

Conley-Guerrero Senior Activity Center

November 2025 Newsletter



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Address:
808 Nile Street
Austin, TX 78702

Hours Of Operation:
Monday-Friday 8:00AM-4:30PM
Saturday 8:00AM-12:30PM
Sunday CLOSED

GENERAL INFORMATION

Austin Parks and Recreation 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 (PARC) 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 2025.

Conley-Guerrero Advisory Board and Guild Members accept donations of \$5.00 which goes towards the funding in the programs at Conley-Guerrero. If you would like to make a donation, please approach an Advisory Board or Guild Member to do so.

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

ONIE B. CONLEY AND ROY G. GUERRERO



Onie B. Conley was educated in the public schools of Austin, attending Old Anderson High School on Pennsylvania Avenue where she graduated valedictorian. After graduating from Samuel Huston College with a B.A. Degree, she began teaching in the Austin Public Schools (now the Austin Independent School District). In a career that spanned 43 years, Conley was absent from work only one day.

As a participant in the Blackshear Neighborhood Group, she served

as the liaison between the neighborhood and the City Council. Her East Austin advocacy efforts resulted in the 10,000 square foot Carver Library and the use of the old library for the Carver Museum. That experience provided the groundwork for securing the senior center that today bears her name, the Conley-Guerrero Senior Activity Center. (Sorority, n.d.) (Jones, 2024)



Over the course of more than 30 years, Roy G. Guerrero worked his way up to become the Assistant Director of the Austin Parks and Recreation Department, making him at one point the top Hispanic city employee and an advocate for residents' appeals. Some dubbed Guerrero the "unofficial City Council member for the East Side," admired and followed by many, including Travis County Commissioner Richard Moya, the first elected Hispanic in Austin. He's also the namesake for the 362-acre Guerrero Colorado River Park.

Benefiting from the city's Art in Public Places ordinance, the activity center contains a tile mural, a quilted landscape, and a stained-glass window. (Barnes, 2012)

References

Barnes, M. (2012, September 1). How a senior activity center got its name. *Austin American-Statesman*.

Jones, Beulah Agnes (2024, April 15).

Sorority, A. K. (n.d.). *Pioneer Pearls of Austin*. Retrieved from Alpha Kappa Alpha Sorority, Incorporated Beta Psi Omega Chapter: <https://www.akabetapsiomegaatx.com/pioneer-pearls-of-austin.html#:~:text=Onie%20B.&text=Conley%20was%20educated%20in%20the,the%20Austin%20Independent%20School%20District.>

C-GSAC GUILD



The Guild supports Conley-Guerrero by providing constructive activities to grow participation and share information beneficial to the actively-aging population. They also support Advisory Board initiatives.

C-GSAC ADVISORY BOARD



The Advisory Board is the arm of Conley-Guerrero who helps with funding for special events and onsite programs. They also help with facilitating many of our events.

FIELD TRIPS

Field trips are only for registered members. You may become a registered member by filling out a Participant Waiver Form. When registration is open, you may sign up for a trip by filling out the trip registration form which will be put in a lottery system. You are allowed to sign up one other person in addition to yourself, as long as they have filled out a Participant Waiver Form. If you have been selected payment (if required) for the trip is **due 2 days before the trip**. If you registered but have not been selected you will be put on a waitlist. **Staff will call you ONLY if you were selected for a trip.** Participants are **not allowed to drive their personal vehicles** to the field trips **REGARDLESS** of registration/lottery results. If you need to drive yourself to the trips or have other concerns, **please speak to Program Specialist Mariah Silva email: mariah.silva@austintexas.gov.** All trips are subject to change due to weather, APR Director/Program Supervisor approval, or registration numbers.

**REGISTRATION CLOSING MONDAY,
NOVEMBER 3RD @ 12:00PM.**

FIELD TRIPS

Umi Hot Pot Sushi and Seafood Buffet

Date: Thursday, November 6

Departure Time from Conley-

Guerrero: 10:15am

Return Time: ~2:30pm

Cost: \$3.00 Resident | \$4.00 Non-Resident

Activity Level: Medium

Capacity: 13 PARTICIPANTS

Bring ~\$30.00 for food and drink (water is free)



Bringing Seniors Together @ Turner-Roberts Recreation Center

Date: Thursday, November 13th

Departure Time from Conley-Guerrero: 8:30am

Return Time: ~1:00pm

Cost: Free

Activity Level: Low

Capacity: 13 PARTICIPANTS



FIELD TRIPS

Casas Garcia's Restaurant– 15803 Windermere Dr

Date: Friday, November 21st

Departure Time from Conley-Guerrero:

8:30am

Return Time: ~12:00pm

Cost: \$3.00 Resident | \$4.00 Non-Resident

Activity Level: Low

Capacity: 13 PARTICIPANTS

Bring extra money for food.



