

CONLEY GUERRERO

SENIOR ACTIVITY CENTER

808 Nile Street • Austin, Texas 78702 • 512-978-2660

Monday - Friday 8:00a-4:30p Saturday 8:00a-12:30p

VARSITY GENERATION
Programs, events, and services



<http://www.austintexas.gov/department/conley-guerrero-senior-activity-center>
Austin Parks and Recreation Department - Seniors



October 2022



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 2021-2022.

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: C-GSAC Advisory Board)

808 Nile Street Austin, Texas 78702

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OCTOBER FIELD TRIPS

LOTTERY REGISTRATION DUE:

October 3rd 8:00am – October 7th 4:00pm

LOTTERY RESULTS AVAILABLE: October 10th 8:00am

REGISTRATION FEES DUE: 48 hours prior to date of trip. *Exact Change, Credit Cards, Checks accepted*

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 October 10th 8:00am 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.

Sweet Berry Farm and Blue Bonnet Café

MARBLE FALLS, TEXAS

Date: Tuesday, October 18th, 2022

Lets head out to the Hill Country of Texas and enjoy some hayrides, pumpkins, mazes, scarecrow stuffing, and much more! After, we will head to the famous Blue Bonnet Café!

Departure Time: 8:30 AM

Return Time: 4:00 PM

Cost: Res: \$5.00

Non Res: \$6.00

Additional Expenses:

Money for Lunch

Hayrides: \$4.00

Pumpkin Painting: \$5.25

Scarecrow Stuffing: \$19.95

Pumpkins: \$0.65

Activity Level: **Moderate**

12 Participant Max



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OCTOBER FIELD TRIPS

BRINGING SENIORS TOGETHER HALLOWEEN-SPOOK-TAGULAR

South Austin Senior Center

Thursday, October 20, 2022

9am - 12pm

Costume Contest

Pumpkin Decorating

Games 🎲 Door Prizes 🎁 Candy



Departure Time: 8:30 AM

Cost: FREE

Return Time: 12:00 PM

Activity Level: **Moderate**

Lunch Bunch at Tony's Jamaican Food

Round Rock, Texas

Date: Wednesday, November 2, 2022



Tony's Jamaican Food is home to the most authentic comfort food in all of Texas. Lets try out a true Jamaican experience!

Departure Time: 10:30 AM

Cost: Res: \$3.00 Non Res: \$4.00

Return Time: 1:30 PM

Other Expenses: Lunch

4 Activity Level: **LOW**

12 Participant Max!



STATE FAIR OF TEXAS®

Thursday
October
13th

What should I bring on the trip: comfortable walking shoes, hat, sunglasses. You can take snacks, lunch (sandwich) & drink into the fair grounds (no glass containers)

For the bus ride: lap blanket & pillow, reading material, and good luck for bus bingo. The bus will be stop at Buc'ees on the way to Dallas and Slovacek's on the way home for restroom and snacks break.

For information on renting wheelchair & electric scooter.

Call: 1.712.938.2029

Departure Time: 6:30 AM

Cost: Res: \$10.00 Non Res: \$11.00

Return Time: 9:30 PM

Other Expenses: Admission & Lunch

Activity Level: High

Wait List Available

WHAT IS VARSITY GENERATION

"Varsity Generation" is a positive way of describing a stage of life where experience and skill are prized and respected. The term implies being part of a team that always has your back. You rely on your team as much as they rely on you. Participation is encouraged in order to help each other continue mastering the art of living a fulfilling life. Varsity Generation sees aging as a natural progression of life, and positively acknowledges and affirms a persons earned spot on the team. As we roll out this new concept, you will see this logo on our program promotions and start hearing the staff refer to Varsity Generation activities. Conley-Guerrero Senior Activity Center and all of the Austin Parks and Recreation Department Senior Centers will contin-

HEALTHY LIVING

PREVENT 2

A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES

PLACE: Conley-Guerrero Senior Activity Center
808 Nile Street, Austin, TX 78702

DATE: Mondays from October 10th, 2022

TIME: 10:30 am – 11:30 am

COST: **FREE!** **Classes offered in English**

What do I get if I sign up for this program?

- Support and guidance from a trained lifestyle coach
- Access to a 1-year program
- Support from other participants

How do I qualify?

- Your doctor can help you find out if you have prediabetes or at risk of prediabetes.
- You can also take a free prediabetes risk test at www.cdc.gov/diabetes/takethetest



Contact: Patrice Hatchett, Community Health Worker
512-927-6465 | Patrice.Hatchett@austintexas.gov

CLASSICAL CONCERT



Alex Greene's

performance of solo cello music by Vivaldi and possibly Tchaikovsky, Bach, Marcello, and Breval, along with clarinet and cello duets by Gliere.

