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.

UPCOMING EVENTS

UnitedHealthcare Discussion
Wednesday, March 11th
11-11:45a
- Four (4) parts of Medicare and how they work
- Renew active (the alternative to silver sneakers) the silver sneakers program has phased out and is now Renew Active.
- Medicare cards (old Social Security Number vs new Medicare Beneficiary Identifier (MBI) numbers that have become active as on 1-1-20.

Austin Public Library
Bookmobile
Monday, March 16th
10a-12p
What can I do at a Mobile Library?
- Sign up for an Austin Public Library Card
- Check out titles from a curated selection
- See the Virtual Library in action on mobile devices
- Discover new and useful resources for knowledge and entertainment

Special Announcement for Meals on Wheels Participants
Austin PARD Senior Program will serve lunch on Friday, March 20th
Sign-up by Monday, March 16th
King and Queen

Congratulations!!!

Queen
Ora Waters

King
Johnny Waters

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Presentation...

Austin Community College Sociology Students Takes Over
Mondays
3-4p

Sociology students seek answers to questions about why people think and act the way they do through the study of structural and cultural patterns and social dynamics.

- **March 2nd**  ACC Takes Over. The students want to run stations such as bingo, dominoes, karaoke, pool, ping pong, arts & crafts, pickle ball, etc.
- **March 9th**  Pickle Ball Tournament, "Students vs. Seniors"
- **March 23rd**  Interviews Part I Students would love to hear seniors share their life stories.
- **March 30th**  Interviews Part II
Peripheral Neuropathy Support Group

Managing Symptoms of Neuropathy

at Conley Guerrero Senior Activity Center

Wednesday, March 11th
9:30-11:00a
Education Room

Support Group Questions
Marty Meraviglia RN, ACNS-BC
512.970.5454 or info@neuropathyalliancetx.org
(888) 556-3356 or lindsayc@pnhelp.org
**Special Event**

**TUESDAY, MARCH 17TH**

**11-11:45A  FREE**

**ST. PATRICK'S DAY**

**POT OF GOLD**

**SCAVENGER HUNT!**

- Partner up and bring your thinking caps.
- Teams of two (2)
- Work your way through this scavenger hunt
- Be the first team to finish and win the pot of gold!!

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**Movie**

**MONTHLY MOVIES**

**LOGAN LUCKY**

FROM THE DIRECTOR OF OCEAN'S 11, 12, 13 AND MAGIC MIKE

**TUES, MARCH 17th 1p FREE**

**CONLEY-GUERRERO**

**SENIOR ACTIVITY CENTER**

808 Nile Street  Austin, TX

The City of Austin is proud to comply with the America with Disabilities Act. If you require assistance for participation in our programs or use of facilities please call 512-974-1914.
Camping Trip

50 Plus Camping at H. E. Butt Foundation Camp
Tuesday-Thursday
May 5th-7th

Join Austin Parks and Recreation 50 Plus Programing for our second two-day camping trip to the beautiful H. E. Butt Foundation Camp.

- Cabins include beds, bathroom, and showers
- Hiking, Canoes, Camp fire, and enjoy nature at the site

Stop at front desk for different level of activities.

Registration begin
Wednesday, March 11th

Departure: May 5th
Return: May 7th
Cost: $40.00-R/$42.00-NR
Additional Expenses: Meals to and from trip
Activity Level: High

Classes

Ritmos Latinos! (Latino Rhythms!)
Tuesdays 10-11:30a

This class uses Latino dance rhythms like salsa, mambo, and cumbia to give physical fitness a fun and cultural twist! Ms. Jenny leads a slow warm-up with strengthening exercises, coordination, and balance exploration and finishes with short dance sequences using iconic Latino rhythms. Get healthier by dancing!

*Presentada en español e inglés (Presented in Spanish and English)
Instructor: Ms. Jenny Ramos

Self Pace Sewing Class
Tuesdays
12:30-3p

This class is open to all levels of sewers, beginners or advanced! From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!
In the first part of this class we will explore some of the different breathing exercises the ancient yogis developed to improve their health and extend their life. Practicing pranayama also helps to clear the mind and leads to better concentration. The second part of the class, we will practice meditation. Some styles of meditation will include focusing on the breath, a mantra, or candle gazing.