Lyndon Baines Johnson Library and Museum

Date: Wednesday, November 19th

Departure Time from Conley-

Guerrero: 9:00am

Return Time: ~12:00pm

Cost: \$3.00 Resident | \$4.00 Non-Resident

Activity Level: Medium-High

Capacity: 13 PARTICIPANTS

Bring \$7.00 for museum admission.



THANKSGIVING BREAKFAST

CONLEY-GUERRERO SENIOR ACTIVITY CENTER
808 NILE ST. AUSTIN, TEXAS 78702 | 512-978-2660

Thanksgiving Celebration

HOSTED BY CONLEY-GUERRERO ADVISORY BOARD

JOIN US FOR A
COZY THANKSGIVING BREAKFAST

November 18, 2025 | 8:30 am – 12:00 pm

\$1 REGISTRATION FEE.
PAY AT CONCESSION STAND | M-F | 8-11 AM

Register by November 10th



Veterans Day @ South Austin SAC

— SOUTH AUSTIN SENIOR —
ACTIVITY CENTER



BRINGING SENIORS TOGETHER

VETERANS DAY

CELEBRATION

NOVEMBER 7TH 2025



★ HONORING ALL WHO SERVED ★

RIFLE VOLLEY • PRESENTATION OF COLORS • TAPS

START AT 10:00 AM

3911 Menchaca Rd Austin, Tx 78704



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) 974-3917 or Relay Texas 7-1-1.

Dia De Los Muertos

CONLEY-GUERRERO SENIOR ACTIVITY CENTER
808 NILE ST. AUSTIN TEXAS, 78702 | (512) 978-2660



FRIDAY, NOVEMBER 14

1:00-3:00 pm

REGISTER BY NOVEMBER 10

Austin

FITNESS ROOM

****PLEASE USE AT
YOUR OWN RISK****

**Please wear appropriate
athletic attire.**

Fitness Room Hours:
Monday-Friday: 8:00am-4:15pm
Saturday: 8:00am-12:15pm

GAME ROOM

Open Play Hours
Monday-Friday: 8:00am-4:15pm
Saturday: 8:00am-12:00pm

TECHNOLOGY ROOM

Open Use Hours
Monday-Friday: 1:15pm-4:15pm
Saturday: 10:00am-12:00pm

BILLIARDS AND PING PONG ROOM

Open Play Hours
Monday-Friday: 8:00am-4:15pm
Saturday: 8:00am-12:00pm

SEWING CLASS



SEWING CLASS

Every Tuesday
9:30am-11:30am

Sewing machines will
be provided.

Please bring your
own materials.

CLASS LIMIT: 10
PARTICIPANTS ONLY

IF THE INSTRUCTOR IS ABSENT, THE SEWING
ROOM WILL BE CLOSED.



TECHNOLOGY CLASSES

Austin Free Net



Every Tuesday 10:00am - 11:00am

Come and join this weekly
technology workshop!

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GOLDEN ROLLERS

Golden Rollers



Wednesdays @ 9:00am



Join us on a morning
bike ride!

Please wear appropriate
athletic attire!

Friday Yoga Classes

Find Your Inner Calm Weekly Yoga Classes

Join us for yoga sessions designed to relax your
mind, strengthen your body, and reconnect with
your breath.

EVERY FRIDAY
BEGINS FRIDAY, SEPT. 5TH
3:45 PM - 4:15 PM
CONLEY-GUERRERO SENIOR ACTIVITY CENTER

Please bring a yoga mat and wear comfortable
clothes that you can move in.



Free Health Screenings



Conley-Guerrero Senior Activity Center will have

Free Health Screenings

The following health screenings will be available for free:

- Blood Pressure
- A1c Testing
- Blood Sugar Reading
- Cholesterol Testing
- General Health Information and Resources

November 13th from 9:00am-11:00am

Where: Education Room

Questions about the health screenings? Call
The Rosewood-Zaragoza Neighborhood Center

512-972-6740

Conley-Guerrero Choir

COME AND JOIN OUR

CONLEY-GUERRERO CHOIR

REHEARSALS ARE CONDUCTED ON

THURSDAYS FROM 9:00AM-9:45AM

COME SING
WITH US!

