



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



2020

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



UnitedHealthcare Discussion Wednesday, March 11th 11-11:45a

- Four (4) parts of Medicare and how they work
- Renew active (the alternative to silver sneakers) the silver sneakers program has phased out and is now Renew Active.
- Medicare cards (old Social Security Number vs new Medicare Beneficiary Identifier (MBI) numbers that have become active as on 1-1-20.



**AUSTIN
PUBLIC
LIBRARY**



Austin Public Library Bookmobile Monday, March 16th 10a-12p

What can I do at a Mobile Library?

- Sign up for an [Austin Public Library Card](#)
- Check out titles from a curated selection
- See the [Virtual Library](#) in action on mobile devices
- Discover new and useful resources for knowledge and entertainment



Special Announcement for Meals on Wheels Participants

**Austin PARD Senior Program
will serve lunch on
Friday, March 20th
Sign-up by
Monday, March 16th**

King and Queen



Queen
Ora Waters

King
Johnny Waters



Presentation...

Austin Community College Sociology Students Takes Over Mondays 3-4p

Sociology students seeks answers to questions about why people think and act the way they do through the study of structural and cultural patterns and social dynamics.

- **March 2nd** ACC Takes Over. The students want to run stations such as bingo, dominoes, karaoke, pool, ping pong, arts & crafts, pickle ball, etc.
- **March 9th** Pickle Ball Tournament, "Students vs. Seniors"
- **March 23rd** Interviews Part I Students would love to hear seniors share their life stories.
- **March 30th** Interviews Part II



LIBERAL ARTS:
SOCIAL & BEHAVIORAL SCIENCES

Presentation...



WESTERN NEUROPATHY ASSOCIATION
Hope through caring, support, education and empowerment

Peripheral Neuropathy Support Group

Managing Symptoms of Neuropathy

at Conley Guerrero Senior Activity Center

Wednesday, March 11th
9:30-11:00a
Education Room

Support Group Questions
Marty Meraviglia RN, ACNS-BC
512.970.5454 or info@neuropathyalliancetx.org
(888) 556-3356 or lindsayc@pnhelp.org



Living Well with Neuropathy

Presentation

A red poster for a presentation on probiotics. It features a stack of books with an apple on top. The text includes 'You're Invited!', 'The Power of Probiotics', 'What They Can Do For You!', 'Presented by: Jean Romeu, Nutritional Health Coach', 'WEDNESDAY, March 18', '11:00 am-11:55 am', and 'Only at this Location' with address details for Conley Guerrero Senior Activity Ctr. The Natural Grocers logo is at the bottom right.

Our Nutrition Information
ALWAYS
vital. trusted. free.

You're Invited!

The Power of Probiotics

What They Can Do For You!

Come and learn how probiotics (healthy good bacteria in your gut) can help to support the way you feel, support a healthy memory, your immune system, your moods, support occasional aches and pains and your healthy gut system and much, much more.

Presented by: Jean Romeu, Nutritional Health Coach

**WEDNESDAY,
March 18**

11:00 am-11:55 am

Only at this Location
Conley Guerrero Senior
Activity Ctr
808 Nile St, Austin, TX
78702

