# **CONLEY-GUERRERO** SENIOR ACTIVITY CENTER

808 Nile Street I Austin, Texas 78702 I 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.





# **FEBRUARY 2024**

http://www.austintexas.gov/department/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.



#### 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 verifi- [ cation 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 l 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 nonresident 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 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 Nemorial FundConley-Guerrero Senior Activity Center (Attention: C-GSAC Advisory Board) , 808 Nile Street Austin, Texas 78702

# **FEBRUARY FIELD TRIPS**

#### LOTTERY REGISTRATION DUE:

Feb. 1st 8:00am - Feb. 9th @ 12:00pm LOTTERY RESULTS AVAILABLE: Feb. 12th @ 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, but you may only do HOUSEHOLD MEMBERS ONLY by filling out the trip registration form. You may contact the center anytime after Feb. I 2th @ 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.

# **FEBRUARY FIELD TRIPS**

#### Alamo Drafthouse @ Mueller

AUSTIN. TX

#### TUESDAY, February 13, 2024

Join us for BFD Tuesdays at Alamo Drafthouse! Movie tickets will only cost \$7.00! The Alamo Drafthouse Theater is good food, and good film, all at the same place!

Departure Time: TBD on movie times day of Return Time: TBD Cost: RES \$3.00 Non Res \$4.00 Additional Costs: Lunch and movie ticket Activity Level: LOW 18 PARTICPANTS MAX



# **FEBRUARY FIELD TRIPS**

#### Bringing Seniors Together @ Dittmar

#### AUSTIN, TX

#### THURSDAY, February 15, 2024

Join us as we go to Dittmar Recreation Center for our monthly Bringing Seniors Together Event. We will celebrate the holiday of love and friends with our peers around Austin!

Departure Time: 09:15am Return Time: 12:00pm Cost: FREE Activity Level: LOW 15 PARTICPANTS MAX



#### Breakfast Bunch @ Omelettry

#### AUSTIN, TX

#### FRIDAY, February 23, 2024

The Lunch Bunch will continue our foodie mission but this time, BREAKFAST! We will head to the infamous O melettry for yummy and savory Omelets!

Departure Time: 08:30am Return Time: 12:00pm Cost: RES \$3.00/ NONRES \$4.00 Additional Costs: Breakfast Activity Level: LOW 18 PARTICIPANTS MAX







# **TIPS FOR SUCCESSFUL AGING**

# WHEN: THURSDAY, FEBRUARY 29TH @11:00AM

interested in participating in a brain health research study? Contact us for more information!

Mechanisms Underlying Neurocognitive Aging (MUNA) Research Lab Phone: 512-442-1140 Email: muna.clarklab@gmail.com Web: munalab.la.utexas.edu

# **CINE DE ORO**

### Join us for a discussion on normal aging, dementia, and the 6 pillars for reducing dementia risk



Speaker: Alexandra Clark, PhD **Clinical Neuropsychologist** Assistant Professor Department of Psychology The University of Texas at Austin

# LOBBY COFFEE SHOP



# Monday-Friday 8:00am - 11:00am

Small Coffee - \$0.30 Large Coffee - \$0.50 Hot Chocolate - \$0.40 Juice - \$0.35

> Sponsored by the Advisory Board of **Conley-Guerrero Senior Activity Center**

LOTERIA



#### Instructor Patti Gagne





On site class Thursdays 10:30am

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



On site class

Wednesday

#### 10:30am

Learn the fundamentals of proper posture and body mechanics.

Instructor: Patti Gagne



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# PICKLEBALL

# THE FASTEST GROWIN SENIOR SPORT **Open Play Schedule**

# Tuesday & Thursday 1:00pm - 4:15pm Saturday 8:00am - 12:00pm



Tai Chi and the Art of Mindfell Aging

Session 2 Jan. 4th-Feb 26th | Session 3 will begin Feb 29th

Monday's only- \$30.00 Thursdays only- \$30.00 Mondays and Thursdays- \$50.00 Or \$5 per Class

Strengthen your mind, body, and spirit.