SPEAK TO A CONLEY-GUERRERO STAFF
MEMBER FOR MORE INFORMATION.



CERAMICS

CERAMICS CLASS



Tuesdays
9:00am - 12:00pm



Thursdays
1:00pm - 4:00pm



**\$10.00
PER
MONTH**



**\$10.00
PER
MONTH**

**PLEASE PAY BEFORE ATTENDING YOUR
FIRST CLASS OF THE MONTH.**

QUILTING CLASS



**Quilting
Class**



Beginners Class

Wednesdays 9:00am - 11:30am

Intermediate Class

Wednesdays 1:00pm - 3:00pm

Instructor: Margarine Beaman



**Access to quilting equipment outside of
class time is not allowed unless a Quilting
Instructor relays approval to facility staff.**

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BIBLE STUDY

Bible Study

Mondays 9:00am-10:00am



Bible Study is taught using the King James' Version. Classes are free to attend.
Instructors: Bunnie Stark & Robert Walker

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.

THURSDAYS 9:00AM-11:00AM



Wednesday Arts & Crafts

Clay Creations

Wednesday, November 5th
1:00pm - 3:00pm



**Make your
own clay
pieces!**

Cost: \$10.00

Buttons and Beads

Wednesday, October 8th
1:00pm - 3:00pm



Using glass salt and pepper shakers, create little snowmen, then place them on trays to create centerpieces for the table.

FREE

Thirty Minute Masterpiece

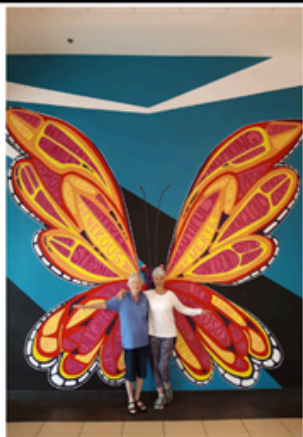
Wednesday, November 19th
1:00pm - 3:00pm

Paint a background color on canvas then create a Christmas tree using a fork. Add broken jewelry or beads.



FREE

YOGA SONG WELLNESS



Mom, Lessie Hoffman and Instructor, Donna Hoffman

YOGA SONG WELLNESS

Gentle Morning Yoga Senior Wellness

Mondays, 10:00-11:00 AM

Cultivate flexibility, mobility, good digestion, strength, and a mindful and relaxed balance of energy. Practice with others in a supportive community then take the ancient art of Yoga home.



BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through Dance!



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Location: Dance Room

Wednesdays 9:30am -11:30am

Bid Whist

JOIN US AT CONLEY-GUERRERO SENIOR ACTIVITY CENTER
AS WE LEARN TO PLAY



BID WHIST



**THURSDAYS
1PM-3PM**



CAPACITY: 16 PEOPLE

LOCATION: MULTI-PURPOSE ROOM



SANCTUARY GARDEN

Sanctuary Garden

TUESDAY MORNINGS 8:30AM - 9:30AM

Help make our Sanctuary Garden grow!

HARVESTING OCCURS TUESDAY MORNINGS @ 9:00AM



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TUNISIAN CROCHET

TUNISIAN CROCHET CLASS

FRIDAYS 10:00AM - 11:30AM

LOCATED IN THE EDUCATION ROOM.
PLEASE BRING YOUR OWN SUPPLIES!

"CHANGE IN DAY AND TIME"



BINGO



Mondays and Wednesdays
1:00pm



\$1.00 per card

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FIND WITH PIXELS

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

808 NILE ST. AUSTIN, TEXAS 78702 | 512-978-2660



DOMINOES

Step back in time and roll with us! Enjoy classic dominoes.

LOCATED IN CJ HALL

EVERY TUESDAY

FROM 1:00-4:00 PM

FREE TO PLAY

MEDITATION CLASS

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

808 NILE ST. AUSTIN, TEXAS 78702 | 512-978-2660



PATH OF PEACE

Meditation & Mindfulness classes

Join us and take time to breathe, relax, and reset. This mindfulness and meditation session guides you through gentle techniques to calm the mind and restore balance in your day.