Saturday, October 15, 2022

11 am

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CHAIR STRETCH & STRENGTH

Instructor: Patti Gagne

*On site class
Wednesday 10:30a*

*Zoom class
Wednesday 1:30p*

Learn the fundamentals of proper posture and body mechanics.



CHAIR YOGA

Instructor: Patti Gagne

On site class

Thursdays - 10:30a

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

*Virtual Chair Yoga
on Thursdays - 1:30p
from the comfort of
your own home.*



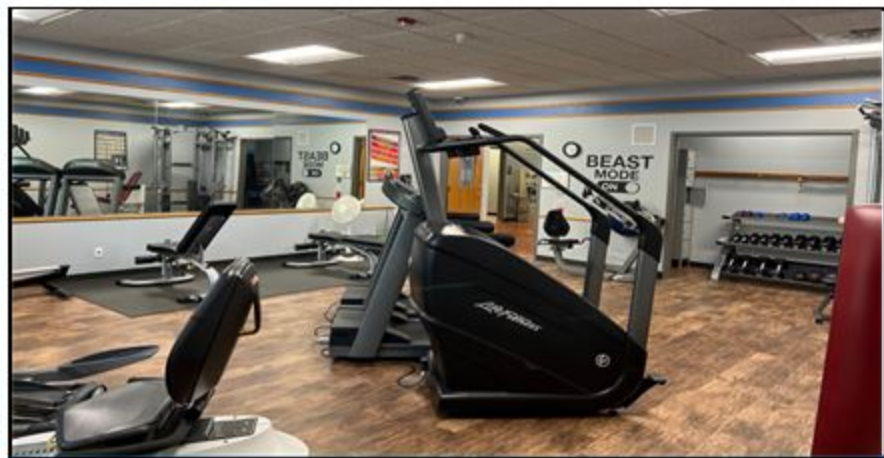
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PICKLEBALL

THE FASTEST
GROWING SENIOR
SPORT
2 OR 4 PLAYER GAME

Thursday Open Play 1p – 4:30p
Saturday Open Play 8a – 12:30p

FITNESS ROOM



Mon-Fri 8:15a-4:15p Sat 8:15a-12:15p

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CHOIR

The Seven C's Choir

*Conley-Guerrero Capital City Community
Commemorative "Centurions-to-be" Chorus*

Choir practice every 2nd & 4th
Tuesday and Friday of the month
in the Courtyard Multi Purpose Room #2
1:30 pm - 3:00pm

This network of capital city community citizens commits to communicate inclusivity commemorating cultural commonalities through rhythms, notes, lyrics, and instrumentalism. Research suggests that interactive sing-a-longs contribute to stability and recovery of cognitive functions and quality of life concepts.

BILLIARDS ROOM

BILLIARDS



Foosball

Monday - Friday
8a-4:30p
Saturdays 8a-12:30p

PING PONG



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GUITAR CLASSES

GUITAR BASICS

BEGINNER GUITAR CLASS

NO EXPERIENCE NECESSARY!



FRIDAYS, 11 AM

AT THE CONLEY-GUERRERO SENIOR ACTIVITY
CENTER

INSTRUCTOR: SANTANU RAHMAN

PICKLEBALL

THE FASTEST GROWING SENIOR SPORT 2 OR 4 PLAYER GAME

Thursday Open Play: 1p - 4:30p

Saturday Open Play: 8a - 12:15p



GOLDEN ROLLERS

**TUESDAY
MORNINGS
9am**



*The Golden
Rollers*

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QIGONG

QIGONG CLASS

REJUVINATING, MEDITATIVE MOVEMENTS

Tuesdays, 11-11:45 AM

Conley-Guerrero Senior Activity
Center

808 Nile St, Austin, TX 78702

Qigong is pronounced as CHIH-gong. It is a mind/body exercise that uses slow movements with controlled breathing to improve overall health and vitality. No experience necessary. Instructor is Santanu Rahman.



