

Conley-Guerrero Senior Activity Center 808 Nile Street Austin, TX 78702 (512) 978-2660 Fax: (512) 479-4140



Celebrating 30 Years

Uplifting 50+ Adults since 1988

http://austintexas.gov/seniors Facebook: Austin Parks and Recreation Department - Seniors



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) 974-3914.



Welcome To



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.

<u>Staff</u>

Gladys A. Runnels, Program Supervisor Dina R. Cantú, Program Specialist Carrolyn Vaterlaus, Program Specialist Arthur Ramirez, Building and Grounds Sharon Campbell, Administrative Associate Estela Rodriguez, Administrative Associate Daedelus (DJ) Hoffman, Activity Specialist Matt R. Dietrichson, Activity Specialist Larry Johnson, Office Assistant

Hours of Operation:

Mondays, Wednesdays and Fridays 8:00 AM - 5:00 PM Tuesdays and Thursdays 8:00 AM - 6:00 PM

Payments accepted from 8:30 AM - 4:00 PM Cash, Check or Credit Card

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.

Conley-Guerrero!

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.

Office of the City Manager

Spencer Cronk, City Manager Elaine Hart, Deputy City Manager Ray Baray, Chief of Staff Rey Arellano, Assistant City Manager Robert Goode, Assistant City Manager Sara Hensley, Interim Assistant City Manager

Joe Pantallion, P. E., Interim Assistant City Manager Mark Washington, Assistant City Manager

<u>City Council</u>

Steve Alder, Mayor Kathie Tovo, Mayor Pro Tem, District 9 Ora Houston, District 1 Delia Garza, District 2 Sabino "Pio" Renteria, District 3 Gregorio "Greg" Casar, District 4 Ann Kitchen, District 5 Jimmy Flannigan, District 6 Leslie Pool, District 7 Ellen Troxclair, District 8 Alison Alter, District 10

Austin Parks and Recreation Department

Kimberly A. McNeeley, CPRP, Acting Director Anthony Segura, Assistant Director Liana Kallivoka, PhD, PE, LEED Fellow, Assistant Director

Lucas Massie, CPRP, Acting Assistant Director Suzanne Piper, Chief Administrative Officer

Christa McCarthy, Acting Division Manager David Crabb, CPRP, Program Manager

Parks Board

Jane Rivera, Chair Richard DePalma, Vice Chair Michael Casias, Board Member Rick Cofer, Board Member Tom Donovan, Board Member Romteen Farasat, Board Member Dawn Lewis, Board Member Francoise Luca, Board Member Randy Mann, Board Member Fred Morgan, Board Member Frank Ward, Board Member

Arts & Crafts

Ceramics

Beginner to Advanced

Mondays 9:00 AM - 11:00 AM

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 up to 12"

Quilting Classes

Wednesdays Beginners - Intermediate 1:00 PM - 3:00 PM



This class teaches new quilters the basic concept of quilting.

Volunteer Instructor: Margarine Beaman

Cost: Free

Education

Bible Study

Mondays and Thursdays 10:00 AM – 11:00 AM

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

Instructors: Various

Cost: Free



Free Spanish Class

Beginner to Advanced Mondays and Wednesdays 1:00 PM – 3:00 PM

Class resumes Monday, September 10 Learn Spanish language basics in a relaxed atmosphere.

Volunteer Instructor: Maestro Dotson Cost: Free



<u> Music & Dance</u>

Conley-Guerrero Inspiration Choir

Practice on the 1st and 3rd Tuesdays (Practice resumes on October 16) 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.



Volunteer Director: Joe Spencer

Cost: Free

"Golden Ace" R&B Line Dance

Thursdays 10:00 AM - 11:00 AM

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



Volunteer Instructor: L.M. Rivers

Cost: Free

Ballet Folklorico Dance Class

All Levels Are Welcome. Tuesdays

9:00 AM - 11:00 AM

The group practices traditional Mexican folkloric ballet.

