

# 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

# BLACK HISTORY MONTH

## February 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)

908 Nile Street Austin, Texas 78702

## FEBRUARY FIELD TRIPS

### **LOTTERY REGISTRATION DUE:**

**February 1st 8:00am – February 7th 3:00pm**

**LOTTERY RESULTS AVAILABLE: February 8th 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.

**Texas Performing Arts "Theatre of Harlem" and MOD Pizza**

**AUSTIN, TX**

**FRIDAY, February 10, 2023**

Dance Theatre of Harlem Company tours nationally and internationally, presenting a powerful vision for ballet in the 21st century. The 17-member, multi-ethnic company performs a forward-thinking repertoire that includes treasured classics, neoclassical works, as well as innovative contemporary works that use the language of ballet to celebrate African American culture.

**Departure Time: 04:30 PM**

**Return Time: 10:30 PM**

**Cost: RES \$3.00/ NONRES \$4.00**

**Additional Expenses: DINNER**

**Activity Level: LOW**

**20 Participants MAX**





## FEBRUARY FIELD TRIPS

Bringing Seniors

Together at

Gus Garcia Recreation Center

Austin, TX

**THURSDAY, February 16, 2023**

We will head to Gus Garcia Recreation Center to celebrate Bringing Seniors Together. This will be an opportunity to meet others in the communities.

**Departure Time:** 08:30AM

**Return Time:** 12:00 PM

**Cost:** FREE

**Activity Level:** **LOW**

**10 Participants Max**

Lunch Bunch

at Smokin Beauty BBQ

AUSTIN, TX

**FRIDAY, February 24, 2023**

Join the Lunch Bunch this month as we venture to North Austin to try some Vietnamese inspired BBQ!

**Departure Time:** 10:30 AM

**Return Time:** 1:30 PM

**Cost:** RES \$4.00/ NONRES \$5.00

**Activity Level:** **LOW**

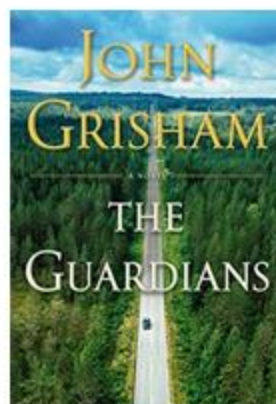
**4 10 Participants Max**



## NEW PROGRAM

# CONLEY-GUERRERO SAC BOOK CLUB!

This month's pick!



"The Guardians," a former priest named Cullen Post works for an organization called Guardian Ministries that scours court transcripts and personal letters from convicts to determine if someone is wrongfully imprisoned for a crime he or she didn't commit.

**Meetings:**

**Tuesday, February 14th @ 10AM-11AM Midway Discussion**

**Tuesday, February 28th @ 10AM-11AM 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.

## HEALTHY LIVING



**PLACE:** Conley-Guerrero Senior Activity Center  
808 Nile Street, Austin, TX 78702

**DATE:** Wednesdays

**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](http://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 10:30am**

Learn the fundamentals of proper posture and body mechanics.

**Zoom class**  
**Wednesday 1:30pm**

## CHAIR YOGA

**Instructor: Patti Gagne**

**On site class**  
**Thursdays - 10:30am**

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

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





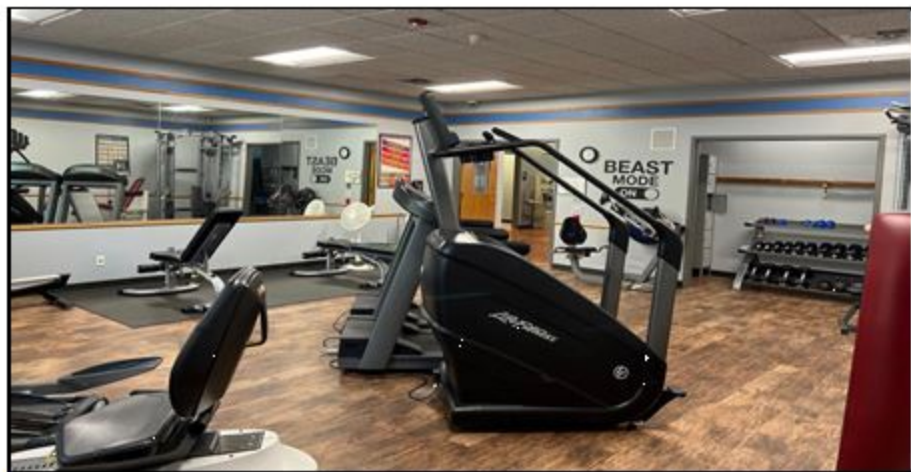
## PICKLEBALL

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

## GAME ROOM



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

## BILLIARDS ROOM

BILLIARDS



Foosball

Monday - Friday

8a-4:30p

Saturdays 8a-12:30p

PING PONG





## SEWING CLASS



Instructor: Christina Rodriguez

When: Tuesdays 10AM

Join us for some lessons in

Beginner sewing.

Sewing machines will be provided.

Please bring your own materials.

**6 PARTICIPANTS MAX**

## CROCHET CLUB



Instructor: Mechell Washington

When: Mondays 11AM

Come learn some basic Crochet skills  
and socialize!

Materials provided while it lasts or  
bring your own.