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LINE DANCE

"Golden Aces"

R & B Line Dance Class

Instructor: L M Rivers

Thursdays: 10 - 11am



BALLROOM DANCE

Ballroom

Dance



Saturday Mornings
10 am

Class Instructor:
LM Rivers

All ages and skill
levels welcomed

ZUMBA

Z U M B A G O L D



Tuesday: 1pm - 2pm
Friday: 10am - 11am
Saturday: 9am - 10am



Conley Guerrero
Senior Activity Center

TAI CHI

Tai Chi and the Art of Mindful Aging

Mondays & Thursdays at 1pm

Instructor: Kade Green

\$50 for 12 sessions
\$30 for 6 sessions \$5 per session

Strengthen your mind, body, and spirit.

QUILTING



Quilting Class

**Wednesday
Beginning
Class**

9:30a-11:30a

**Wednesday
Intermediate
Class
1p-3p**

**Bring your own
materials and
supplies.**

**Sewing Machines
Available**

Instructor: Margarine Beaman

CERAMICS

**Morning Ceramics Class
Mondays: 9-11a**



**Afternoon Ceramics Class
Thursdays: 1-3p**

Ceramics - \$10.00 Per Month

TECHNOLOGY CLASSES

Austin Free-Net:
Google Calendar Workshop
Tuesday, October 4th
10am

Austin Free-Net:
Social Connection
Workshop
Tuesday, October 11th
10am

Austin Free-Net:
Computer Fundamentals
Workshop
Tuesday, October 18th
10am

Austin Free-Net:
AMA + AFN Programs
Workshop
Tuesday, October 25th
10am

BIBLE STUDY

Bible Study

Mondays

9-10am

Bible Study is taught using the King James' Version. Classes are free to attend.

CREATIVE WRITING



Creative Writing

The purpose of creative writing is to entertain and to share the human experience. If you'd like to try your hand at creative writing, the first step is to use your imagination.

Thursday Mornings 9 - 11am

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ARTS & CRAFTS

Friday, October 7th
9-11am

Autumn Garland



Make a fall garland using wooden beads, pompoms and assorted decorations.

Free Class

Friday, October 12
9-11am

Concept Art

We will be continuing our series of autumn related themes. Come join us!

Free Class

Friday, October 14
9a-11am

Whimsical Halloween Jewelry

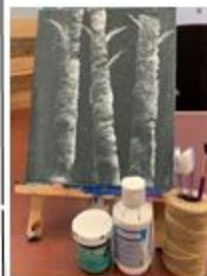


String together a necklace of tiny plastic candy bars and colorful beads. Then if you wish, make matching earrings.

Free Class

Wednesday, October 19th
1-3pm

30 Minute Masterpiece



Create a forest using acrylic paint and strings pulled sideways across the canvas.

Free class

Friday, October 21
9-11am

Fall is in the Air

Join Dolores and Judy as they guide you in making a beautiful plaque for the holidays.



Free class

Friday, October 28
1-3pm

Catch Up Day

The Creativity Room will be open for you to work on any unfinished projects, either from here at the Center or from home.

Free Class

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WALKAHOLICS

CONLEY
GUERRERO
WALKAHOLICS

JOIN US ON OUR WEEKLY
WALKS TO GET SOME
FRESH AIR AND EXERCISE

EVERY FRIDAY
9:00AM

WEATHER PERMITTING



CASH BINGO

Cash Bingo Monday 1pm



Cash Bingo Wednesday 1pm

HALLOWEEN PARTY



JOIN US WITH THE
TOP LADIES OF DISTINCTION
FOR A FUN FILLED HALLOWEEN PARTY



FRIDAY
OCTOBER
28TH
9:00AM
CJ HALL



SANCTUARY GARDEN

Tuesday Morning 9 - 10am



Help our
Community
Garden
grow!!!

Fruits • Vegetables • Herbs

ACOUSTICAL CAFE

AUSTIN ACOUSTICAL CAFE

ED MILLER
Songs of Scotland

Sat. Oct 8th
7PM - 9:50PM

CONLEY-GUERRERO
Senior Activity Center
808 Nile Street

OPENING:
Jim Patton &
Sherry Brokus



Purchase tickets: austinacousticalcafe.org

ARCHERY LESSON

Archery Lesson with Camacho Activity Center

Tuesday, October 11th, 2022

9-11AM

Come to CGSAC on October 11th to learn all about Archery. Camacho staff will teach participants archery safety, shooting form, and practice shooting targets. We may even have a championship shootout competition.

COMMUNITY JOB FAIR



LOOKING FOR WORK?

CITY OF AUSTIN
2022 COMMUNITY JOB FAIR

October 20, 2022 | 2-5 PM
Conley-Guerrero Senior Activity Center
808 Nile St., Austin TX, 78702

Join us to network and connect with City of Austin departments and local employers to learn about job opportunities.

