



# 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>

Austin Parks and Recreation Department - Seniors



# 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**

**November 5th, 12th, 19th and 26th  
11-11:55a**



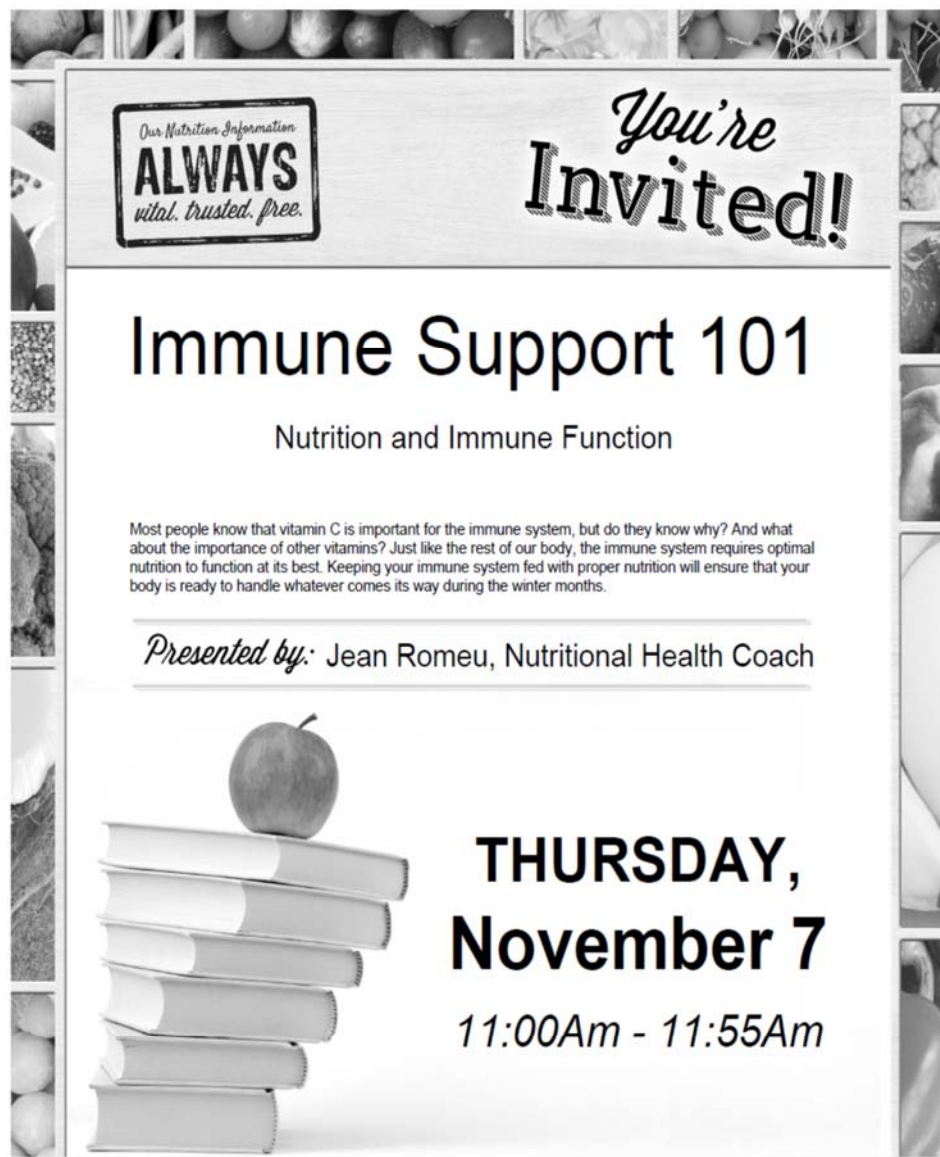
The holidays are a time for family and friends to gather for food, fun, and fellowship. **Keep in mind food safety practices for a safe holiday season. Whereas food safety is probably not the first thing you think about when planning a holiday dinner, it should be a concern. These classes will focus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

### **Reduced Fare ID (RFID) Smart Trips and Cap Metro Monday, November 18th 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!