Volunteer Instructor: Debi Ramos Cost: Free

Fitness

Exercise 1 & Exercise 2 Beginner to Intermediate

Mondays, Wednesdays and Fridays 9:30 AM - 10:15 AM and 10:30 AM - 11:00 AM



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

> Volunteer Instructors: Eleanor and Martha Cost: Free

Fitness Room Mondays, Wednesdays and Fridays 8:30 AM - 4:45 PM **Tuesdays and Thursdays** 8:30 AM - 5:45 PM



A complete self-paced fitness work-out is available using our treadmills, stationary bikes,

elliptical machine and weight machines. Fitness room orientations and assessments are available by appointment only.

Cost: Free

50+ Adult Trike Program "Golden Rollers"

www.Goldenrollers.org

Intro and Safety Class Tuesday, September 18 10:00 AM - 12:00 PM

On the Trails and More... Tuesday, September 25 10:00 AM - 12:00 PM

GHISALLO

For more information and dates see Front Desk

Games

Domino Group

Mondays, Wednesdays and Fridays 8:00 AM - 4:45PM **Tuesdays and Thursdays** 8:00 AM - 5:45 PM The group plays regular dominoes.



All Levels

Tuesdays and Thursdays 2:00 PM - 5:45 PM

Coordinator: Mrs. Maery L. Street Contact Front Desk for more information

Special Interest

CGSAC Veteran Network Group

Wednesday, September 26 12:00 PM - 12:55 PM

CGSAC Veterans or family members getting together to discuss available benefits and upcoming local events for veterans. The group will also exchange and address information on issues and concerns that pertain to veterans.

Facilitator: CG Staff Cost: Free



Age of Central Texas

Every 3rd Wednesday September 19 11:45 AM - 1:00 PM Cost: Free

"Dedicated to older adults and those who care for them."

Bingo

Mondays, Wednesdays and Fridays 1:00 PM - 2:30 PM

Socialize and play bingo

\$1.00 per card

(Volunteer Callers needed)

Contact Front Desk for more information

Billiards Room

Monday - Friday

8:00 AM - 4:45 PM

Open Puzzle Table

Mondays, Wednesdays and Fridays

8:00 AM - 4:45 PM

Tuesdays and Thursdays

8:00 AM - 5:45 PM

Enioy putting together an assortment of

puzzles!

- Adult day health care
- Caregiver education and information
- Early memory loss support
 - Equipment lending
 - Computer training 7

6

Craft Classes

Build A Desk Organizer Wednesday, September 19 8:30 AM - 11:00 AM Cost: \$10.00-R/\$11.00-NR per craft



We will construct a brightly colored desk organizer by disassembling sport trophies then reconstructing them in the configurations of your choice.

Supplies will be provided.

Moment in Time...



Remember When...

Friday, September 21 11:00 AM - 11:45 AM Cost: Free

Remember when someone would say let's go to the store and get some ice cream? Remember when life changed, disassembled, and rearranged and we all came together.

September Trips

All activities/trips are done through a lottery registration. To be eligible, you must be a current participant of the Conley-Guerrero Senior Activity Center. When registering for a trip or activity you may register yourself and one other current participant. Activities and trips must be paid in full by Thursday, September 6 at Noon (12:00 PM). Local trips must have a minimum of seven participants and out of town trips must have a minimum of ten participants signed-up by deadline (two business days before trip). All trips are subject to change due to weather, unforeseen issues, PARD Director approval, and registration numbers.

If paying with cash, please bring exact amount for your transaction. Credit Cards are now accepted.

R-Resident

NR-Non-Resident

September lotto selection is on Tuesday, September 4, 2018 (12 PM)

Animal World & Snake Farm Zoo New Braunfels, TX Thursday, September 6

One of the top priorities at Animal World & Snake Farm Zoo is to provide an intimate, up-close and personal experience. Through hands-on interactions, education and conservation based programs and interactive shows, visitors are given the opportunity to make genuine connections that will last a lifetime. Lunch at Clear Springs Restaurant.



