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

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.

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
**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**

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**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
**Computer Classes**

Weekly tech classes helping you get comfortable using your computer, tablet, or 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

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
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.

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

**GUILD MEETING**  
Thursday, October 17th  
9a

**ADVISORY BOARD MEETING**  
Tuesday, October 1st and 22nd  
1:15p

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

**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

**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 and Fridays  
1-2:30p  
Socialize and play bingo  
$1.00 per card  
(Volunteer Callers needed)  
Contact Front Desk for more information

**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  
Tuesdays & Thursday's  
1:00 - 4:00 pm

**INSTRUCTOR:**  
Alix Potter

**Drop in during class hours or call (512) 236-8225 to register for classes**
<table>
<thead>
<tr>
<th><strong>Exercise 1</strong></th>
<th><strong>Exercise 2</strong></th>
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<tbody>
<tr>
<td><strong>Beginner</strong></td>
<td><strong>Intermediate</strong></td>
</tr>
<tr>
<td>Mondays, Wednesdays &amp; Fridays 9:30-10:15a</td>
<td>Mondays, Wednesdays &amp; Fridays 10:30-11:00a</td>
</tr>
<tr>
<td>Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.</td>
<td>Advance Strengthen your body using sticks, bands, breathing exercises and traditional chair aerobics.</td>
</tr>
<tr>
<td>Volunteer Instructors: Eleanor and Martha</td>
<td>Volunteer Instructors: Eleanor and Martha</td>
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<tr>
<td><strong>Cost:</strong> Free</td>
<td><strong>Cost:</strong> Free</td>
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<thead>
<tr>
<th><strong>Yoga 101</strong></th>
<th><strong>Chair Yoga</strong></th>
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<tr>
<td><strong>Mondays 1-2p</strong></td>
<td><strong>Fridays 2-3p</strong></td>
</tr>
<tr>
<td>This is a sequence based hatha (Iyengar) yoga class that uses mats, blankets, blocks, and straps.</td>
<td>This is a sequence based hatha yoga class that uses chairs as props.</td>
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<tr>
<td>Cost: $10.00 per class</td>
<td>Cost: $10.00 per class</td>
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<tr>
<th><strong>T’AI CHI</strong></th>
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<tr>
<td><strong>Thursdays 1-2p</strong></td>
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<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Instructor:</strong> Kade Green, Sifu</td>
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<tr>
<td><strong>Cost:</strong> $10.00 per class</td>
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<tr>
<th><strong>Ritmos Latinos!</strong></th>
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<tbody>
<tr>
<td><strong>(Latino Rhythms)! Tuesdays 10-11:30a (New) Thursday 8:30-10a</strong></td>
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<tr>
<td>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!</td>
</tr>
<tr>
<td><strong>Instructor:</strong> Ms. Jenny Ramos</td>
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<td><strong>Cost:</strong> Free</td>
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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.

**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.

<table>
<thead>
<tr>
<th><strong>Pickleball</strong></th>
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<tr>
<td><strong>Tuesdays &amp; Thursdays 1-5:45p</strong></td>
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<tr>
<td>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.</td>
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<tr>
<td><strong>Come join the fun!!!</strong></td>
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<tr>
<td><strong>Cost:</strong> Free</td>
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<tr>
<th><strong>50+ Adult Trike Program</strong></th>
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<tr>
<td><strong>“Golden Rollers” Tuesdays and Thursdays</strong></td>
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<tr>
<td>On the Trail: October 1st, 8th, 15th, 22nd, and 29th 10-11a 11a-12p</td>
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<tr>
<td>On the Trail: October 3rd, 10th, 17th, and 24th 9-10a</td>
</tr>
<tr>
<td><strong>On the Road:</strong> October 3rd, 10th, 17th, and 24th 11-12p</td>
</tr>
<tr>
<td>For more information and dates see Front Desk</td>
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<tr>
<td><strong>Cost:</strong> Free</td>
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</table>
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.

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

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 operated/ 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
**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 Folklorico**
Dance
All Levels Are Welcome.
Tuesdays
9-11a

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

- **Volunteer Instructor:** Debi Ramos
- **Cost:** Free

**“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

**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.

**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

**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

**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
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

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>

*Due to unavailability of certain items, appropriate substitutions may need to be made.

**Milk is served every meal.

≥ 1000mg Sodium

- Vegetarian Entrée
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 financially viability providing an overall financially sound recreation program to the Austin community.