

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



January 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) 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)
808 Nile Street Austin, Texas 78702

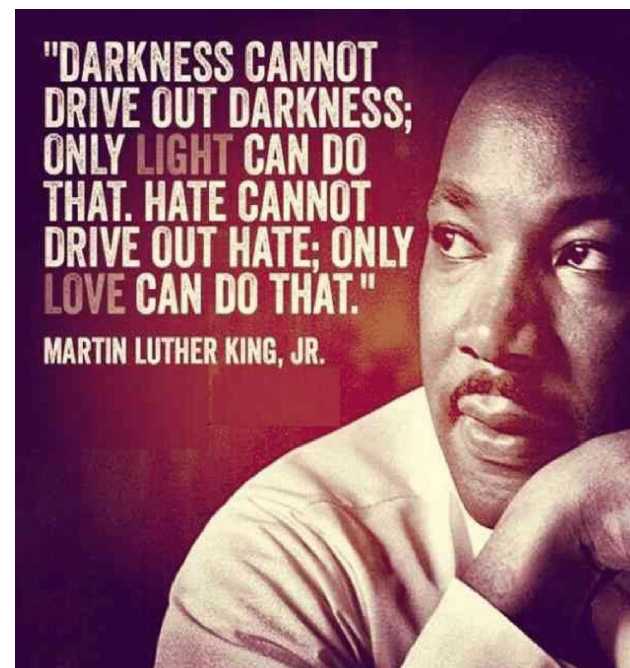
SPECIAL CELEBRATION

THE KING HOLIDAY OBSERVANCE



"It is not possible to be in favor of justice for some people and not be in favor of justice for all people"

Enjoy watching
some excerpts
from different
MLK Jr. speeches
before the
showing of the
movie "Selma"
on Friday,
January 14th,
12:30pm.



NEWS! NEWS! NEWS!



**READ
ALL
ABOUT
IT!!!**

**NEW HOURS
COMING SOON!!**

**STARTING
FEBRUARY 2022
CONLEY-GUERRERO
SENIOR ACTIVITY CENTER
WILL OPEN Monday-Friday
8a-4:30p
Saturday 8a-12:30p**

LINE DANCE

“Golden Aces”

R & B Line Dance Class

Instructor: L M Rivers

Thursday: 10 - 11a



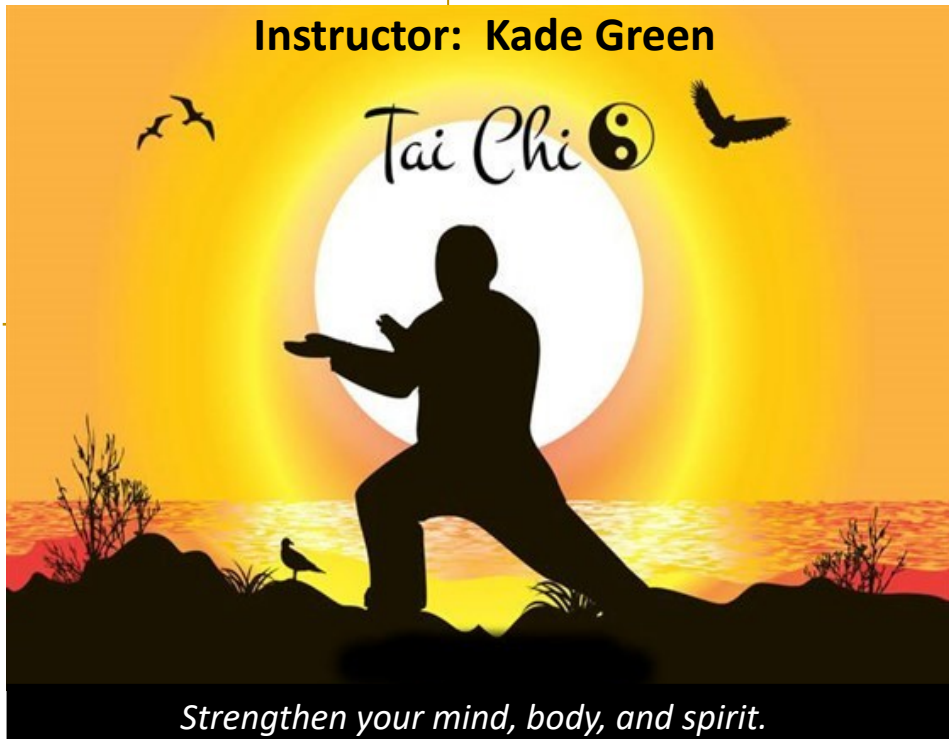
Limited space available.
30 participants per class.
First come first served.
Face mask & social distancing.

