

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

808 Nile Street | Austin, Texas 78702 | 512-978-2660
Monday - Friday 8:00a-4:30p Saturday 8:00am-12:30pm



Programs, events, and
services for adults 50
and above.



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



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.

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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 (PAR) 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 2024.

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

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



C-GSAC ADVISORY BOARD



FIELD TRIPS



Kayaking @Lorraine "Grandma" Camacho Activity Center

Join us for a kayaking experience at Lorraine "Grandma" Camacho Activity Center!

Date: Tuesday, October 15th, 2024

Time: 9:00am - 2:00pm

Departure Time: 8:45am

Return Time: ~2:00pm

Cost: FREE

Capacity: 8 PARTICIPANTS

Activity Level: **HIGH** (Walking, kayak rowing, possible uneven terrain)

Lunch will be provided.

Bringing Seniors Together @South Austin Senior Activity Center

Date: Friday October 18th, 2024

Time: 9:00am - 11:00am

Departure Time: 8:15am

Return Time: ~11:30am

Cost: FREE

Capacity: 10 PARTICIPANTS

Activity Level: **Low**

LUNCH WILL NOT BE PROVIDED

BRINGING SENIORS TOGETHER
COME ONE, COME ALL!
SPOOKTACULAR
A HALLOWEEN-THEMED EXTRAVAGANZA!
OCTOBER 18, 2024 | 9AM - 11AM
WEAR YOUR YOUR BEST COSTUMES
AND JOIN THE CONTEST!
GAMES, PRIZES, SNACKS, COSTUME CONTEST
THE SOUTH AUSTIN SENIOR ACTIVITY CENTER
3911 MENCHACA RD. AUSTIN TX 78748
LUNCH WILL NOT BE PROVIDED

**REGISTRATION FOR BOTH TRIPS DUE
TUESDAY, OCTOBER 8th @12:00pm**

FIELD TRIP INFORMATION

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 Tabitha Guardiola (email: Tabitha.guardiola@austintexas.gov). All trips are subject to change due to weather, PARD director approval, or registration numbers.

LOTERIA AND LUNCH

Conley-Guerrero Senior Activity Center
will be having

Loteria and Lunch

Come enjoy a fun-filled morning with
loteria and lunch!

Bring a garage sale item
to receive a loteria card.

Saturday, October 5th

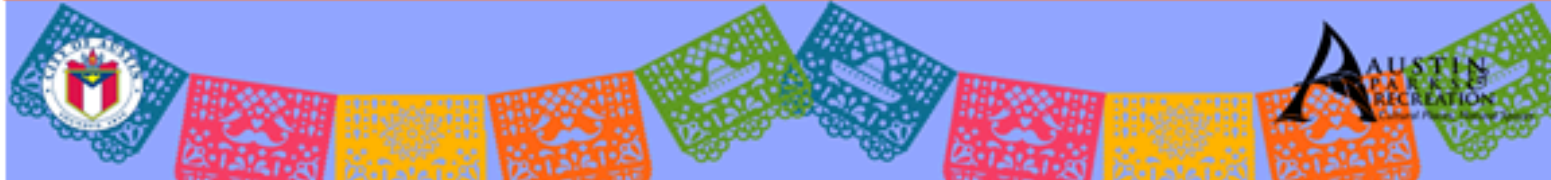
9:30am-11:30am

Registration Fee: \$5.00

REGISTRATION CLOSING WEDNESDAY,
OCTOBER 2ND @ 12:00PM

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DAY OF THE DEAD



Conley-Guerrero Senior Activity Center will be having an event for



Day of the Dead



Join us for:

- Music
- Food
- Games and prizes
- Arts and crafts
- Fun!

Friday, November 1st

9:00am - 11:00am

Register for this event before WEDNESDAY, OCTOBER

30TH @12:00pm

FILIPINO AMERICAN HISTORY MONTH

In celebration of Filipino American History Month, Conley-Guerrero Senior Activity Center will be having a



Movie Presentation



Movie: An Inconvenient Love
Date: Friday, October 18th
Time: 1:00pm
Total Running Time: 2h 4m

Enjoy also our Filipino American History Month virtual exhibit throughout the month of October! Located in the Charles Jordan Hall.

