



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

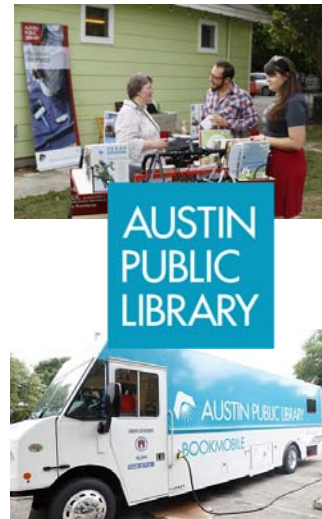
Conley-Guerrero Senior Activity Center (Attention: CGSAC Advisory Board)
808 Nile Street Austin, Texas 78702

UPCOMING EVENTS



Travis Central Appraisal District for a Homestead Exemption Town Hall Saturday, February 8th 10a

Join the Travis Central Appraisal District for a Homestead Exemption Town Hall



Austin Public Library Bookmobile Mondays, February 10th and 24th 10-12p

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

Focus Group for Texercise Intergenerational Activity Book Tuesday, February 11th 10-11a

Thank you for allowing us to gather feedback from participants. This will help to inform the development of Texercise Intergenerational Activity Book.



Special Events










HEALTHY LIVING


HEALTHY EATING • ACTIVE LIVING • CONTROL STRESS

Come learn how to manage type 2 diabetes by making small changes, step by step.
Classes are fun, social, and FREE.
Classes are facilitated in English.


CLASS TOPICS:

	Class 1: About Diabetes 1/9/20		Class 2: Diabetes Control *Health Screening 1/16/20
	Class 3: Active Living 1/23/20		Class 4: Healthy Eating 1/30/20
	Class 5: Prevent Complications 2/6/20		Class 6: Control stress, Work with Health Care Team 2/13/20

CONLEY GUERRERO
808 NILE ST.
AUSTIN, TX, 78702
9:00AM-10:30AM



Get a gift card and class incentives by attending!




You're Invited!

Young At Heart;

A Healthy Aging With CoQ10


Not only are we aging, but our cells are aging, too! Did you know, energy, heart health, healthy aging and more, all require CoQ10 at cellular level? Come and learn how to support your cells and your heart by adding CoQ10 to your daily regimen.

Presented by: Jean Romeu, Nutritional Health Coach



**WEDNESDAY,
February 26**
11:00am-11:55am

Only at this Location
CoQ10-Grocers
Senior Activity Center
608 TBA St., Austin, TX
78705

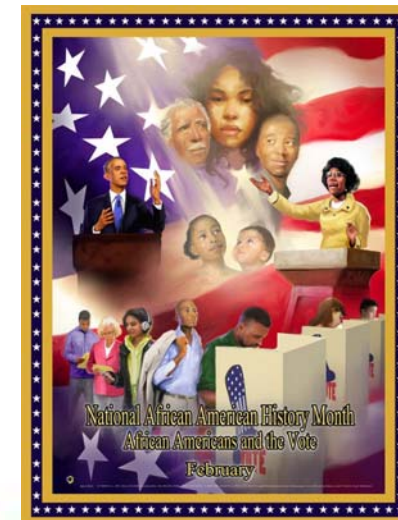


Special Events

2020 National Black History Month
Theme:
“African Americans and the Vote”
Wednesday, February 12th
10:30–11:45a

Guest Speaker: Gregory Garlow
Retired adjunct professor of political science
Local government, business, and music background
Master of Public Affairs and Bachelor of Psychology
from The University of Texas at Austin
'Political Ethics' student of the late Barbara Jordan
Certified Life Coach - "Political Enlightenment"

Please sign up by February 7th @ Noon



Special Events...

Valentine's Day Sing-a-Long

Friday, February 14th
11a-12p

with

Gregory Garlow
and
Dr. Beulah Agnes Jones

Come enjoy an hour of
Sing-a-long music



King and Queen Breakfast



2020/2021 *King and Queen Mardi Gras Breakfast and Coronation*

Wednesday, February 19th

Breakfast 9-10a

Coronation 10-11:30a

Cost: \$6.00

Queen Contestants

Martha Cisneros-Guerrero

Ora Waters

King Contestants

Johnny Waters

Purchase tickets for the breakfast from any contestant or
Conley-Guerrero Advisory Board member.