## Special Events



*Our Nutrition Information*  
**ALWAYS**  
*vital. trusted. free.*


*You're  
Invited!*

# Immune Support 101

Nutrition and Immune Function

Most people know that vitamin C is important for the immune system, but do they know why? And what about the importance of other vitamins? Just like the rest of our body, the immune system requires optimal nutrition to function at its best. Keeping your immune system fed with proper nutrition will ensure that your body is ready to handle whatever comes its way during the winter months.


*Presented by:* Jean Romeu, Nutritional Health Coach



## THURSDAY, November 7

11:00Am - 11:55Am

*Only at this Location*  
Conley- Guerrero Rec. Ctr  
808 Nile St. Austin,  
TX 78702

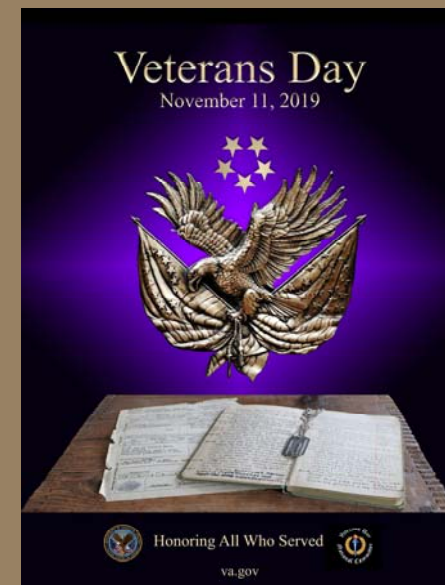
 **NATURAL  
GROCERS**  
NaturalGrocers.com

## Special Events

### Conley-Guerrero Veterans Day Indoor Parade and Program Friday, November 8th 10:30-11:45a

“Honoring Those Who  
Served Our Country”

Free to the Public



Family & Friends are Welcome to Attend  
*Sponsored by Conley-Guerrero Advisory Board*



## Special Events

WEDNESDAY • 13TH NOVEMBER 2019 • 11A TO 11:45A

# ARTS & CRAFTS FAIR • HOLIDAY • BAZAAR!

CONLEY-GUERRERO SENIOR ACTIVITY CENTER  
808 NILE STREET  
AUSTIN, TX 78702  
(512) 978-2660



HOMEMADE ONE OF A KIND ITEMS

## Special Events

### Conley-Guerrero Participants and Volunteers

*You are invited to  
Conley-Guerrero Advisory Board  
Thanksgiving Recognition  
Luncheon*

*Friday, November 22nd  
10:30a-12:30p  
Cost: Free*

*Deadline to sign-up  
Monday, November 18th @ 1:00 PM*

## New 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.

**November 6:** Q & A – What tech help do you need? \*

**November 13:** Introduction to the Windows operating system

**November 20:** Holiday Shopping Online\*

Classes limited to 6 students

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

Sponsored by  
**Austin Public Library**

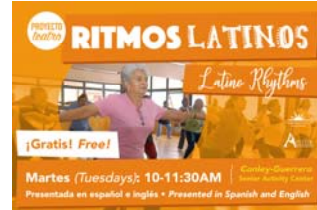
Instructor: Jeannette Smith  
Jeannette.smith@austintexas.gov | 512-974-9858

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

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## 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

### PRANAYMA and MEDITATION

**Mondays 2:15-3:15p**  
**FREE**

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.



**Conley-Guerrero**  
SENIOR ACTIVITY CENTER  
808 Nile Street Austin, Texas 78702  
512-978-2660



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 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.