This Filipino romantic comedy follows Ayef, who has no time for love because of her dream of becoming an animator. She meets Manny, and they agree to a convenient relationship that will expire on the month she is set to leave for Singapore.

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HISPANIC HERITAGE HISTORY MONTH

Conley-Guerrero Senior Activity Center is celebrating

Hispanic Heritage Month

Join us for music, Loteria, and food!

Friday, October 11th

4:30pm - 7:00pm

SPEAK TO A CONLEY-GUERRERO STAFF MEMBER TO SIGN UP!

REGISTRATION CLOSES ON WEDNESDAY OCTOBER 9TH @12:00PM



ENGAGE MEETING



Conley-Guerrero Senior Activity Center will be having an



EnGAGE Information Session



Are you a volunteer for Conley-Guerrero?
Do you want to receive credit for your volunteer hours?
Are you interested in volunteering?

Come to this session if you answered "yes" to ANY of these questions!



Tuesday, October 1st, 2024



9:00am



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NAIL DAY



Conley-Guerrero Senior Activity Center



Nail Day

Come enjoy having your nails done through a basic manicure with an embedded message!

Saturday, October 26th, 2024

9:00am - 12:00pm

Cost: \$5.00



9



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PICKLEBALL

THE FASTEST GROWING SENIOR SPORT

Open Play Schedule

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

Saturday 8:00am - 12:00pm

FITNESS ROOM



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

10

SOCK AND BAG ASSEMBLY DAY



CONLEY-GUERRERO, LAMAR, AND SOUTH AUSTIN SENIOR ACTIVITY CENTER WILL BE HAVING



SOCK AND BAG ASSEMBLY DAY

Join us as we put together care bags for those who are experiencing homelessness. We'll also have music, snacks, and team building activities!



FRIDAY, NOVEMBER 1ST **9:00AM - 12:00PM**

Conley-Guerrero Senior Activity Center

808 Nile Street

Austin, Texas 78702

**SIGN UP
TO JOIN!**



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IMPROV CLASS

CONLEY-GUERRERO SENIOR ACTIVITY CENTER WILL BE HAVING AN

IMPROV CLASS

Hosted by Totally Cool, Totally Art

Updated 9/30/2024

Show off your acting skills!



**Every Friday from 10:00am - 11:50am starting
October 4th**

MAD SCIENCE

Thursday
October 17, 2024
10 AM - 11 AM

MAD SCIENCE

Presented by the Austin Nature & Science Center

Create chemical
reactions

Witness (safe)
explosions!

Learn about
community
science



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TECHNOLOGY TROUBLESHOOTING

CONLEY-GUERRERO SENIOR ACTIVITY CENTER WILL BE HAVING

1:1 TECHNOLOGY TROUBLESHOOTING

Hosted by SeniorTech Pal



Having trouble with your devices (smartphone, tablet, laptop, etc)? Reserve your spot in 1:1 Tech Troubleshooting Session and bring your devices that need troubleshooting with you. You can also use the session to learn about features on your devices.

SPEAK TO A CONLEY-GUERRERO STAFF MEMBER TO SIGN UP!

**When: Wednesday, October 9th
30-min sessions 2:00pm - 4:00pm**

**Where: Building 1,
Technology Room**

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FINANCIAL FRIDAYS



Financial Fridays with Broadway Bank and East Austin Conservancy

What:

A series of four Financial Education sessions focused on the financial success of seniors in the Greater Austin community.