Depart: 9:00 AM Return: 3:30 PM Cost: \$18.75-R/\$19.75-NR Additional Expenses: Lunch & Animal Food \$1.50 per bags Activity Level: Easy - Moderate Seniors and Law Enforcement Together (SALT) Fair @ Lamar Senior Activity Center Friday, September 7



ero (512) 974-391

Depart Time: 8:30 AM Return Time: 12:00 PM Cost: Free Additional Expenses: None Activity Level: Moderate

Lunch Day Out Abuelo's Mexican Restaurant Thursday, September 20

Abuelo's Mexican Restaurants makes everything fresh daily... with pride from family recipes. They use only the freshest, finest ingredients in every dish, from our scratch-made salsas, sauces and sides, to our hand-rolled enchiladas, traditional TexMex items and unique House Specialties.



Depart: 10:30 AM Return: 1:30 PM Cost: \$3.00-R/\$4.00-NR Additional Expenses: Lunch Activity Level: Low–Moderate

Cine de Oro @ Emma S. Barriento Mexican

American Cultural Center Tuesday, September 25

"Cantinflas" The Film 2014: Mexican film directed by Sebastián del Amo. Based on the life of actor and comedian Cantinflas, the film stars Óscar Jaenada as Cantinflas, Michael Imperioli, Ilse Salas, Bárbara Mori, Ana



Layevska and Adal Ramones. Seniors will enjoy a healthy lunch provided by AARP immediately following the film.

Depart: 9:00 AM Return: 12:30 PM Cost: Free Additional Expenses: None Activity Level: Moderate

Coloring Book

Coloring Book Second Tuesdays September 11 12:30 PM - 1:30 PM Cost: Free



Forget about the idea that coloring are for children. In a busy world, grown up are turning to the soothing art of coloring.



Book Club

Book Club Third Thursdays September 20 11:00 AM - 12:00 PM **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.

The University of Texas



"Boosting Older Adults' Cognition by Training Real-World eHealth Skills"

Call for Participation from Older Adults

Older adults age 65 or older are invited to participate in a NIH-funded research study, entitled "Boosting Older Adults' Cognition by Training Real-World eHealth Skills" for research purpose. Main Activities:

- Meet twice a week
- Two hours each time
- Three months to learn computer use to find high quality health information

Orientation (Must attend at least one) Tuesdays and Thursdays, September 6, 7, 11 and 13 8:30 AM - 10:00 AM and 10:00 AM - 11:30 AM

> Session II (Must pre-qualify) Every Tuesdays and Thursdays September 18 - December 13, 2018 9:30 AM - 11:30 AM

You will receive a \$20.00 Target gift card at the beginning and \$20.00 Target card at the end.



Brain Cardio Class

"BRAIN CARDIO" Class

If you've ever felt "Brain Fog", lost your keys, phone or can't remember things as much as you'd like, then this is the class for you! The class will show you ways you can literally *THINK* your way to a better and more fulfilling life. Each class demonstrates new ways to train the brain with games and exercises adapted from <u>"Making Your Brain Hum".</u>

Class Instructor: Lynn Cromer, PhD, CTRS



Tuesdays & Thursdays 1:00 PM - 2:30 PM

CONLEY-GUERRERO SENIOR ACTIVITY CENTER 808 Nile Street Austin, TX 78702 512-978-2660 Pay When You Sign Up for This Class

Only 15 Spots Available

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Special Events...



Kick Off National Hispanic Heritage Month Celebrating Diez Y Seis de Septiembre

Friday, September 14, 2018

10:00 AM - 12:30 PM

2018 Theme: One Endless Voice To Enhance Our Traditions



Conley-Guerrero Senior Activity Center 808 Nile Street Austin, TX 78702 (512) 978-2660

Austin PARD Senior Program participants please sign-up at your center by Wednesday, September 5, 2018.

Sponsored by Bringing Seniors Together Committee and Amerigroup.



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) 974-3914.



All rooms will be closed during special events at Conley-Guerrero Senior Activity Center.