Mondays 2:15-3:15p
FREE

The format of this class will involve a thorough warmup, followed by movements that will balance the body’s strength, flexibility, and balance. As you skillfully exercise the upper body and lower body, we will also exercise the brain as you increase blood circulation. This will improve coordination and increase agility as you simply have fun in a relaxed, non-competitive atmosphere. Finishing up with a cool-down and relaxation, you will leave feeling like you have just had a good “movement massage”.

The City of Austin is proud to comply with the America with Disabilities Act. If you require assistance for participation in our programs or use of facilities, please call 512-974-3914.
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<tr>
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Craft

**Metal Lantern**
Thursday, March 12th
10-11:30a
Cost: Free

Add a vintage feel to your event decor by illuminating your tables with this white metal lantern.

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Moment In Time

**Quirky Country Music Song Titles**
Friday, March 27th
11-11:45a
Cost: Free

Join us for a fun time remembering silly songs and sing along with some.

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Special Classes

**All Rhythms Percussion Class**
Tuesday, March 3rd
10-11a
Free

Music, Percussion and Nature Course:
An instrumental percussion course that teaches basic music theory while focusing on ensemble experience by learning how to improvise, respond to calls and cues, read and write rhythmic notation as well as take part in rote learning.

**DOUGHERTY ARTS CENTER Beyond Beads Jewelry**
Tuesdays, March 3rd and 10th
10-11:30a
Cost: Free

Go beyond beading and make your own jewelry components! Students will explore various jewelry techniques including using leather, wire-wrapping stones, and creating their own beads. Pieces will be assembled to create one of a kind works of wearable art!

**Aging is Cool**
Tuesdays March 24th and 31st April 7th
10-11a

March 24    Stay Smart
March 31    Balance
April 7     Stay Smart

**Creative Writing**
Fridays
11-11:50a

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.
GUILD MEETING
March 19th
9a

ADVISORY BOARD MEETING
March 24th
1:15p

PUBLIC MEETINGS

Blood Pressure Checks
with Wesley Nurse
Health Ministries
Tuesday, March 24th
10:30 - 11:30a
Game Room II

Birthday Celebration
Friday, March 27th at 12p
Join us for cake and ice cream to celebrate all friends’ birthdays!!!

COMMUNITY GARDEN
Join our group on Wednesdays to help with our winter garden maintenance and harvesting. Whether you have a green thumb to lend, or want to develop one, stop by our community garden.

Game Group
Monday-Friday
1-5p
Dominoes, Rummikub & Triominos
Game Room 1

Coordinator: Matt Rodriguez

Nurse: Sharon
Cost: Free

Bridge
All Levels
Tuesdays and Thursdays
2-5:45p
Contact Front Desk for more information

Bingo
Mondays, Wednesdays and Fridays
1-2:30p
Socialize and play bingo
$1.00 per card
(Volunteer Callers needed)
Contact Front Desk for more information

GAMES

TECHNOLOGY

Free Computer Classes
WE TEACH THE SKILLS YOU WANT TO LEARN

When & Where:
Conley-Guerrero Senior Activity Center
808 Nile St, Austin, TX 78702
Tuesdays & Thursday’s
1:00 – 4:00 pm

Instructor: Alix Potter

Open Puzzle Table
8a-4:45p

Billiards Room
Monday - Friday
8a-4:45p

Contact Front Desk for more information

Instructor: Alix Potter

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BE SURE TO CHECK OUT OUR TREADMILLS, RECUMBENT BIKES, WEIGHT SYSTEMS AND ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE USING THE EQUIPMENT, CGSAC STAFF IS AVAILABLE TO ANSWER QUESTIONS.