When:

Every Friday in October 2024 (4th, 11th, 18th, 25th)
11 a.m. - Noon

Topics:

- Benefits of Banking and Money Management Tips and Tricks
- Protecting Yourself from Scams and Budget Busters
- Maximizing Benefits, Local Programs and Resources
- Estate and Financial Planning

Where:

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

Contact:

Amber Walker, Community Development Officer, Broadway Bank at awalker@broadway.bank

BIG PINK BUS



EARLY DETECTION OF BREAST CANCER SAVES LIVES

Lone Star Circle of Care's Big Pink Bus offers Central Texas women a path to accessible, high-quality breast cancer screening.

You can get your screening mammogram onboard the Big Pink Bus if you:

- Are age 40 and older
- Are uninsured, or have coverage from MAP, MAP Basic, or select commercial insurance
- Have not had a mammogram in the last 12 months
- Are not pregnant or breastfeeding
- Are not experiencing breast issues such as lumps, discharge, or pain
- Can independently walk up and down stairs

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, PLEASE CALL
(346) 633-0749

UNFORGETTABLE FAMILIES AND FRIENDS



CONLEY-GUERRERO SENIOR ACTIVITY CENTER



Unforgettable Families and Friends Inc.

★ Come and volunteer and help give the American flag a new purpose when it becomes tattered and faded. Once these flags are retired from service, we pass on the legacy their embroidered Stars hold to those who defend them. ★

SPEAK TO A CONLEY-GUERRERO STAFF MEMBER TO SIGN UP!

WEDNESDAY, NOVEMBER 6TH

SNACKS PROVIDED!

2:00PM



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SEWING CLASS



SEWING CLASS

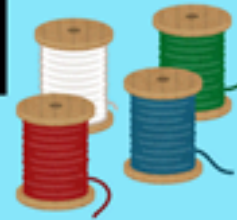
Every Tuesday
9:30am-11:30am

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

October 1st @ 10:00am

October 8th @ 10:00am

October 15th @ 10:00am

October 22nd @ 10:00am

October 29th @ 10:00am

GOLDEN ROLLERS

Golden Rollers IS BACK!



Wednesdays @ 9:00am



SIGN LANGUAGE



A S L

American Sign Language Class



Tuesdays



10:45am-11:45am

HALLOWEEN CELEBRATION

CONLEY-GUERRERO SENIOR ACTIVITY CENTER WILL BE HAVING A

HALLOWEEN CELEBRATION

Join us for:

- Games
- Snacks
- Costume contest
- Music

THURSDAY, OCTOBER 31ST

9:00am - 11:30am

SPEAK TO A CONLEY-GUERRERO STAFF MEMBER TO REGISTER!

REGISTRATION DEADLINE: Tuesday, October 29th @12:00pm

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QUILTING

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.

COLORING HOUR

COLORING HOUR

WHEN: MONDAYS 10:30AM-11:30AM

WHERE: CHARLES JORDAN HALL

COLOR YOUR CARES AWAY

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

QUILTING

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.

Conley-Guerrero Choir



Conley-Guerrero Choir



Rehearsals every **Thursday**
@11:00am.

Book Club

Book Club



According to Confucius, "an educated woman is a worthless woman," but Tan Yunxian—born into an elite family, yet haunted by death, separations, and loneliness—is being raised by her grandparents to be of use. Her grandmother is one of only a handful of female doctors in China, and she teaches Yunxian the pillars of Chinese medicine, the Four Examinations—looking, listening, touching, and asking—something a man can never do with a female patient.

Meeting: Monday, October 28th @10:30am



ART CLASS WITH DOLORES AND ALICIA

Conley-Guerrero Senior Activity Center will be having an

ART CLASS WITH DOLORES AND ALICIA

Create A Fall Centerpiece!



Friday, October 25th

9:00AM

Cost: \$5.00

LIMITED TO 10 PARTICIPANTS!



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TAI CHI

Tai Chi and the Art of Mindful Aging

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

Session 7 Aug. 29th – Oct. 10th | Session 8 Oct. 14th–Nov. 25th

Mondays Only Session - \$30.00

Thursdays Only Session - \$30.00

Mondays and Thursdays Session - \$50.00

\$5.00 per individual class

Strengthen your mind,
body, and spirit.

