



CONLEY GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street Austin, Texas 78702

512-978-2660

Monday/Wednesday/Friday 8:00a - 5:00p

Tuesday/Thursday 8:00a - 6:00p

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



2019

*Celebrating 30 Years
Uplifting 50+ Adults since 1988*



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 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.

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: CGSAC Advisory Board)
808 Nile Street Austin, Texas 78702

UPCOMING EVENTS



Healthy Eating/Food Safety Class with Dr. Crystal E. Wiltz
Tuesdays
December 3rd, 10th and 17th
11-11:55a

The holidays are a time for family and friends to gather for food, fun, and fellowship. Keep in mind food safety practices for a safe holiday season. Whereas food safety is probably not the first thing you think about when planning a holiday dinner, it should be a concern. These classes will focus on healthy eating and food safety practices.



Reduced Fare ID (RFID)
Smart Trips and Cap Metro
Wednesday, December 11th
10:30a-12:30p


Smart Trips Austin along with Capital Metro will be hosting an RFID event to get folks signed up for a bus discount. The Reduced Fare ID (RFID) enables seniors 65 and older, Medicare card holders and riders with disabilities to receive a half-price fare. The card costs \$3 and is good for 2 years. Stop by their table in the lobby from 10:30a-12:30p to sign up!



Caroling at Conley-Guerrero Senior Activity Center
Thursday, December 12th
11-11:55a

This year caroling will be interactive with various singing groups representing different cultures and styles.

Special Events




You're Invited!

The Power of Mushrooms

Discover the one that works for YOU!

Mushroom supplements are growing in popularity and for a good reason. Research is booming showing that mushroom supplements support almost every facet of health, including healthy brain function, healthy levels of energy, healthy immune system functions, healthy blood sugar levels, glowing skin and hair, and brain, liver and sinus health. Join us to discover the power of mushroom supplements and find the 1forU.

Presented by: Jean Romeu, Nutritional Health Coach




**WEDNESDAY,
December 4**

11:00am - 11:55am

Only at this Location

Conley Guerrero Activity Center
808 Nile St., Austin, TX 78702



NaturalGrocers.com

Special Events



PLEASE JOIN US FOR
OUR 17TH ANNUAL

Senior Holiday Luncheon

PRIZE DRAWINGS • FREE SMOKE ALARMS • FREE FLU SHOTS

11 DEC **11:00 AM - 1:00 PM**

CONLEY-GUERRERO SENIOR CENTER
808 NILE ST., AUSTIN, TX 78702

FREE RIDES FROM YOUR CAR TO THE CENTER (ONSITE)

MANY THANKS TO OUR SPONSORS



Special Events

*Join Conley-Guerrero
Senior Activity Center
for an
Awesome Holiday Concert
with Jess Lopez
Wednesday, December 18th
10-11:45a
Cost: Free*



*Join good Friends
and good cheer,
it's that time of the year.
Please be our guest.*

Open to the public



Special Events

*Guild Holiday
Breakfast and Bingo
Thursday, December 19th
9-11:30a*

*Deadline to sign-up Friday, December 13th
Sponsored by Conley-Guerrero Guild*



*Special Announcement for
Meals on Wheels Participants*

**Austin PARD Senior Program
will serve lunch on
Thursday and Friday
December 26th and 27th
Sign-up by Wednesday
December 18th @ 1p**

New Classes

CONLEY-GUERRERO
SENIOR ACTIVITY CENTER

NEW YEAR'S EVE COUNTDOWN 2020

RING IN THE NEW YEAR WITH
GOOD COMPANY!

**31ST OF DECEMBER
12P**

**CONLEY-GUERRERO
SENIOR ACTIVITY CENTER**

Join your Conley-Guerrero
Senior Activity Center
community in celebrating the
new year! Please RSVP by
December 27th.



Movie

MONTHLY MOVIES

WILL FERRELL
with JAMES CAAN

**TUESDAY,
DEC. 17th**

@1pm

FREE

**Elf
Costume
Contest
win
the
movie**



**CONLEY-GUERRERO
SENIOR ACTIVITY CENTER**
808 Nile Street Austin, TX
78702 512-978-2660



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



Tech Classes

AUSTIN
PUBLIC
LIBRARY



Austin Public Library Technology Classes

Wednesdays
10-11a
Free

Computer Classes & Assistance

Weekly tech classes helping you get comfortable using your computer, your tablet or your cell phone, so you can get the most out of your device.

