



# CONLEY GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street Austin, Texas 78702

512-978-2660

Monday/Wednesday/Friday 8:00a - 5:00p

Tuesday/Thursday 8:00a - 6:00p

<http://www.austintexas.gov/department/conley-guerrero-senior-activity-center>

Austin Parks and Recreation Department - Seniors



# 2019

*Celebrating 30 Years  
Uplifting 50+ Adults since 1988*



The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) **974-3914** or Relay Texas 7-1-1.



## General Information

### Austin Parks and Recreation Department Mission Statement

Inspire Austin to learn, play, protect and connect by creating diverse programs and experiences in sustainable natural spaces and public places.

### Conley-Guerrero Senior Activity Center Mission Statement

The purpose of the Conley-Guerrero Senior Activity Center is to provide quality recreational and cultural activities and programs to seniors in order to enhance their quality of life.

### Austin Parks and Recreation Department Refund Policy

The activity/program fee is refunded in full only if the class is cancelled by the Austin Parks and Recreation Department. In the event you need to withdraw from a class due to personal reasons, personal injury/illness, etc., the prorated activity fee minus a \$35 processing charge will be refunded. A medical verification may be required. Please allow 4-6 weeks for refunds to be processed and mailed - **no cash** refunds will be given. If the refund amount is less than \$35, no refund will be issued but you may receive a class credit form to be used within 90 days.

### Resident/Non-Resident Fee Structure

The City of Austin Parks and Recreation Department (PARD) is implementing a resident and non-resident fee structure approved by Austin City Council beginning Fiscal Year 2014-2015 as of October 1, 2014. Residents **(R)** of Austin property taxes contribute directly to support the operations of the City of Austin. The non-resident **(NR)** rate ensures that individuals living outside of Austin contribute to the funding of the City of Austin on an equal basis with residents.

### Conley-Guerrero SAC Annual Enrollment Form and Donation

Please stop by the front desk and renew your enrollment form for 2018-2019.

Only Conley-Guerrero Advisory Board 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



### Coffee and Conversation

With Karen L. Horn

Dignity Memorial Funeral Homes

Friday, October 18th

11-11:50a

Education Room

Coffee and Conversation regarding pre-planning. This will give you a chance to visit about (what can be a difficult subject) in a relaxed, positive setting.

*You're Invited!*

## Fight Back Against Stress

Heart pounding, but no idea why? Can't remember where you left your keys? Gaining belly fat, but eating a healthy diet? If you say yes to any of these, you might be suffering the ill effect of chronic stress. While it's impossible to remove stress from your life, incorporating a few specific nutrients into your diet can help you deal with life's many stressors. Come and learn how you can manage stress.

*Presented by:* Jean Romeu, Nutritional Health Coach

**WEDNESDAY,  
October 30**

**11:00am-12:00pm**

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

## Special Events

**FALL FESTIVAL  
ICE CREAM CONE CORNUCOPIA  
THURSDAY, OCTOBER 31ST  
10:45-11:50A**

**SPECIAL PERFORMING BY  
"GOLDEN ACE" R&B LINE DANCERS**

**COSTUME CONTEST  
OCTOBER BIRTHDAY CAKE**

**CREATE YOUR OWN "TREAT" MADE  
FROM A WAFFLE CONE CORNUCOPIA  
FILLED WITH CANDY.**



**SIGN UP BY FRIDAY, OCTOBER 25TH @ 1P**

## Special Events

**Dia de Los Muertos/Day of The Dead  
"A Celebration of Life"  
Friday, November 1st**

**Honoring the memory of loved ones lost.  
Everyone is welcome to bring photos of loved ones  
who have passed.**

- ♦ 10a Ballet Folklorico Performers
- ♦ 10:15a Prize Loteria/Bingo
- ♦ 11a Open mic for those who want to share memories of love one.