**FITNESS**

**Chair Exercise “Beginner”**
Mondays, Wednesdays & Fridays 9:30-10:15a
Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.
**Instructors:** Troy and Martha
**Cost:** Free

**“Seniors in Motion” Chair Exercise**
Mondays, Wednesdays & Fridays 10:30-11a
Defy the odds shatter stereotypes and answer every challenge with “I can do this” while rocking to your favorite music!
**Instructors:** Troy and Martha
**Cost:** Free

**Yoga 101**
Mondays 1-2p
This is a sequence based hatha (iyengar) yoga class that uses mats, blankets, blocks, and straps.
**Cost:** $10.00 per month

**(NEW) Strength and Stretch Class**
Fridays 1:30-2:30p
Exercise the brain as you increase blood circulation. This will improve coordination and increase agility as you simply have fun
**Cost:** Free

**T’AI CHI**
**Thursdays 1-2p**
T’ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T’ai Chi is also very safe and practiced slowly; it is zero impact.
**Instructor:** Kade Green, Sifu
**Cost:** Free

**Ritmos Latinos! (Latino Rhythms!)**
**Tuesdays 10-11:30a**
This class uses Latino dance rhythms like salsa, mambo, and cumbia to give physical fitness a fun and cultural twist! Ms. Jenny leads a slow warm-up with strengthening exercises, coordination, and balance exploration and finishes with short dance sequences using iconic Latino rhythms. Get healthier by dancing!
**Instructor:** Ms. Jenny Ramos
**Cost:** Free

You should consult your physician or other health care professional before starting any fitness program to determine if it is right for you and your needs.

**FITNESS**

**Pickleball**
Tuesdays & Thursdays 1-5:45p
The fastest growing senior sport in the nation. Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. This is a two to four player’s game.
**Come join the fun!!!**
**Cost:** Free

**50+ Adult Trike Program “Golden Rollers”**
Tuesdays and Thursdays
Intro & Safety Class
March 5th and 10th 9-9:30a
**Tuesdays, On the Trail:**
March 12th, and 26th April 2nd and 9th
9-10a and 10-11a
**Thursdays, On the Road:**
March 5th, 12th, and 26th April 2nd and 9th
11a-12p
**Cost:** Free

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**TRIPS**

**LOTTERY REGISTRATION DUE:** Friday, March 6th  
**REGISTRATION FEES DUE:** Wednesday, March 11th

You may sign up one other person in addition to yourself by calling or by stopping by the center. You may contact the center anytime after 12p on Monday, March 9th 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.

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<th>Trip</th>
<th>Destination</th>
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<th>Cost</th>
<th>Additional Expenses</th>
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<td>Austin, TX</td>
<td>Tuesday, March 10th</td>
<td>9a</td>
<td>$3.00-R/$4.00-NR</td>
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<td>Joy’s Ceramics</td>
<td>Marion, TX</td>
<td>Friday, March 20th</td>
<td>8:30a</td>
<td>$7.00-R/$8.00-NR</td>
<td>Purchases and Lunch</td>
<td>Low - Moderate</td>
</tr>
<tr>
<td>Lunch Day Out @ Deckhand Oyster Bar and Seafood</td>
<td>Austin, TX</td>
<td>Wednesday, March 25th</td>
<td>10:30a</td>
<td>$3.00-R/$4.00-NR</td>
<td>Lunch</td>
<td>Low - Moderate</td>
</tr>
<tr>
<td>Bringing Seniors Together: Senior Egg Hunt</td>
<td>Hosted by South Austin Senior Activity Center</td>
<td>Roy G. Guerrero Park</td>
<td>Thursday, March 26th</td>
<td>Res. Free</td>
<td>None</td>
<td>Moderate – High</td>
</tr>
<tr>
<td>Top Golf</td>
<td>Austin, TX</td>
<td>Tuesday, March 24th</td>
<td>9a</td>
<td>$3.00-R/$4.00-NR</td>
<td>Bay Fee/Card $5.00 and Lunch</td>
<td>Moderate – High</td>
</tr>
</tbody>
</table>

**Top Golf**  
Austin, TX  
Tuesday, March 24th

"In the signature game, players score points by hitting balls (assigned using our microchip technology) into any target. The more accurate your shot and the farther the distance, the more points you earn.”  
**Lunch at The Black Walnut.**

Departure Time: 9a  
Return Time: 2p  
Cost: $3.00-R/$4.00-NR  
Additional Expenses: $10.00 Bay Fee/Card $5.00 and Lunch  
Activity Level: Moderate – High

**Lunch Day Out @ Deckhand Oyster Bar and Seafood**  
Austin, TX  
Wednesday, March 25th

Deckhand Oyster Bar & Seafood offers up not only the freshest oysters from the Third Coast, but the finest seafood whether you like it Asian, Cajun, Thai-style or American; boiled, grilled, and fried.

