

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 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 _____

MARCH FIELD TRIPS

*****DUE TO STAFFING, THERE WILL BE NO FIELD TRIPS SCHEDULED FOR MARCH 2024*****

In the event there are field trips scheduled, these are the following instructions:

You must register within the allotted time given every month, afterwards you will be put in a lottery system to be selected for the trips you registered for. 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.

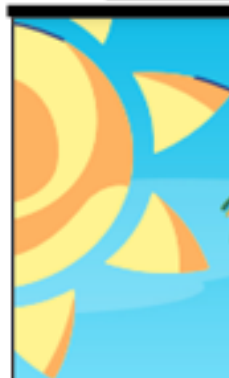
C-GSAC GUILD



C-GSAC ADVISORY BOARD



IT'S MY PARK DAY



Austin Parks and Recreation

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

WE NEED 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-shirt
- ✓ There will be GAMES!
- ✓ There will be MUSIC!
- ✓ There will be GIVEAWAYS!



AGE-FRIENDLY
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

Conley Guerrero Senior Activity Center



BRING A FRIEND AND COME
JOIN THE FUN PLAYING
LOTERIA WITH US.

EVERY MONDAY!

Bring a garage sale item from home
for prizes to receive a card.
Limit 2 cards per person.

CARDS
1 ITEM FOR
1 CARD
2 CARD LIMIT

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CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne

On site class

Wednesday

10:30am



NO CLASS MARCH 13TH

Learn the fundamentals
of proper posture and
body mechanics.

CHAIR YOGA

On site class

Thursdays

10:30am

Instructor: Patti Gagne

NO CLASS MARCH 14TH

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



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 will begin Apr. 11th

Mondays only - \$30.00

Thursdays only - \$30.00

Mondays and Thursdays - \$50.00

\$5.00 per class

Strengthen your mind, body, and spirit.

BLOOD PRESSURE CHECK

BLOOD PRESSURE CHECK



"Serving Humanity to Honor God"

*with Sharon Skaggs
from Wesley Nurse Health
Ministries*

in the Charles Jordan Hall

Tuesday March 12th

10:00am-12:00pm

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

TECHNOLOGY CLASSES

Austin-Free-Net

Every Tuesday

March 5th @ 10:00am

March 12th @ 10:00am

March 19th @ 10:00am

March 26th @ 10:00am

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

Max Participants: 10

Tuesday's

10 - 11 am Education Room

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

Conley-Guerrero Stitchers
Needlepoint-Knitting-Crochet-Embroidering

**Wednesdays
9:00am-11:30am**

Located in the Charles Jordan Hall

A detailed illustration of various sewing supplies. It includes several spools of thread in different colors (orange, red, blue, green), a pair of orange-handled scissors, a blue pincushion with several pins, and several buttons of different sizes and colors (yellow, red, green).

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

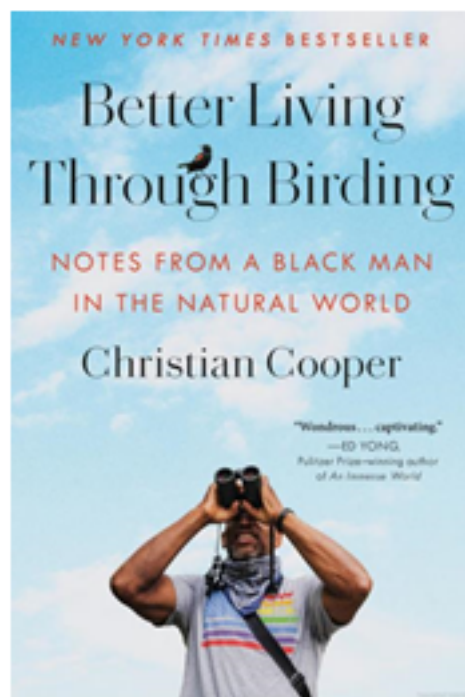
Bring your own materials
and supplies

Sewing Machines Available



Instructor: Margarine Beaman

BOOK CLUB



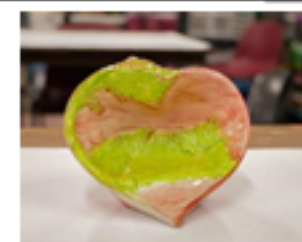
"Read this book if you want to discover the joys, struggles, and magic of birding, but even more because it's a book about the joys, struggles, and magic of life. Christian Cooper is a brilliant storyteller who manages to pack history, science, and sociology—with just the right amount of laugh-out-loud sass—into his powerful memoir. This book soars!" —Juli Berwald, author of *Spineless*

Meetings:
Monday March 25th @10:30am
See the front desk for more information or call 512-978-2660

CERAMICS

Morning Ceramics Class
Tuesdays: 9am-12pm

Afternoon Ceramics Class
Thursdays: 1-4pm



\$10.00 per month

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!