Payment is due at the start of each session

BIBLE STUDY

Bible Study

Mondays

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, October 2nd
1:00pm - 3:00pm



What will your creative mind conjure and construct?

Cost: \$10.00

Concept Art

Wednesday, October 9th
1:00pm - 3:00pm



Give three dimensions to the concepts you discover in an envelope given to you!

FREE

Clay Creations (Continued)

Wednesday, October 16th
10:00am - 12:00pm



Finish what you created in the previous Clay Creations Class.

30-Minute Masterpiece

Wednesday, October 16th
1:00pm - 3:00pm



Wear clothes you can get stained for this painting activity.

FREE

Scrapbooking

Wednesday, October 23rd
1:00pm - 3:00pm



Preserve your beautiful memories using your own unique ideas.

FREE

Family Search

Wednesday, October 30th
1:00pm - 3:00pm



Heidi returns to help you local your ancestors using familysearch.org.

FREE

GENTLE MORNING YOGA

Gentle Morning Yoga

Mondays 10:00am - 11:00am



This gentle yoga and senior fitness class helps you to lengthen, strengthen, and breathe to support your body to sit, stand, keep good balance, and walk where you want to go. Finish class with a good deep relaxation.

Instructor: Donna Hoffman

BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through dance!



Location: Dance Room

Wednesdays 9:30am-11:30am

SANCTUARY GARDEN

Sanctuary Garden Interest Meeting

**MONDAY
10AM
10/07**

This session will be to gauge interest, availability, and activity level. This is to develop an understanding of what participants who are interested and what they hope to see out of the garden and set goals and guidelines.



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SANCTUARY GARDEN

Sanctuary Garden

TUESDAY MORNINGS 8:30AM - 9:30AM

Help make our Sanctuary Garden grow!

HARVESTING OCCURS TUESDAY MORNINGS @ 9:00AM



CROCHET CLASS

Conley-Guerrero Senior Activity Center

Beginner's Crochet



Tuesdays
10am - 11:30am

Located in the Education Room.
Please bring your own supplies!
(Limited to 8 participants)



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BINGO



Mondays and Wednesdays
1:00pm



\$1.00 per card

FLU VACCINE CLINIC

Austin Public Health's Neighborhood Services Unit will be hosting

Flu Vaccine Clinics

Date	Time	Location
Tuesday October 1 st Wednesday October 9 th Monday October 14 th	4:30 PM-7:30 PM 9:00 AM-12:00 PM 9:00 AM-12:00 PM	Montopolis Community Center 1200 Montopolis Dr, Austin, TX 78741 (512) 972-6705
Thursday October 3 rd	9:00 AM-12:00 PM	Conley-Guerrero Senior Activity Center 808 Nile Street, Austin, TX, 78702
Tuesday October 15 th	9:00 AM-12:00 PM	Blackland Neighborhood Center 2005 Salina Street, Austin, TX 78722 (512) 972-5790
Tuesday October 8 th	9:00 AM-12:00 PM	East Austin Neighborhood Center 211 Comal Street, Austin, TX 78702 (512) 972-6650
Friday October 25 th	9:00 AM-12:00 PM	Austin Public Library - Terrazas Branch 1105 E Cesar Chavez Street, Austin, TX 78702
Wednesday October 23 rd	9:00 AM - 12:00 PM	Baptist Community Center Mission 2000 E. 2 nd Street, Austin, TX 78702
Thursday October 24 th	9:00 AM-12:00 PM	Turner-Roberts Recreation Center 7201 Colony Loop Drive, Austin, TX 78724
Thursday October 17 th	9:00 AM-12:00 PM	Consulate General of Mexico Austin 5202 E Ben White Blvd, Austin TX 78741

- Bring your Medicare card (65+)
- Bring a photo ID.
- Wear short sleeves.

*Limited availability, while supplies last.