# FITNESS ROOM





"Serving Humanity to Honor God"





Mondays & Thursdays at 1pm Instructor: Kade Green



BLOOD PRESSURE CHECK

with Sharon Skaggs from Wesley Nurse Health Ministries in the Charles Jordan Hall Tuesday February 6 10:00am-12:00pm

# SEWING CLASS



# **TECHNOLOGY CLASSES**





Tuesday's 9am - 10am First Come First Ride





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



**Starting February 13th** 

Tuesday's 10 - 11 am Education Room





# SIGN LANGUAGE

Max Participants: 10

Instructor: Mary Williams Assistant: Dina R. Cantú



# LINE DANCE

## "Golden Aces" R & B Line Dance Class

Thursdays: 10:00am Instructor: L M Rivers

Saturdays: 10:00am Instructor: Sonya

# **CONLEY-GUERRERO STITCHERS**



# Wednesdays 9:00am-11:30am

Located in the Charles Jordan Hall









#### The Conley-Guerrero SAC Advisory Board

#### are selling Conley-Guerrero T-Shirts



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

(13)

## **BINGO SOCIAL**



# LIFETIME LEARNING INSTITUTE

# PREPARING FOR LIFE'S FINAL CHAPTER

- ARE FUNERAL HOME PRICES ABOUT THE SAME EVERYWHERE?
- SHOULD I BUY A PREPAID FUNERAL CONTRACT?
- DOES ENROLLING IN HOSPICE MEAN GIVING UP HOPE?
- IS EMBALMING REQUIRED BY LAW?

## Your questions will be answered by the local Funeral Consumers Alliance in this seminar!

WWW.LLIAUSTIN.ORG

- Day: Every Friday starting February 16 April 5
- Time: 10:00am-12:00pm
- Class Capacity: 16 attendees

**REGISTRATION OPENS** 12:00PM JANUARY 24

Cost: \$30 when you register

s10 at first class for handouts

LINK TO REGISTER:

### Morning Ceramics Class Tuesdays: 9am-12pm



# **BOOK CLUB**



"Our love story is simple. I met a gorgeous woman. We fell in love. We had kids. We moved to the suburbs. We told each other our biggest dreams, and our darkest secrets. And then we got bored. We look like a normal couple. We're your neighbors, the parents of your kid's friend, the acquaintances you keep meaning to get dinner with. We all have our secrets to keeping a marriage alive. Ours just happens to be getting away with murder."

#### Meetings: Monday February 26th @10:30am See Asta Hanson at the front desk for more information on where to rent books or call 512-978-2660



### Afternoon Ceramics Class Thursdays: 1-4pm



## \$10.00 per month



# **BIBLE STUDY**



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

# **CREATIVE WRITING**



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



**Clay Creations** Wednesday, February 7th 1:00-3:00pm



Feel the clay in your hands and watch as it takes shape, becoming your own unique creation!

#### Free Class

30 Minute Masterpiece—Tiny Treasures Wednesday, February 21st 1:00-3:00pm



Paint some canvases with us!, embellish them or use them as a back drop for a piece of jewelry. Each little creation will come with an accompanying easel.

#### Free Class



With Dolores Perez and Alicia Fabian Friday, February 9th 9:00-11:00am

Create an original art piece in celebration of Valentines Day. Feel free to bring extra items!

#### **Concept Art** Wednesday, February 14th 1:00-3:00pm



The concepts will focus on Valentines, hearts, flowers, cupids and other romantic ideas.

#### Free Class

What's On Your Initial? Wednesday, February 28th 1:00-3:00pm



We are getting ready for the sweet season of sharing Valentines. We will make centerpieces for your special occasions or for gift giving.

#### Free Class

### You Light Up My Light

\$5.00



# **CLASSES WITH DONNA**

### 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. A great way to start your week!



#### Sing Songs Karaoke

#### Fridays 10:00-11:00am

You pick 'em! YouTube karaoke group or solo star singing in the morning to start your weekend with fun and laughter.



# COLORING

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



# BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through dance!



Exercise/Dance Studio Wednesdays 10:00am-11:15am

# Tuesday Morning 8:30 - 9:30am



Harvesting occurs Tuesday mornings@9am



# 

When: Mondays 10:30-11:30am

Where: Charles Jordan Hall

### COLOR YOUR CARES AWAY

# SANCTUARY GARDEN



Help our Community Garden grow!!!





# VIRTUAL TOUR

Conley-Guerrero Senior Activity Center brings you **MINUTES INTO THE** VIRTUAL WORLD!



VARSITY

GENERATION

This is designed to take you to places in Austin by never leaving the building. A virtual tour of the destination that was picked for the day will be shown at the end of class while relaxing with a snack that will be offered to enjoy.