Open to people from all backgrounds, including justice involved individuals, veterans, individuals 50+, and people with disabilities.

Bring Your Resume and Dress for Success!

For more information, go to our website at austintexas.gov/jobfairs or contact (512)-974-3210 or employment.services@austintexas.gov

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FRIDAY MATINEE

HOLLYWOOD

Conley-Guerrero Presents . . .

FRIDAY

October 8th

FREE Rated PG

1:00 pm 1h 45m

BIG 14
FOOT SCREEN

REFRESHMENTS

Three young women accidentally bring back the Sanderson Sisters to modern-day Salem and must figure out how to stop the child-hungry witches from wreaking havoc on the world. The world may have been free of Winifred, Mary, and Sarah and the fear they invoked in us all, but what happens when you mess with magic? It messes back.



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FRIDAY MATINEE

HOLLYWOOD

Conley-Guerrero Presents . . .

FRIDAY

October 21st

FREE Rated PG-13

1:00 pm 1h 52m

BIG 14
FOOT SCREEN

REFRESHMENTS

Investigative journalist Eddie Brock attempts a comeback following a scandal, but accidentally becomes the host of an alien symbiote that gives him a violent super alter-ego. Soon, he must rely on his newfound powers to protect the world from a shadowy organization looking for a symbiote of their own.



