# 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.



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.

## 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 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 Memorial Fund Conley-Guerrero Senior Activity Center (Attention: C-GSAC Advisory Board) , 808 Nile Street Austin, Texas 78702

## C-GSAC GUILD



## C-GSAC ADVISORY BOARD



## FIELD TRIPS



Bringing Seniors Together @Virginia L. Brown

AUSTIN, TX

WEDNESDAY APRIL 10, 2024

**Departure Time:** 9:00am **Return Time:** ~12:00pm

Cost: NONE

Additional Costs: NONE Activity Level: LOW

Capacity: 10 PARTICIPANTS MAXIMUM

\*\*REGSTRATION FOR BRINGING SENIORS TOGETHER IS DUE APRIL 5 @12:00PM\*\*

#### Results available Monday April 8th



Softball Game: UT vs. lowa State

AUSTIN, TX

FRIDAY APRIL 26, 2024

Departure Time: 5:00pm Start of Game: ~6:00pm Return Time: ~9:00pm

Cost: RES \$3.00 Non Res \$4.00

Additional Costs: Concession food/souvenirs

Activity Level: MEDIUM

Capacity: 10 PARTICIPANTS MAXIMUM

\*\*REGISTRATION FOR SOFTBALL TRIP

IS DUE APRIL 17TH @12:00PM\*\*

TRIP FEE IS DUE APRIL 24 @2:00PM Results available Thursday April 18th

## FIELD TRIP INSTRUCTIONS

# \*\*PLEASE LOOK AT THE DATES CAREFULLY. EACH TRIP HAS A DIFFERENT DEADLINE\*\*

Exact change, credit/debit cards, and checks are 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 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 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. All trips are subject to
change due to weather, PARD director approval, or registration numbers.





## The Solar Eclipse



Conley-Guerrero Senior Activity Center will be witnessing the



## SOLAR EGLIPSE

Date: April 8th Time: 12:00pm-3:30pm

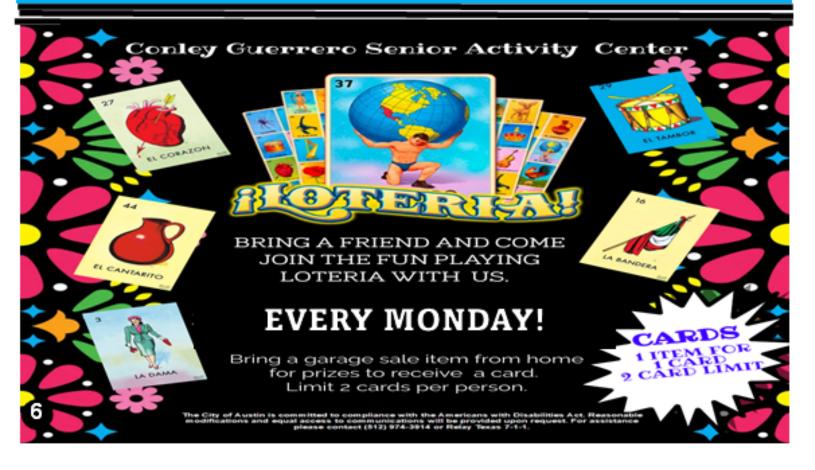
Austin, TX will experience a once in a lifetime total solar eclipse in the path of totality. Austin won't be in the path of totality again for another 319 years.





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.

## LOTERIA



#### CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne



On site class
Wednesday
10:30am

Learn the fundamentals of proper posture and body mechanics.

## CHAIR YOGA

On site class
Thursdays
10:30am

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

Instructor: Patti Gagne



## PICKLEBALL

# THE FASTEST GROWING SENIOR SPORT Open Play Schedule Tuesday & Thursday 1:00pm - 4:15pm Saturday 8:00am - 12:00pm

## FITNESS ROOM



## TAI CHI

# Tai Chi and the Art of Mindful Aging

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

Session 3 Feb. 29th-Apr. 8th | Session 4 Apr. 11th-May. 20th

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.

Payment is due at the start of each session

## BLOOD PRESSURE CHECK

#### BLOOD PRESSURE CHECK



"Serving Humanity to Honor God"

with Sharon Skaggs from Wesley Nurse Health Ministries

in the Charles Jordan Hall

April 2nd

10:00am-12:00pm

## SEWING CLASS



# SECURITY GLASS INSTRUCTOR: CHRISTINA GREEN- MARTINEZ

**EVERY TUESDAY** 

9:30AM - 11:30AM

loin 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 I

NO WAITING LIST

## TECHNOLOGY CLASSES



## GOLDEN ROLLERS

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





## SIGN LANGUAGE

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



Starting February 13th

Tuesday's

10 - 11 am Education Room

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



## 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\*\*\*

Œ

## Seniors With A Goal (SWAG)

## Register at the front office before April 24th @12:00pm





"Wisdom Comes with Age...and Knowledge with Information"

Join Us for a Day of Information Sharing

Get answers to your questions regarding critical decisions about your health, home maintenance and safety, transportation options, estate planning & more.