**NATURAL
GROCERS**
NaturalGrocers.com

Special Event

TUESDAY, MARCH 17TH

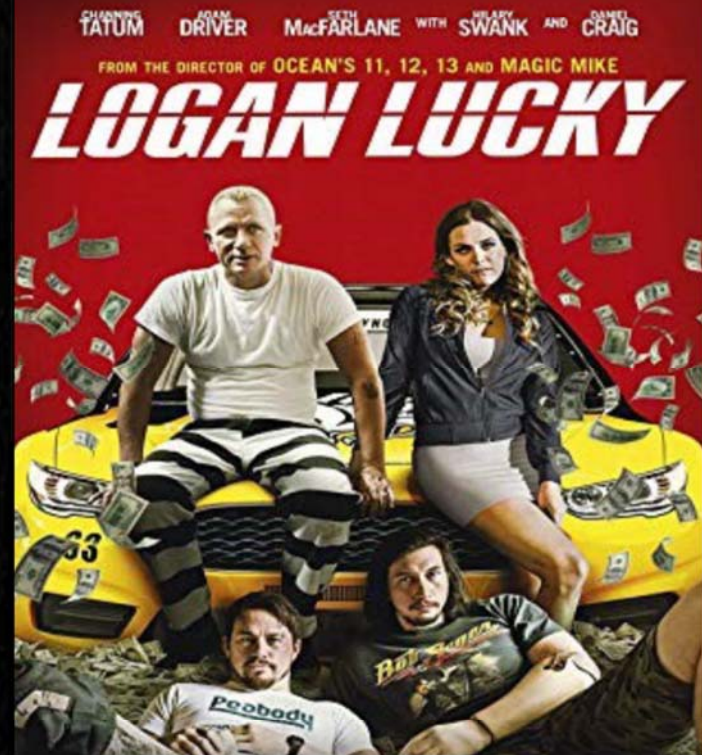
11-11:45A FREE

ST. PATRICK'S DAY, POT OF GOLD SCAVENGER HUNT!

- Partner up and bring your thinking caps.
- Teams of two (2)
- Work your way through this scavenger hunt
- Be the first team to finish and win the pot of gold!!

Movie

MONTHLY MOVIES



TUES, MARCH 17th 1p FREE



CONLEY-GUERRERO
SENIOR ACTIVITY CENTER
808 Nile Street Austin, TX



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Camping Trip

50 Plus Camping at H. E. Butt Foundation Camp Tuesday-Thursday May 5th-7th

Join Austin Parks and Recreation 50 Plus Programing for our second two-day camping trip to the beautiful H. E. Butt Foundation Camp.

- Cabins include beds, bathroom, and showers
- Hiking, Canoes, Camp fire, and enjoy nature at the site

Stop at front desk for different level of activities.



Registration begin
Wednesday, March 11th

Departure: May 5th

Return: May 7th

Cost: \$40.00-R/\$42.00-NR

Additional Expenses: Meals to and from trip

Activity Level: **High**

Classes



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

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

Self Pace Sewing Class Tuesdays 12:30-3p



This class is open to all levels of sewers, beginners or advanced! From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!



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



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Classes

Strength and Stretch Class Fridays 1:30-2:30p

The format of this class will involve a thorough warmup, followed by movements that will balance the body's strength, flexibility, and balance. As you skillfully exercise the upper body and lower body, we will also exercise the brain as you increase blood circulation. This will improve coordination and increase agility as you simply have fun in a relaxed, non-competitive atmosphere. Finishing up with a cool-down and relaxation, you will leave feeling like you have just had a good "movement massage".