With A Free Movie In

The Charles Jordan Hall

Now Showing Tuesdays at 9:00 AM

Thursdays at 1:00 PM



True Women

Like Water for Chocolate



FIELD OF DREAMS



Charlie's Angels

Field of Dreams

Movies Line-up on Marketing TV in Front Lobby

Sponsored by







Austin Free-Net Pinterest Workshop



Conley Guerrero Senior Center Monday September 10th

 Partial Stree 14 oz Tumbler cup for attending!

 Pinterest is a free website for

 discovering new ideas!

 Crafting

 Gardening

 Puzzles

 Do it yourself projects

 Dance

 Food

 Relaxation

 Travel

10 Spots Available

Senior Games Coming Soon



AUSTINSENIORGAMES.ORG

Registration Begin

GO FOR THE GOLD

September 1 - October 15, 2018

The 2018 Austin Senior Games will bring together active, older adults to compete in three days of Olympic-style games! Hosted by Aging is Cool and the Austin Parks and Recreation Department, this year's event features 20 different types of sport, leisure and field competitions.

Dominoes

Washers

Comhole

Badminton

Volleyball

Bocce Ball

Horseshoes

GAMES

- Tennis
- Pickleball
- Golf
- Table Tennis
 Cycling
- Billiards
- Rummikube
- Rummikubs

- Scrabble
- Around the World
- (Basketball) Basketball Free Throw
- Pitch and Hit Run
- (Softball)
- Deca Brain Challenge

REGISTER

Open to adults ages 50 and up. For more information or to register online, visit austinseniorgames.org or call (512) 974-5680.



Tips and Gratuities - Reminder!!!!

City of Austin policies prohibits **ALL** staff members and volunteers from accepting or soliciting any gifts, gratuities (tips) or favors in any form for any purpose or services.

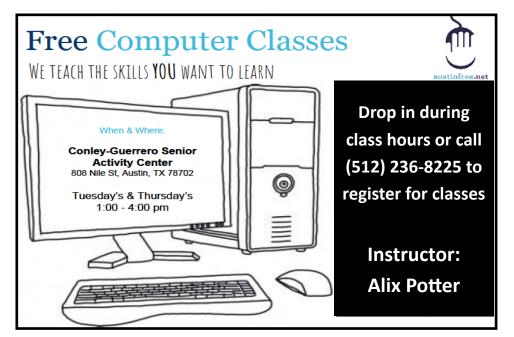
PLEASE do not put staff in an uncomfortable position or jeopardize any position by violation of this policy. A simple "**Thank You**" or a smile is appreciated and will not put our staff at risk.

Report any violation to management.

The Austin Free-Net Computer Lab at Conley-Guerrero



Mondays – Fridays: 9:00 AM – 4:45 PM (open during non–class hours)