Every Monday
2:00-3:00 PM

Location | Tai-Chi room
Instructor | Resa Pratt

Free class

Sessions for November

Monday | 11/3, Monday | 11/10

Monday | 11/17, Monday | 11/24



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FRIDAY MOVIE

Friday Movies



Friday, November 7th
1:00pm **Rated PG-13**
Total Running Time 2h 6m

An actor named Daniel Hillard goes through a bitter divorce and is devastated to lose custody of his three children. To spend more time with them, he disguises himself as an elderly British housekeeper, "Mrs. Doubtfire," and is hired by his ex-wife. As his new persona, Daniel becomes a beloved nanny but struggles hilariously to maintain the deception, ultimately leading to his secret being revealed and his family having to accept their new normal.



Friday, November 21st
1:00pm **Rated PG-13**
Total Running Time: 2h 16m

A basketball coach named Ken Carter returns to his old high school to lead the team, requiring all players to sign a contract prioritizing a minimum GPA. When he discovers they are failing classes, Carter locks the gym and forfeits games until their grades improve, making him a controversial figure in the community. His controversial move ultimately inspires his players to focus on academics, realizing that their future depends on education more than athletics.

Pickleball

Pickleball Open Play Schedule

Tuesday & Thursday 1:00pm - 4:15pm

Saturday 8:00am - 12:00pm

Please wear appropriate athletic attire!

Located in the Charles Jordan Hall!

**PICKLEBALL OPEN
PLAY WILL BE
CLOSED ON
SATURDAY, NOV. 22.**

TAI CHI

Tai Chi and the Art of Mindful Aging

Mondays and Thursdays - 1:00pm | Instructor: Kade Green

Session 2 October 30th-December 11th

Mondays Only Session - \$30.00

Thursdays Only Session - \$30.00

Mondays and Thursdays Session - \$50.00

**Strengthen your mind,
body, and spirit. \$5.00 per individual class**

Payment is due at the start of each session

EMERGENCY PREPAREDNESS

ARE YOU PREPARED?



SOMETIMES, NATURE DOESN'T CALL FIRST.
JOIN US FOR AN EMERGENCY PREPAREDNESS
WORKSHOP WITH A FOCUS ON FLOODING
AND FIRE EMERGENCIES.



JOIN US

WHEN: WEDNESDAY,
NOVEMBER 12TH @ 2 PM

WHERE: CONLEY-GUERRERO
ACTIVITY CENTER
808 NILE ST

GET IN TOUCH

432-425-0851
MARIANSAN.PODER@GMAIL.COM
WWW.PODERAUSTIN.ORG

Senior Holiday Luncheon



Senior Holiday Luncheon



December 10, 2025 | 9:00am-1:00pm

Conley-Guerrero Senior Activity Center
808 Nile Street
Austin, TX 78702
512-978-2660

TURKEY DISTRIBUTION

Rosewood Zaragosa Neighborhood Center, M. W. MT Carmel Grand Lodge
(Most Worshipful Mount Carmel Grand Lodge),
and First United Bank invite you to

Turkey Distribution

Saturday, Nov. 22, 2025
9 a.m. - 12 p.m.

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

One turkey per household
While supplies last

Community resources available



Victory Vault

COMPETE FOR THE VICTORY VAULT



Earn tickets by joining in on weekly challenges! Each ticket = more chances to win! Raffle is at the end of the month!

Workout of the Week

Do the workout in the gym & check in with staff.

Trivia Question | Riddle of the Week

Solve it & share your answer with staff.

Game of the Week

Play, win, and grab your ticket!

*instructions are given out weekly.

STARTING 9/8
2025

NO CHEATING
NO SEARCHING THE WEB
NO SHARING ANSWERS

COLORING HOUR

COLORING HOUR

NEW TIME!!

WHEN: MONDAYS 10:00AM-11:00AM

WHERE: CHARLES JORDAN HALL

COLOR YOUR CARES AWAY

BRING YOUR OWN SUPPLIES OR SEE FRONT DESK
TO CHECK OUT SUPPLIES

GOLDEN ACES LINE DANCING CLASS



Thursdays: 10:00am

Instructor: LM Rivers

Saturdays: 10:00am

Instructor: Sonya Rangel

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Classes with Patti Gagne

Chair Stretch and Strength



Learn the fundamentals of proper
posture and body mechanics.

