

# CONLEY-GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street | Austin, Texas 78702 | 512-978-2660  
Monday - Friday 8:00a-4:30p Saturday 8:00am-12:30pm

## VARSITY GENERATION

Programs, events, and services  
for adults 50 and above.



<http://www.austintexas.gov/departments/conley-guerrero-senior-activity-center>  
Austin Parks and Recreation Department - Seniors



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

## Conley-Guerrero SAC Annual Enrollment Form and Donation

**Please stop by the front desk and renew your enrollment form for 2024.**

**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 \_\_\_\_\_

1

Please mail to: Gifts and Memorial Fund Conley-Guerrero Senior Activity Center (Attention: C-GSAC Advisory Board), 808 Nile Street Austin, Texas 78702

## ONIE B. CONLEY AND ROY G. GUERRERO



Onie B. Conley was educated in the public schools of Austin, attending Old Anderson High School on Pennsylvania Avenue where she graduated valedictorian. After graduating from Samuel Huston College with a B.A. Degree, she began teaching in the Austin Public Schools (now the Austin Independent School District). In a career that spanned 43 years, Conley was absent from work only one day. As a participant in the Blackshear

Neighborhood Group, she served as the liaison between the neighborhood and the City Council. Her East Austin advocacy efforts resulted in the 10,000 square foot Carver Library and the use of the old library for the Carver Museum. That experience provided the groundwork for securing the senior center that today bears her name, the Conley-Guerrero Senior Activity Center. (Sorority, n.d.) (Jones, 2024)

Over the course of more than 30 years, Roy G. Guerrero worked his way up to become the Assistant Director of the Austin Parks and Recreation Department, making him at one point the top Hispanic city



employee and an advocate for residents' appeals. Some dubbed Guerrero the "unofficial City Council member for the East Side," admired and followed by many, including Travis County Commissioner Richard Moya, the first elected Hispanic in Austin. He's also the namesake for the 362-acre Guerrero Colorado River Park. Benefiting from the city's Art in Public Places ordinance, the activity center contains a tile mural, a quilted landscape, and a stained-glass window. (Barnes, 2012)

## References

Barnes, M. (2012, September 1). How a senior activity center got its name. *Austin American-Statesman*.

Jones, Beulah Agnes (2024, April 15).

Sorority, A. K. (n.d.). *Pioneer Pearls of Austin*. Retrieved from Alpha Kappa Alpha Sorority, Incorporated Beta Psi Omega Chapter: <https://www.akabetapsiomegaatx.com/pioneer-pearls-of-austin.html#:~:text=Onie%20B.&text=Conley%20was%20educated%20in%20the,the%20Austin%20Independent%20School%20District>.



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# C-GSAC GUILD



## C-GSAC ADVISORY BOARD





# FIELD TRIPS

Water Aerobics @Mabel Davis Pool

AUSTIN, TX 11:00am-12:00pm

**Session 1 TUESDAY July 2nd and July 9th**

**Session 2 TUESDAY July 16th**

**Session 3 TUESDAY July 30th and Aug. 6th**

Departure Time: 10:30am

Return Time: ~1:00pm

Cost: NONE

Additional Costs: NONE

Activity Level: **Medium**

Capacity: **9 PARTICIPANTS MAXIMUM**



**\*\*YOU MUST SIGN UP FOR EACH  
DATE YOU WANT TO ATTEND\*\***

# FIELD TRIP INSTRUCTIONS

You may sign up one other person in addition to yourself, but **ONLY REGISTERED MEMBERS MAY SIGN UP** by filling out the trip registration form. You may contact the center anytime after the registration deadline to find out if you were selected for a trip. If you have been selected, payment for the trip is due 2 days before the trip (if necessary). If you registered but have not been selected you will be out on a waitlist. **Staff will call you ONLY if you were selected for a trip.** Participants are not allowed to drive their personal vehicles to the field trips **REGARDLESS** of registration/lottery results.

If you need to drive yourself to the trips, please speak to Program Coordinator Maria Reyes (email: [maria.reyes2@austintexas.gov](mailto:maria.reyes2@austintexas.gov)). All trips are subject to change due to weather, PARD director approval, or registration numbers.



## MAINTENANCE WEEK

**The Conley-Guerrero facility will be closed July 21st - July 26th due to Maintenance Week.**

**Thank you for your understanding.**

**CGSAC Staff**

## FOURTH OF JULY CELEBRATION



CONLEY-GUERRERO SENIOR ACTIVITY CENTER WILL BE CELEBRATING THE



# 4th Of July

WEDNESDAY  
★ ★ ★ JULY 3RD ★ ★ ★  
10:00AM-11:00AM

**JOIN US FOR FUN  
AND GAMES**

**SIGN UP TO JOIN!**



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.