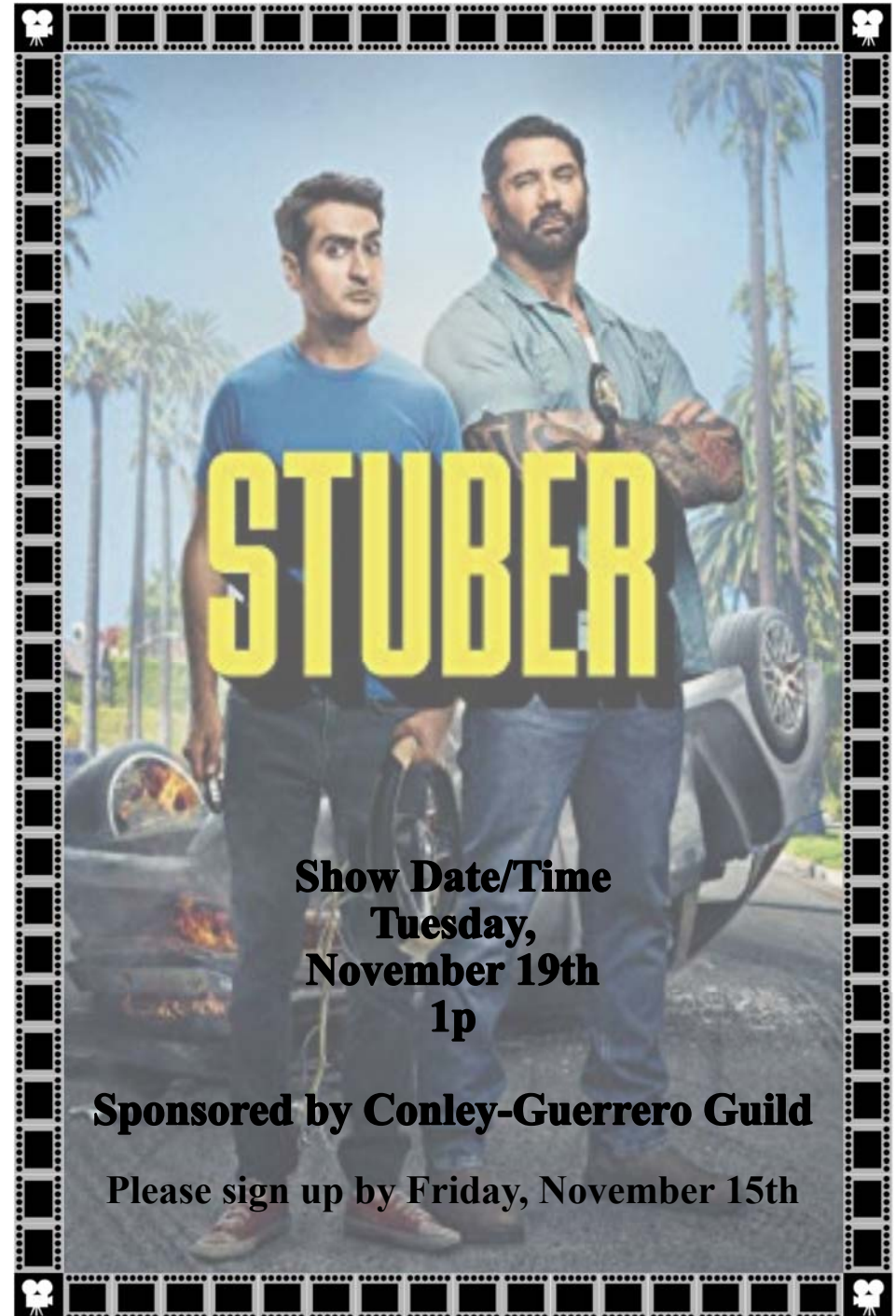


**Turn-in Quilts Between December 3rd-6th**

One (1) quilts per Conley Guerrero quilter

**Displayed December 9th-20th**

## Movie



## Craft

### Dougherty Art Center's Lending Library Creative Clay

Tuesday, November 12th

10-11:30a

Cost: Free

Dougherty Art Center's Lending Library working with clay.



## Self Defense Class

### Self Defense for Seniors Thursday, November 14th 11-11:45a



- Awareness Strategies to avoid Violence
- How attackers chose their targets
- Learn steps to protect yourself



## 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.

## Balance, Strength & Flexibility

**Kate Henrichson** is a certified personal trainer with 10 years of training experience and 10+ years of group fitness instruction experience. While she works with all ages and fitness levels, she specializes in clients who are 60+ and want to improve strength, balance and mobility. Kate is also available for individual sessions at Conley-Guerrero Senior Activity Center.