**Light refreshments  
Mexican hot chocolate and cookies**

**Please bring photos/memorabilia in by 9a  
November 1st**

**Please sign up by October 28th @ 1p**

**Sponsored by Marcus Sillers  
The Assurance Group**





## New Classes

AUSTIN  
PUBLIC  
LIBRARY



### Computer Classes

Weekly tech classes helping you get comfortable using your computer, your tablet or your cell phone, so you can get the most out of your device.

- October 2:** Cybersecurity – Protective measures to use while on your computer, tablet or smartphone
- October 9:** Android or Apple – What's the best choice for you?
- October 16:** Learn to Use Your Smartphone or Tablet\*
- October 23:** Explores new apps for your phone and tablet\*
- October 30:** Brain Games - games aimed at stimulating your cognitive functions\*

\*For maximum benefit bring your cell phone or tablet to class

Sponsored by  
**Austin Public Library**

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

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

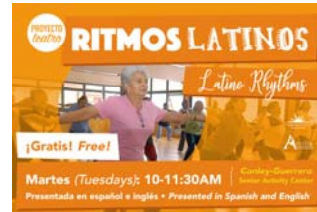
The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please call 512-974-7449.



### Austin Public Library Technology Classes

Wednesdays  
10-11a  
Free

## New Classes



**Ritmos Latinos! (*Latino Rhythms!*)**  
**Tuesdays 10-11:30a**  
**Thursdays 8:30-9:30a**

This class uses Latino dance rhythms like salsa, mambo, and cumbia to give physical fitness a fun and cultural twist! Ms. Jenny leads a slow warm-up with strengthening exercises, coordination, and balance exploration and finishes with short dance sequences using iconic Latino rhythms. Get healthier by dancing!

*\*Presentada en español e inglés (Presented in Spanish and English)*

**Instructor:** Ms. Jenny Ramos

**Cost:** Free

**Costura (*Sewing*)**  
**Martes (*Tuesdays*)**  
**12:30-3p**

This class is open to all levels of sewers, beginners or advanced! Ms. Luisa will guide everyone through individual projects (*Your choice or hers!*) that will teach and improve hand and machine sewing techniques. From altering or fixing clothes, to craft projects that showcase your creativity, come and express yourself with a needle and thread!

*\*Presentada en español e inglés  
(Presented in Spanish and English)*

**Instructor:** Ms. Luisa Gutierrez

**Cost:** Free



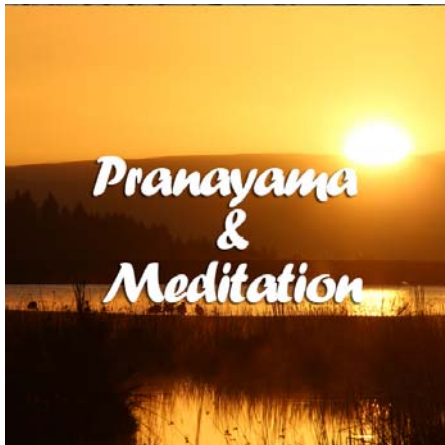
## New Classes

### Pranayama and Meditation Class

*Mondays*  
2:15-3:15p

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 class, we will practice Dhyana or meditation. Some styles of meditation will include focusing on the breath, a mantra, or candle gazing.

