



# Conley-Guerrero

Senior Activity Center

808 Nile St. Austin, TX 78702

(512) 478-7695

Fax: (512) 478-7699



## January 2013



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



The City of Austin is proud to comply with the Americans with Disabilities Act.  
If you require assistance for participation in our programs or use of our  
facilities, please call (512) 478-7695



# Welcome to

**Please Pardon Our Dust While We Enhance the Facility for Your Future Enjoyment:**

The Conley-Guerrero Senior Activity Center (SAC) will be open for recreation programs and services during our renovation.

## Hours of Operation:

Monday, Wednesday & Friday: 8:00 AM – 5:00 PM

### Staff

**Gladys A. Runnels**, Program Supervisor

**Dina R. Cantú**, Program Specialist; **Carrolyn Vaterlaus**, Program Specialist

**Arthur Ramirez**, Building and Grounds

**Estela Rodriguez**, Administrative Associate; **Crystal McCallon**, Administrative Associate

**Mary Roberts**, Activity Instructor; **Miriam Jones**, Activity Instructor

**Jesse Carmona**, Senior Volunteer; **Percy Jones**, Senior Aide; **Daniel Guyton**, Senior Aide

### **Austin Parks and Recreation Department Refund Policy:**

The activity/program/trip fee is refunded in full only if the event 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 \$10 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 \$10, no refund will be issued but you may receive a credit at center to be used within 90 days.

# Conley-Guerrero SAC!

## Austin Parks and Recreation Department Mission Statement

The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural, and outdoor experiences for the Austin Community.

## 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

**Sara L. Hensley**, CPRP, Director

**Jesse Vargas**, Assistant Director

**Kimberly A. McNeely**, CPRP,  
Assistant Director

**Cora Wright**, Assistant Director

**Cheryl Bolin**, Division Manager-CPD

**Patrick R. Corona**, CPRP,  
Division Manager– Programs

**Tiffany M. Cabin**, Program Manager

## Office of the City Manager

**Marc Ott**, City Manager

**Michael McDonald**, Deputy City Manager

**Robert Goode**, Assistant City Manager

**Sue Edwards**, Assistant City Manager

**Burt Lumbreras**, Assistant City Manager

**Anthony Snipes**, Act. Assistant City Manager

**Ray Baray**, Acting Chief of Staff

## Parks Board

**Jane Rivera**, Chair

**Jeff Francell**, Vice Chair

**William Abell**, Board Member

**Susana Almanza**, Board Member

**Dale Glover**, Board Member

**Lynn Osgood**, Board Member

**Susan Roth**, Board Member

## City Council

**Mayor Lee Leffingwell**

**Sheryl Cole**, Mayor ProTem (Place 6)

**Chris Riley**, Place 1

**Mike Martinez**, Place 2

**Kathie Tovo**, Place 3

**Laura Morrison**, Place 4

**Bill Spellman**, Place 5



## Beginner's Quilting

**Wednesday: 1:00 PM – 3:00 PM**

This class teaches new quilters the basic concept of quilting.

Instructor: Margarine Beaman **Free**

## Sewing

*Beginner to Advanced*

**Monday & Tuesday: 1:00 PM – 5:00 PM**

Students will get one-on-one instruction on basic sewing and sewing machine skills.

Advanced students will cover the art of

## Ceramics

*Beginner to Advanced*

**Monday: 9:30 AM – 11:30 AM**

Students will be introduced to different painting and glazing techniques. Class includes group projects and kiln firings.

## The Computer Lab at Conley-Guerrero

**Monday – Friday: 8:00 AM – 5:00 PM**

Classes provided by Austin Free.net and



## Bible Study

**Monday & Thursday:  
10:00 AM – 11:30 AM**

Study is taught from the King James version of the Bible. Classes are conducted from lesson plans and "open format".

## Education

### Spanish Class

*Beginner to Advanced*

**Monday & Wednesday:  
1:00 PM – 3:00 PM**

Learn Spanish language basics in a relaxed atmosphere. Conversational practice is held from 10:00 AM -12:00 PM for students who want to practice conversing before class.

## Dance & Music

### Conley-Guerrero SAC Inspirational Choir

**Tuesday (1st and 3rd):  
10:00 AM -11:30 AM**

Bring cheer and good will through song! The choir practices traditional songs, and performs at special functions at our facility and throughout Austin.