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

REGISTRATION OPENS
12:00PM JANUARY 24

LINK TO REGISTER:

WWW.LLIAUSTIN.ORG

Cost:

- \$30 when you register
- \$10 at first class for handouts

DOLL EXHIBIT

PRESERVING BLACK DOLLS

Cathy Runnels has collected Black Dolls for over 25 years. Cathy focuses on preserving handmade dolls made by African American artists. She uses her collection to teach about Black history and culture. Cathy will exhibit her collection of handmade dolls and discuss the importance of Preserving Black Dolls.



Date: Wednesday March 6th
Time: 11:30am-12:30pm

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

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

ARTS & CRAFTS

Clay Creations

Wednesday, March 6th
1:00-3:00pm



Create your own magnificent piece!

Free Class

Concept Art

Wednesday, March 13th
1:00-3:00pm



Bring a concept to three dimensions.

Free Class

30 Minute Masterpiece

Wednesday, March 20th
1:00-3:00pm



Try using a pallet knife to create your next masterpiece!

Free Class

Miniskirt Purse

Wednesday, March 27th
1:00-3:00pm



Use a miniskirt stitched together to make a one-of-a-kind purse. No two will be alike!

Free Class

Spring Is In The Air!

With Dolores Perez and Alicia Fabian
Friday, March 8th
9:00-11:00am

Create a spring bouquet!



Free Class

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!



Instructor: Donna Hoffman

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.



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



Help our
Community
Garden
grow!!!

Harvesting occurs Tuesday mornings @ 9am

VIRTUAL TOUR




Conley-Guerrero Senior Activity Center brings you

MINUTES INTO THE VIRTUAL WORLD!



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.

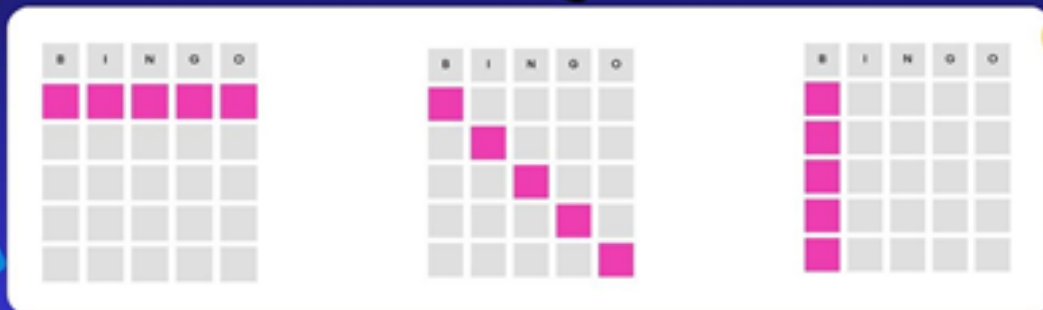
Wednesdays @ 2:15pm  VARSITY GENERATION

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BINGO



**Mondays and Wednesdays
1:00pm**



\$1.00 per card

Spring Celebration



**FRIDAY, MARCH 29, 2024
10:00AM TO 11:00AM**

CONLEY-GUERRERO SENIOR ACTIVITY CENTER
WILL BE HAVING A

SPRING CELEBRATION

**PLEASE JOIN US FOR
GAMES, MUSIC, PRIZES,
REFRESHMENTS, ARTS
AND CRAFTS, AND FUN!**



**DEADLINE TO REGISTER IS @
12:00PM TUESDAY, MARCH 26TH**



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**VARSITY
GENERATION**

FRIDAY MATINEE



Conley-Guerrero Presents . . .

Friday, March 8th
FREE Rated PG-13
1:00 pm 2h 34m



Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA.

Friday, March 22nd
FREE Rated PG
1:00 pm 1 hr 56 min



Armed with nothing but a hatful of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.

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, March 15th and 22nd 9:00am - 10:00am

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MARCH 2024

4

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

11

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

18

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

25 Bible Study 9a

Gentle Morning Yoga 10a
Book Club 10:30a
Coloring Hour 10:30a
Tai Chi 1p
Bingo 1p
Loteria 2:20p

5 Ceramics 9a

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

12

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

19

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

26 Ceramics 9a

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

6 **Preserving Black Dolls**
11:30a

Stitchers 9a
Quilting 9:00a & 1p
Ballet Folklorico 10a
Stretch & Strength 10:30a
Hello Neighbor 11:30a
Bingo 1p
Arts & Crafts- Clay Creations 1p
Minutes Into The Virtual World 2:15p