Wednesdays @10:30am

Chair Yoga

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



Thursdays @10:30am

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NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Conley-Guerrero Senior Activity Center 808 Nile Street, Austin, TX 78702 Office Phone: 512-978-2660			 ⇒ Field Trip Information  ⇒ Special Event Information	**Updated 11/5/2025**	1 Pickleball 8am Line Dance 10am
3 Field Trip Registration Closes 12pm Thanksgiving Registration 8am-12pm Bible Study 9am Yoga Song Wellness 10am Coloring Hour 10:00am Tai Chi 1pm Bingo 1pm Path Of Peace Meditation 2pm	4 Thanksgiving Registration 8am-12pm Ceramics 9am Sewing 9:30am Sanctuary Garden 8:30am Austin Free Net- 10am Pickleball 1pm Dominoes 1pm	5 Thanksgiving Registration 8am-12pm Quilting 9am & 1pm Golden Rollers 9am Ballet Folklorico 9:30am Diamond Dot Painting 10am Stretch and Strength 10:30am Bingo 1pm Arts and Crafts—Clay Creations 1pm	6 Umi Buffet Trip 10:15am Thanksgiving Registration 8am-12pm Creative Writing 9am Choir Rehearsal 9am R&B Fine Line Dance 10am Chair Yoga 10:30am Bid Whist Game Session 1pm Ceramics 1pm Tai Chi 1pm Pickleball 1pm	7 Veterans Day Event @ South Austin Senior Activity Center 10am Thanksgiving Registration 8am-12pm Tunisian Crochet 10am Friday Movie "Mrs. Doubtfire" 1pm Diamond Dot Painting 1pm Friday Yoga 3:45pm	8 Pickleball 8am Line Dance 10am
10 Thanksgiving Registration Closes 12pm Bible Study 9am Yoga Song Wellness 10am Coloring Hour 10:00am Tai Chi 1pm Bingo 1pm Path Of Peace Meditation 2pm	11 CLOSED FOR VETERANS DAY	12 Quilting 9:00am & 1pm Golden Rollers 9am Ballet Folklorico 9:30am Diamond Dot Painting 10am Stretch & Strength 10:30am Bingo 1pm Arts and Crafts—Buttons and Beads 1pm	13 BST @ Turner-Roberts 8:30am Creative Writing 9am Choir Rehearsal 9am Free Health Screenings 9am R&B Fine Line Dance 10am Chair Yoga 10:30am Bid Whist Game Session 1pm Ceramics 1pm Tai Chi 1pm Pickleball 1pm	14 Dia De Los Muertos 1pm Tunisian Crochet 10am Diamond Dot Painting 1pm Friday Yoga 3:45pm	15 Pickleball 8am Line Dance 10am
17 Bible Study 9am Yoga Song Wellness 10am Coloring Hour 10:00am Tai Chi 1pm Bingo 1pm Path Of Peace Meditation 2pm	18 Thanksgiving Celebration 8:30am Ceramics 9am Sewing 9:30am Sanctuary Garden 8:30am Austin Free Net- 10am Pickleball 1pm Dominoes 1pm	19 LBJ Library 9am Quilting 9:00am & 1pm Golden Rollers 9am Ballet Folklorico 9am Diamond Dot Painting 10am Stretch and Strength 10:30am Bingo 1pm Arts and Crafts—Thirty Minute Masterpiece 1pm	20 Creative Writing 9am Choir Rehearsal 9am R&B Fine Line Dance 10am Chair Yoga 10:30am Bid Whist Game Session 1pm Ceramics 1pm Tai Chi 1pm Pickleball 1pm	21 Casas Garcia's Trip 8:30am Tunisian Crochet 10am Friday Movie "Coach Carter" 1pm Friday Yoga 3:45pm	22 Turkey Distribution 9am NO OPEN PLAY PICKLEBALL Line Dance 10am
24 Bible Study 9am Yoga Song Wellness 10am Coloring Hour 10:00am Tai Chi 1pm Bingo 1pm Path Of Peace Meditation 2pm	25 Ceramics 9am Sewing 9:30am Sanctuary Garden 8:30am Austin Free Net- 10am Pickleball 1pm	26 Quilting 9:00am & 1pm Golden Rollers 9am Cooking Class 9am Ballet Folklorico 9am Diamond Dot Painting 10am Stretch and Strength 10:30am Bingo 1pm Loteria 2:15pm Arts and Crafts—NO CLASS	27 CLOSED FOR THANKSGIVING DAY	28 CLOSED FOR HOLIDAY	29 Pickleball 8am Line Dance 10am