Contestants Garage Sales Fundraisers

Wednesday, February 5th and Monday, February 10th

Garage Sale: 9-11:30a

Support your favorite contestants through upcoming
fundraisers and donations.

Sponsored by Conley-Guerrero Advisory Board

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.



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".



Presentation

The University of Texas at Austin

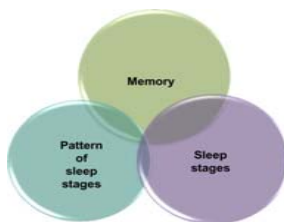
Memories 2 Clinical Research Study

Sleep & Memory Presentation

Monday, February 10th

11-11:45a

The interaction of sleep and memory. Notes: The dual process theory suggests that certain types of memory are dependent on specific sleep states.



Living Well with Neuropathy

Peripheral Neuropathy Support Group

Measuring Your Peripheral Neuropathy

at Conley Guerrero Senior Activity Center

Tuesday, February 1th

9:30-11:00a

Education Room

Support Group Questions

Marty Meraviglia RN, ACNS-BC

512.970.5454 or info@neuropathyalliancetx.org

New 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

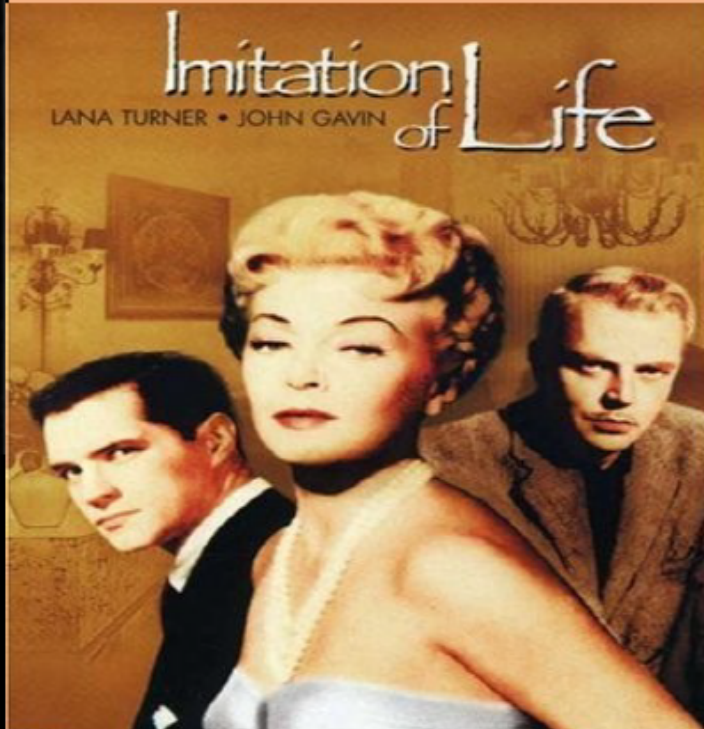


This class is open to all levels of sewers, beginners or advanced! From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!



Movies

MONTHLY MOVIES



TUESDAY, FEB. 18th
@ 1p FREE



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



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Coming in the Next Months

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 March 2020


Departure: May 5th

Return: May 7th

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

Additional Expenses: Meals to and from trip

Activity Level: High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 Ballet Folklorico 9a Latino Rhythms 10a Self Pace Sewing 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p	5 Cricut Valentine's Craft 9a Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p	6 Healthy Living 9a Bible Study 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	7 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 10a Bingo 1p Stretch and Strength 1p Saturday, February 8 Travis Central Appraisal District Town Hall 10a
10 Ceramics 9a Chair Exercise 9:30a APL Bookmobile 10a UT Memories 2 11a Seniors in Motion 10:30a Bible Study 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p	11 Ballet Folklorico 9a Latino Rhythms 10a Focus Group 10a Neuropathy Support 9:30a Self Pace Sewing 12:30pm APL Coloring Book 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p	12 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Black History 10:30a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p	13 Healthy Living 9a Bible Study 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	14 Trip: APL Tour 9:30a Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 10a Valentine's Day Sing-a-Long 11a Bingo 1p Stretch and Strength 1p
17 Closed for Presidents' Day 	18 Ballet Folklorico 9a Latino Rhythms 10a Beyond Beads Jewelry 11:30a Self Pace Sewing 12:30p Movie: Imitation of Life 1p Free Computer Class 1p Pickleball 1p Bridge 2p	19 King and Queen Breakfast 9a Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Quilting 10:30a & 1p Bingo 1p Spanish Class 1p	20 Trip: BST Cantu-Pan Am 9:30a Bible Study 10a Book Club 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p-2p Pickleball 1-5:45p Bridge 2p	21 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 10a Trip: LDO: Y'All 10:30a Bingo 1p Stretch and Strength 1p
24 Ceramics 9a Chair Exercise 9:30a Seniors in Motion 10:30a Bible Study 10a APL Bookmobile 10a Bingo 1p Floor Yoga 1p Spanish Class 1p Pranayama & Meditation 2:15p	25 Trip: Cine de Oro 9a Ballet Folklorico 9a Latino Rhythms 10a Beyond Beads Jewelry 11:30a Self Pace Sewing 12:30p Free Computer Class 1p Pickleball 1p Bridge 2p	26 Chair Exercise 9:30a Seniors in Motion 10:30a Gardening 9:30a Quilting 10:30a & 1p Young At Heart 11a Bingo 1p Spanish Class 1p	27 Bible Study 10a R&B Line Dance 10a Ceramics 1p Free Computer Class 1p T'ai Chi 1p Pickleball 1p Bridge 2p	28 Chair Exercise 9:30a Seniors in Motion 10:30a Creative Writing 10a Moment In Time 11a Birthday Celebration 12p Bingo 1p Stretch and Strength 1p