### Personal Training

5 sessions - \$70 (\$15/session)

512-656-8752

[kbentsen@austin.rr.com](mailto:kbentsen@austin.rr.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Friday, November 1 <b>Día de Los Muertos/Day of the Dead "A Celebration of Life" 10a</b>	1 Exercise 1&2 9:30a Creative Writing 11a Bingo 1p Chair Yoga 2-3p
4 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	5 Ballet Folklorico 9a <b>(No Class)</b> Latino Rhythms 10a Golden Rollers 10-11a & 11a-12p <b>Healthy Eating/Food Safety 11a</b> Sewing 12:30pm <b>Trip: Golf 12:45p</b> Free Computer Class 1p-4p Pickleball 1p-5:45p	6 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1p-3:30p	7 Latino Rhythms 8:30-9:30a <b>Trip: Gus Garcia 9:30a</b> Golden Rollers 9-10a & 11a-12p Bible Study 10-11a R&B Line Dance 10-11a <b>Natural Grocers 11a</b> Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p Pickleball 1-5:45p Bridge 2p <b>Trip: Briscoe Center 5:30p</b>	8 Exercise 1&2 9:30a <b>Veteran's Day 10:30a</b> Creative Writing 11a Bingo 1p Chair Yoga 2-3p
11 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	12 Ballet Folklorico 9a <b>(No Class)</b> Latino Rhythms 10a <b>Creative Clay 10a</b> Golden Rollers 10-11a & 11a-12p <b>Healthy Eating/Food Safety 11a</b> Sewing 12:30pm <b>Trip: Golf 12:45p</b> Free Computer Class 1p-4p Pickleball 1p-5:45p <b>(No Class)</b>	13 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Age of Central Texas 10a Quilting 10:30a & 1p <b>Holiday Bazaar 11a</b> Texas Food Bank 12:30p Bingo 1p Spanish Class 1p-3:30p	14 Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Bible Study 10a-11a <b>Self Defense for Seniors 11a</b> Book Club 11a R&B Line Dance 10a-11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p Pickleball 1p-5:45p Bridge 2p	15 Exercise 1&2 9:30a Creative Writing 11a Bingo 1p Chair Yoga 2-3p  <b>Saturday, November 16th</b> <b>Trip: Age-Friendly 10a</b> <b>Trip: Austin Acoustical Café 5p</b>
18 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a <b>Reduced Fare ID 10:30a</b> Bingo 1p Floor Yoga 1-2p Spanish Class 1p-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	19 Ballet Folklorico 9a <b>(No Class)</b> Latino Rhythms 10a Golden Rollers 9-10a & 11a-12p <b>Healthy Eating/Food Safety 11a</b> Sewing 12:30p <b>Trip: Golf 12:45p</b> <b>Movie: Stuber 1-3p</b> Free Computer Class 1-4p Pickleball 1-5:45p	20 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> <b>Trip: LDO Patsy's Café 10:30a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1-3:30p	21 Latino Rhythms 8:30-9:30a <b>Trip: BST Turner-Roberts 9:30a</b> Golden Rollers 9-10a & 11a-12p Bible Study 10a-11a R&B Line Dance 10-11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1p-2p Pickleball 1p-5:45p Bridge 2p	22 Exercise 1&2 9:30a <b>Thanksgiving Luncheon 10:30a</b> Creative Writing 11a Bingo 1p Chair Yoga 2-3p
25 Ceramics 9a Exercise 1&2 9:30a Bible Study 10a-11a Bingo 1p Floor Yoga 1p-2p Spanish Class 1p-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	26 Ballet Folklorico 9a <b>(No Class)</b> <b>Trip: Cine de Oro 8:45a</b> Latino Rhythms 10a Golden Rollers 9-10a & 11a-12p <b>Healthy Eating/Food Safety 11a</b> Sewing 12:30p <b>Trip: Golf 12:45p</b> Free Computer Class 1-4p Pickleball 1-5:45p	27 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1-3:30p	28  <b>CLOSED FOR HOLIDAY</b> 	29  <b>CLOSED FOR HOLIDAY</b> 

# November 2019



## PUBLIC MEETINGS

### GUILD MEETING

Thursday, November 21st  
9a

### ADVISORY BOARD MEETING

Tuesday, November 26th  
1:15p

### Birthday Celebration

Friday, November 22nd at 12:p  
Join us for cake and ice cream to celebrate all friends' birthdays!!!



