

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



Happy Holidays

Feliz Navidad



December 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 Aces"

R & B Line Dance Class

Instructor: L M Rivers

Thursday: 10 - 11a



Limited space available.

20 participants per class.

First come first served.

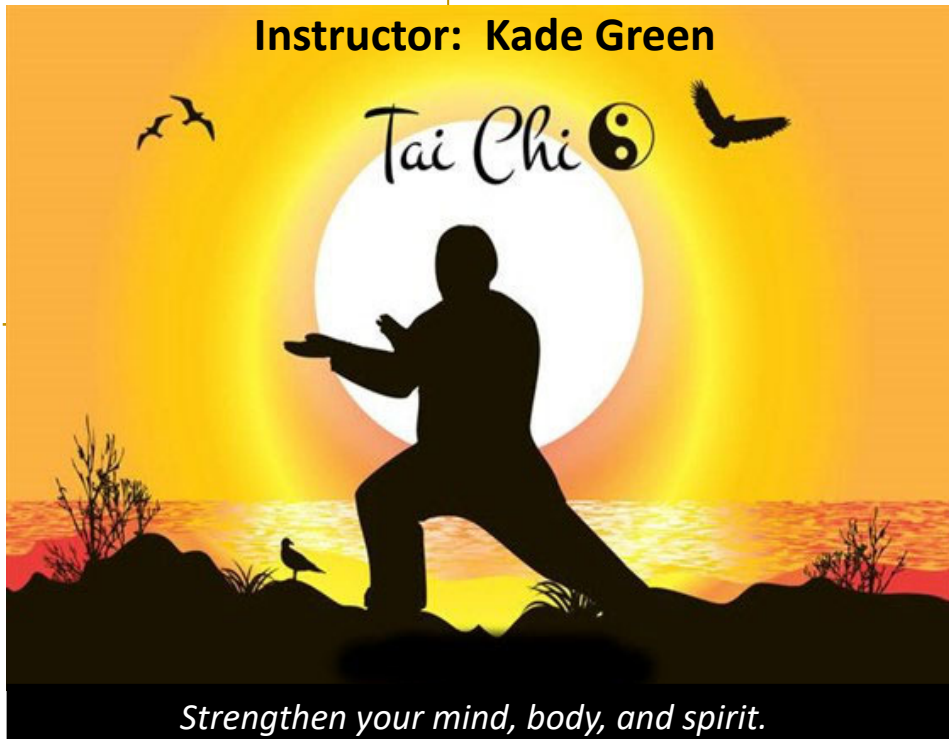
Face mask & social distancing.

TAI CHI CLASS

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1p

Instructor: Kade Green



Strengthen your mind, body, and spirit.

Limited space available

Call to reserve a spot

512.978.2660

Masks & social distancing required.

CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne

***On site class
Wednesday 10:30a***

***Zoom class
Wednesday 1:30p***

Learn the basic fundamentals of adding muscle to your body through proper posture and body mechanics.



Limit of 20 participants

First come first serve

Face Mask & Social Distance

CHAIR YOGA

On site class

Thursdays - 10:30a

Limit of 12 participants

First come first serve

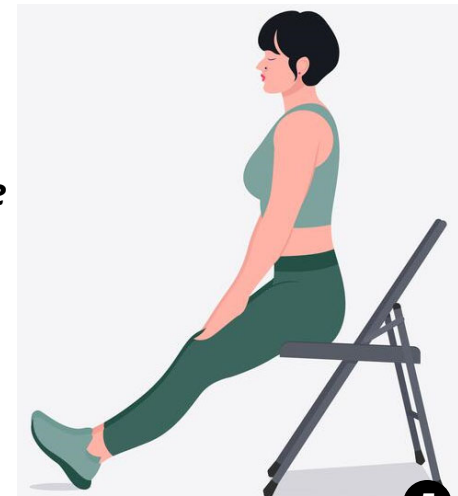
Face Mask & Social Distance

Instructor: Patti Gagne

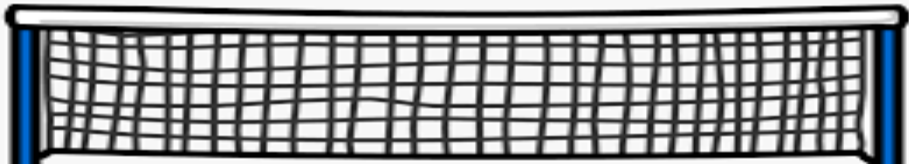
Virtual Chair Yoga

on Thursdays - 1:30p

***In the comfort of
your own home.***



PICKELBALL



"Take it to the net"



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

Thursdays

1 - 4:45p

FREE

Limited space available

Masks and social distancing required.

GOLDEN ROLLERS

REGISTER NOW
MONDAY, WEDNESDAY & FRIDAY
STARTING SEPTEMBER 13th
9a - 10a
Last class for winter session
Is Friday, December 10th.



The
Golden
Rollers

MOVIE



Conley-Guerrero Presents . . .

FRIDAY

DECEMBER 10th

1:00 pm FREE



BIG 14
FOOT SCREEN

REFRESHMENTS

A Tuna Christmas is the second in a series of comedic plays each set in the fictional town of Tuna, Texas, the "third-smallest" town in the state. The trilogy was written by Jaston Williams, Joe Sears, and Ed Howard. The plays are at once an affectionate comment on small-town, Southern life and attitudes but also a withering satire of same. The plays are notable in that two men play the entire cast of over twenty eccentric characters of multiple genders and various ages. *A Tuna Christmas* debuted in 1989.