Classed will resume January 22nd Happy Holidays

Classes limited to 6 students

•For maximum benefit bring your cell phone or tablet to class

Sponsored by
Austin Public Library

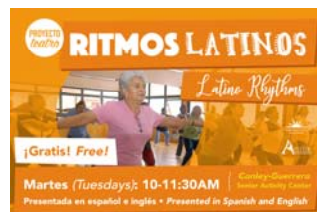
Instructor: Jeannette Smith
Jeannette.smith@austintexas.gov | 512-974-9858

library.austintexas.gov | Free and open to the public

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 call 512-974-7449.



New Classes



Ritmos Latinos! (*Latino Rhythms!*) Tuesdays 10-11:30a Thursdays 8:30-9:30a

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

Cost: Free

Costura (*Sewing*) Martes (*Tuesdays*) 12:30-3p

This class is open to all levels of sewers, beginners or advanced! Ms. Luisa will guide everyone through individual projects (*Your choice or hers!*) that will teach and improve hand and machine sewing techniques. From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!

**Presentada en español e inglés
(Presented in Spanish and English)*

Instructor: Ms. Luisa Gutierrez

Cost: Free



New Classes

PRANAYAMA and MEDITATION

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 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.



Calling All Quilters

Quilt Show By Conley-Guerrero Quilters


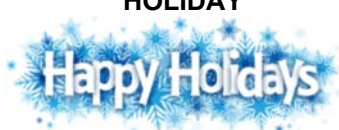

See several quilts such as Fool's Pattern, Flying Geese, Crazy Quilt, Grandmothers Fan, 6-point Star and 8-point.

Pre-registration is required to show your quilt.

Sponsored by Conley-Guerrero Quilting Classes.

Turn-in Quilts Between December 3rd-6th
One (1) quilts per Conley Guerrero quilter
Displayed December 9th-20th



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p NEW Pranayama & Meditation 2:15p</p>	<p>3</p> <p>Ballet Folklorico 9a (No Class) Latino Rhythms 10a Golden Rollers 10-11a & 11a-12p Creative Clay 10a Healthy Eating/Food Safety 11a Sewing 12:30pm Free Computer Class 1p-4p Pickleball 1p-5:45p (No Class)</p>	<p>4</p> <p>Exercise 1&2 9:30a Gardening 9:30a Technology Class (No Class) Natural Grocers 11a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p-3:30p</p>	<p>5</p> <p>Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Holiday Plates 9a Bible Study 10-11a R&B Line Dance 10-11a (No Class) Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p Pickleball 1-5:45p (No Class) Bridge 2p</p>	<p>6</p> <p>Exercise 1&2 9:30a Creative Writing 10a Bingo 1p Chair Yoga 2-3p</p>
<p>9</p> <p>Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p NEW Pranayama & Meditation 2:15p</p>	<p>10</p> <p>Ballet Folklorico 9a (No Class) Trip: Wal-Mart 9a Latino Rhythms 10a Creative Clay 10a Healthy Eating/Food Safety 11a Sewing 12:30pm APL Coloring Book 12:30p Free Computer Class 1p-4p Pickleball 1p-5:45p (No Class)</p>	<p>11</p> <p>AFD Senior Holiday Luncheon 11a</p> 	<p>12</p> <p>Latino Rhythms 8:30-9:30a Bible Study 10a-11a Book Club 11a (No Book Club) R&B Line Dance 10a-11a (No Class) Autumn Magnets 11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p Pickleball 1p-5:45p (No Class) Bridge 2p Trip: Silver Bells 2:30p</p>	<p>13</p> <p>Exercise 1&2 9:30a Creative Writing 10a LDO: Cracker Barrel 10:30a Caroling w/Carrolyn 11a Bingo 1p Chair Yoga 2-3p</p>
<p>16</p> <p>Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1p-3:30p NEW Pranayama & Meditation 2:15p</p>	<p>17</p> <p>Ballet Folklorico 9a (No Class) Latino Rhythms 10a Healthy Eating/Food Safety 11a Sewing 12:30p Movie: Elf 1p Free Computer Class 1-4p Pickleball 1-5:45p (No Class)</p>	<p>18</p> <p>Exercise 1&2 9:30a Gardening 9:30a Technology Class (No Class) Trip: BST AARC 9:30a Concert w/Jess Lopez 11a Quilting 10:30a & 1p Food Bank Boxes 12:30p Bingo 1p Spanish Class 1-3:30p</p>	<p>19</p> <p>Latino Rhythms 8:30-9:30a Guild Holiday Breakfast 9a Bible Study 10a-11a R&B Line Dance 10a-11a (No Class) Ceramics 1p Free Computer Class 1-4p T'ai Chi 1p-2p Pickleball 1p-5:45p (No Class) Bridge 2p</p>	<p>20</p> <p>Trip: Round Rock Outlet 9a Exercise 1&2 9:30a Creative Writing 10a Bingo 1p Chair Yoga 2-3p</p>
<p>23</p> <p>Ceramics 9a Exercise 1&2 9:30a Bible Study 10a-11a Bingo 1p Floor Yoga 1p-2p Spanish Class 1p-3:30p NEW Pranayama & Meditation 2:15p</p>	<p>24</p> <p>CLOSED FOR HOLIDAY</p> 	<p>25</p> <p>CLOSED FOR HOLIDAY</p> 	<p>26</p> <p>Latino Rhythms 8:30-9:30a Bible Study 10a-11a R&B Line Dance 10a-11a (No Class) Ceramics 1p Free Computer Class 1-4p T'ai Chi 1p-2p (No Class) Pickleball 1p-5:45p (No Class) Bridge 2p</p>	<p>27</p> <p>Exercise 1&2 9:30a Creative Writing 10a Bingo 1p Chair Yoga 2-3p</p>
<p>30</p> <p>Ceramics 9a Exercise 1&2 9:30a Bible Study 10a-11a Bingo 1p Floor Yoga 1p-2p Spanish Class 1p-3:30p NEW Pranayama & Meditation 2:15p</p>	<p>31</p> <p>Ballet Folklorico 9a (No Class) Latino Rhythms 10a New Year's Eve 12p Sewing 12:30p Free Computer Class 1-4p Pickleball 1-5:45p (No Class)</p>			