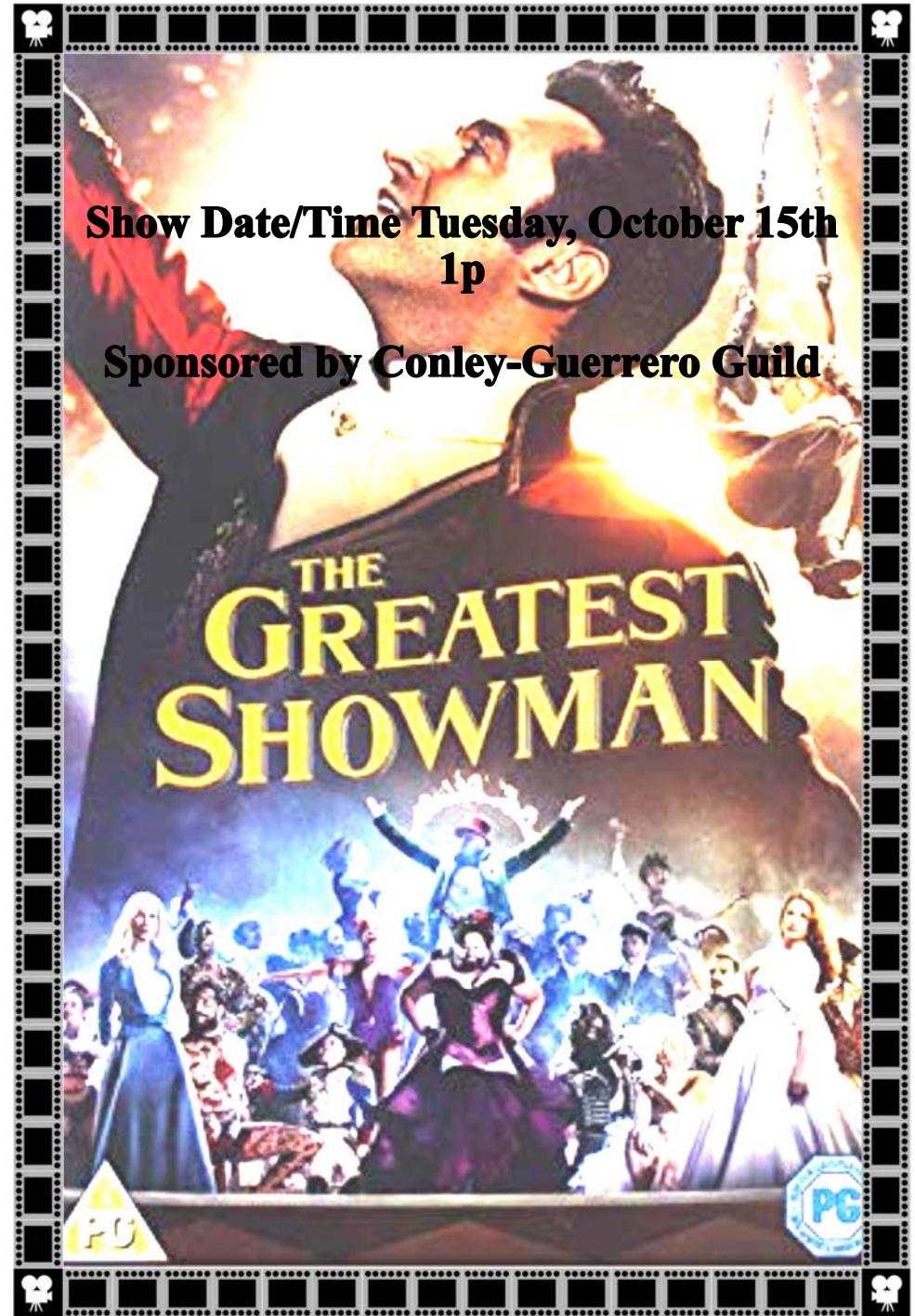
Instructor: Patti Gagne



## Movie

**Show Date/Time Tuesday, October 15th  
1p**

**Sponsored by Conley-Guerrero Guild**





## Craft

**Capitol of Texas Gourd Patch**  
**Wednesday, October 16th**  
**9-11:45a**  
**Cost: Free**



After traveling to New Braunfels to attend the Gourd Festival everyone was amazed and inspired by the artistic creations on display and wanted to learn more about this new art form.

Rona Thornton from the Capitol of Texas Gourd Patch has enthusiastically agreed to bring gourds and teach us how to clean, cut and decorate them. Each participant will create their own holiday ornament.