NOVEMBER MENU 2025



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
3	Swedish Beef Meatballs Pinto Beans Okra and Tomatoes Wheat Bread Fresh Fruit Cal: 723	4	Black Bean Chicken Brown Rice Ginger Carrots Dinner Roll Fresh Fruit Cal: 633	5	Cold Meal Turkey Salad Quinoa Pepper Salad Pasta Salad Saltine Crackers Fresh Fruit Cal: 619	6	Meatloaf with Brown Gravy Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fruited Lemon Gelatin Cal: 661	7	Cajun Breaded Pollock Lima Beans Medley Cabbage Wheat Bread Fresh Fruit Cal: 666		
10	Orange Chicken Northern Beans Japanese Vegetables Texas Bread Fresh Fruit Cal: 683	11	Cheeseburger Macaroni Green Peas Country Tomatoes Wheat Bread Fresh Fruit Cal: 625	12	Breaded Chicken with Country Gravy Lentil Vegetable Pilaf Broccoli Dinner Roll Fresh Fruit Cal: 758	13	Sloppy Joe Dill Potato Salad Mixed Vegetables Wheat Hamburger Bun Peach Crisp Cal: 750	14	Spaghetti Torte Garlic Parmesan Cauliflower Green Beans with Onions Wheat Bread Fresh Fruit Cal: 697		
17	Salisbury Beef with Gravy Lentils Cauliflower Wheat Bread Fresh Fruit Cal: 646	18	Moroccan Chicken Stew Couscous Mixed Greens Texas Bread Fresh Fruit Cal: 826	19	Espagnole Beef Whole Grain Penne Florentine Lemon Zest Broccoli Wheat Bread Fresh Fruit Cal: 626	20	Breaded Chicken Piccata Northern Beans Herbed Green Beans Dinner Roll Fruited Cherry Gelatin Cal: 745	21	Three Cheese Ziti Green Peas Glazed Carrots Texas Bread Fresh Fruit Cal: 801		
24	Chimichurri Chicken Couscous Cabbage Texas Bread Fresh Fruit Cal: 719	25	Mushroom Beef Whipped Potatoes with Skins Mixed Vegetables Wheat Bread Fresh Banana Cal: 689	26	Turkey Breast with Gravy Cornbread Dressing Herbed Green Beans Dinner Roll Sugar Cookie Margarine Cal: 603	27	CLOSED - NO DELIVERY		28	CLOSED - NO DELIVERY	
*Due to unavailability of certain items, appropriate substitutions may need to be made.		 - Vegetarian Entrée									
**Milk is served every meal		 ≥ 1000mg sodium									
Donations are appreciated to offset the cost of staff, meal-related expenses, dietary supplies and delivery. Meal tickets are distributed on a reservation basis at 10:00 each morning. Those w/o will go on a waitlist.						Lunch is served daily 12:00pm-12:15pm with milk. Meals cannot leave the building. For ineligible guests OVER 60 (unregistered) and guests UNDER 60, the cost of the meal is \$13.98.					

C-GSAC Staff

Johnny Saldana,
Recreation Program Supervisor

Justin Talioaga,
Recreation Program Specialist

Mariah Silva,
Recreation Program Specialist

Carrolyn Vaterlaus,
Recreation Program Specialist

Arthur Ramirez,
Building and Grounds Assistant

Donna Hoffman,
Program Instructor

Patti Gagne,
Program Instructor

Patsy Ybarra,
Office Attendant

C-GSAC Advisory Board

Margarine G. Beaman, President

Alice Houston, Vice President

Shirley Jenson, Treasurer

Bunnie Stark, Secretary

Olivia Ussery, Corr. Secretary

Connie Smith, Outreach Coordinator

Deborah Driver, Member

Alicia Fabian, Member

Margaret Nesbitt, Member

Dolores Perez, Member

Irene Graveline, Member

C-GSAC Guild

Ida Hunt, President

Dr. Beulah A. Jones, Vice President

Elridge Nelson, Treasurer

Cora Sutton, Secretary

Debbie A. Luna, Member

Vicky Valdez, Member

Willie Williams, Member

Wanda Justice, Member