Craft

Holiday Plates
Thursday
December 5th
9-11:30a
Cost: \$1.00 per plate



You can create your own or choose one of our patterns, using sharpies. The process requires baking so you may need a day or two before taking home your newest treasure.

Moment In Time



Autumn Magnets
Thursday, December 12th
11-11:45a
Cost: Free

Fall is finally underway! To celebrate the season each participant will receive from one to five little wooden pieces to decorate with an autumn theme. Magnets are already attached and ready to go.

Special Classes



Creative Writing
Fridays
10-11:50a

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.

King and Queen Contest



Hear Ye, Hear Ye
Get the Word Out!

Contestants needed for
Conley-Guerrero Senior Activity Center
2020/2021 King and Queen contest.

For more information please see
Conley-Guerrero Advisory Board Member.

PUBLIC MEETINGS

GUILD MEETING
TBA
9a

ADVISORY BOARD MEETING
TBA
1:15p

Birthday Celebration

Friday, December 27th at 12:p
Join us for cake and ice cream to celebrate all friends' birthdays!!!



Blood Pressure Checks
with **Wesley Nurse**
Health Ministries

Tuesday, January 28th
10:30 - 11:30a
Game Room II

Nurse: Sharon
Cost: Free



COMMUNITY GARDEN

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

Every Wednesdays at 9:30a
Coordinator: Matt Rodriguez



GAMES

Domino Group
Mondays, Wednesdays & Fridays
8a-4:45p
Tuesdays and Thursdays
8a-5:45p
The group plays regular dominoes.

Bridge

All Levels
Tuesdays and Thursdays
2-5:45p

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

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

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



Open Puzzle Table

Mondays, Wednesdays & Fridays
8a-4:45p
Tuesdays and Thursdays
8a-5:45p

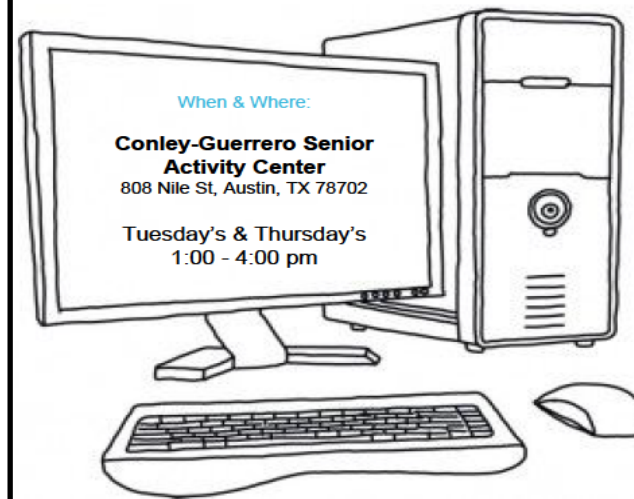
TECHNOLOGY

Free Computer Classes

WE TEACH THE SKILLS YOU WANT TO LEARN



austinfree.net



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

Drop in during
class hours or call
(512) 236-8225 to
register for classes

Instructor:
Alix Potter

FITNESS

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

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

Mondays, Wednesdays &
Fridays
8:30a-4:45p
Tuesdays and Thursdays
8:30a-5:45p

*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.*

Exercise 1 *Beginner*

Mondays, Wednesdays & Fridays
9:30-10:15a

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

Instructors: Eleanor, Troy and Martha
Cost: Free

Exercise 2 *Intermediate*

Mondays, Wednesdays & Fridays
10:30-11a

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

Instructors: Eleanor, 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

Chair Yoga Fridays 2-3p

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

Cost: \$10.00 per month

FITNESS

T'AI CHI Thursdays 1-2p

**No Class December 26th and
January 2nd**

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.