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
<p>3</p> <p><i>Trip Registration Starts</i></p> <p>Ceramics 9a</p> <p>Bible Study 9a</p> <p>Tai Chi 1p</p> <p>Cash Bingo 1p</p>	<p>4</p> <p>Sanctuary Garden 9a</p> <p>Golden Rollers 9am</p> <p>TRIP: Georgetown, TX 9:15am</p> <p>Google Calendar Workshop 10a</p> <p>Qigong Class 11-11:45am</p> <p>Zumba 1p</p>	<p>5</p> <p>Quilting 9:30a & 1p</p> <p>Stretch & Strength 10:30a</p> <p>Cash Bingo 1p</p> <p>Zoom Stretch & Strength 1:30p</p>	<p>6</p> <p>Creative Writing 9a</p> <p>R&B Fine Line Dance 10a</p> <p>Chair Yoga 10:30a</p> <p>Ceramics 1p</p> <p>Tai Chi 1p</p> <p>Pickleball 1p</p> <p>Zoom Chair Yoga 1:30p</p> <p>District 3 Meeting 6pm</p>	<p>7</p> <p>Walkaholics 9a</p> <p>Arts & Crafts- Autumn Garden 9a</p> <p>Zumba - 10a</p> <p>Guitar Basics 11am</p> <p>Movie: Hocus Pocus - 1p</p> <p><i>Trip Registration Ends</i></p>	<p>8</p> <p>Pickleball 8a</p> <p>Zumba 9a</p> <p>Ballroom Dance 10a</p> <p>Austin Acoustical Café 6:30-9:50pm</p>
<p>10</p> <p>Ceramics 9a</p> <p>Bible Study 9a</p> <p>Prevent T2 10:30a</p> <p>Tai Chi 1p</p> <p>Cash Bingo 1p</p>	<p>11</p> <p>Sanctuary Garden 9a</p> <p>Golden Rollers 9am</p> <p>Archery Class 9am</p> <p>Social Connection Workshop 10a</p> <p>Qigong Class 11-11:45am</p> <p>Zumba 1p</p> <p>The Seven C's Choir 1:30p</p>	<p>12</p> <p>Arts & Crafts- Concept Art 1p</p> <p>Quilting 9:30a & 1p</p> <p>Stretch & Strength 10:30a</p> <p>Cash Bingo 1p</p> <p>Zoom Stretch & Strength 1:30p</p>	<p>13</p> <p>TRIP: Texas State Fair 6:30am</p> <p>Creative Writing 9a</p> <p>R&B Fine Line Dance 10a</p> <p>Chair Yoga 10:30a</p> <p>Ceramics 1p</p> <p>Tai Chi 1p</p> <p>Pickleball 1p</p> <p>Zoom Chair Yoga 1:30p</p>	<p>14</p> <p>Walkaholics 9a</p> <p>Arts & Crafts: Whimsical Halloween Jewelry 9a</p> <p>Zumba - 10a</p> <p>Guitar Basics 11am</p> <p>The Seven C's Choir 1:30p</p>	<p>15</p> <p>Pickleball 8a</p> <p>Zumba 9a</p> <p>Ballroom Dance 10a</p> <p>Alex Green Cello Solo Concert 11am</p>
<p>17</p> <p>Ceramics 9a</p> <p>Bible Study 9a</p> <p>Prevent T2 10:30a</p> <p>Tai Chi 1p</p> <p>Cash Bingo 1p</p>	<p>18</p> <p>TRIP: Sweet Berry Farm & Blue Bonnet Café Marble Falls TX 8:30am</p> <p>Sanctuary Garden 9a</p> <p>Golden Rollers 9am</p> <p>Computer Fundamentals Workshop 10a</p> <p>Qigong Class 11-11:45am</p>	<p>19 <i>Pool Tournament 8a</i></p> <p>Central Texas Food Bank 1:00p</p> <p>Quilting 9:30a & 1p</p> <p>Stretch & Strength 10:30a</p> <p>Arts & Crafts- 30 Minute Master Piece 1p</p> <p>Cash Bingo 1p</p> <p>Zoom Stretch & Strength 1:30p</p>	<p>20</p> <p>TRIP: Bringing Srs Together @SASAC 8:30a</p> <p>Creative Writing 9a</p> <p>R&B Fine Line Dance 10a</p> <p>Chair Yoga 10:30a</p> <p>Ceramics 1p</p> <p>Tai Chi 1p</p> <p>Pickleball 1p</p> <p>Zoom Chair Yoga 1:30p</p> <p>Job Fair 2-5pm</p>	<p>21</p> <p>Walkaholics 9a</p> <p>Arts & Crafts-Fall is in the Air 9a</p> <p>Zumba - 10a</p> <p>Guitar Basics 11am</p> <p>Movie: Venom - 1p</p>	<p>22</p> <p>Pickleball 8a</p> <p>Zumba 9a</p> <p>Ballroom Dance 10a</p>
<p>24</p> <p>***VOTING***</p> <p>Ceramics 9a</p> <p>Bible Study 9a</p> <p>Prevent T2 10:30a</p> <p>Tai Chi 1p</p> <p>Cash Bingo 1p</p>	<p>25</p> <p>***VOTING***</p> <p>Sanctuary Garden 9a</p> <p>Golden Rollers 9am</p> <p>AMA + AFN Programs Workshop 10a</p> <p>Zumba 1p</p> <p>Qigong Class 11-11:45am</p>	<p>26</p> <p>***VOTING***</p> <p>Quilting 9:30a & 1p</p> <p>Stretch & Strength 10:30a</p> <p>Cash Bingo 1p</p> <p>Zoom Stretch & Strength 1:30p</p>	<p>27</p> <p>***VOTING***</p> <p>Creative Writing 9a</p> <p>R&B Fine Line Dance 10a</p> <p>Chair Yoga 10:30a</p> <p>Ceramics 1p</p> <p>Tai Chi 1p</p> <p>Pickleball 1p</p> <p>Zoom Chair Yoga 1:30p</p>	<p>28</p> <p>***VOTING***</p> <p>Walkaholics 9a</p> <p>Arts & Crafts: Catch up Day 9a</p> <p>Halloween Party 9:30</p> <p>Zumba - 10a</p> <p>Guitar Basics 11am</p> <p>The Seven C's Choir 1:30p</p>	<p>29</p> <p>***VOTING***</p> <p>Pickleball 8a</p> <p>Zumba 9a</p> <p>Ballroom Dance 10a</p>
<p>31</p> <p>***VOTING***</p> <p>Ceramics 9a</p> <p>Bible Study 9a</p> <p>Prevent T2 10:30a</p> <p>Tai Chi 1p</p> <p>Cash Bingo 1p</p>					

**CONGREGATE MEAL
REGISTRATION
REQUIRED**

A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, & delivery.

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.