### Blood Pressure Checks with Wesley Nurse Health Ministries

November 26th  
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



## 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

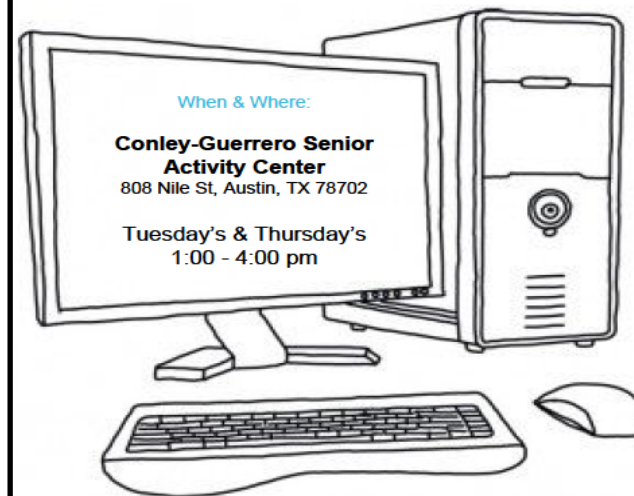
## TECHNOLOGY

### 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

T'ai Chi has many proven  
health benefits for seniors, from  
increased balance and bone  
strength, to greater strength  
and flexibility. T'ai Chi is also  
very safe and practiced slowly;  
it is zero impact.

Instructor: Kade Green, Sifu  
Cost: \$10.00 per month

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

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  
Cost: Free

### Pickleball

Tuesdays & Thursdays  
1-5:45p

**No Class November 12th**

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:

November 5th, 12th, 19th, and 26th  
10-11a  
11a-12p

#### On the Trail:

November 7th, 14th and 21st  
9-10a

#### On the Road:

November 7th, 14th, and 21st  
11-12p

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

Cost: Free



## TRIPS

**LOTTERY REGISTRATION DUE:** Thursday, November 7th  
**REGISTRATION FEES DUE:** Thursday, November 14th

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 Thursday, November 7th 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.



**Fall Senior Golf Program**  
**Harvey Penick Golf Campus**  
**Austin, TX**  
**Tuesdays, November 5th, 12th, and 19th**

Free golf program for 50+ seniors

*All Levels Are Welcome*

**Depart Time: 12:45p**  
**Return Time: 2:30p**  
**Cost: Free**  
**Additional Expenses: None**  
**Activity Level: Moderate to High**



**Holiday Safety Tips @**  
**Gus Garcia Recreation Center**  
**Thursday, November 7th**

The holidays are upon us once again and safety is at the top of our list! The Austin Fire Department will perform a demonstration with safe skills for common fires in kitchens and bedrooms.

**Depart Time: 9:30a**  
**Return Time: 12:00p**  
**Cost: Free**  
**Additional Expenses: None**  
**Activity Level: Moderate to High**



## TRIPS



**A Conversation about American Root Music @**  
**Briscoe Center for American History**  
**Austin, TX**  
**Thursday, November 7th**

A Conversation about American Root Music with Marth Redbone and John Wheat, Briscoe Center Music Archivist. Reception and Self-Guided tour of exhibit *Greatest Hits*: The Briscoe Center's Music Collections

**Depart Time: 5:30p**  
**Return Time: 8:30p**  
**Cost: Free**  
**Additional Expenses: Purchases**  
**Activity Level: Moderate to High**



**Age-Friendly Austin**  
**Building an Intergenerational Metropolis at Austin Central Library**  
**Austin, TX**  
**Saturday, November 16th**

Join us for a presentation on Austin's Age-Friendly Action Plan and interactive session to help create an Intergenerational center.

**Depart Time: 10:00a**  
**Return Time: 1:00p**  
**Cost: Free**  
**Additional Expenses: Purchases**  
**Activity Level: Low to Moderate**





## TRIPS

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**REGISTRATION FEES DUE:** Thursday, November 14th

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**Austin Acoustical Café @  
Lamar Senior Activity Center  
Austin, TX  
Saturday, November 16th**

Pierce Pettis, legendary Tallahassee singer/songwriter will return to Austin Acoustical Cafe with long time collaborator David Webb.  
**Dinner at Rudy's BBQ**

**Depart Time: 5:00p  
Return Time: 10:30p  
Cost: Free  
Additional Expenses: \$20.00/Show and Dinner  
Activity Level: Low to Moderate**

**Lunch Day Out @ Patsy's Café  
Austin, Texas  
Wednesday, November 20th**

Patsy's Cowgirl Café is a South Austin quirky, eclectic, colorful and casual place to meet with friends and eat some of the best home-cooking and Tex-Mex in South Austin.