## State Fair of Texas



**2019 Texas State Fair**  
**Dallas, TX**

**Thursday, October 10th**

**Senior Day: 60 years and older get into the fair FREE every Thursday of the State Fair.**

**Departure Time: 6:30a**

**Return Time: 9p**

**Fee: \$5.00**

**Additional Expenses: The cost of food, rides and shopping plus \$18.00 general admission for participants under the age of 60 years.**

**Activity Level: High**

## Special Classes



**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.

## Balance, Strength & Flexibility

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



**Personal Training**  
5 sessions - \$70 (\$15/session)  
512-656-8752  
[kbentsen@austin.rr.com](mailto:kbentsen@austin.rr.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ballet Folklorico 9a Latino Rhythms 10a Golden Rollers 10-11a & 11a-12p Sewing 12:30pm Free Computer Class 1p-4p Pickleball 1p-5:45p	2 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1p-3:30p	3 Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Bible Study 10a-11a R&B Line Dance 10a-11a Ceramics 1p Free Computer Class 1p-4p T'ai Chi 1p-2p Pickleball 1p-5:45p	4 Exercise 1&2 9:30a Creative Writing 11a Bingo 1p Chair Yoga 2-3p
7 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	8 Ballet Folklorico 9a <b>Trip: Archery Class 9:45a</b> Latino Rhythms 10a Golden Rollers 10-11a & 11a-12p Sewing 12:30pm <b>Trip: Golf 12:45p</b> Free Computer Class 1p-4p Pickleball 1p-5:45p	9 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1p-3:30p	10 <b>Trip: State Fair 6:30a</b> Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Bible Study 10-11a R&B Line Dance 10-11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p Pickleball 1-5:45p	11 Exercise 1&2 9:30a Creative Writing 11a Bingo 1p Chair Yoga 2-3p
14 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	15 Ballet Folklorico 9a Latino Rhythms 10a Golden Rollers 10-11a & 11a-12p Sewing 12:30pm <b>Trip: Golf 12:45p</b> <b>Movie: The Greatest Showman 1p-3p</b> Free Computer Class 1p-4p Pickleball 1p-5:45p	16 <b>Craft: Gourd Patch 9a</b> <b>Trip: Wal-Mart 9a</b> Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Age of Central Texas 10a Quilting 10:30a & 1p Texas Food Bank 12:30p Bingo 1p	17 Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p <b>Trip: BST Halloween Bingo 9:30a</b> Bible Study 10a-11a Book Club 11a R&B Line Dance 10a-11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1-2p	18 Exercise 1&2 9:30a Creative Writing 11a <b>Dignity Memorial 11a</b> Bingo 1p Chair Yoga 2-3p
21 Ceramics 9a Exercise 1&2 9:30a Bible Study 10-11a Bingo 1p Floor Yoga 1-2p Spanish Class 1p-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	22 Ballet Folklorico 9a Latino Rhythms 10a Golden Rollers 9-10a & 11a-12p Sewing 12:30p <b>Trip: Golf 12:45p</b> Free Computer Class 1-4p Pickleball 1-5:45p	23 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> <b>Trip: Pappadeaux 10:30a</b> Quilting 10:30a & 1p Bingo 1p Spanish Class 1-3:30p	24 Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Bible Study 10a-11a R&B Line Dance 10-11a Ceramics 1p Free Computer Class 1-4p T'ai Chi 1p-2p Pickleball 1p-5:45p	25 Exercise 1&2 9:30a Creative Writing 11a Bingo 1p Chair Yoga 2-3p
28 Ceramics 9a Exercise 1&2 9:30a Bible Study 10a-11a Bingo 1p Floor Yoga 1p-2p Spanish Class 1p-3:30p <b>NEW Pranayama &amp; Meditation 2:15p</b>	29 Ballet Folklorico 9a Latino Rhythms 10a Golden Rollers 9-10a & 11a-12p Sewing 12:30p <b>Trip: Golf 12:45p</b> Free Computer Class 1-4p Pickleball 1-5:45p	30 Exercise 1&2 9:30a <b>Gardening 9:30a</b> <b>Technology Class 10a</b> Quilting 10:30a & 1p <b>Natural Grocers 11a</b> Bingo 1p Spanish Class 1-3:30p	31 Latino Rhythms 8:30-9:30a Golden Rollers 9-10a & 11a-12p Bible Study 10a-11a R&B Line Dance 10-11a <b>Fall Festival 10:45a</b> <b>Birthday Celebration 12p</b> Ceramics 1p Free Computer Class 1-4p T'ai Chi 1p-2p Pickleball 1p-5:45p <b>Trip: UT "Nobuntu" 5:30p</b>	November 1 <b>Dia de Los Muertos/Day of the Dead "A Celebration of Life" 10a</b>

October 2019

## PUBLIC MEETINGS

### GUILD MEETING

Thursday, October 17th  
9a

### ADVISORY BOARD MEETING

Tuesday, October 1st and 22nd  
1:15p

### Birthday Celebration

Thursday, October 31st at 12:p  
Join us for cake and ice cream to  
celebrate all friends' birthdays!!!