# PICKLEBALL

## THE FASTEST GROWING SENIOR SPORT

### Open Play Schedule

Tuesday & Thursday 1:00pm - 4:15pm

Saturday 8:00am - 12:00pm

## FITNESS ROOM

**Fitness Room Hours:**  
Monday-Friday: 8:00am-4:15pm  
Saturday: 8:00am-12:15pm

# PICKLEBALL FIELD TRIP

## Pickleball Field Trip



Join us for a pickleball  
experience at Austin Recreation  
Center!

Date: July 17, 2024

Departure Time: 8:30am

Capacity: First 15 Participants

Registration Deadline: Wednesday July 10th @ 12:00pm

**Register the front office!**

## BLOOD PRESSURE CHECK

### BLOOD PRESSURE CHECK



with Sharon Skaggs  
from Wesley Nurse Health  
Ministries  
in the Charles Jordan Hall  
Time and Date TBD



# SEWING CLASS

## SEWING CLASS

INSTRUCTOR: CHRISTINA GREEN- MARTINEZ

EVERY TUESDAY

9:30AM - 11:30AM

Join us for some lessons  
in beginner sewing.

SEWING MACHINES WILL BE PROVIDED

Please bring your own materials.

CLASS LIMIT IS 10  
SO SIGN UP TODAY!

NO WAITING LIST

# GOLDEN ROLLERS

**POSTPONED UNTIL  
FURTHER NOTICE**



# TECHNOLOGY CLASSES

## Austin-Free-Net

Every Tuesday

July 2nd @ 10:00am

July 9th @ 10:00am

July 16th @ 10:00am

NO CLASS JULY 23RD

July 30th @ 10:00am

\*Updated 6/28/2024\*

# SIGN LANGUAGE

Beginners American Sign Language Class  
Learn the alphabet, numbers, & beginning conversation.



**CANCELED FOR THE  
SUMMER**



# TAI CHI

## Tai Chi and the Art of Mindful Aging

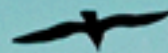
\*Updated\*  
\*6/26/2024\*

\*Updated\*  
\*6/26/2024\*

**Mondays and Thursdays: 1:00pm | Instructor: Kade Green**

**Session 5 May 23rd–July 8th**

**Session 6 July 11th–Aug. 26th**



**Mondays Only Session - \$30.00**

**Thursdays Only Session - \$30.00**

**Mondays and Thursdays Session - \$50.00**

**\$5.00 per individual class**

**Strengthen your mind, body, and spirit.**

**Please attend only the sessions you have paid for.**

**Please speak to a staff member if you have missed a class.**

# C-GSAC T-SHIRTS

**The Conley-Guerrero SAC Advisory Board  
are selling Conley-Guerrero T-Shirts**



**Sizes Small - X-Large  
\$10.00**

**Sizes 2X-Large - 4X-Large  
\$15.00**

# QUILTING



**Wednesday Beginning Class  
9:00 - 11:30 am**

**Wednesday Intermediate Class  
1:00 - 3:00 pm**

**Bring your own materials  
and supplies**

**Sewing Machines Available**

**Instructor: Margarine Beaman**



**\*\*\*Access to quilting machines outside of  
class time is not allowed unless a Quilting  
Instructor relays approval to facility staff\*\*\***



# Book Club

## LESSONS in CHEMISTRY

"An utterly delightful, witty  
and clever and  
completely readable!"  
- CLARE LOMBARDO  
author of The Most Fun  
We Ever Had



Bonnie Garmus

*Lessons in Chemistry* (2022) is a bestselling novel by Bonnie Garmus about women's lives, careers, and struggle for empowerment in the late 50s and early 60s. It follows the story of Elizabeth Zott, a brilliant chemist who is forced to become a television chef when she finds herself a young, single mother.

**Meeting:  
Monday, July 29th  
@ 10:30am**

# CERAMICS

Morning Ceramics Class  
Tuesdays: 9am-12pm

Afternoon Ceramics Class  
Thursdays: 1-4pm



**PLEASE PAY BEFORE YOUR FIRST  
CLASS OF THE MONTH**

**\$10.00 per month**



# BIBLE STUDY

## Bible Study

### Monday

Bible Study is taught using the King James' Version. Classes are free to attend.  
Instructors: Bunnie Stark & Robert Walker

# WEDNESDAY ARTS & CRAFTS

## Clay Creations

Wednesday, July 3rd  
1:00-3:00 pm



Relax and create with damp earth!

**Free Class**

## Concept Art

Wednesday, July 10th  
1:00-3:00pm



Discover how far your imagination carries you as you give dimension to a concept.

**Free Class**

# CREATIVE WRITING

## 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.

**THURSDAYS 9:00AM-11:00AM**

**Genealogy**  
Wednesday, July 31st  
1:00-3:00pm



Trace your roots and create a family tree. It's quite a trip!