Instructor: Amelia Davis-Major **Free**



### R&B Line Dance (All levels welcome)

**Thursday: 10:00 AM – 11:00 AM**

Get your blood pumping and feet shuffling to Rhythm & Blues and Hip Hop music and steps!

Instructors: L.M. Rivers & Brenda Malik  
**Free**

### Ballet Folklorico

(All levels welcome)

**Monday & Wednesday: 11:00 AM – 12:00 PM**

The group practices traditional Mexican folkloric ballet. Performances are held at Conley-Guerrero SAC and throughout Austin.

Instructor: Juanita Lopez **Free**



Be sure to update your membership and class registrations!

# Games

## Domino Group

Monday, Wednesday & Friday:  
8:00 AM – 5:00 PM



## Open Puzzle Table

Monday-Friday Business Hours

Enjoy putting together an assortment of  
puzzles!

## Bridge *All Levels*

Tuesday & Thursday: 2:00 PM – 8:00 PM

Contract/Party Bridge

## Bingo

Monday, & Friday: 1:00 PM – 2:30 PM

Socialize and play bingo.

\$1.00 per card

# Fitness

## Exercise 1 & 2

*Beginner & Intermediate*

Monday, Wednesday & Friday: 9:30 AM – 10:15 AM & 10:30 AM – 11:00 AM

Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.

Instructors: Martha Johnson & Eleanor Perkins **Free**

## Indoor Tennis/Pickleball

# January Events

## Texas AgriLife: Back to Basics w/ Enereyda

Tuesday, January 8 @ 10:00 AM

Lesson 1: Reduce your stress through  
meal planning and physical activity

Tuesday, January 15 10:00 AM

Lesson 2: Spending less and getting  
more at the grocery store

Tuesday, January 29 @ 10:00 AM

Lesson 3: Keeping your food safe



\*See flyer for more information.

## MLK Memorial Walk and Prize Bingo

Friday, January 18

10:00 AM

## Monthly Birthday Cake

Tuesday, January 29  
@ 12:00 PM

Sponsored By  
Southwood Care Center



## Blood Pressure Check with Sharon from Wesley Nurse Health Ministries

Tuesday, January 22

10:30 AM - 11:30 AM

## For your safety!

We are undergoing major renovations. Please check with  
staff before entering areas that are locked.



# Martin Luther King Jr. Memorial Walk & Prize Bingo Celebration

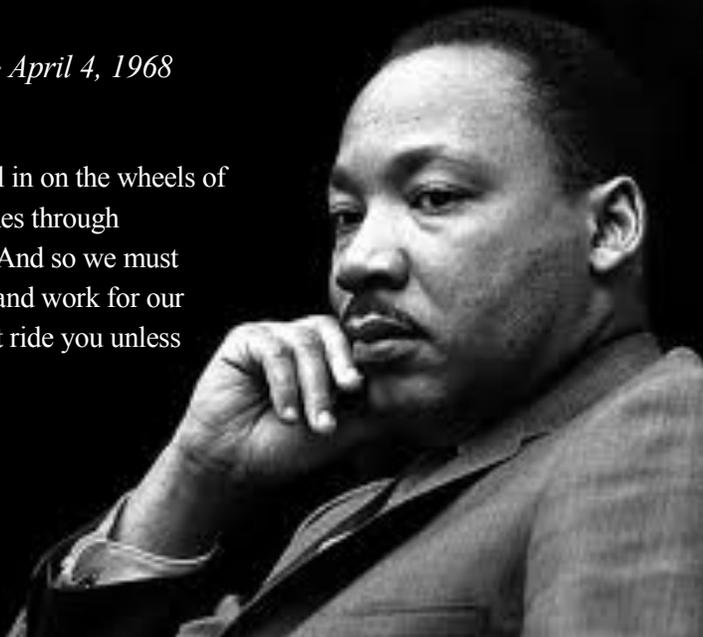
Friday, January 18, 2013 @ 10:00 AM

Join us as we walk to the Onie B. Conley Pavilion in honor of Dr. Martin Luther King's countless contributions to the Civil Rights Movement and progression of the United States of America.

Light refreshments will be served after the walk and before bingo.

*January 15, 1929 ~ April 4, 1968*

"Change does not roll in on the wheels of inevitability, but comes through continuous struggle. And so we must straighten our backs and work for our freedom. A man can't ride you unless your back is bent. "



# Conley-Guerrero SAC Bowling Team Wins 'High Rollers' in 2012 Fall Seniors Bowling League



Congratulations to the Conley-Guerrero SAC Bowling Team for taking 1st Place in the Senior Bowling League tournament!