### Blood Pressure Checks with Wesley Nurse Health Ministries

October 22nd  
10:30 - 11:30a  
Game Room II

Nurse: Sharon  
Cost: Free



## COMMUNITY GARDEN

Join our group on Wednesdays to help with our fall and winter garden  
maintenance and harvesting. Whether you have a green thumb to  
lend, or want to develop one, stop by our community garden.

Every Wednesdays at 9:30a  
Coordinator: Matt



## GAMES

### Domino Group

Mondays, Wednesdays & Fridays  
8a-4:45p  
Tuesdays and Thursdays  
8a-5:45p  
The group plays regular dominoes.

### Bridge

All Levels  
Tuesdays and Thursdays  
2 - 5:45p

Coordinator: Mrs. Maery L. Street  
Contact Front Desk for more information

### Billiards Room

Monday - Friday  
8a - 4:45p

### Bingo

Mondays, Wednesdays and Fridays  
1-2:30p

Socialize and play bingo  
\$1.00 per card  
(Volunteer Callers needed)  
Contact Front Desk for more information



### Open Puzzle Table

Mondays, Wednesdays & Fridays  
8a - 4:45p  
Tuesdays and Thursdays  
8a - 5:45p

## TECHNOLOGY

### Free Computer Classes

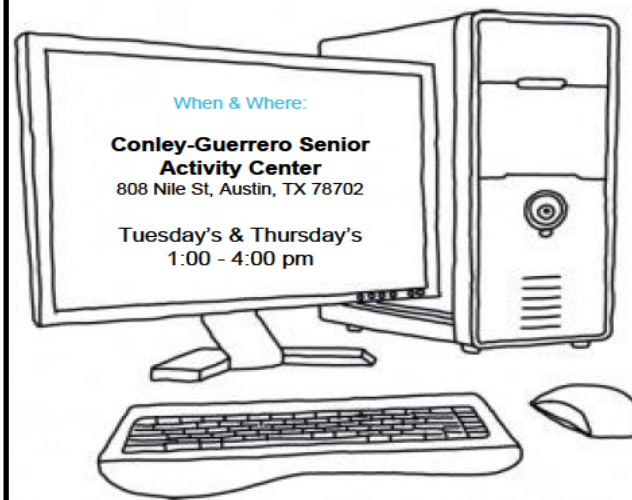
WE TEACH THE SKILLS YOU WANT TO LEARN



When & Where:

Conley-Guerrero Senior  
Activity Center  
808 Nile St, Austin, TX 78702

Tuesday's & Thursday's  
1:00 - 4:00 pm



Drop in during  
class hours or call  
(512) 236-8225 to  
register for classes

Instructor:  
Alix Potter



## FITNESS

BE SURE TO CHECK OUT  
OUR  
TREADMILLS, RECUMBENT  
BIKES, WEIGHT SYSTEM AND  
ELLIPTICAL TRAINERS

IF YOU NEED ASSISTANCE USING THE  
EQUIPMENT, CGSAC STAFF IS  
AVAILABLE TO ANSWER QUESTIONS.