Wednesday, May 1, 2024
9:00 am to 3:00 pm - FREE ADMISSION
Conley-Guerrero Senior Activity Center

808 Nile Street, Austin, Texas 78702

Breakfast & Lunch will be provided, as well as opportunities for Door Prizes!

#### -PLANNED PRESENTATIONS & SESSIONS-

Alzheimer's/Dementia Zumba Immunizations Medicaid and Long-term Care



Meal Prep Demonstration Estate Planning Parkinson's Exercises House Repairs

#### -INFORMATION BOOTHS-

- Senior Living & Caregiving AGE of Central Texas
- Transportation Capital Metro
- Dental Care Info & Supplies National Dental Association
- County Services Travis County



Programs & Services
Central Texas Food Bank

- Parkinson's Evaluations & Info Power for Parkinson's
  - Digital Inclusion, Mentoring Austin Area Urban League
    - Smoke Detector Program Austin Fire Department
    - Weatherization Program
       Austin Energy

For more information contact us at: theaustinlinks@gmail.com

Special Thanks to Our Sponsors!







## CERAMICS

Morning Ceramics Class Tuesdays: 9am-12pm Afternoon Ceramics Class Thursdays: 1-4pm





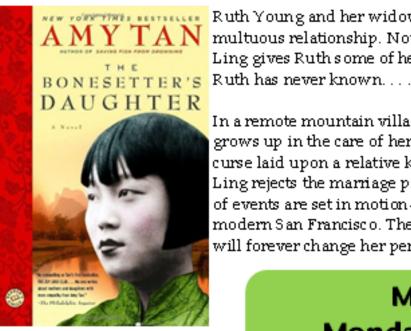






\$10.00 per month

#### **BOOK CLUB**



Ruth Young and her widowed mother, LuLing, have always had a tumultuous relationship. Now, before she succumbs to forgetfulness, Lu-Ling gives Ruth some of her writings, which reveal a side of LuLing that Ruth has never known. . . .

In a remote mountain village where ghosts and tradition rule, LuLing grows up in the care of her mute Precious Auntie as the family endures a curse laid upon a relative known as the bonesetter. When headstrong Lu-Ling rejects the marriage proposal of the coffinmaker, a shocking series of events are set in motion—all of which lead back to Ruth and LuLing in modern San Francisco. The truth that Ruth learns from her mother's past will forever change her perception of family, love, and forgiveness.

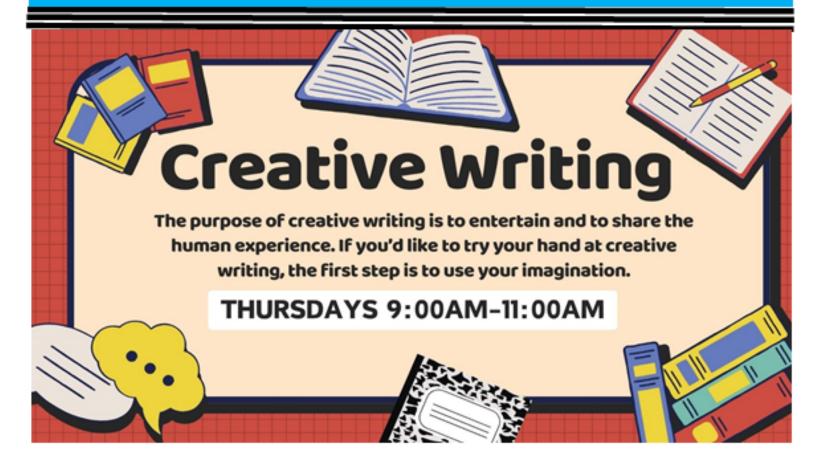
Meeting: Monday April 29th @10:30am

## BIBLE STUDY

# Bible Study Mondays 9-10am

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

## CREATIVE WRITING



## ARTS & CRAFTS

Clay Creations Wednesday, April 3rd 1:00-3:00 pm



Make your own pieces, including glazing and firing.

Free Class

30 Minute Masterpiece Wednesday, April 17th 1:00-3:00pm



Paint pieces of cardboard or paper to create a picture.