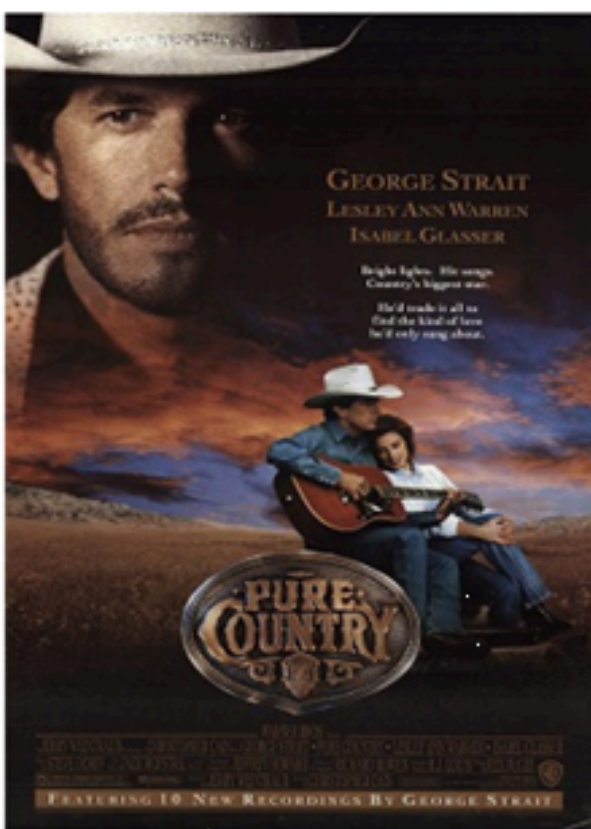
NEIGHBORHOOD SERVICES UNIT

FRIDAY MATINEE

Friday Matinee

Friday October 4th

1:00pm **Rated PG**
1h 53m



One of the biggest stars in country music, Dusty Wyatt Chandler (George Strait) grows disillusioned with the hollow performances and overly produced arena shows he's contractually obligated to play. In an effort to become grounded, Chandler walks away from the spotlight and goes back to the country town of his youth. After finding work at a ranch, he falls for the owner's daughter, Lula Rogers (Lesley Ann Warren). However, his manager (Isabel Glasser) is determined to keep the show going.

Free Health Screenings



Conley-Guerrero Senior Activity Center will

Free

NO HEALTH

Screenings

SCREENINGS FOR THE MONTH OF OCTOBER

COFFEE WITH JOHNNY

Coffee With Johnny



Sign up at the front counter for your turn to get to know and share your thoughts about our center with Conley-Guerrero Senior Activity Center's Program Supervisor, Johnny Saldana.



Friday, October 11th and Friday, October 25th

9:00am - 10:15am

Loteria

CONLEY-GUERRERO SENIOR ACTIVITY CENTER

EVERY MONDAY @ 2:15pm



Bring a friend and come enjoy the fun playing loteria! Bring a garage sale item from home for prizes and receive one card to play.