### Please sign up for March classes!

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Varsity Generation Programs and Age-Friendly Austin Are Hosting

# "It's My Park Day!"

To bring the community together and clean up this beautiful park!

# March 9, 2024 from 8:30 to 10:30 am

ROY G. GUERRERO PARK AT KRIEG FIELD **515 S. PLEASANT VALLEY RD** AUSTIN, TX 78741 EED VOLUNTEERS

Please let us know if you'd like to volunteer for this event by emailing johnny.saldana@austintexas.gov or calling 512-978-2666

🗹 Lunch Will be Provided after Clean-Up

🗹 Each Participant will get a free T-

A R K S

shirt



stin Parks and Recreation

There will be GAMES! M There will be MUSIC! M There will be GIVEAWAYS!



# **FRIDAY MATINEE**



## Conley-Guerrero Presents . . .

Friday, February 9th Rated PG-13 FREE 1:00 pm 2h 7m



Jaim e Reyes suddenly finds himself in possession of an ancient relic of alien biotechnology called the Scarab. When the Scarab chooses Jaime to be its symbiotic host, he's bestowed with an incredible suit of armorthat's capable of extraordinary and unpredictable powers, forever changing his destiny as he becomes the superhero Blue Beetle.

Friday, February 23rd Rated R FREE 1 hr 52 min 1:00 pm

DAMON AFFLECK BATEMAN WAYANS MESSINA ... TUCKER ... DAVIS

EXCLUSIVELY IN THEATERS APRIL 5 THE ALEX CONVERY DECIDE BEN AFFLECK

Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture

### **HELLO NEIGHBOR!**

Join us every Wednesday, and get to know your peers!

> Wednesdays 11:30-11:50 am Max 2 people each day

#### SIGN UP AT FRONT DESK

# **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 new supervisor Johnny Saldana. Fridays, 16th and 23rd 9:00am - 10:00am

## **HELLO NEIGHBOR**



## MONDAY

## TUESDAY

# WEDNESDAY

# FEBRUARY 2024

#### THURSDA 1 Trip Registration Begins 8a

Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p TaiChi1p Pickleball 1p

#### 8

Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p

#### 15 BST @ Dittmar 9:15a Bingo Social 4p

Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p

22 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1 p Pickleball 1p

#### 29 Tips For Successful Aging 11a

Creative Writing 9a Coffee w/ Johnny 8a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p

Friday Matinee "Blue Beetle" 1p

#### 16

Coffee w/ Johnny 9a Lifetime Learning 10a

23

Coffee w/ Johnny 9a Lifetime Learning 10a Friday Matinee "Air" 1p

# Bible Study 9a

Gentle Morning Yoga 10a Coloring Hour 10:30a TaiChi 1p Bingo 1 p Loteria 2:20p

#### 12

Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a TaiChi 1 p Bingo 1p Loteria 2:20p

#### 19

#### CLOSED FOR HOLIDAY

26 Bible Study 9a Gentle Morning Yoga 10a Book Club 10:30a Coloring Hour 10:30a TaiChi 1p Bingo 1 p Loteria 2:20p

#### 6 Ceramics 9a Golden Rollers 9a American Sign Language Sewing 9:30a Blood Pressure Check 10a Sanctuary Garden 8:30a Austin Free Net-10a Pickleball 1p

#### 13 Alamo Drafthouse Trip

Ceramics 9a Golden Rollers 9a American Sign Language 10a Sewind 9:30a Sanctuary Garden 8:30a Austin Free Net-10a Pickleball 1p

#### 20

Ceramics 9a Golden Rollers 9a American Sign Language 10a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net-10a Pickleball 1p

#### 27 Cine De Oro 9a

Ceramics 9a Golden Rollers 9a American Sign Language 10a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p

7 Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bindo 1p Arts & Crafts- Clay Creations 1p

14 Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bingo 1p Arts & Crafts - Concept Art 1p

21 Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Central Texas Food Bank 12p Bingo 1p Arts & Crafts- 30 Minute Masterpiece 1p 28 Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bingo 1p

Arts & Crafts - What's On Your Initial? 1p

Tai Chi 1p

FRIDAY 2





Sing Songs Karaoke w/ Donna 10a Pickleball 8a Line Dance 10a

#### 9 Trip Registration Ends 12p 10 Pickleball 8a Art with Dolores and Alicia 9a Line Dance 10a Sing Songs Karaoke w/ Donna 10a