Departure Time: 10:30a  
Return Time: 1:30p  
Cost: $3.00-R/$4.00-NR  
Additional Expenses: Lunch  
Activity Level: Low - Moderate

**Bringing Seniors Together: Senior Egg Hunt**  
Hosted by South Austin Senior Activity Center  
Roy G. Guerrero Park  
Thursday, March 26th

Bringing Seniors Together is an Initiative aimed at partnering with senior programs across the Community Recreation Division to offer monthly fellowship among seniors.

Departure Time: 9:30a  
Return Time: 1:30p  
Cost: Res. Free  
Additional Expenses: None  
Activity Level: Moderate – High
VISUAL, LITERARY & PERFORMING ARTS

Ceramics
Beginner to Advanced
Mondays
8:30-11a
Thursdays
1-3p
Students will be introduced to different painting and glazing techniques. Class includes group projects and kiln firings.

Instructor: CG Staff
Cost: $10.00-R/$11.00-NR per month. Addition Firing $5.00 per item over 12”

Ballet Folklorico Dance
All Levels Are Welcome.
Tuesdays
9-11a
The group practices traditional Mexican folkloric ballet. This class is an excellent enhancement to your regular exercise program.

Volunteer Instructor: Debi Ramos
Cost: Free

Tejano Dance Class
Thursdays
9-9:50a
Free
Always wanted to learn how to dance Tejano? This is the class for you.
Instructor: Domingo Herrera

“Golden Ace”
R&B Line Dance
Thursdays
10-11a
Get your blood pumping and feet moving to Rhythm & Blues, Hip Hop music and steps!

Volunteer Instructor: L.M. Rivers
Cost: Free

Quilting Classes
Wednesdays
Beginners: 10:30-11:45a
Intermediate: 1-3p
This class teaches new quilters the basic concept of quilting.

Volunteer Instructor: Margarine Beaman
Cost: Free

Book Club
Third Thursday, March 19th
11-11:55a
Cost: Free
Want to join a book club but don’t know where to start? Join the new book club starting at Conley Guerrero Senior Activity Center. Plus, you get to meet like-minded readers, and discover new and exciting reads.

Book of the Month:
Raspberry Danish Murder by Joanne Fluke

Free Spanish Class
Beginner to Advanced
Mondays and Wednesdays
1–3:30p
Learn Spanish language basics in a relaxed atmosphere.

Instructor: Maestro Dotson
Cost: Free

Bible Study
Mondays and Thursdays
10–11a
Study is taught from the King James Version of the Bible. Classes are conducted from lesson plans and “open formats”.

Instructors: Various
Cost: Free

Book Club
Third Thursday, March 19th
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Study is taught from the King James Version of the Bible. Classes are conducted from lesson plans and “open formats”.

Instructors: Various
Cost: Free
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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tr>
<td>Cal: 608</td>
<td>Cal: 664</td>
<td>Cal: 700</td>
<td>Cal: 630</td>
<td></td>
</tr>
<tr>
<td>30. Ron Lantz’s Meatloaf with Brown Gravy Whipped Potatoes w/Skins Mixed Vegetables Dinner Roll Fresh Fruit</td>
<td>31. Buffalo Chicken Pasta Lentil Vegetable Pilaf Brussels Sprouts Wheat Bread Fresh Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cal: 671</td>
<td>Cal: 755</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Due to unavailability of certain items, appropriate substitutions may need to be made.

**Milk is served every meal.

- Vegetarian Entrée

≥ 1000mg Sodium
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 financially viability providing an overall financially sound recreation program to the Austin community.