#limit: 20 participants. Call to reserve your spot.
512.978.2660

MOVIE

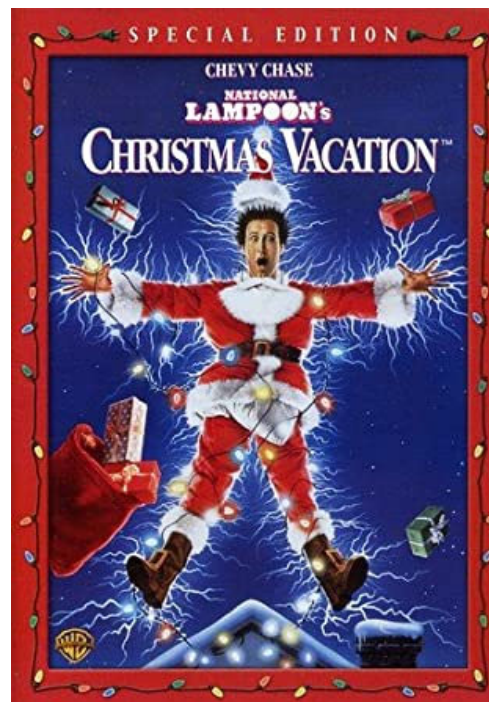


Conley-Guerrero Presents . . .

FRIDAY

DECEMBER 17th

1:00 pm FREE



BIG 14
FOOT SCREEN

REFRESHMENTS

As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. But, things go awry quickly. His hick cousin, Eddie (Randy Quaid), and his family show up unplanned and start living in their camper on the Griswold property. Even worse, Clark's employers renege on the holiday bonus he needs.

#limit: 20 participants. Call to reserve your spot.
512.978.2660

BALLET FOLKLORICO

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



Bringing Seniors Together
Drive-Thru Picture with Santa
Conley-Guerrero Senior Activity Center
808 Nile Street - 512.978.2660
Thursday, December 16th

Join us for Pictures with Santa
and a Goodie Bag

Sign up by
Monday



FITNESS ROOM



Monday - Friday

8a-4p

Limited space
available
Call to reserve a
45 minute spot
512.978.2660
Masks and
social distancing
required.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 29 Golden Roller Trikes 9a Ceramics 9a Bible Study 9a Tai Chi 1p	November 30 Creative Writing 9a	1 Golden Roller Trikes 9a Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	2 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	3 Golden Roller Trikes 9a Snowflake Wreath 9a Sanctuary Garden 9a
6 Golden Roller Trikes 9a Ceramics 9a Bible Study 9a Tai Chi 1p	7 Creative Writing 9a	8 Golden Roller Trikes 9a Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	9 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	10 Golden Roller Trikes 9a Bird Feeder 9a Sanctuary Garden 9a Movie "A Tuna Christmas" 1p
13 Ceramics 9a Bible Study 9a Tai Chi 1p	14 Creative Writing 9a	15 Quilting 9:30a & 1p Stretch & Strength 10:30a Tx Food Bank Box 12p-1p Zoom Stretch & Strength 1:30p Prize Bingo 1p	16 BST Picture w/Santa 10:00a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	17 Sanctuary Garden 9a Movie "Christmas Vacation" 1:00p
20 Ceramics 9a Bible Study 9a Bible Study 9a Tai Chi 1p	21 Creative Writing 9a	22 Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	23 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	24 Arts and Crafts 9a Sanctuary Garden 9a
27 Ceramics 9a Bible Study 9a Tai Chi 1p	28 Creative Writing 9a	29 Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	30 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	31 Sanctuary Garden 9a

DECEMBER 2021

CERAMICS

Morning Ceramics Class
Mondays: 9-11a



Afternoon Ceramics Class
Thursdays: 1-3p

Instructor: Carolyn Vaterlaus

Limited (12 Participants) 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.

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

Limit: 12 Participants

Call to reserve your spot. 512.978.2660

Face Mask & Social Distance

Snowflake Wreath
Friday, December 3th
1-3p FREE



Bird Feeder
Friday, December 10th
1-3p FREE



Limited (12) spaces available.

Call to reserve a spot 512.978.2660 Masks and social distancing required

**Let your
creative
mind run
wild in
Arts &
Crafts
Class!**



Fridays 9-11a FREE Limited (12) spaces available
Call to reserve a spot 512.978.2660
Masks and social distancing required

BILLIARDS / PING PONG

BILLIARDS



Limited space
available

Monday thru
Friday
8a-4:45p



PING PONG

BINGO

**PRIZE BINGO
WEDNESDAYS at 1p**



#Limit: 20 Participants
Call to reserve your spot. 512.978.2660
Face Mask & Social Distance

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
Reservation Required. Face Mask & Social Distancing

SANCTUARY GARDEN

Come meet our own
Garden Guru Matthew!

Fridays

9a - 10a

Space is limited



Learn more about
planting vegetables. Relax
being out in nature &
have fun getting your
hands in the dirt.

**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
Administrative Assistant, Vacant
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