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Ceramics 9a Chair Exercise 9:30a Seniors in Motion 10:30a Bible Study 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p ACC Take Over 3p	3 Trip: Kayaking 8:45a Ballet Folklorico 9a Latino Rhythms 10a Percussion Class 10a Beyond Beads Jewelry 10a Self Pace Sewing 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p	4 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p	5 NEW Tejano Dance Class 9a Bible Study 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	6 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 11a Bingo 1p Stretch and Strength 1:30p
9 Ceramics 8:30a Chair Exercise 9:30a Seniors in Motion 10:30a Bible Study 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p ACC Take Over 3p	10 Trip: Wal-Mart 9a Ballet Folklorico 9a Latino Rhythms 10a Beyond Beads Jewelry 10a Self Pace Sewing 12:30pm Free Computer Class 1p Pickleball 1p Bridge 2p	11 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Neuropathy 9:30a Quilting 10:30a & 1p UnitedHealthcare 11a Bingo 1p Spanish Class 1p	12 NEW Tejano Dance Class 9a Bible Study 10a R&B Line Dance 10a Metal Lantern 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	13 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 11a Bingo 1p Stretch and Strength 1:30p
16 Ceramics 8:30a Chair Exercise 9:30a APL Bookmobile 10a Bible Study 10a Seniors in Motion 10:30a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p	17 Ballet Folklorico 9a Latino Rhythms 10a Scavenger Hunt 11a Self Pace Sewing 12:30p Movie: Logan Lucky 1p Free Computer Class 1p Pickleball 1p Bridge 2p	18 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Quilting 10:30a & 1p Natural Grocers 11a Bingo 1p Spanish Class 1p	19 NEW Tejano Dance Class 9a Bible Study 10a Book Club 11a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1-5:45p Bridge 2p	20 Trip: Joy's Ceramics 8:30a Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 11a (No Class) Bingo 1p Stretch and Strength 1:30p
23 Ceramics 8:30a Chair Exercise 9:30a Seniors in Motion 10:30a Bible Study 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p ACC Take Over 3p	24 Trip: Top Golf 9a Ballet Folklorico 9a Latino Rhythms 10a Aging is Cool 10a Blood Pressure Check 10:30a Self Pace Sewing 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p	25 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Trip: LDO Deckhand 10:30a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p	26 NEW Tejano Dance Class 9a Trip: BST Egg Hunt 9:30a Bible Study 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	27 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 11a Quirky Country Music 11a Birthday Celebration 12p Bingo 1p Stretch and Strength 1:30p
30 Ceramics 8:30a Chair Exercise 9:30a Seniors in Motion 10:30a Bible Study 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p ACC Take Over 3p	31 Ballet Folklorico 9a Latino Rhythms 10a Aging is Cool 10a Self Pace Sewing 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p			

March 2020

Craft

Metal Lantern

Thursday, March 12th

10-11:30a

Cost: Free

Add a vintage feel to your event decor by illuminating your tables with this white metal lantern.



Moment In Time

Quirky Country Music Song Titles

Friday, March 27th

11-11:45a

Cost: Free

Join us for a fun time remembering silly songs and sing along with some.



Special Classes

All Rhythms Percussion Class

Tuesday, March 3rd

10-11a

Free

Music, Percussion and Nature
Course:

An instrumental percussion course that teaches basic music theory while focusing on ensemble experience by learning how to improvise, respond to calls and cues, read and write rhythmic notation as well as take part in rote learning.



DOUGHERTY ARTS CENTER

Beyond Beads Jewelry

Tuesdays, March 3rd and 10th

10-11:30a

Cost: Free

Go beyond beading and make your own jewelry components! Students will explore various jewelry techniques including using leather, wire-wrapping stones, and creating their own beads. Pieces will be assembled to create one of a kind works of wearable art!



Aging is Cool

Tuesdays

March 24th and 31st

April 7th

10-11a

March 24 Stay Smart

March 31 Balance

April 7 Stay Smart



Creative Writing

Fridays

11-11:50a



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.

PUBLIC MEETINGS

GUILD MEETING

March 19th
9a

ADVISORY BOARD MEETING

March 24th
1:15p

Birthday Celebration

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



Blood Pressure Checks with Wesley Nurse Health Ministries

Tuesday, March 24th
10:30 - 11:30a
Game Room II

Nurse: Sharon
Cost: Free



COMMUNITY GARDEN

Join our group on Wednesdays to help with our 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

Game Group

Monday-Friday
1-5p
Dominoes, Rummikub & Triominos
Game Room 1

Bridge

All Levels
Tuesdays and Thursdays
2-5:45p

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

8a-4:45p

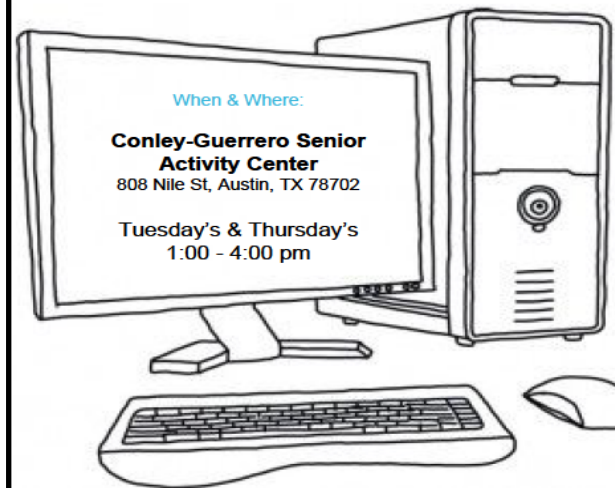
TECHNOLOGY

Free Computer Classes

WE TEACH THE SKILLS YOU WANT TO LEARN



austinfreenet



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 SYSTEMS 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.*

