Vegetables Dinner Roll Fresh Fruit Cal: 777	9 Sliced Turkey & Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard Cal: 729	10 Lent Tuna Macaroni and Cheese Green Peas Parslied Carrots Texas Bread Fresh Fruit Cal: 678
13 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit Cal: 660	14 Tofu Fried Rice  Lentils Ginger Carrots Texas Bread Fresh Fruit Cal: 717	15 Gourmet Turkey Salad Vegetable Couscous Salad Cucumber Salad Saltine Crackers Fruited Lime Gelatin Cal: 627	16 Creamy Paprika Chicken Pinto Beans Okra and Tomatoes Texas Bread Fresh Fruit Cal: 919	17 St. Patrick's Day /Lent Fish Almandine Oven Roasted Potatoes Medley Cabbage Dinner Roll Lime Swirl Pudding Cal: 774
20 Teriyaki Diced Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 731	21 Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625	22 Lemon Pepper Chicken Couscous Broccoli Dinner Roll Fruited Lemon Gelatin Cal: 752	23 BBQ Diced Turkey Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fresh Orange	24 Lent Spaghetti Torte  Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 705
27 Beef with Country Gravy Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit Cal: 707	28 Citrus Pork Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange Cal: 625	29 Hunan Style Tofu  Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit Cal: 716	30 Chicken Marsala Baked Sweet Potato Green Beans Texas Bread Applesauce Cal: 733	31 Lent Cheese Omelet  Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604

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

Asta Hanson,
Recreation Program Specialist

Vacant, Administrative Associate

Arthur Ramirez,
Building and Grounds Assistant

Patsy Ybarra, *Part-time Associate*

Alice DeLeon, *Part-time Associate*

Benny Lozano, *Part-time Associate*



C-GSAC Advisory Board

Margarine G. Beaman, President

Alice Houston, Vice President

Shirley Jenson, Treasurer

Bunnie Stark, Secretary

Olivia Ussery, Corr. Secretary

Dianna Dean, Member

Deborah Driver, Member

Alicia Fabian, Member

Kevin Hunt, Member

Margaret Nesbitt, Member

Dolores Perez, Member

Connie Smith, Member

C-GSAC Guild

Ida M. Hunt, President

Dr. Beulah Agnes Jones, Vice President

Elridge Nelson, Treasurer

Cora Sutton, Member