Free Class

Concept Art Wednesday, April 10th

1:00-3:00pm



Bring a concept to three dimensions.

Free Class

Scrapbooking Wednesday, April 24th 1:00-3:00pm



Bring some photos to create a scrap book.

ONLY 8 ALBUMS AVAILABLE. First come, first serve.

Free Class

Coming soon: Family History!

## YOGA SONG WELLNESS

#### **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!

Music For The Soul

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.



Instructor: Donna Hoffman

## BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through dance!



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

## 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



Harvesting occurs Tuesday mornings@9am



Help our
Community
Garden
grow!!!

## GAME DAY



## BINGO



## Varsity Games



# VARSITY GAMES

DAY: FRIDAY, APRIL 12

IME: 9:00AM - 3:00PM

APPROACH THE FRONT DESK FOR MORE INFORMATION!



MASTER OF MEMORY PROGRAM



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.

## Master of Memory







#### **Master of Memory**

Master of Memory (MOM), a six lesson series that will help you understand how your memory works and what may affect your memory.

The series includes: Am I Losing My Mind, Memory Strategies, Nutrition and Memory Function, Medication and Memory Function, Medical Conditions and Memory Function, and Exercise for the Body and Mind.



Dates: Every Tuesday for the Month of April

Time: 9:30am

**Location: Conley-Guerrero Senior Activity Center** 

Dr. Crystal Wills, Cooperative Extension Program Prote View A&M University of cwilts@og.tamu.edu

#### Sign up at the front office!

The Cooperative Extension Program does not discriminate a gainst arryone organifess of their more, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, a.gr., marital status, income derived from a public assistance program. political beliefs, a perioral or retaliation for prior civil rights activity, in any program or activity in any program or activity in any activity in a sex program or a sex program and a language of sex fund English or with a disability who require alternative means of communication of program information (builde, large print, sudictupe, etc.) should contact Ms. Belinda Lewis at 936-261-3515 in advance.

#### FRIDAY MATINEE

# HOLLY WOOD

#### Conley-Guerrero Presents . . .

Friday, April 5th FREE Rated R 1:00 pm 1h 27m



A young woman, while attempting to save her father during a category 5 hurricane, finds herself trapped in a flooding house and must fight for her life against alligators. Friday, April 19th FREE Rated PG-13 1:00 pm 2hr 9min



The story of Michael Oher, a homeless and traumatized boy who became an All-American football player and first-round NFL draft pick with the help of a caring woman and her family.

#### HELLO NEIGHBOR

#### **HELLO NEIGHBOR!**

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

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

SIGN UP AT FRONT DESK

Bring something to CGSAC that you'd like to share so we can learn about you!

- **HOBBIES**
- **⇒ FAMILY PHOTOS**
- SHOW AND TELL

"Neighbors are people who are close to us and friends are people who are close to our hearts."

## 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, April 19th and 26th 9:00am - 10:00am

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<b>SATURDAY</b>
<b>1 Trip Registration Opens 8a</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:20p	2 What's Up In The Night S ky 11 a  Ceramics 9a Golden Rollers 9a Master of Memory 9:30a American Sign Language Sewing 9:30a Sanctuary Garden 8:30a Storytelling Through Dance 10a Austin Free Net- 10a Pickleball 1p	3 Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bingo 1p Arts & Crafts– Clay Creations 1p	4 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	<b>5 BST Trip Registration Closes 12p</b> Music For The Soul 10a Lifetime Learning 10a Friday Matinee "Crawl" 1p	<b>6</b> Pickleball 8a Line Dance 10a
<b>8 Solar Eclipse Viewing 12p</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:20p	<b>9</b> Ceramics 9a Golden Rollers 9a <b>Master of Memory 9:30a</b> American Sign Language Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	10 BST @VLB 9a Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bingo 1p Arts & Crafts— Concept Art 1p	11 Creative Writing 9a APH Free Health Screening 9a -12p R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	12 Plant Swap 9a Varsity Games 9a Music For The Soul 10a	<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 2:20p	16 Ceramics 9a Golden Rollers 9a Master of Memory 9:30a American Sign Language 10a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Pickleball 1p	17 Softball Trip Registration Ends 12p Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30 Hello Neighbor 11:30a Central Texas Food Bank 12p Bingo 1p Arts & Crafts = 30 Min Masterpiece 1p	Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30 Ceramics 1p Tai Chi 1p Pickleball 1p	<b>19</b> Coffee w/ Johnny 9a Music For The Soul 10a Friday Matinee " <i>The Blind Sid</i> e" 1p	<b>20</b> Pickleball 8a Line Dance 10a
<b>22</b> Bible Study 9a Gentle Morning Yoga 10a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:20p	23 Ceramics 9a Ceramics 9a Golden Rollers 9a Master of Memory 9:30a American Sign Language 10a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a	24 SWAG Registration Ender 12p Stitchers 9a Quilting 9:00a & 1p Ballet Folklorico 10a Stretch & Strength 10:30a Hello Neighbor 11:30a Bingo 1p Arts & Crafts—Scrapbooking 1p	S 25 Creative Writing 9a APH Free Health Screening 9a-12p R&B Fine Line Dance 10a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	<b>UT Softball @5p</b> Coffee w/ Johnny 9a Music For The Soul 10a	<b>27</b> Pickleball 8a Line Dance 10a
<b>29</b> Bible Study 9a Gentle Morning Yoga 10a Book Club 10:30a Coloring Hour 10:30a Tai Chi 1p	<b>30</b> Ceramics 9a Golden Rollers 9a <b>Master of Memory 9:30a</b> American Sign Language 10a Sewing 9:30a Sanctuary Garden 8:30a		APR	JIL 202	24