Chair Exercise "Beginner"

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

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

Instructors: Troy and Martha
Cost: Free

"Seniors in Motion" Chair Exercise

Mondays, Wednesdays & Fridays
10:30-11a

Defy the odds shatter stereotypes and
answer every challenge with "I can do this"
while rocking to you favorite music!

Instructors: 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

(NEW) Strength and Stretch Class Fridays 1:30-2:30p

Exercise the brain as you increase
blood circulation. This will improve
coordination and increase agility as
you simply have fun

Cost: Free

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

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

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

Intro & Safety Class
March 5th and 10th
9-9:30a

Tuesdays,
On the Trail:
March 10th, 24th, and 31st
April 7th
9-10a and 10-11a

Thursdays,
On the Trail:
March 5th, 12th, and 26th
April 2nd and 9th
9-10a and 10-11a

Thursdays,
On the Road:
March 5th, 12th, and 26th
April 2nd and 9th
11a-12p

Cost: Free



TRIPS

LOTTERY REGISTRATION DUE: Friday, March 6th
REGISTRATION FEES DUE: Wednesday, March 11th

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 12p on Monday, March 9th 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, March 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.

Departure Time: 9a
Return Time: 12p
Cost: \$3.00-R/\$4.00-NR
Additional Expenses: Purchases
Activity Level: Moderate – High



**Joy's Ceramics
Marion, TX
Friday, March 20th**

Ceramic class and participants will visit Joy's Ceramics in Marion, Texas to shop for pottery, hand poured decorative ceramic products.

**Lunch at Montana Mikes Steakhouse
in New Braunfels, TX.**

Departure Time: 8:30a
Return Time: 3:30p
Cost: \$7.00-R/\$8.00-NR
Additional Expenses: Purchases and Lunch
Activity Level: Moderate – High



TRIPS



**Top Golf
Austin, TX
Tuesday, March 24th**

"In the signature game, players score points by hitting balls (assigned using our microchip technology) into any target. The more accurate your shot and the farther the distance, the more points you earn." **Lunch at The Black Walnut.**

Departure Time: 9a
Return Time: 2p
Cost: \$3.00-R/\$4.00-NR
Additional Expenses: \$10.00 Bay Fee/Card \$5.00 and Lunch
Activity Level: Moderate – High



**Lunch Day Out @ Deckhand Oyster Bar and Seafood
Austin, TX
Wednesday, March 25th**

Deckhand Oyster Bar & Seafood offers up not only the freshest oysters from the Third Coast, but the finest seafood whether you like it Asian, Cajun, Thai-style or American; boiled, grilled, and fried.

Departure Time: 10:30a
Return Time: 1:30p
Cost: \$3.00-R/\$4.00-NR
Additional Expenses: Lunch
Activity Level: Low - Moderate



**Bringing Seniors Together: Senior Egg Hunt
Hosted by South Austin Senior Activity Center
Roy G. Guerrero Park
Thursday, March 26th**

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

Departure Time: 9:30a
Return Time: 1:30p
Cost: Res. Free
Additional Expenses: None
Activity Level: Moderate – High

VISUAL, LITERARY & PERFORMING ARTS

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 over 12"

Ballet Folklorico Dance

All Levels Are Welcome.

Tuesdays

9-11a

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

Volunteer Instructor: Debi Ramos

Cost: Free

Tejano Dance Class

Thursdays

9-9:50a

Free

Always wanted to learn how to dance Tejano? This is the class for you.

