



CONLEY GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street Austin, Texas 78702

512-978-2660

Monday - Friday

8:00a - 4:00p

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

Austin Parks and Recreation Department - Seniors

RE-OPENING

MONDAY, JUNE 21ST
LIMITED PROGRAMS ONLY

2021

Uplifting 50+ Adults since 1988



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 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

Re-Opening



CONLEY-GUERRERO SENIOR ACTIVITY CENTER RE-OPENING

MONDAY, JUNE 21ST

LIMITED PROGRAMS ONLY

Reservations required

Forty-Five (45) minute sessions
Fitness Room
Computer Room
Pool/Ping Pong Room

Other classes offer

Indoor and Outdoor Yoga (Chair)
Stretch and Strength
Golden Rollers
Outside Ceramics
Indoor and Outdoor Art and Crafts



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Golden Rollers



AUSTIN PARKS & RECREATION
Cultural Places, Natural Spaces

Ready

**REGISTER NOW
CLASSES
START
FRIDAY, JUNE
25TH 8A-9A**

The Golden Rollers

Computer Lab

CONLEY-GUERRERO SENIOR ACTIVITY CENTER
808 NILE STREET
AUSTIN, TX 78702
PHONE: (512) 978-2660

E-MAIL:
CONLEYGUERREROSAC@AUSTINTEXAS.GOV
HTTP://WWW.AUSTINTEXAS.GOV/DEPARTMENT/CONLEY-GUERRERO-SENIOR-ACTIVITY-CENTER



SPACE IS LIMITED
RESERVATION REQUIRED

**COMPUTER
LAB HOURS
8:30A-3P**

45 Minutes Time Slots

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AUSTIN PARKS & RECREATION



Senior Transportation



PARD SENIOR TRANSPORTATION

We are excited to announce the re-opening of the City of Austin's Parks & Recreation Senior Transportation! We know it has been a long time of persisting through this pandemic, but we are grateful to have the opportunity to open back up to assist you with your transportation needs. As of now we are assisting with transportation for personal errands and medical appointments for registered patrons.

We hope this is just the beginning of safe steps in coming back to a form of normalcy and are excited to see you all again very soon.

512-974-1464


Arts and Crafts

The background of the flyer is a vibrant yellow with a pattern of colorful, stylized leaves in shades of orange, red, and blue. At the top right is the Austin Parks & Recreation logo. The main text is in a mix of bold, sans-serif and script fonts. At the bottom left is the City of Austin seal, and at the bottom right is a CAPRA Accredited logo.


COME & JOIN
Our Arts & Crafts Class
Conley-Guerrero Senior Activity Center
808 Nile Street
Austin, TX 78702
Phone: (512) 978-2660
On your marks, get set, craft!
Every Friday
9-11a
Space Limited
Reservation Required

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Ceramics



**AUSTIN
PARKS &
RECREATION**
Cultural Places, Natural Spaces





CERAMIC CLASS

10 Participants per out-door class.
Reservation Required


Mondays
9:00 - 11:00 a.m.
Starting July 12, 2021

**Conley-Guerrero Senior
Activity Center**
808 Nile Street
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Phone: 512.978.2660





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Ceramics



Indoor Ceramics Classes

Thursdays
1-3p
Starting,
July 15th





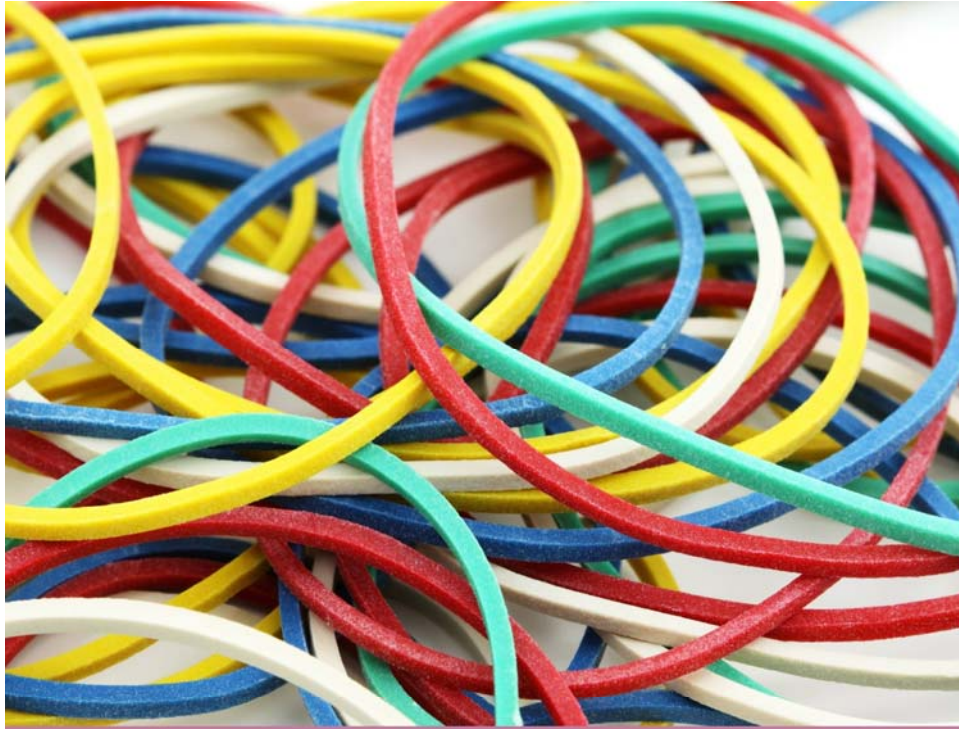
**Space Limited
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In-Person Strength and Stretch