Pictured top left to right:

James Ussery (MVP), Pedro Guerrero, Maurice Owens, Abel Sanchez, Richard Salazar, Novella Cabin, Pat Robinson, Olivia Ussery, Marie Brown, Charles, Barnett (inset)

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Closed for New Year Day</b>	<b>2</b> BBQ Rib Patty Baked Beans Carrot Raisin Salad Hamburger Bun Hot Spiced Apples <i>Cal: 766</i> 	<b>3</b> Baked Chicken & Gravy Whole Kernel Corn Country Tomatoes Wheat Roll Fresh Fruit <i>Cal: 695</i>	<b>4</b> Potato Crusted Fish Macaroni and Cheese Broccoli Wheat Bread Sliced Peaches Cocktail Sauce <i>Cal: 685</i> 
<b>7</b> Grilled Chicken Strips Country Gravy Dirty Brown Rice Diced Beets Wheat Bread Fresh Fruit <i>Cal: 690</i> 	<b>8</b> Turkey Breast with Gravy Cornbread Dressing Collard Greens Texas Bread Fruited Strawberry Gelatin <i>Cal: 635</i> 	<b>9</b> Swiss Steak Cheesy Rosemary Potatoes Spring Vegetables Dinner Roll Fresh Fruit <i>Cal: 634</i>	<b>10</b> Paula's Flemish Chicken Lima Beans Broccoli Cornbread Fresh Banana Margarine <i>Cal: 806</i>	<b>11</b> Fiesta Macaroni and Cheese Green Beans Glazed Carrots Wheat Bread Fresh Fruit <i>Cal: 618</i> 
<b>14</b> Salisbury Beef Onion Gravy Orzo Pilaf Broccoli Wheat Bread Fresh Fruit <i>Cal: 645</i> 	<b>15</b> Turkey Rice Casserole Ginger Carrots Green Beans Wheat Bread Fruited Cherry Gelatin <i>Cal: 642</i>	<b>16</b> Lemon Pepper Fish Mashed Spiced Yams Green Beans with Onions Cornbread Fruited Lime Gelatin Margarine Cocktail Sauce <i>Cal: 863</i> 	<b>17</b> Beef Spaghetti Casserole Tossed Salad Dilled Carrots Wheat Bread Hot Spiced Apples French Salad Dressing <i>Cal: 637</i>	<b>18</b> Charlene's Tuna Mac Salad Three Bean Salad Tomato Spoon Relish Saltine Crackers Fresh Fruit <i>Cal: 654</i> <i>COLD</i> 
<b>21 Closed for Holiday</b>	<b>22</b> Honey Grilled Pork Oven Roasted Potatoes Green Beans Wheat Bread Fresh Fruit <i>Cal: 608</i>	<b>23</b> Oven Fried Chicken Mashed Spiced Yams Tangy Spinach Texas Bread Fruited Lemon Gelatin <i>Cal: 855</i> 	<b>24</b> Chili with Beans Tossed Salad Diced Beets Cornbread Peach Crisp Margarine Italian Salad Dressing <i>Cal: 822</i> 	<b>25</b> Spanish Rice Casserole Glazed Carrots Cauliflower Wheat Bread Fresh Fruit <i>Cal: 713</i> 
<b>28</b> Smoked Turkey Sausage Cajun Brown Rice Brussels Sprouts Texas Bread Fresh Fruit <i>Cal: 605</i> 	<b>29</b> King Ranch Chicken Casserole Whole Kernel Corn Parslied Carrots Wheat Bread Strawberry Swirled Pudding <i>Cal: 654</i>	<b>30</b> Apple Glazed Turkey Ham Black-eyed Peas Mixed Greens Cornbread Fresh Orange Margarine <i>Cal: 600</i> 	<b>31</b> Chicken Salad Pasta Salad Cucumber Salad Saltine Crackers Fruited Lime Gelatin <i>Cal: 667</i> <i>COLD</i>	<b>Every meal is served with low fat milk or buttermilk.</b>  <b>≥ 1000mg Sodium</b>

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Meet new and interesting people during lunch. Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **10:30am** each morning.