Ritmos Latinos!
(Latino Rhythms!)
Tuesdays 10-11:30a
Thursdays 8:30-10a
**No Class December 10th,
17th, 24th and 31st**

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 bal-
ance
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

Pickleball

Tuesdays & Thursdays
1-5:45p

Class resume January 7th

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

On the Trail:

December 3rd and 5th
10-11a
11a-12p

On the Trail:

December 3rd and 5th
9-10a

On the Road:

December 3rd and 5th
11-12p

**For more information and dates
see Front Desk**

Cost: Free



TRIPS

LOTTERY REGISTRATION DUE: Friday, December 6th
REGISTRATION FEES DUE: Monday, December 9th

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 Friday, December 6th 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.



Wal-Mart Super Center North Austin, TX Tuesday, December 10th

This trip provides a chance for participants to shop for clothes, indoor/outdoor household items, groceries, pharmacy, hardware, garden, electronics, and hair salon etc.

Depart Time: 9a
Return Time: 12p
Cost: \$3.00*
Additional Expenses: Purchases
Activity Level: Moderate to High



Silver Bells Holiday Concert and Reception at George Washington Carver Museum Austin, TX Thursday, December 12th

Enjoy a jazzy Holiday Musical Celebration gift to Austin's senior citizens. Reception following concert, with lite refreshments.

Depart Time: 2:30p
Return Time: 6p
Cost: Free
Additional Expenses: Purchases
Activity Level: Low to Moderate



TRIPS

Lunch Day Out Cracker Barrel Old Country Store Buda, TX Friday, December 13th



At Cracker Barrel Old Country Store, has always been about pleasing people and making sure that everyone who walks in their front door gets a warm welcome. They work hard to provide their guest with a good home-style meal prepared from scratch in their kitchen at a fair price, and enjoy browse through their country store.

Depart Time: 10:30a
Return Time: 1:30p
Cost: \$3.00*
Additional Expenses: Lunch and Purchases
Activity Level: Moderate to High

Bringing Seniors Together Holiday Meal @ The Asian American Resource Center Austin, TX Wednesday, December 18th

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

Depart Time: 9:30a
Return Time: 1:30p
Cost: Free
Additional Expenses: None
Activity Level: Low to Moderate



Holiday Shopping at Round Rock Premium Outlets Round Rock, TX Friday, December 20th

Round Rock Premium Outlets is a family friendly outdoor mall. Home to 125 stores so that our shoppers can enjoy a wide range of retailers specializing in women's, men's, family, sporting apparel and fine jewelry, with savings of 25 to 65 percent every day. Relax and take a lunch break in their food Court,

Depart Time: 9a
Return Time: 3p
Cost: \$3.00*
Additional Expenses: Lunch and Purchases
Activity Level: Low to Moderate



VISUAL, LITERARY & PERFORMING ARTS

**Dougherty Art Center's
Lending Library
Creative Clay
Tuesdays, December 3rd & 10th
10-11:30a**

Dougherty Art Center's Lending
Library working with clay.
Session 2 and 3



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 up to 12"

Ballet Folklórico Dance

**All Levels Are Welcome.
Tuesdays
9-11a**

Class resume January 7th

The group practices traditional
Mexican folkloric ballet. This
class is an excellent
enhancement to your
regular exercise program.

Volunteer Instructor: Debi Ramos

"Golden Ace" R&B Line Dance

**Thursdays
10-11a
Class resume January 2nd**

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



VISUAL, LITERARY & PERFORMING ARTS

Austin Public Library Coloring Book Club

Second Tuesdays, December 10th

12:30-1:30p

Cost: Free



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

Book Club

**Third Thursdays, January 16th
(Book Club resume January 2020)**

11a-12p

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: Spiderwoman's Daughter by Anne Hillerman