13 Stitchers 9a

Quilting 9:00a & 1p
Ballet Folklorico 10a
Stretch & Strength **NO CLASS**
Hello Neighbor 11:30a
Bingo 1p
Arts & Crafts – Concept Art 1p
Minutes Into The Virtual World 2:15p

20 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 1p
Minutes Into The Virtual World 2:15p

27 Stitchers 9a

Quilting 9:00a & 1p
Ballet Folklorico 10a
Stretch & Strength 10:30a
Hello Neighbor 11:30a
Bingo 1p
Arts & Crafts – Miniskirt Purse 1p
Minutes Into The Virtual World 2:15p

7

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

14

Creative Writing 9a
R&B Fine Line Dance 10a
Chair Yoga **NO CLASS**
Ceramics 1p
Tai Chi 1p
Pickleball 1p

21 Creative Writing 9a

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

28 Creative Writing 9a

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

1

Music For The Soul 10a
Lifetime Learning 10a

8

Art with Dolores and Alicia 9a
Music For The Soul 10a
Lifetime Learning 10a
Friday Matinee "*Indiana Jones and the Dial of Destiny*" 1p

15

Coffee w/ Johnny 9a
Music For The Soul 10a
Lifetime Learning 10a

22

Coffee w/ Johnny 9a
Music For The Soul 10a
Lifetime Learning 10a
Friday Matinee "*Wonka*" 1p

29

Spring Celebration 10a
Music For The Soul 10a

2

Pickleball 8a
Line Dance 10a

9 **It's My Park Day @ Roy G. Guerrero Park at Krieg Field—8:30am**

Pickleball 8a
Line Dance 10a

16 Pickleball 8a

Line Dance 10a

23 Pickleball 8a

Line Dance 10a

30



MARCH

MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>'Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal</p>	<p> - Vegetarian Entrée</p> <p> ≥ 1000mg sodium</p>			<p>Lent </p> <p>Cheese Omelet Seasoned Black Peas Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604</p>
<p>4 Teriyaki Chicken Meatballs Northern Beans Japanese Vegetable Blend Texas Bread Fresh Fruit Cal: 717</p>	<p>5 Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625</p>	<p>6 Lemon Pepper Chicken Brown Rice Broccoli Dinner Roll Fresh Fruit Cal: 723</p>	<p>7 Sloppy Joe Cheesy Parslied Potatoes Mixed Vegetables Hamburger Bun Fruited Lemon Gelatin Cal: 687</p>	<p>8 Lent </p> <p>Spaghetti Torte Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 705</p>
<p>11 Ron Lantz's Meatloaf with Brown Gravy Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Cal: 615</p>	<p>12 Black Bean Chicken Brown Rice Sweet and Sour Carrots Dinner Roll Fresh Fruit Cal: 882</p>	<p>13 Cold Meal Gourmet Turkey Salad Vegetable Couscous Salad Cucumber and Onion Salad Saltine Crackers Fresh Banana Cal: 616</p>	<p>14 Rosemary Butter Sliced Ham Pinto Beans Okra and Tomatoes Texas Bread Fruited Lime Gelatin Cal: 710 </p>	<p>15 Closed For Holiday</p>
<p>18 Ham, Red Beans and Rice Couscous Cabbage Texas Bread Fresh Fruit Cal: 667 </p>	<p>19 Beef with Mushroom Gravy Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 670</p>	<p>20 Tofu Fried Rice </p> <p>Lentils Japanese Vegetable Blend Texas Bread Fresh Fruit Cal: 715</p>	<p>21 Cold Meal Sliced Turkey and Swiss Cheese Lettuce and Tomato Pasta Salad Wheat Bread (2) Fruited Cherry Gelatin Mustard Cal: 738 </p>	<p>22 Lent</p> <p>Tuna Macaroni and Cheese Green Peas Parslied Carrots Wheat Bread Fresh Fruit Cal: 601</p>
<p>25 Balsamic Brown Sugar Glazed Beef Lemon Herb Pasta Peas and Carrots Wheat Bread Fresh Fruit Cal: 634</p>	<p>26 Citrus Pork Whipped Potatoes with Skins Brussels Sprouts Dinner Roll Fresh Orange Cal: 625</p>	<p>27 Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 625 </p>	<p>28 Easter Honey Glazed Ham Baked Sweet Potato Herbed Green Beans Dinner Roll Fudge Cream Cookie Margarine Cal: 605</p>	<p>29 Closed For Holiday</p>

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 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 A. Luna, Member

Vicky Valdez, Member

Willie Williams, Member



Board Bulletin

Advisory Board Meeting:

March 26, 2024 @ 1:00pm

Guild Meeting:

March Date TBA

@ 9:00 am