Instructor Domingo Herrera



"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

Book Club

Third Thursday, March 19th

11-11:55a

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:

Raspberry Danish Murder by Joanne Fluke



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
2 Salisbury Beef w/Gravy Brown Rice Florentine Parmesan Tomatoes Wheat Bread Fresh Fruit <i>Cal: 651</i>	3 BBQ Chicken Ranch Roasted Potatoes Garden Vegetables Wheat Bread Rocky Road Pudding <i>Cal: 793</i>	4 Turkey Pasta Bolognese French Green Beans Spring Vegetables Whole Wheat Breadstick Fresh Banana Margarine <i>Cal: 611</i>	5 Herbed Pork Loin Mashed Sweet Potatoes Broccoli Dinner Roll Fruited Strawberry Gelatin <i>Cal: 700</i>	6 Breaded Fish Whole Kernel Corn Summer Vegetables Hamburger Bun Fresh Fruit <i>Cal: 670</i>
9 Turkey Cannelloni Casserole Cheesy Cauliflower Orange Beets Wheat Bread Fresh Fruit <i>Cal: 626</i>	10 Peking Pork Brown Rice Ginger Carrots Wheat Bread Applesauce <i>Cal: 646</i>	11 Chicken Enchilada Bake Green Beans with Red Peppers Broccoli Texas Bread Lemon Pudding <i>Cal: 752</i>	12 Cajun Meatloaf Parslied Potatoes Okra and Tomatoes Wheat Bread Fresh Banana <i>Cal: 611</i>	13 Egg Salad ✓ Pasta Salad Vegetable Barley Salad Saltine Crackers Fresh Fruit <i>Cal: 687</i>
16 Beef with Peppered Gravy Whipped Potatoes with Skins Herbed Green Beans Fresh Fruit <i>Cal: 608</i>	17 Turkey Brunswick Stew Chuckwagon Corn Medley Cabbage Dinner Roll Lime Swirl Pudding <i>Cal: 664</i>	18 Turkey Rotini Casserole Broccoli Country Tomatoes Wheat Bread Fresh Banana <i>Cal: 700</i>	19 Pork Carnitas Pinto Beans Spinach Wheat Tortilla Fruited Lime Gelatin <i>Cal: 630</i> 	20 Meal Provided By PARD Senior Program Sign up by March 16th
23 Coconut Chicken Fried Brown Rice Spring Vegetables Wheat Bread Fresh Fruit Margarine <i>Cal: 613</i>	24 John Yocum's Lemon Pepper Fish Chuckwagon Corn Lemon Zest Broccoli Texas Bread Fresh Fruit <i>Cal: 675</i>	25 Chicken Etouffee Black-Eyed Peas Medley Cabbage Cornbread Chocolate Pudding Margarine <i>Cal: 817</i>	26 Roast Beef with Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Fruited Cherry Gelatin <i>Cal: 700</i>	27 Italian Shells and Cheese ✓ Parslied Carrots Squash Medley Whole Wheat Breadstick Fresh Fruit <i>Cal: 646</i>
30 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes w/Skins Mixed Vegetables Dinner Roll Fresh Fruit <i>Cal: 671</i>	31 Buffalo Chicken Pasta Lentil Vegetable Pilaf Brussels Sprouts Wheat Bread Fresh Fruit <i>Cal: 755</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
Liana Kallivoka, Assistant Director
Anthony Segrua, Assistant Director
Lucas Massie, Acting Assistant Director
Suzanne Piper, Chief Administrative Officer
Lucas Massie, Division Manager
David Crabb, CPRP, Seniors Program Manager

C-GSAC Advisory Board 2020

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
Nuria Rivera-Vandermyde, Deputy City Manager
Rey Arellano, Assistant City Manager
Gina Fiandaca, Assistant City Manager
Rodney Gonzales, Assistant City Manager
Christopher J. Shorter, Assistant City Manager
Elaine Hart, Chief Financial Officer

Parks Board

Dawn Lewis, Chair
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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.