**Mondays, Wednesdays &  
Fridays**  
8:30a-4:45p  
**Tuesdays and Thursdays**  
8:30a-5:45p

*You should consult your physician  
or other health care professional  
before starting any fitness  
program to determine if it is  
right for you and your needs.*

### Exercise 1 *Beginner*

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

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

**Volunteer Instructors:** Eleanor and Martha  
**Cost:** Free

### Exercise 2 *Intermediate*

**Mondays, Wednesdays & Fridays**  
10:30-11:00a

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

**Volunteer Instructors:** Eleanor 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 class

### Chair Yoga Fridays 2-3p

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

**Cost:** \$10.00 per class

## 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 class

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

This class uses Latino dance  
rhythms like salsa, mambo, and  
cumbia to give physical fitness a  
fun and cultural twist! Ms. Jenny  
leads a slow  
warm-up with strengthening  
exercises, coordination, and bal-  
ance  
exploration and finishes with short  
dance sequences using iconic  
Latino rhythms. Get healthier by  
dancing!

*\*Presentada en español e inglés  
(Presented in Spanish and English)*

**Instructor:** Ms. Jenny Ramos  
**Cost:** Free

### Pickleball

**Tuesdays & Thursdays**  
1-5:45p

The fastest growing senior  
sport in the nation. Pickleball  
is a paddle sport that  
combines elements of  
badminton, tennis, and table  
tennis. This is a two to four  
player's game.

**Come join the fun!!!**  
**Cost:** Free

### 50+ Adult Trike Program "Golden Rollers" Tuesdays and Thursdays

#### On the Trail:

October 1st, 8th, 15th, 22nd, and  
29th  
10-11a  
11a-12p

#### On the Trail:

October 3rd, 10th, 17th, and 24th  
9-10a

#### On the Road:

October 3rd, 10th, 17th, and 24th  
11-12p

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

**Cost:** Free



## TRIPS

**LOTTERY REGISTRATION DUE:** Friday, October 4th  
**REGISTRATION FEES DUE:** Friday, October 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 Friday, October 4th 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.



**Senior Archery Class at Lorraine  
 "Grandma" Camacho Activity Center  
 Austin, TX  
 Tuesday, October 8th**

Learn how to shoot real arrows with a compound and recurve bow. Improve hand/eye coordination. Easy to operate/ All levels welcome. This class will be held outdoors.

**Depart Time: 9:45a  
 Return Time: 11:45a  
 Cost: Free  
 Additional Expenses: None  
 Activity Level: Moderate to High**



**Fall Senior Golf Program  
 Harvey Penick Golf Campus  
 Austin, TX  
 Tuesdays, October 8th, 15th, 22nd and 29th**

Free golf program for 50+ seniors

*All Levels Are Welcome*



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

## TRIPS



**Wal-Mart Super Center North  
 Austin, TX  
 Wednesday, October 16th**

This trip provides a chance for participants to shop for clothes, indoor/outdoor household items, groceries, pharmacy, hardware, garden, electronics, and hair salon etc.

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



**Lunch Day Out  
 Pappadeaux Seafood Kitchen  
 Austin, TX  
 Wednesday, October 23rd**

Pappadeaux restaurants are known for outstanding food, exceptional service and an atmosphere where people go to be treated like guests. Menu favorites: dirty rice, seafood gumbo, bread pudding, Greek salad & fried shrimp.

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



**University of Texas Performing Arts Present  
 "Nobuntu" Bass Concert Hall  
 Austin, Texas  
 Thursday, October 24th**

This award-winning, all-female a cappella quintet from Zimbabwe has drawn international acclaim for its fusion of traditional music, Afro-Jazz, and Gospel.

Dinner at Fowler's Smokin' Soul Food



**Depart Time: 5:30p  
 Return Time: 9:30p  
 Cost: \$3.00-R/\$4.00-NR  
 Additional Expenses: None  
 Activity Level: Moderate to High**

## VISUAL, LITERARY & PERFORMING ARTS

### Bringing Seniors Together Halloween Bingo Dittmar Recreation Center Austin, TX Thursday, October 17th

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: **FREE**  
Additional Expenses: **None**  
Activity Level: **Moderate**



### 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

### Austin Public Library Coloring Book Club

**Second Tuesdays, October 8th**

**12:30-1:30p**

**Cost: Free**



Forget about the idea that coloring is for children. In a busy world, grown ups are turning to the soothing art of coloring.