You are Invited! To Celebrate Birthdays Friday, September 21 12:00 PM

Sponsored by: Focused Care at Stonebriar



Blood Pressure Checks with Wesley Nurse Health Ministries

> Tuesday September 25

10:30 AM - 11:30 AM Game Room II





Monday	Tuesday	Wednesday	Thursday	Friday	
3 We Will Be CLOSED TO OBSERVE LAB R DAY	4 Cajun Meatloaf Cajun Brown Rice Okra and Tomatoes Wheat Bread Fresh Fruit <i>Cal:</i> 622	 ⁵ Artichoke/Feta/Tomato Couscous ¥ Herbed Greek Potatoes Herbed Green Beans Wheat Pita Pocket Lemon Swirl Pudding Cal: 645 	 ⁶ Honey Glazed Ham Black-Eyes Peas Mixed Greens Cornbread Fruited Strawberry Gelatin Margarine <i>Cal:</i> 605 	 ⁷ Confetti Chicken Cheesy Garlic Polenta Sliced Carrots Wheat Bread Fresh Fruit <i>Cal: 723</i> 	S E P T
10 Pork with Citrus Sauce Whole Kernel Corn California Vegetables Wheat Bread Fresh Fruit <i>Cal: 642</i>	11 Baked Turkey Pastrami Whipped Potatoes with Skins Green Beans with Onions Dinner Roll Lemon Pudding <i>Cal: 611</i>	12 Beef Chili with Beans Cauliflower Harvard Beets Saltine Crackers Fresh Banana <i>Cal:</i> 622	¹³ Ranchero Chicken Mexican Brown Rice Stewed Tomatoes Wheat Bread Fruited Orange Gelatin <i>Cal: 727</i>	14 Pasta Bolognese Broccoli Squash Medley Whole Wheat Breadstick Fresh Banana Margarine <i>Cal:</i> 618	M B E R Lunch applications are taken from 9:30 AM - 11:00 AM. Meet new and interesting people during lunch. Meal tickets are distributed by 1. Reservation 2. Waiting List Lunch is served Monday - Friday at 12 PM - 12:30 PM.
17 Ron Lantz's Meatloaf with Tomato Gravy Whipped Potatoes @ Skins Cheesy Spinach Texas Bread Fresh Fruit <i>Cal: 682</i>	18 Chicken Spaghetti Green Beans with Onions Sliced Carrots Wheat Bread Gingerbread Cookie <i>Cal: 600</i>	 Beef Taco Spanish Brown Rice Fiesta Vegetables Wheat Tortilla Fresh Banana Taco Sauce Cal: 659 	20 Turkey Breast with Gravy Mashed Sweet Potatoes Broccoli Dinner Roll Banana Pudding <i>Cal: 688</i>	21 Egg Salad ¥ Lettuce and Tomato Potato Salad Wheat Bread Fresh Fruit <i>Cal:</i> 607 <i>COLD</i>	
24 Tim Andrew's BBQ Pork Rib Patty Baked Beans Mixed Vegetable Hamburger Bun Fresh Fruit <i>Cal: 752</i>	25 Potato Crusted Fish Brown Rice Florentine Herbed Green Beans Wheat Bread Caramel Pudding <i>Cal:</i> 667	26 Mexican Chicken Chili Green Peas Sliced Carrots Dinner Roll Applesauce <i>Cal:</i> 601	 ²⁷ Glazed Ham Lima Beans Collard Greens Cornbread Fresh Fruit Margarine Cal: 686 	28 Swiss Steak Cheesy Rosemary Potatoes Stewed Tomatoes Wheat Bread Fresh Fruit <i>Cal:</i> 626	
			*Due to unavailability of certain items, appropriate substitutions may need to be made.	Every meal is served with low fat milk or buttermilk.	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.

Special Thank You

A Very Special

"Thank You!"

Conley-Guerrero Senior Activity Center participants and staff for donations and contributions during the months of July and August

From the

- Age of Central Texas
- Alix Porter Austin Free Net
- Austin Public Health Immunization Program
- Austin Public Library
- Austin Resource Recovery Outreach Team
- Austin-Travis County EMS Senior Home Safety Program
- Central Texas Food Bank
- Clear Captions
- Conley-Guerrero Advisory Board and Guild
- Drive A Seniors
- Fan Drive
- Focused Care at Stonebrair
- Humana
- PARD Inclusion
- UnitedHealth Care

Advisory Board

Margarine G. Beaman, President Alice Houston-Johnson, Vice President Jesse L. Colunga, Treasurer Bunnie Stark, Secretary Olivia Ussery, Corr. Secretary Eddie Pearl Rucker, Member Janice Hardeman, Member

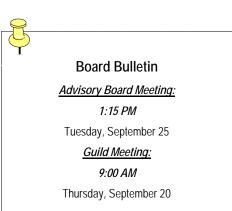
<u>Guild</u>

Ida M. Hunt, President Dr. Beulah Agnes Jones, Vice President Katherine Lamb, Secretary Elridge Nelson, Treasurer Jesse Carmona, Member Cora Sutton, Member Julie Sahara, Member

Conley-Guerrero SAC Annual Enrollment Form and Donation

Please stop by the front desk and renew your enrollment form for 2018-2019.

Only Conley-Guerrero Advisory Board members can receive any 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: GCSAC Advisory Board) 808 Nile Street Austin, Texas 78702



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808 Nile Street

Austin, Texas 78702

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