17 Pickleball 8a Line Dance 10a

Sing Songs Karaoke w/ Donna 10a

#### Breakfast Bunch 8:30a

Sing Songs Karaoke w/ Donna 10a

Line Dance 10a

24 Pickleball 8a

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# FEBRUARY

# MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
'Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal			<b>Greek Chicken</b> Brown Rice Broccoli with Cheese Wheat Bread Fresh Fruit <i>Cal: 802</i>
5 Coconut Chicken Brown Rice Catalina Vegetable Blend Wheat Bread Fresh Fruit <i>Cal: 609</i>	6 <b>Turkey and White Beans</b> Parslied Carrots Diced Beets Texas Bread Fresh Banana <i>Cal</i> : 700	/ Lemon Caper Chicken Lima Beans Okra and Tomatoes Combread Fresh Fruit Margarine <i>Cal</i> : 902	8 Pork Carnitas Pinto Beans Spanish Brown Rice Wheat Tortilla Fruited Lime Gelatin Taco Sauce <i>Cal</i> : 752
12 Salisbury Beef with Brown Gravy Lentils Cauliflower Wheat Bread Fresh Fruit <i>Cal:</i> 812	13 Moroccan Chicken Stew Couscous Cabbage Texas Bread Fresh Fruit <i>Cal</i> : 728	14 Valentine's /Ash Wednesday John Yocum's Lemon Pepper Fish Brown Rice Lemon Broccoli Dinner Roll Fig Bar Cal: 733	15 Pork Roa st with Onion Gravy Northern Beans Herbed Green Beans Dinner Roll Fruited Cherry Gelatin <i>Cal</i> : 728
CLOSED FOR HOLIDAY	20 Suellen's Baked Chicken with Gravy Couscous Pilaf Mixed Vegetables Texas Bread Fresh Fruit <i>Cal</i> : 704	21 Fish Nuggets Oven Roasted Potatoes Herbed Green Peas Dinner Roll Fresh Fruit <i>Cal</i> : 654	22 Beef Chili with Beans Brown Rice Catalina Blend Vegetables Saltine Crackers Fresh Fruit <i>Cal:</i> 612
26 Beef with Country Gravy Whipped Potatoes with Skins Garden Vegetable Blend Texas Bread Fresh Fruit <i>Cal</i> : 752	27 Turkey Rice Casserole Whole Kernel Corn Spinach Wheat Bread Fresh Fruit <i>Cal</i> : 651	28 Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit <i>Cal</i> : 716	29 Chicken Marsala Lentils Green Beans Texas Bread Fresh Fruit <i>Cal</i> : 850

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.



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#### FRIDAY

#### Six Bean Stew

Cauliflower Squash Casserole Texas Bread Fresh Fruit *Cal*: 710

9

16

23

P

#### *Cold M≥al* Mary's Yogurt Dill Chicken Salad

Quinoa Pepper Salad Pasta Salad Saltine Crackers Fresh Fruit *Cal: 621* 

#### Lent

Three Cheese Ziti Green Peas Glazed Carrots Texas Bread Fresh Fruit *Cal:* 801

#### Lent

Spinach Macaroni and Cheese Broccoli Garlic Pammesan Cauliflower Wheat Bread Fresh Fruit *Cal*: 707

🗸 - Vegetarian Entrée

≥1000mg sodium

#### C-GSAC Staff

Johnny Saldana Recreation Program Supervisor

Dina R. Cantú, **Recreation Program Specialist** 

Asta Hanson, Recreation Program Specialist

Carrolyn Vaterlaus, Recreation Programs Specialist

Justin Talioaga, Administrative Assistant

Arthur Ramirez, **Building and Grounds Assistant** 

Donna Hoffman, Program Instructor

Patsy Ybarra, Part-time Associate

Millie Hernandez, 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 Connie Smith, Outreach Coordinator Dianna Dean, Member Deborah Driver, Member Alicia Fabian, Member Margaret Nesbitt, Member Dolores Perez, Member

> C-GSAC Guild Ida M. Hunt, President Dr. Beulah A. Jones, Vice President Elridge Nelson, Treasurer Cora Sutton, Secretary Debbie & Luna, Member Vicky Valdez, Member Willie Williams, Member

### **Board Bulletin**

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#### Advisory Board Meeting:

February 27, 2024 @ 1:00pm

Guild Meeting:

February Date TBA

@ 9:00 am

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