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



## TRIPS

**Bringing Seniors Together  
Thanksgiving Lunch @  
Turner-Roberts Recreation Center  
Austin, TX  
Thursday, November 21st**

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**

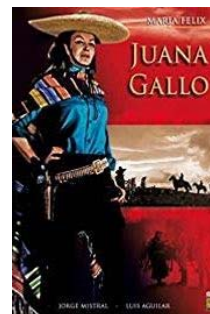


**Cine de Oro @  
Emma S. Barrientos Mexican American  
Cultural Center  
Austin, TX  
Tuesday, November 26th**

Cine de Oro - Mexico Golden Age Movie with English subtitles and Lunch

"Juana Gallo" is a 1961 Mexican drama film. The true life's story of **Juana Gallo**. A woman who rose to become one of the leaders of the Mexican revolution. Written and directed by Miguel Zacarías

**Depart Time: 8:45a  
Return Time: 12:30p  
Cost: Free  
Additional Expenses: None  
Activity Level: Low to Moderate**



## VISUAL, LITERARY & PERFORMING ARTS

**Dougherty Art Center's  
Lending Library  
Creative Clay  
Tuesday, November 12th  
10-11:30a**

Dougherty Art Center's Lending Library working with clay.  
Part one



### **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**

**No Classes until January 2019**

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**

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, November 12th  
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, November 21st  
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: To The Moon and Back by Karen Kingsbury**

### **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



# LUNCH MENU

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.

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>		3	1 Margarita Chicken Pinto Beans California Vegetables Wheat Tortilla Fresh Fruit Cal: 631
4 Suellen's Baked Chicken With Gravy Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Fruit Cal: 613	5 Sausage and White Beans Green Beans w/Onions Cauliflower Whole Wheat Breadstick Cinnamon Swirl Pudding Cal: 661 🍷	6 Potato Crusted Fish Herbed Green Beans Stewed Tomatoes Dinner Roll Fresh Fruit Tartar Sauce Cal: 635 🍷	7 Chicken Piccata Lima Beans Mustard Green Wheat Bread Fruited Lemon Gelatin Cal: 741	8 Vegetarian Pot Pie ✓ Squash Medley Sliced Carrots Mexican Cornbread Fresh Fruit Margarine Cal: 658
11 Salisbury Beef w/Gravy Brown Rice Florentine Parmesan Tomatoes Wheat Bread Fresh Fruit Cal: 751	12 BBQ Chicken Ranch Roasted Potatoes Garden Vegetable Wheat Bread Rocky Road Pudding Cal: 793	13 Turkey Pasta Bolognese Fresh Green Beans Spring Vegetable Whole Wheat Breadstick Fresh Banana Margarine Cal: 611	14 Herb Pork Loin Mashed Sweet Potatoes Broccoli Dinner Roll Fruited Strawberry Gelatin Cal: 700	15 Breaded Fish Whole Kernel Corn Summer Vegetables Hamburger Bun Fresh Fruit Cal: 670
18 Turkey Cannelloni Casserole Cheesy Cauliflower Orange Beets Wheat Bread Fresh Fruit Cal: 626	19 Peking Pork Brown Rice Ginger Carrots Wheat Bread Applesauce Cal: 646	20 Chicken Enchilada Bake Green Beans with Red Pepper Broccoli Texas Bread Lemon Pudding Cal: 752	21 Cajun Meatloaf Parslied Potatoes Okra and Tomatoes Wheat Bread Fresh Banana Cal: 611	22 Mary's Yogurt Dill Chicken Salad Pasta Salad Vegetable Barley Salad Saltine Crackers Fresh Fruit Cal: 628
25 Beef w/Peppered Gravy Whipped Potatoes w/Skins Herbed Green Beans Wheat Bread Fresh Fruit Cal: 608	26 Smothered Chicken Meatballs Cheesy Garlic Polenta Catalina Vegetable Wheat Bread Vanilla Berry Pudding Cal: 800	27 Turkey Breast with Gravy Cornbread Dressing Creamed Spinach Dinner Roll Gingerbread Cookie Margarine Cal: 630 🍷	28 CLOSED FOR HOLIDAY  	29 CLOSED FOR HOLIDAY  



## 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

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

## Parks Board

Dawn Lewis, Chair  
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  
Kinberly 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

Ida M. Hunt, President  
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.