Lunch is served **Monday - Friday at 12:00 - 12:30pm.**

**A \$1.00 donation for those over the age of 60 years is greatly appreciated. If you are under the age of 60, the cost of the meal is \$5.39.**

# What Happening on Monday, January 21, 2013

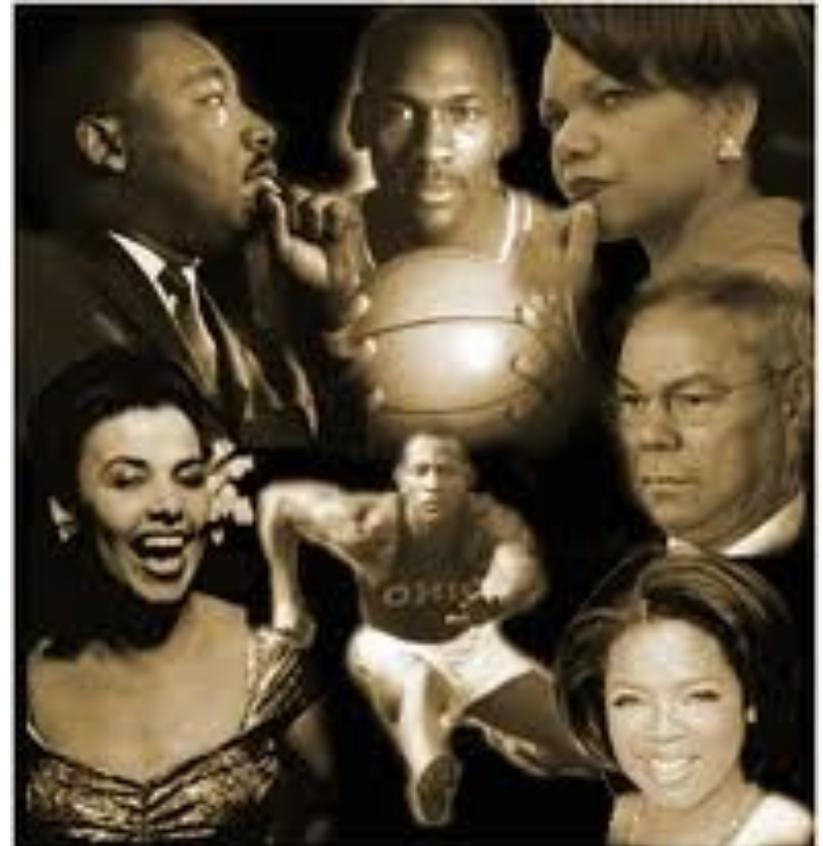
Conley-Guerrero  
Senior Activity Center  
will be **Closed** in  
Observance of  
**Martin Luther King Jr.  
Birthday.**



Fifty-Seventh  
**Presidential Inauguration**  
January 21, 2013

# Coming In February...

- ◆ Freedom's Song Series Every Monday & Friday @ 11:30am
- ◆ Valentine and Mardi Gras Celebration
- ◆ Black History Month Program Sponsored by  
Top Ladies of Distinction & Conley-Guerrero Advisory  
Board



**Advisory Board**

**Margarine G. Beaman, *President***  
**Reginald Christopher, *Vice President***  
**Marvin Massie, *Treasurer***  
**Mary Colunga, *Sgt. At Arms***  
**James "Jim" Crayton, *Secretary***  
**Alice Houston-Johnson, *Corr. Secretary***  
**Olivia Ussery, *Parliamentarian***  
**Willie Adams, *Member***  
**Larry Graugnard, *Member***

**Guild**

**Ida M. Hunt, *President***  
**Dr. Beulah Agnes Jones,**  
***Vice President***  
**Nellie Tellez, *Recording Secretary***  
**Jimmy L. Bowie, *Treasurer***  
**Elva Arambula, *Courtesy/Social Chair***  
**Adam Cantu, *Parliamentarian***

**Conley-Guerrero S.A.C. Newsletter**

Newsletters can be mailed to your home or business address.

**Cost: \$5.00/12 months**

If paying with a check, please make payable to:

**Conley-Guerrero Advisory Board.**

Only Conley-Guerrero Advisory Board Members can receive any annual donations or payment to have the newsletter mailed to you.

Please ask at the front counter and the staff will contact an Advisory Board Member to take you donation.



**Board Bulletin**

**Executive Board Meeting:**

Tuesday, January 8, 2013

**Guild Meeting:**

Thursday, January 17, 2013

**GIFTS AND MEMORIAL FUNDS**

Honor a relative or a friend with a gift to the Conley-Guerrero Senior Activity Center in his/her memory. Acknowledgment 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**  
**808 Nile Street Austin, Texas 78702**