**Free Class**



# GENTLE MORNING YOGA

Gentle Morning Yoga  
Mondays 10:00-11:00am

This gentle yoga and senior fitness class helps you to lengthen, strengthen, and breathe to support your body to sit, stand, keep good balance, and walk where you want to go. Finish class with a good deep relaxation.



Instructor: Donna Hoffman

# BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through dance!



# COLORING HOUR

COLORING HOUR!

When: Mondays 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 8:30 - 9:30am



Help our  
Community  
Garden  
grow!!!

Harvesting occurs Tuesday mornings @ 9am



# FRIDAY ART CLASS WITH ALICIA FABIAN AND DOLORES PEREZ

Solar Light Terracotta Potted  
Plant

Friday, July 19th  
9:00am



Feel free to bring extra items for your project!  
Some supplies will be provided.  
**Limit: 10 Participants**

**Free Class**

## BINGO



***Mondays and Wednesdays***  
***1:00pm***



**\$1.00 per  
card**

# FREE HEALTH SCREENINGS



**Conley-Guerrero Senior Activity Center  
will have**

## Free Health Screenings

The following health screenings will be available for  
free:

- Blood Pressure
- A1c Testing
- Blood Sugar Reading
- Cholesterol Testing
- General Health Information and Resources

**When: July 11th from 9:00am - 11:00am**

**Where: Front Lobby**

**Questions about the health screenings? Call The Rosewood-  
Zaragoza Neighborhood Center**

**512-972-6740**



# FRIDAY MATINEE

## HOLLYWOOD

Conley-Guerrero Presents . . .

Friday, July 12th

Movie: *Taken*

Rated PG-13

1:00PM

1hr 33m



Bryan Mills (Liam Neeson), a former government operative, is trying to reconnect with his daughter, Kim (Maggie Grace). Then his worst fears become real when sex slavers abduct Kim and her friend shortly after they arrive in Paris for vacation. With just four days until Kim will be auctioned off, Bryan must call on every skill he learned in black ops to rescue her.

# COFFEE WITH JOHNNY

## *Coffee With Johnny*



Sign up at the front counter for your turn to get to know and share your thoughts about our center with Conley-Guerrero Senior Activity Center's Program Supervisor, Johnny Saldana.

**Wednesday, July 10th and Wednesday July 31st**  
**9:00am - 10:15am**



# LOTERIA

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

EVERY MONDAY @ 2:15pm



Bring a friend and come enjoy the fun playing loteria! Bring a garage sale item from home for prizes and receive one card to play.

## GOLDEN ACES LINE DANCING CLASS



**Thursdays: 10:00am**

**Instructor: LM Rivers**

**Saturdays: 10:00am**

**Instructor: Sonya Rangel**

## CLASSES WITH PATTI GAGNE

### Chair Stretch and Strength



Learn the fundamentals of proper posture and body mechanics.

**Wednesdays @10:30am**

### Chair Yoga

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



**Thursdays @10:30am**





# JULY 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	<b>2</b> <i>Water Aerobics 10:30a</i> Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	<b>3</b> <i>Fourth Of July Celebration 10a</i> Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Bingo 1p Arts & Crafts— Clay Creations 1p	<b>4</b> <b>CLOSED FOR HOLIDAY</b>	<b>5</b>	<b>6</b> Pickleball 8a Line Dance 10a
<b>8</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	<b>9</b> <i>Water Aerobics 10:30a</i> Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	<b>10</b> Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Bingo 1p Arts & Crafts— ConceptArt 1p	<b>11</b> Creative Writing 9a <b>APH Free Health Screening 9a-12p</b> R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	<b>12</b> Friday Matinee "Taken" 1p	<b>13</b> Pickleball 8a Line Dance 10a
<b>15</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	<b>16</b> <i>Water Aerobics 10:30a</i> Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	<b>17</b> <i>Pickleball Trip 8:30a</i> Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30 Central Texas Food Bank 12p Bingo 1p NO ARTS AND CRAFTS CLASS	<b>18</b> Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	<b>19</b> Art with Alicia Fabian and Dolores Perez 9a	<b>20</b> Pickleball 8a Line Dance 10a
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> Pickleball 8a Line Dance 10a
<b>CLOSED FOR MAINTENANCE WEEK</b>					
<b>29</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Book Club 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	<b>30</b> <i>Water Aerobics 10:30a</i> Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	<b>31</b> Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30 Bingo 1p Arts & Crafts – Genealogy 1p	<b>Conley-Guerrero Senior Activity Center</b> <b>808 Nile Street, Austin, TX 78702</b> <b>Office Phone: 512-978-2660</b>		