GOLDEN ACES LINE DANCING CLASS



Thursdays: 10:00am

Instructor: LM Rivers

Saturdays: 10:00am

Instructor: Sonya Rangel

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



OCTOBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="background-color: black; color: white; padding: 10px; text-align: center;"> *Updated 9/30/2024* </div>	1 Trip Registration Open 8a Ceramics 9a EngAGE Session 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Beginner's Crochet 10a Sign Language 10:45a Pickleball 1p	2 Quilting 9:00a & 1p Golden Rollers 9a Ballet Folklorico 9:30a Stretch & Strength 10:30a Bingo 1p Arts & Crafts- Clay Creations 1p	3 Flu Vaccine Clinic 10a Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Choir Rehearsal 11a Ceramics 1p Tai Chi 1p Pickleball 1p	4 *Improv Class 10:00a Financial Fridays 11a Friday Matinee "Pure Country" 1p	5 Pickleball 8a Line Dance 10a *Loteria and Lunch 9:30a	
	7 Garden Interest Meeting 10a Bible Study 9a Gentle Morning Yoga 10a *Healthy Living 10:30a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	8 Trip Registration Closes 12p Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Beginner's Crochet 10a Sign Language 10:45a Pickleball 1p	9 Quilting 9:00a & 1p Golden Rollers 9a Ballet Folklorico 9:30a Stretch & Strength 10:30a Bingo 1p Arts and Crafts- Concept Art 1p	10 Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Choir Rehearsal 11a Ceramics 1p Tai Chi 1p Pickleball 1p	11 *Improv Class 10:00a Financial Fridays 11a Hispanic Heritage 4:30p Coffee with Johnny 9a	12 Pickleball 8a Line Dance 10a Gentle Morning Yoga 10:30a
	14 Bible Study 9a Gentle Morning Yoga 10a *Healthy Living 10:30a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	15 Kayaking @Camacho 8:45a Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Beginner's Crochet 10a Sign Language 10:45a Pickleball 1p	16 Quilting 9:00a & 1p Golden Rollers 9a Ballet Folklorico 9:30a Arts and Crafts- Clay Creations (Cont) 10a Stretch & Strength 10:30a Central Texas Food Bank 12p Bingo 1p Arts and Crafts- 30-Min Masterpiece 1p	17 Mad Science 10a Creative Writing 9a R&B Fine Line Dance 10a Chair Yoga 10:30a Choir Rehearsal 11a Ceramics 1p Tai Chi 1p Pickleball 1p	18 *Improv Class 10:00a BST @SASAC 8:15a Financial Fridays 11a FAHM Movie "An Inconvenient Love" 1p	19 Pickleball 8a Line Dance 10a
	21 Bible Study 9a Gentle Morning Yoga 10a *Healthy Living 10:30a Coloring Hour 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	22 Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Blood Pressure Check 10a Beginner's Crochet 10a Sign Language 10:45a Pickleball 1p	23 Quilting 9:00a & 1p Golden Rollers 9a Ballet Folklorico 9:30a Stretch & Strength 10:30a Bingo 1p Arts and Crafts- Scrapbooking 1p	24 Creative Writing 9a R&B Fine Line Dance 10a Choir Rehearsal 11a Chair Yoga 10:30a Ceramics 1p Tai Chi 1p Pickleball 1p	25 *Improv Class 10:00a Financial Fridays 11a Art Class with Dolores and Alicia 9a Coffee with Johnny 9a	26 Pickleball 8a Line Dance 10a Nail Day 9a
28 Bible Study 9a Gentle Morning Yoga 10a *Healthy Living 10:30a Coloring Hour 10:30a Book Club 10:30a Tai Chi 1p Bingo 1p Loteria 2:15p	29 Ceramics 9a Sewing 9:30a Sanctuary Garden 8:30a Austin Free Net- 10a Beginner's Crochet 10a Sign Language 10:45a Pickleball 1p	30 Quilting 9:00a & 1p Golden Rollers 9a Ballet Folklorico 9:30a Stretch & Strength 10:30a Bingo 1p Arts and Crafts- Family Search 1p	31 Halloween Celebration 9a Creative Writing 9a Chair Yoga 10:30a Choir Rehearsal 11a Ceramics 1p Tai Chi 1p Pickleball 1p	Conley-Guerrero Senior Activity Center 808 Nile Street, Austin, TX 78702 Office Phone: 512-978-2660		