### Book Club

**Third Thursdays, October 17th**

**11a-12p**

**Cost: Free**



Want to join a book club but don't know where to start? Join the new book club starting at Conley Guerrero Senior Activity Center. Plus, you get to meet like-minded readers, and discover new and exciting reads.

**Book:** Threadbare by Monica Ferris

### Free Spanish Class

*Beginner to Advanced*

**Mondays and Wednesdays**  
**1-3:30p**

Learn Spanish language basics in a relaxed atmosphere.

**Instructor:** Maestro Dotson  
**Cost:** *Free*



### Bible Study

**Mondays and Thursdays**  
**10-11a**

Study is taught from the King James Version of the Bible. Classes are conducted from lesson plans and "open formats".

**Instructors:** Various  
**Cost:** *Free*





# LUNCH MENU

Meet new friends while eating a hot, nutritious lunch every day at CGSAC. A \$1 donation for those over 60 is greatly appreciated to offset the cost of staff, meal-related expenses, dietary supplies, and delivery.

## CONGREGATE MEAL REGISTRATION REQUIRED







Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at **9:30a** each morning.

*Tickets distributed equal the number of meals ordered for that day.*

Lunch is served daily  
12p-12:30p  
with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60**, the cost of the meal is \$5.39.

Due to the unavailability of certain items, substitutions are occasionally made.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Due to unavailability of certain items, appropriate substitutions may need to be made.</p> <p>**Milk is served every meal.</p>	<p><sup>1</sup> Smothered Chicken Meatballs Cheesy Garlic Polenta Catalina Vegetables Wheat Bread Vanilla Berry Pudding Cal: 800</p>	<p><sup>2</sup> Turkey Rotini Casserole Broccoli Country Tomatoes Wheat Bread Fresh Banana Cal: 700</p>	<p><sup>3</sup> Pork Carnitas Pinto Beans Spinach Wheat Tortilla Fruited Lime Gelatin  Cal: 630</p>	<p><sup>4</sup> Thai Beef Herbed Jasmine Rice Japanese Vegetables Wheat Bread Fresh Fruit Margarine Cal: 630</p>
<p><sup>7</sup> Coconut Chicken Fried Brown Rice Spring Vegetables Wheat Bread Fresh Fruit Margarine Cal: 613</p>	<p><sup>8</sup> John Yocum's Lemon Pepper Fish Chuckwagon Corn Lemon Zest Broccoli Texas Bread Fresh Fruit Cal: 675</p>	<p><sup>9</sup> Chicken Etouffee Black-Eyed Peas Medley Cabbage Cornbread Chocolate Pudding Margarine Cal: 817</p>	<p><sup>10</sup> Roast Beef with Gravy Mashed Sweet Potatoes Green Beans Wheat Bread Fruited Cherry Gelatin Cal: 700</p>	<p><sup>11</sup> Italian Shells and Cheese Parslied Carrots Squash Medley Whole Wheat Breadstick Fresh Fruit Cal: 646 </p>
<p><sup>14</sup> PARD To Serve Lunch</p>	<p><sup>15</sup> Buffalo Chicken Pasta Lentil Vegetable Pilaf Brussels Sprouts Wheat Bread Fresh Fruit Cal: 755</p>	<p><sup>16</sup> Dan Pruett's Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Mustard and Ketchup Cal: 635</p>	<p><sup>17</sup> Turkey Taco Spanish Brown Rice Mexican Corn Wheat Tortilla Banana Pudding Taco Sauce  Cal: 750</p>	<p><sup>18</sup> Beef Stroganoff Honey Herbed Carrots Diced Beets Whole Wheat Breadstick Fresh Fruit Cal: 617</p>
<p><sup>21</sup> Creamy Garlic Chicken Lemon Herb Couscous Peas and Carrots Wheat Pita Pocket Fresh Fruit Cal: 600</p>	<p><sup>22</sup> Vegetable Beef Soup Cheesy Polenta Herbed Green Beans Saltine Crackers Strawberry Swirl Pudding Cal: 704</p>	<p><sup>23</sup> Five Spice Chicken Herbed Basmati Rice Chinese Cabbage Wheat Bread Fresh Fruit Cal: 701</p>	<p><sup>24</sup> Turkey Brown Rice Casserole Parslied Carrots Broccoli Wheat Bread Fresh Fruit Cal: 604</p>	<p><sup>25</sup> Sliced Ham and Swiss Cheese Quinoa Pepper Salad Confetti Coleslaw Wheat Bread (2) Fresh Fruit Mustard Cal: 629</p>
<p><sup>28</sup> Beef with Country Gravy Whipped Potatoes w/ Skins Capri Vegetables Wheat Bread Fresh Fruit Cal: 641</p>	<p><sup>29</sup> Turkey Pot Pie Butternut Squash Green Beans Wheat Bread Fresh Banana Cal: 661</p>	<p><sup>30</sup> Lemongrass Chicken Herbed Basmati Rice Broccoli Wheat Bread Fruited Orange Gelatin Cal: 730</p>	<p><sup>31</sup> Cheese Omelet  Roasted Sweet Potatoes Medley Cabbage Biscuit Oatmeal Cream Cookie Cal: 705</p>	<p>  - Vegetarian Entrée ≥ 1000mg Sodium</p>