Craft

Cricut Valentines Craft
Wednesday, February 5th
9-11:30a
Cost: \$10.00-R/\$11.00-NR



Learn how to make a stencil with Cricut for Valentine Day



Moment In Time



Saliolum Day
(A Fancy Word for Leap Year)
Friday, February 28th
11-11:45a
Cost: Free

Learn how Leap Year got its name.
Hint: It has to do with Kangaroos!
Learn why the sunflower is the official flower of Leap Year and make a small craft using it.
Fear not...there will be no leap-frogging!

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.

DOUGHERTY ARTS CENTER
Beyond Beads Jewelry
Tuesdays, February 18th and 25th
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!

PUBLIC MEETINGS

GUILD MEETING
February 20th
9a

ADVISORY BOARD MEETING
February 25th
1:15p

Birthday Celebration

Friday, February 28th at 12p
Join us for cake and ice cream to celebrate all friends' birthdays!!!



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

Tuesday, February 25th
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
No Bridge February 6th
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

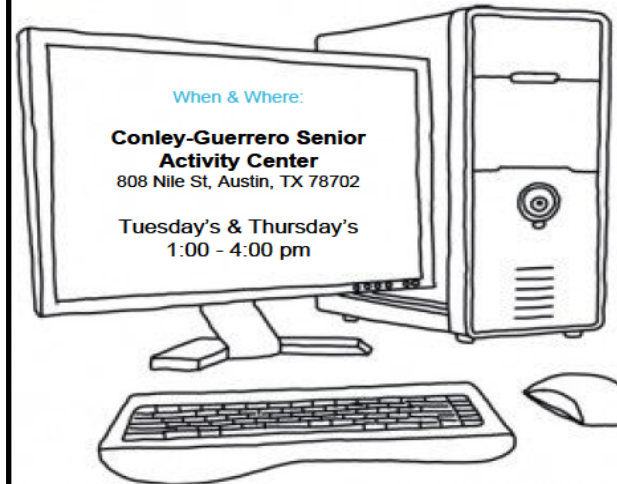
WE TEACH THE SKILLS YOU WANT TO LEARN



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: Eleanor, 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 1-2p

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

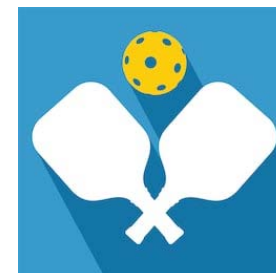
Pickleball

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"

Coming back soon!!



TRIPS

LOTTERY REGISTRATION DUE: Friday, February 7th
REGISTRATION FEES DUE: Wednesday, February 12th

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 Friday, February 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.



Austin Central Library Tour and Lunch at Cookbook **Friday, February 14th**

The Austin Central Library is 6 floors! Yes there are plenty of places to sit and rest awhile. After our guided tour we'll have lunch there in the library at the Cookbook Café. **Wear comfortable walking shoes.**

Departure Time: 9:30a
Return Time: 1p
Cost: Free
Additional Expenses: Purchases and Lunch
Activity Level: Moderate – High

Bringing Seniors Together **Valentines Dance at Cantu-Pan Am Recreation Center** **Thursday, February 20th**

Bringing Seniors Together is an initiative aimed at partnering with senior programs across the Community Recreation Division to offer monthly fellowship among seniors.. This event will give you a chance to interact with peers from around the city while enjoying free dance, prizes, and food at Oswaldo A.B. Cantu-Pan American Recreation Center.