OCTOBER MENU



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>1 Swiss Steak Chili Beans Stewed Okra Texas Bread Fresh Fruit Cal: 760 </p>	<p>2 Breaded Chicken with Gravy Oven Roasted Sweet Potatoes Brussels Sprouts Wheat Bread Fresh Fruit Cal: 681</p>	<p>3 Balsamic Glazed Beef Meatballs Lima Beans Lemon Zest Broccoli Wheat Bread Fruited Strawberry Gelatin Cal: 681</p>	<p>4 Cold Meal Charlene's Tuna Macaroni Salad Marinated Beet Salad Marinated Carrots Wheat Bread Fresh Fruit Cal: 632</p>
<p>7 Beef with Country Gravy Whipped Potatoes with Skins Garden Vegetables Texas Bread Fresh Fruit Cal: 752 </p>	<p>8 Turkey Pasta Bolognese Whole Kernel Corn Mixed Greens Wheat Bread Fresh Banana Cal: 619</p>	<p>9 Hunan Style Tofu Lima Beans Broccoli and Carrots Texas Bread Fresh Fruit Cal: 716</p>	<p>10 Pesto Chicken Lemon Herb Pasta Green Beans Texas Bread Fresh Fruit Cal: 666</p>	<p>11 Cheese Omelet Seasoned Black Beans Stewed Tomatoes Wheat Bread Fresh Fruit Cal: 604</p>
<p>14 CLOSED - NO DELIVERY</p>	<p>15 Suellen's Baked Chicken with Gravy Couscous Pilaf Mixed Vegetables Texas Bread Fresh Fruit Cal: 704 </p>	<p>16 Pollock Fish Nuggets Oven Roasted Potatoes Herbed Green Peas Dinner Roll Fresh Fruit Cal: 654</p>	<p>17 Beef Chili with Beans Brown Rice Catalina Vegetables Saltine Crackers Fruited Lime Gelatin Cal: 659</p>	<p>18 Spinach Macaroni Cheese Broccoli Garlic Parmesan Cauliflower Wheat Bread Fresh Fruit Cal: 725</p>
<p>21 Chili Garlic Chicken Brown Rice Brussels Sprouts and Corn Texas Bread Fresh Fruit Cal: 662 </p>	<p>22 Turkey and White Beans Parslied Carrots Diced Beets Texas Bread Fresh Banana Cal: 700</p>	<p>23 Lemon Caper Chicken Lima Beans Okra and Tomatoes Cornbread Fresh Fruit Margarine Cal: 748</p>	<p>24 Pork Camitas Pinto Beans Spanish Brown Rice Wheat Tortilla Fresh Fruit Taco Sauce Cal: 704</p>	<p>25 Cold Meal Mary's Yogurt Dill Chicken Salad Quinoa Pepper Salad Pasta Salad Saltine Crackers Fresh Fruit Cal: 621</p>
<p>28 Ron Lantz's Meatloaf with Brown Gravy Whipped Potatoes with Skins Brussels Sprouts Wheat Bread Fresh Fruit Cal: 624</p>	<p>29 Black Bean Chicken Brown Rice Ginger Carrots Dinner Roll Fresh Fruit Cal: 633</p>	<p>30 Cold Meal Pimento Cheese Vegetable Couscous Salad Cucumber and Onion Salad Saltine Crackers Fresh Banana Cal: 709</p>	<p>31 Rosemary Butter Sliced Ham Pinto Beans Okra and Tomatoes Texas Bread Fruited Lemon Gelatin </p>	<p> - Vegetarian Entrée ≥ 1000mg sodium</p>

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 \$5.39.

C-GSAC Staff

Johnny Saldana
Recreation Program Supervisor

Dina R. Cantú,
Recreation Program Specialist

Tabitha Guardiola,
Recreation Program Specialist

Carrolyn Vaterlaus,
Recreation Program Specialist

Justin Talioaga,
Administrative Assistant

Arthur Ramirez,
Building and Grounds Assistant

Donna Hoffman, *Program Instructor*

Patti Gagne, *Program Instructor*

Patsy Ybarra, *Office Attendant*

Milly Hernandez, *Office Attendant*

Benny Lozano, *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

Dianna Dean, Member

Deborah Driver, Member

Alicia Fabian, Member

Margaret Nesbitt, Member

Dolores Perez, Member

Irene Graveline, Member

C-GSAC Guild

Ida M. 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



Board Bulletin

Advisory Board Meeting:

October 29th @ 1:00pm

Guild Meeting:

October 17th @ 9:00 am