Join Patti for In-Person
Strength and Stretch
Thursdays
10a

Space is Limited
Reservation Required

Conley-Guerrero Senior Activity Center
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Austin, TX 78702
Phone: (512) 978-2660



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Virtual Strength and Stretch



STRETCH AND STRENGTH WORKOUT CLASS

Conley-Guerrero Senior Activity Center
808 Nile Street
Austin, TX 78702
Phone: (512) 978-2660

Workout online with us!
Via Zoom

Wednesdays
1:30p

Space is Limited
Reservation Required



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	29 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	30 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p Indoor Yoga 10a Zoom Stretch and Strength 1:30p	1 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p In-Person Stretch and Strength 10a Zoom Chair Yoga 1:30p	2 Golden Roller Trikes 8:30a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p
5 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	6 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	7 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p Indoor Yoga 10a Zoom Stretch and Strength 1:30p	8 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p In-Person Stretch and Strength 10a Zoom Chair Yoga 1:30p	9 Golden Roller Trikes 8:30a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p
12 Outside Ceramics 9a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	13 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	14 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p Indoor Yoga 10a Zoom Stretch and Strength 1:30p	15 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p In-Person Stretch and Strength 10a In-Person Ceramics 1p Zoom Chair Yoga 1:30p	16 Golden Roller Trikes 8:30a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p In-Person Arts and Crafts 9a
19 Outside Ceramics 9a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	20 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	21 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p Indoor Yoga 10a Zoom Stretch and Strength 1:30p	22 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p In-Person Stretch and Strength 10a In-Person Ceramics 1p Zoom Chair Yoga 1:30p	23 Golden Roller Trikes 8:30a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p In-Person Arts and Crafts 9a
26 Outside Ceramics 9a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	27 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p	28 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p Indoor Yoga 10a Zoom Stretch and Strength 1:30p	29 Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-12p In-Person Stretch and Strength 10a In-Person Ceramics 1p Zoom Chair Yoga 1:30p	30 Golden Roller Trikes 8:30a Computer Lab 8a-3p Fitness Room 8a-3p Billiards Room 8a-3p In-Person Arts and Crafts 9a

June and July 2021

Billiard Room

BILLIARD ROOM

MONDAYS, TUESDAYS, AND FRIDAYS
8A-3P
WEDSDAYS AND THURSDAYS
8A-12P

IF YOU DON'T
PRACTICE YOU
DON'T DESERVE
TO WIN

CONLEY-GUERRERO SENIOR ACTIVITY CENTER
808 NILE STREET
AUSTIN, TX 78702
PHONE: (512) 978-2660



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.



Welcome Back!!

Conley-Guerrero Senior Activity Center

Welcome



Sanctuary Garden

Conley-Guerrero Senior Activity Center

808 Nile Street

Austin, TX 78705

Phone: (512) 978-2660

Mondays, Wednesdays and Fridays
9-11a

Space is limited
Reservation Required



Join our group to help with our garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.
Coordinator: Matt Rodriguez



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Fitness Room

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808 NILE STREET

AUSTIN, TX 78702

PHONE: (512) 978-2660



"COMMIT TO BE FIT"



SPACE IS LIMITED
RESERVATION REQUIRED

45 Minutes of Fitness
Monday-Friday
8:30a-2:30p



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Chair Yoga



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AUSTIN, TX 78702

PHONE: (512) 978-2660



Morning Chair Yoga

WEEKLY CLASSES

EVERY WEDNESDAY 10A

Class Space is Limited
Reservation Required

Enjoy In-Person Chair Yoga
Charles Jordan Hall



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Virtual Chair Yoga



VIRTUAL CHAIR YOGA

In the comfort of your own
home via Zoom

THURSDAYS 1:30P

ALL LEVELS WELCOME



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Coming Soon

Coming Soon

“Golden Ace” R & B Line Dance

THURSDAYS
10-11A

Instructor
LM Rivers

Reservation Required
Space Limited

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CREATIVE WRITING

CONTACT

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Tuesdays
9-11a

As seniors, we are in the unique position of being in the middle. We know many generations of ancestors as well as our children, grandchildren and great grandchildren.

Those who come after us do not always know the people who came before. In the creative writing workshops we will tell our stories and include many of the generations before us. These will then be formatted into a book.



Meet new friends while eating a hot, nutritious lunch every day at CGSAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

**CONGREGATE MEAL
REGISTRATION REQUIRED**

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.

LUNCH MENU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
28		29		30		1		2	
5		6		7		8		9	
COMING									
12		13		14		15		16	
19		20		21		22		23	
SOON									
26		27		28		29		30	

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 Segrúa, 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
Dina R. Cantú, Recreation Program Specialist
Carolyn Vaterlaus, Recreation Programs Specialist
Sharon L. Bryant-Campbell, Administrative Associate
Arthur Ramirez, Building and Grounds Assistant

C-GSAC Guild 2020

Ida M. Hunt, President
Dr. Beulah Agnes Jones, Vice President
Katherine Lamb, Secretary
Elridge Nelson, Treasurer
Cora Sutton, Member

RECREATION PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles.

These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.

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