**4-5 PARTICIPANTS MAX**

## TECHNOLOGY CLASSES

Austin Free-Net:  
**Connecting On Social Media**  
Tuesday, February 7th  
10am

Austin Free-Net:  
**Online Spams & Scams**  
Tuesday, February 14th  
10am

Austin Free-Net:  
**Ask Me Anything:**  
**Open Forum Workshop**  
Tuesday, February 21st  
10am

Austin Free-Net:  
**Online Legal Resources**  
Tuesday, February 28th  
10am

## GOLDEN ROLLERS

**WILL RETURN FEBRUARY 7TH**

**TUESDAY MORNINGS**

**9 - 10am**

**First Come First Serve**



## LINE DANCE

### "Golden Aces"

#### R & B Line Dance Class

Instructor: L M Rivers

Thursdays: 10 - 11am



## BALLROOM DANCE

### Ballroom Dance



Saturday Mornings  
10 am

*All ages and skill  
levels welcomed*

Class Instructor:  
LM Rivers

## ZUMBA

# ZUMBA GOLD



Saturday: 9am - 10am



Conley Guerrero  
Senior Activity Center

## TAI CHI

### Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1pm

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

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 9-10am

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 - 11am

## ARTS & CRAFTS

Wednesday, February 1st  
1-3 pm

### Clay Works

For those who began in January, your pieces are fired and ready to be glazed. If you are just starting, you are welcome to create the cell phone holder like the other crafters have done.

Free Class

Wednesday, February 8th  
1-3 pm

### Concept Art

Create your own unique expression of the concept you find in the envelope.

Free Class

Friday, February 10th  
9-11 am

Romantic Craft with Dolores & Alicia

Create a lovely and welcoming Valentine wall hang.

We have limited supplies. You are welcome to bring additional supplies.

Class Limit:  
12 Participants

\$5.00 Class



Wednesday, February 15th  
1-3pm

### 30 Minute Masterpiece



Remember when we were children, we covered a piece of paper with crayon colors, then went over the whole thing with a black Crayola and scratched a design? Let's do it as adults and see what happens.

Free Class

Wednesday, February 22nd  
1-3pm

### Spring Time Wall Hang

Spring is just around the corner... Get ready to hang flowers on your wall or door to welcome the warmer weather.



Free Class



## 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 10:30-11:30AM

Where: Charles Jordan Hall

## COLOR YOUR CARES AWAY

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



## SANCTUARY GARDEN

Tuesday Morning 8:30am - 9:30am



Help our  
Community  
Garden  
grow!!!

Fruits • Vegetables • Herbs



## BLACK HISTORY MONTH PROGRAM

# BLACK HISTORY MONTH

### 2023 Theme: Black Resistance

*Join us for Black History Month breakfast and 10 rounds of prize bingo with the TOP Ladies of Distinction.*



Friday, February  
17th @ 9:30a-11a

CJ Hall

FREE

Sign up at the

## CASH BINGO

Cash Bingo Monday 1pm



Cash Bingo Wednesday 1pm



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

February 3rd

FREE    Rated R  
1:00 pm    2h 6m

BIG 14  
FOOT SCREEN

REFRESHMENTS



Ladybug is an unlucky assassin who's determined to do his job peacefully after one too many gigs has gone off the rails. Fate, however, may have other plans as his latest mission puts him on a collision course with lethal adversaries from around the globe all with connected yet conflicting objectives, on the world's fastest train.

FRIDAY MATINEE



Conley-Guerrero Presents . . .

FRIDAY

February 17th

FREE    Rated R  
1:00 pm    2h 15m

BIG 14  
FOOT SCREEN

REFRESHMENTS



After the death of his father, T'Challa returns home to the African nation of Wakanda to take his rightful place as king. When a powerful enemy suddenly reappears, T'Challa's mettle as king and as Black Panther gets tested when he's drawn into a conflict that puts the fate of Wakanda and the entire world at risk. Faced with treachery and danger, the young king must rally his allies and release the full power of Black Panther to defeat his foes and secure the safety of his people.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Saturday

# FEBRUARY 2023

6

Bible Study 9a  
Coloring Hour 10:30a  
Master of Memory 10a  
Crochet Club 11a  
Tai Chi 1p  
Cash Bingo 1p

7 *Trip Registration Ends 3p*

Ceramics 9a  
Coloring Hour 10:30a  
Sewing 10a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Golden Rollers 9a

8

Quilting 9:30a & 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 *Trip- Theatre of Harlem*

*"NIGHT TRIP"*  
  
Arts & Crafts- Romantic Craft w/  
Delores 9a

11

Pickleball 9a  
Zumba 9a  
Ballroom Dance 10a

13

Bible Study 9a  
Master of Memory 10a  
Coloring Hour 10:30a  
Crochet Club 11a  
Tai Chi 1p  
Cash Bingo 1p

14 *Valentine's Day*

Ceramics 9a  
Coloring Hour 10:30a  
Sewing 10a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Golden Rollers 9a

15

Quilting 9:30a & 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

Movie- "Black Panther" 1p

18

Pickleball 9a  
Zumba 9a  
Ballroom Dance 10a

20



21 Ceramics 9a  
Coloring Hour 10:30a  
Sewing 10a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Golden Rollers 9a

22

Quilting 9:30a & 1p  
Stretch & Strength 10:30a  
Prevent T2 11:00a  
Arts & Crafts - Spring Time Wall  
Hang 1p  
Cash Bingo 1p

23 Creative Writing 9a

R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p

24

25

Pickleball 9a  
Zumba 9a  
Ballroom Dance 10a

27

Bible Study 9a  
Coloring Hour 10:30a  
Crochet Club 11a  
Master of Memory 10a  
Tai Chi 1p  
24 Bingo 1p

28 Ceramics 9a  
Coloring Hour 10:30a  
Sewing 10a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Golden Rollers 9a

## 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