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



TRIPS

Lunch Day Out @ Y'all's Cafe **Round Rock, TX** **Friday, February 21st**



A country farm girl from Texas and a guy from Louisiana make for some great downhome southern cooking. Some call it down home magic.

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

Cine de Oro @ Emma S. Barrientos Mexican American Cultural Center **Austin, TX** **Tuesday, February 25th**

"Todos Queremos A Alguien"

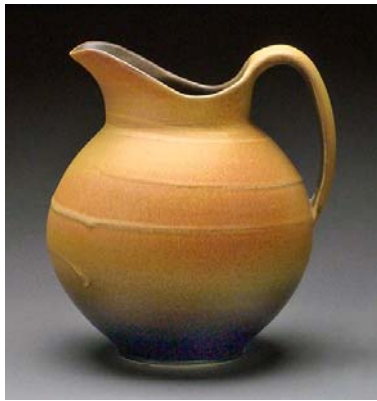


A successful and single career woman asks her co-worker to pose as her boyfriend at a family wedding back home in Mexico. Her situation gets complicated when her ex shows up at the ceremony.

English subtitles & Lunch

Departure Time: 9a
Return Time: 12:30p
Cost: Free
Additional Expenses: Lunch
Activity Level: Low - Moderate

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 up to 12"

Ballet Folklórico 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

"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, February 20th

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:

Murder in the Locked Library by Ellery Adams



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
³ Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes w/Skins Mixed Vegetable Dinner Roll Fresh Fruit Cal: 671	⁴ Buffalo Chicken Pasta Lentil Vegetable Pilaf Brussels Sprout Wheat Bread Fresh Fruit Cal: 755	⁵ Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 635	⁶ Turkey Taco Spanish Brown Rice Mexican Corn Wheat Tortilla Banana Pudding Taco Sauce Cal: 750	⁷ Beef Stroganoff Honey Herbed Carrots Diced Beets Whole Wheat Breadstick Fresh Fruit Cal: 617
¹⁰ Creamy Garlic Chicken Lemon Herb Couscous Peas and Carrots Wheat Pita Pocket Fresh Fruit Cal: 600	¹¹ Vegetable Beef Soup Cheesy Polenta Herbed Green Beans Saltine Crackers Strawberry Swirl Pudding Cal: 704	¹² Five Spice Chicken Herbed Basmati Rice Chinese Cabbage Wheat Bread Fresh Fruit Cal: 701	¹³ Turkey Brown Rice Casserole Parslied Carrots Broccoli Wheat Bread Fresh Fruit Cal: 604	¹⁴ Honey Glazed Ham Cheesy Parslied Potatoes Herbed Green Beans Dinner Roll Fudge Cream Cookie Margarine Cal: 626
¹⁷ Closed for President's Day 	¹⁸ Turkey Pot Pie Butternut Squash Green Beans Wheat Bread Fresh Banana Cal: 661	¹⁹ Lemongrass Chicken Herbed Basmati Rice Broccoli Wheat Bread Fruited Orange Gelatin Cal: 730	²⁰ Cheese Omelet ✓ Roasted Sweet Potatoes Medley Cabbage Biscuit Oatmeal Cream Cookies Cal: 705	²¹ Margarita Chicken Pinto Beans California Vegetables Wheat Tortilla Fresh Fruit Cal: 631
²⁴ Suellen's Baked Chicken with Gravy Macaroni and Cheese Brussels Sprouts Wheat Bread Fresh Fruit Cal: 613	²⁵ Sausage and White Beans Green Beans w/Onions Cauliflower Whole Wheat Breadstick Cinnamon Swirl Pudding Cal: 661	²⁶ Potato Crusted Fish Herbed Green Peas Stewed Tomatoes Dinner Roll Fresh Fruit Tartar Sauce Cal: 635	²⁷ Chicken Piccata Lima Beans Mustard Green Wheat Bread Fruited Lemon Gelatin Cal: 741	²⁸ Vegetarian Pot Pie ✓ Squash Medley Sliced Carrots Mexican Cornbread Fresh Fruit Margarine Cal: 658
			*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

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
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

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.