# JULY

# MENU



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1 Tim Andrew's BBQ Pork Rib Patty Lentil Vegetable Pilaf Cauliflower Wheat Bread Fresh Fruit Cal: 632	2 Five Spice Chicken Northern Beans Ginger Carrots Texas Bread Fresh Fruit Cal: 717	3 Polish Sausage Oven Roasted Potatoes Coleslaw Hot Dog Bun Hot Rosy Applesauce Mustard Cal: 791	4 Closed—No Delivery	5 Closed—No Delivery
8 Baked Chicken with Country Gravy Whipped Potatoes with Skins Peas and Carrots Texas Bread Fresh Fruit Cal: 667	9 Italian Shells and Cheese Whole Kernel Corn Broccoli Wheat Bread Fresh Fruit Cal: 674	10 Beef Taco Mexican Brown Rice Charro Beans Whole Wheat Tortilla Fruited Strawberry Gelatin Taco Sauce Cal: 752	11 Pork Chop Suey Creamed Peas Spring Vegetable Blend Wheat Bread Fresh Fruit Cal: 674	12 Cold Meal Pimento Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Tropical Punch Cal: 818
15 Salisbury Beef with Gravy Cheesy Potatoes Catalina Vegetable Blend Wheat Bread Fresh Fruit Cal: 666	16 Cheese Omelet Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 611	17 Mozzarella Chicken Meatballs Whole Grain Penne Pasta Herbed Green Beans Dinner Roll Fruited Lime Gelatin Cal: 679	18 Lemon Pepper Pollock Cajun Brown Rice Mixed Greens Cornbread Fresh Fruit Cal: 758	19 Beef Chili with Beans Whole Kernel Corn Italian Vegetable Blend Wheat Bread Fresh Fruit Cal: 620
22 Sweet and Sour Diced Chicken Brown Rice Broccoli Wheat Bread Fresh Fruit Cal: 690	23 Turkey Taco Pinto Beans Steamed Cauliflower Corn Tortillas (2) Fresh Fruit Taco Sauce Cal: 709	24 Suellen's Baked Chicken with Gravy Macaroni and Cheese Dilled Carrots Wheat Bread Fruited Cherry Gelatin Cal: 653	25 Rosemary Butter Sliced Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Cal: 715	26 BBQ Breaded Chicken Seasoned Lentils Green Beans Hamburger Bun Fresh Fruit Cal: 756
29 Beef Burgundy Brown Rice Lemon Brussels Sprouts Wheat Bread Fresh Fruit Cal: 655	30 Lemon Butter Chicken Cheesy Parslied Potatoes Green Beans Texas Bread Fresh Fruit Cal: 664	31 Cold Meal Pimento Cheese Aztec Couscous Salad Carrot Raisin Salad Wheat Bread Fruited Lemon Gelatin Cal: 851	<p><b>*Due to unavailability of certain items, appropriate substitutions may need to be made.</b></p> <p><b>**Milk is served every meal</b></p>	

- Vegetarian Entrée

≥ 1000mg sodium

Donations are appreciated to offset the cost of staff, meal-related expenses, dietary supplies and delivery. Meal tickets are distributed on a reservation basis at 10:00 each morning. Those w/o will go on a waitlist.

Lunch is served daily 12:00pm-12:15pm with milk. Meals cannot leave the building. For ineligible guests OVER 60 (unregistered) and guests UNDER 60, the cost of the meal is \$5.39.



## C-GSAC Staff

Johnny Saldana  
*Recreation Program Supervisor*

Dina R. Cantú,  
*Recreation Program Specialist*

Carrolyn Vaterlaus,  
*Recreation Program Specialist*

Justin Talioaga,  
*Administrative Assistant*

Arthur Ramirez,  
*Building and Grounds Assistant*

Donna Hoffman, *Program Instructor*

Patti Gagne, *Program Instructor*

Patsy Ybarra, *Office Attendant*

Millie Hernandez, *Office Attendant*

Benny Lozano, *Office Attendant*

## C-GSAC Advisory Board

Margarine G. Beaman, President

Alice Houston, Vice President

Shirley Jenson, Treasurer

Bunnie Stark, Secretary

Olivia Ussery, Corr. Secretary

Connie Smith, Outreach Coordinator

Dianna Dean, Member

Deborah Driver, Member

Alicia Fabian, Member

Margaret Nesbitt, Member

Dolores Perez, Member

Irene Graveline, Member

### C-GSAC Guild

Ida M. Hunt, President

Dr. Beulah A. Jones, Vice President

Elridge Nelson, Treasurer

Cora Sutton, Secretary

Debbie A. Luna, Member

Vicky Valdez, Member

Willie Williams, Member

Wanda Justice, Member



## Board Bulletin

### Advisory Board Meeting:

TBD @ 1:00pm

### Guild Meeting:

TBA @ 9:00 am