## Austin City Council Mayor and City Council

Steve Adler, Mayor  
Delia Gara, Mayor Pro Tem, District 2  
Natasha Harper-Madison, District 1  
Sabino "Pio" Renteria, District 3  
Gregorio "Greg" Casar, District 4  
Ann Kitchen, District 5  
Jimmy Flannigan, District 6  
Leslie Pool, District 7  
Paige Ellis, District 8  
Kathie Tovo, District 9  
Alison Alter, District 10

## Austin Parks and Recreation

Kimberly McNeeley, Director  
Kim McKnight, Acting Assistant Director  
Lucas Massie, Acting Assistant Director  
Anthony Segrua, Assistant Director  
Suzanne Piper, Chief Administrative Officer  
David Crabb, CPRP, Acting Division Manager  
Benjamin Rustenhaven, Acting Seniors Program Manager

## C-GSAC Advisory Board 2019

Margarine G. Beaman, President  
Alice Houston, Vice President  
Jesse L. Colunga, Treasurer  
Bunnie Stark, Secretary  
Olivia Ussery, Corr. Secretary  
Janice Hardeman, Member  
Shirley Jenson, Member  
Eddie Pearl Rucker, Member  
Connie Smith, Member

## City Manager

Spencer Cronk, City Manager  
Elaine Hart, Deputy City Manager  
Rey Arellano, Assistant City Manager  
Gina Fiandaca, Assistant City Manager  
Rodney Gonzales, Assistant City Manager  
Christopher J. Shorter, Assistant City Manager

## Parks Board

Dawn Lewis, Chair  
Romteen Farasat, Vice Chair  
Anna Di Carlo, Board Member  
Richard DePalma, Board Member  
Tom Donovan, Board Member  
Francoise Luca, Board Member  
Kate Mason-Murphy, Board Member  
Fred Morgan, Board Member  
Nina Rinaldi, Board Member  
Laura Cottam Sajbel, Board Member  
Kinberly Taylor, Board Member

## C-GSAC Staff

West Baxter, MSRLS, Recreation Program Supervisor  
Dina R. Cantú, Recreation Program Specialist  
Carrolyn Vaterlaus, Recreation Programs Specialist  
Sharon Bryant-Campbell, Administrative Associate  
Estella Rodriguez, Administrative Assistant  
Arthur Ramirez, Building and Grounds Assistant

## C-GSAC Guild 2019

Ida M. Hunt, President  
Dr. Beulah Agnes Jones, Vice President  
Katherine Lamb, Secretary  
Elridge Nelson, Treasurer  
Jesse Carmona, Member  
Julie Sahara, Member  
Cora Sutton, Member

### RECREATION PRINCIPLES: RECREATIONAL, ENVIRONMENTAL, CULTURAL

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles.

These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.