Sanctuary Garden 8:30a

Austin Free Net- 10a

Pickleball 1n

Bingo 1p

Loteria 2:20p

AIIIII ZUZS



## **APRIL**

## **MENU**



					TEXAS
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Sweet and Sour Diced Chicken Brown Rice Broccoli Whet Bread Fresh Fruit Cal: 690	Turkey Taco Pinto Beans Steamed Cauliflower Corn Tortillas (2) Fresh Fruit Taco Sauce Cal: 709	3 Suellan's Baked Chicken with Gravy Macaroni and Cheese Dilled Carrots Wheat Bread Fruited Cherry Gelatin Cal: 653	4 Rosemary Butter Sliced Ham Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Cal: 715	BBQ Breaded Chicken Seasoned Lentils Green Beans Hamburger Bun Fresh Fruit Cal: 756
8	CLOSED - No Delivery	9 Lemon Butter Chicken Cheesy Parslied Potatoes Green Beans Texas Bread Fresh Fruit Cal: 664	Cold Meal Pimento Cheese  Aztec Couscous Salad Carrot Raisin Salad  Wheat Bread Fruited Lemon Gelatin  Cal: 851	11 Thai Chili Pork Loin Whole Grain Penne Pasta Chinese Cabbage Wheat Bread Fresh Fruit Cal: 638	Turkey Macaroni and Cheese Lentils California Vegetable Blend Texas Bread Fresh Fruit Cal: 705
15	Coconut Chicken Confetti Brown Rice Japanese Vegetable Blend Texas Bread Fresh Fruit Cal: 665	Rosemary Pork Loin Whipped Potatoes with Skins Green Beans Wheat Bread Fresh Fruit Cal: 603	Swiss Steak Chili Beans Stewed Okra Texas Bread Fresh Fruit Cal: 760	Cold Meal Tuna Macaroni Salad Marinated Beet Salad Marinated Carrots Wheat Bread Fruited Strawberry Gelatin Cal: 647	19 Balsamic Glazed Beef Meatballs Lima Beans Lemon Zest Broccoli Wheat Bread Fresh Fruit Cal: 633
	n Lantz's Meatloaf with Brown Gravy Seasoned Lentils Brussels Sprouts Wheat Bread Fresh Fruit Cal: 711	Turkey Tetrazzini Broccoli Parslied Carrots Wheat Bread Fresh Fruit Cal: 612	Thai Chili Chicken Brown Rice Japanese Vegetable Blend Wheat Bread Fruited Lime Gelatin Cal: 638	Dan Pruett's Hamburger Patty  Lettuce and Tomato  Ranch Beans  Hamburger Bun  Hot Cinnamon Applesauce  Mustard and Ketchup  Cal: 645	Cheesy Macaroni  Seasoned Cauliflower  Green Beans Almandine  Dinner Roll  Fresh Fruit  Cal: 629
29 C	hicken Meatballs with Gravy Green Peas Cabbage Texas Bread Fresh Fruit Cal: 670	Three Cheese Ziti Glazed Carrots Green Beans Texas Bread Fresh Apple Cal: 744		V - Vegetarian Entrée	*Due to un availability of certain items, appropriate substitutions may need to be made. **Milk is served every meal

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

#### 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:

April 30, 2024 @ 1:00pm

Guild Meeting:

April Date TBA

@ 9:00 am