 ≥ 1000mg Sodium

 - Vegetarian Entrée


MONDAY

3 Teriyaki Diced Chicken
Northern Beans
Japanese Vegetables
Texas Bread
Fresh Fruit
Cal: 731

10 **Columbus Day**

Turn in your sandwich order at front counter by 10-6-2022

17 Coconut Chicken
Brown Rice
Catalina Vegetables
Wheat Bread
Fresh Fruit
Cal: 682

24 Salisbury Beef w/Brown Gravy
Brown Rice Florentine
Parmesan Tomatoes
Wheat Bread
Fresh Fruit 
Cal: 669

31 Tim Andrew's BBQ
Pork Rib Patty
Baked Beans
Spring Vegetables
Wheat Bread
Fresh Fruit
Cal: 672

TUESDAY

4 Cheeseburger Macaroni
Green Peas
Country Tomatoes
Wheat Bread
Fresh Fruit
Cal: 625


11 Turkey Pot Pie
Whole Kernel Corn
Spinach
Wheat Bread
Fruited Orange Gelatin
Cal: 664

18 Turkey and White Beans
Parslied Carrots
Diced Beets
Wheat Bread
Cinnamon Swirl Pudding
Cal: 700

25 Moroccan Chicken Stew
Cabbage
Orange Beets
Saltine Crackers
Chocolate Pudding
Cal: 814

WEDNESDAY

5 Lemon Pepper Chicken
Couscous
Broccoli
Dinner Roll
Fruited Lemon Gelatin
Cal: 752

12 Hunan Style Tofu 
Lima Beans
Broccoli and Carrots
Texas Bread
Fresh Fruit
Cal: 716

19 Pork Carnitas
Pinto Beans
Herbed Green Beans
Wheat Tortilla
Fruited Lime Gelatin
Taco Sauce 
Cal: 692

26 John Yocum's Lemon Pepper Fish
Corn Casserole
Lemon Zest Broccoli
Texas Bread
Fresh Orange
Cal: 719

THURSDAY


6 BBQ Diced Turkey
Cheesy Parslied Potatoes
Mixed Vegetables
Hamburger Bun
Fresh Orange
Cal: 610


13 Chicken Marsala
Baked Sweet Potato
Green Beans
Texas Bread
Applesauce
Cal: 758

20 Lemon Caper Chicken
Lima Beans
Okra and Tomatoes
Corbread
Fresh Fruit
Margarine
Cal: 840

27 Pork Loin with Onion Gravy
Northern Beans
Herbed Green Beans
Dinner Roll
Fruited Cherry Gelatin
Cal: 797

FRIDAY

7 Spaghetti Torte 
Garlic Parmesan Cauliflower
Green Beans w/ Onions
Wheat Bread
Fresh Fruit
Cal: 705

14 Cheese Omelet 
Seasoned Black Beans
Stewed Tomatoes
Wheat Bread
Fresh Fruit
Cal: 604

21 **Cold Meal**
Egg Salad 
Quinoa Pepper Salad
Pasta Salad
Saltine Crackers
Fresh Fruit
Cal: 664

28 **Balsamic Brown Sugar Chicken**
 **Green Peas**
Glazed Carrots
Texas Bread
Fresh Fruit
Cal: 763



Due to unavailability of certain items, appropriate substitutions may need to be made.
****Milk is served with every meal****

Austin City Council Mayor and City Council

Steve Adler, Mayor

Natasha Harper-Madison, Mayor Pro Tem, District 1

Vanessa Fuentes, District 2

Sabino "Pio" Renteria, District 3

Gregorio "Greg" Casar, District 4

Ann Kitchen, District 5

Mackenzie Kelly, District 6

Leslie Pool, District 7

Paige Ellis, District 8

Kathie Toyo, District 9

Alison Alter, District 10

Austin Parks and Recreation

Kimberly McNeeley, Director

Liana Kallivoka, Assistant Director

Lucas Massie, Assistant Director

Anthony Segrva, Assistant Director

Suzanne Piper, Chief Administrative Officer

David Grabb, CPRP, Division Manager

Kelly Maltsberger, Seniors Program Manager

C-GSAC Advisory Board 2020

Margarine G. Beaman, President

Alice Houston, Vice President

Bunnie Stark, Secretary

Olivia Ussery, Corr. Secretary

Shirley Jenson, Member

Eddie Pearl Rucker, Member

Connie Smith, Member

City Manager

Spencer Cronk, City Manager

Anne Morgan, Interim Deputy City Manager

Rey Arellano, Assistant City Manager

Gina Fiandaca, Assistant City Manager

Rodney Gonzales, Assistant City Manager

Stephanie Hayden-Howard, Assistant City Manager

Shannon Jones, Interim Assistant City Manager

Ed Van Eenoo, Chief Financial Officer

Parks and Recreation Board

Dawn Lewis, Chair

Richard DePalma, Vice Chair

Nancy Barnard, Board Member

Anna Di Carlo, Board Member

Romteen Farasat, Board Member

Sarah B. Faust, Board Member

Kate Mason-Murphy, Board Member

Nina Rinaldi, Board Member

Laura Cottam Sahel, Board Member

Kimberly Taylor, Board Member

District 6 Vacant, Board Member

C-GSAC Staff

West Baxter, MSRLS, Recreation Program Supervisor

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