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



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Coconut Chicken Fried Brown Rice Spring Vegetables Wheat Bread Fresh Fruit Margarine <i>Cal: 613</i>	3 John Yocum's Lemon Pepper Fish Chuckwagon Corn Lemon Zest Broccoli Texas Bread Fresh Fruit <i>Cal: 675</i>	4 Chicken Etouffee Black-Eyes Peas Medley Cabbage Cornbread Chocolate Pudding Margarine <i>Cal: 817</i>	5 Roast Beef w/Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Fruited Cherry Gelatin <i>Cal: 700</i>	6 ✓ Italian Shells and Cheese Parslied Carrots Squash Medley Whole Wheat Bread Fresh Fruit <i>Cal: 646</i>
9 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes w/ Skins Mixed Vegetables Dinner Roll Fresh Fruit <i>Cal: 671</i>	10 Buffalo Chicken Pasta Lentil Vegetables Pilaf Brussels Sprouts Wheat Bread Fresh Fruit <i>Cal: 755</i>	11 AFD Senior Holiday Luncheon 11a 	12 Turkey Taco Spanish Brown Rice Mexican Corn Wheat Tortilla Banana Pudding Taco Sauce  <i>Cal: 750</i>	13 Beef Stroganoff Honey Herbed Carrots Diced Beets Whole Wheat Breadstick Fresh Fruit <i>Cal: 617</i>
16 Creamy Garlic Chicken Lemon Herb Couscous Peas and Carrots Wheat Pita Pocket Fresh Fruit <i>Cal: 600</i>	17 Vegetable Beef Soup Cheesy Polenta Herbed Green Beans Saltine Crackers Strawberry Swirl Pudding <i>Cal: 704</i>	18 Five Spice Chicken Herbed Basmati Rice Chinese Cabbage Wheat Bread Fresh Fruit <i>Cal: 701</i>	19 Turkey Brown Rice Casserole Parslied Carrots Broccoli Wheat Bread Fresh Fruit <i>Cal: 604</i>	20 Roast Beef w/Gravy Cheesy Parslied Potatoes Green Beans Almandine Dinner Roll Mud Pie Pudding <i>Cal: 745</i>
23 Beef with Country Gravy Whipped Potatoes w/ Skins Capri Vegetables Wheat Bread Fresh Fruit <i>Cal: 641</i>	24 Closed Happy Holidays 	25 Closed Happy Holidays 	26 Meal Provided By PARD Senior Program	27 Meal Provided By PARD Senior Program
30 Suellen's Baked Chicken with Gravy Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Fruit <i>Cal: 613</i>	31 Ham with Raisin Sauce Black-Eyed Peas Cabbage Dinner Roll Oatmeal Cream Cookie Margarine <i>Cal: 608</i>		*Due to unavailability of certain items, appropriate substitutions may need to be made. **Milk is served every meal.	✓ - Vegetarian Entrée  ≥ 1000mg Sodium

Austin City Council Mayor and City Council

Steve Adler, Mayor
Delia Gara, Mayor Pro Tem, District 2
Natasha Harper-Madison, District 1
Sabino "Pio" Renteria, District 3
Gregorio "Greg" Casar, District 4
Ann Kitchen, District 5
Jimmy Flannigan, District 6
Leslie Pool, District 7
Paige Ellis, District 8
Kathie Tovo, District 9
Alison Alter, District 10

Austin Parks and Recreation

Kimberly McNeeley, Director
Kim McKnight, Acting Assistant Director
Lucas Massie, Acting Assistant Director
Anthony Segrua, Assistant Director
Suzanne Piper, Chief Administrative Officer
David Crabb, CPRP, Acting Division Manager
Benjamin Rustenhaven, Acting Seniors Program Manager

C-GSAC Advisory Board 2019

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Alice Houston, Vice President
Jesse L. Colunga, Treasurer
Bunnie Stark, Secretary
Olivia Ussery, Corr. Secretary
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Shirley Jenson, Member
Eddie Pearl Rucker, Member
Connie Smith, Member

City Manager

Spencer Cronk, City Manager
Elaine Hart, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager

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Romteen Farasat, Vice Chair
Anna Di Carlo, Board Member
Richard DePalma, Board Member
Tom Donovan, Board Member
Francoise Luca, Board Member
Kate Mason-Murphy, Board Member
Fred Morgan, Board Member
Nina Rinaldi, Board Member
Laura Cottam Sajbel, Board Member
Kimberly Taylor, Board Member

C-GSAC Staff

West Baxter, MSRLS, Recreation Program Supervisor
Dina R. Cantú, Recreation Program Specialist
Carrolyn Vaterlaus, Recreation Programs Specialist
Sharon Bryant-Campbell, Administrative Associate
Estella Rodriguez, Administrative Assistant
Arthur Ramirez, Building and Grounds Assistant

C-GSAC Guild 2019

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

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 financial viability providing an overall financially sound recreation program to the Austin community.