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

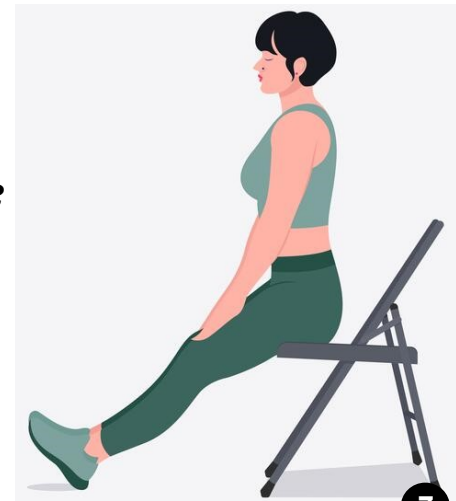
Face Mask & Social Distance

Instructor: Patti Gagne

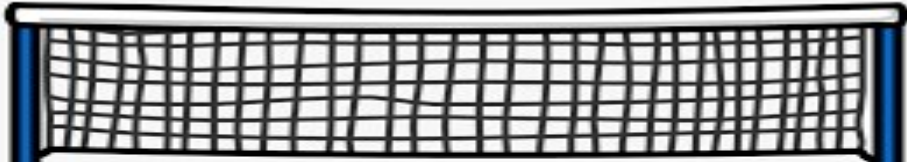
Virtual Chair Yoga

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
**WINTER WEATHER
RIDERS**

ON FRIDAY MORNINGS
STARTING JANUARY 14th
9a - 10a

DRESS
WARM

WEAR
GLOVES



No riding on days below 40°

The
*Golden
Rollers*

MOVIE



Conley-Guerrero Presents ...

FRIDAY

JANUARY 14th



REFRESHMENTS



Although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, making it very difficult for Blacks to register to vote. In 1965, an Alabama city became that battleground in the fight for suffrage. Despite violent opposition Dr. Martin Luther King Jr. and his followers pressed forward on an epic march from Selma to Montgomery and their efforts culminated with President Lyndon Johnson signing the Voting Rights Act of 1965.

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

MOVIE



Conley-Guerrero Presents ...

FRIDAY

JANUARY 21st



REFRESHMENTS



After staging his own suicide a crazed scientist uses his power to become invisible to stalk and terrorize his ex-girlfriend. When the police refuse to believe her story, she decides to take matters into her own hands and fight back.

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

BALLET FOLKLORICO



Ballet Folklórico Dance Class

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

Instructor:
Debi Ramos

All levels welcomed
Tuesdays 10a - 12

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
3 Ceramics 9a Bible Study 9a Tai Chi 1p	4 Creative Writing 9a	5 Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	6 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	7 Golden Roller Trikes 9a Snowflake Wreath 9a Sanctuary Garden 9a
10 Ceramics 9a Bible Study 9a Tai Chi 1p	11 Creative Writing 9a	12 Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	13 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	14 Golden Roller Trikes 9a Sanctuary Garden 9a Excerpts from different MLK Jr. speeches 12:30p Movie "Selma" 1p
17 Ceramics 9a Bible Study 9a Tai Chi 1p	18 Creative Writing 9a	19 Quilting 9:30a & 1p Stretch & Strength 10:30a Tx Food Bank Box 12p-1p Zoom Stretch & Strength 1:30p Prize Bingo 1p	20 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	21 Sanctuary Garden 9a Movie: "The Invisible Man" 1:00p
24 Ceramics 9a Bible Study 9a Bible Study 9a Tai Chi 1p	25 Creative Writing 9a	26 Quilting 9:30a & 1p Stretch & Strength 10:30a Zoom Stretch & Strength 1:30p Prize Bingo 1p	27 Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p Zoom Chair Yoga 1:30p	28 Arts and Crafts 9a Sanctuary Garden 9a
31 Ceramics 9a Bible Study 9a Tai Chi 1p				

**CENTER
CLOSED**

JANUARY 2022

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.

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

Limit: 12 Participants

Call to reserve your spot. 512.978.2660

Face Mask & Social Distance

CRAFTS

Concept Art
Friday, January 12th
1-3p FREE



Remember to drop your word or phrase guess describing the concept art pictured here. Box is right outside of the craft room door.

30 Minute Masterpiece
Friday, January 19th
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.



MEALS on WHEELS
AMERICA

**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.

Due to the unavailability of certain items, substitutions are occasionally made.

2022 JANUARY LUNCH MENU

3.	4.	5.	6.	7.
10.	11.	12.	13.	14.
17.	18.	19.	20.	21.
24.	25.	26.	27.	28.
31.				

MONDAY

MORNING

PICK-UP

10a - 12p

In Circular Drive

**CENTER
CLOSE FOR
MLK JR. DAY**

**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, 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