

# 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

## VARSITY GENERATION

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.

# 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 (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

## 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 \_\_\_\_\_

**1** 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 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>.

# TABLE OF CONTENTS

C-GSAC Guild and Advisory Board.....	Page 4
Field Trips.....	Pages 5-6
Cinco De Mayo.....	Page 7
Mother's Day.....	Page 8
Pickleball and Fitness Room Info.....	Page 9
Tai Chi and Blood Pressure Check.....	Page 10
Sewing Class and Technology Class.....	Page 11
Golden Rollers and Sign Language Class.....	Page 12
Quilt Raffle.....	Page 13
CGSAC Shirt Sale and Quilting Class.....	Page 14
SWAG (Seniors With A Goal).....	Page 15
Ceramics Class and Book Club.....	Page 16
Bible Study and Creative Writing.....	Page 17
Art Classes.....	Page 18
Yoga Song Wellness and Ballet Folklorico.....	Page 19
Coloring Hour and Sanctuary Garden.....	Page 20
Game Day and Bingo.....	Page 21
Free Health Screening.....	Page 22
Friday Matinee.....	Page 23
Hello Neighbor and Coffee With Johnny.....	Page 24
Loteria and Line Dance.....	Page 25
Classes With Patti Gagne.....	Page 26
Calendar of Events.....	Pages 27-28
Lunch Menu.....	Pages 29-30

# C-GSAC GUILD



# C-GSAC ADVISORY BOARD



# FIELD TRIP



Rodolfo "Rudy" Mendez  
Recreation Center  
2407 Canterbury st. Austin, Tx

## FIESTA



## DE MAYO

### BRINGING SENIORS TOGETHER

THURSDAY  
MAY 16, 2024  
9:30-NOON



[austintexas.gov/varsitygeneration](http://austintexas.gov/varsitygeneration)  
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.

# FIELD TRIP INSTRUCTIONS

Bringing Seniors Together @Rodolfo "Rudy" Mendez Recreation Center

AUSTIN, TX

**THURSDAY MAY 16, 2024**

Departure Time: 9:00am

Return Time: ~12:30pm

Cost: NONE

Additional Costs: NONE

Activity Level: **LOW**

Capacity: **10 PARTICIPANTS MAXIMUM**

**\*\*REGISTRATION FOR BRINGING SENIORS  
TOGETHER IS DUE WEDNESDAY MAY 8th  
@12:00PM\*\***

**Results available Thursday May 9th**

*Exact change, credit/debit cards, and checks are accepted.*

You may sign up one other person in addition to yourself, but you may only do REGISTERED MEMBERS ONLY by filling out the trip registration form. You may contact the center anytime after the registration deadline to find out if you were selected for a trip. If you have been selected, payment for the trip is due 2 days before the trip. If you registered but have not been selected you will be out on a waitlist. **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.

# CINCO DE MAYO



Conley-Guerrero Senior Activity Center  
is celebrating

CAPRA  
ACCREDITED

# CINCO de MAYO

Join us for refreshments, Loteria, and a feature performance by our very own Ballet Folklorico and the MariCruz Ballet Folklorico!



## FRIDAY MAY 3RD

### 10:00AM-11:00AM

## REGISTRATION CLOSES ON WEDNESDAY MAY 1ST @12:00PM



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.



# MOTHER'S DAY



CONLEY-GUERRERO SENIOR ACTIVITY  
CENTER WILL BE DOING



# Mother's Day Memories

JOIN US FOR SOME REFRESHMENTS AND FUN AS  
WE CELEBRATE MOTHER'S DAY

THEME: PRETTY  
IN PINK!



DAY: FRIDAY, MAY 10  
TIME: 10:00AM-11:00AM

**SIGN UP BY WEDNESDAY  
MAY 8TH @12:00PM!**



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.



# 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**

# TAI CHI

**Tai Chi and the Art of  
Mindful Aging**

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

**Session 4 Apr. 11th-May. 20th | Session 5 May. 23rd-July 8th**

**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**

# BLOOD PRESSURE CHECK

## BLOOD PRESSURE CHECK



*"Serving Humanity to Honor God"*

*with Sharon Skaggs  
from Wesley Nurse Health  
Ministries*

**in the Charles Jordan Hall**  
**Time and Date TBD**

# SEWING CLASS



## SEWING CLASS

INSTRUCTOR: CHRISTINA GREEN- MARTINEZ

EVERY TUESDAY

9:30AM - 11:30AM

Join us for some lessons  
in beginner sewing

SEWING MACHINES WILL BE PROVIDED

Please bring your own materials.

CLASS LIMIT IS 10  
SO SIGN UP TODAY!

NO WAITING LIST

# GOLDEN ROLLERS

**POSTPONED UNTIL  
FURTHER NOTICE**



# TECHNOLOGY CLASSES

## Austin-Free-Net

Every Tuesday

May 7th @ 10:00am

May 14th @ 10:00am

May 21st @ 10:00am

May 28th @ 10:00am

# SIGN LANGUAGE

Beginners American Sign Language Class  
Learn the alphabet, numbers, & beginning conversation.



A



S



L

Starting February 13th

Max Participants: 10

Tuesday's  
10 - 11 am Education Room

Instructor: Mary Williams  
Assistant: Dina R. Cantú

# QUILT RAFFLE

The Conley-Guerrero Advisory Board  
will be hosting a

**Mother's Day**

# Sunflower Quilt Drawing

**Quilter: Irene Graveline**

**Tickets:**

**Drawing will be on  
Friday, May 10  
@12:00pm**

**\$1.00 each OR  
6 tickets for \$5.00**

# C-GSAC T-SHIRTS

The Conley-Guerrero SAC Advisory Board  
are selling Conley-Guerrero T-Shirts



Sizes Small - X-Large

\$10.00

Sizes 2X-Large - 4X-Large

\$15.00

# QUILTING



Wednesday Beginning Class  
9:00 - 11:30 am

Wednesday Intermediate Class  
1:00 - 3:00 pm

Bring your own materials  
and supplies

Sewing Machines Available

Instructor: Margarine Beaman



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



# Seniors With A Goal (SWAG)

## SENIORS WITH A GOAL (SWAG)



*"Wisdom Comes with Age...and Knowledge with Information"*

*Join Us for a Day of Information Sharing*

Get answers to your questions regarding critical decisions about your health, home maintenance and safety, transportation options, estate planning & more.

**Wednesday, May 1, 2024**

**9:00 am to 3:00 pm - FREE ADMISSION**

**Conley-Guerrero Senior Activity Center**

808 Nile Street, Austin, Texas 78702

*Breakfast & Lunch will be provided, as well as opportunities for Door Prizes!*

### —PLANNED PRESENTATIONS & SESSIONS—

Alzheimer's/Dementia  
Zumba  
Immunizations  
Medicaid and Long-term Care



Meal Prep Demonstration  
Estate Planning  
Parkinson's Exercises  
House Repairs

### —INFORMATION BOOTHS—

- Senior Living & Caregiving  
AGE of Central Texas
- Transportation  
Capital Metro
- Dental Care Info & Supplies  
National Dental Association
- County Services  
Travis County



• Programs & Services  
Central Texas Food Bank

- Parkinson's Evaluations & Info  
Power for Parkinson's
- Digital Inclusion, Mentoring  
Austin Area Urban League
- Smoke Detector Program  
Austin Fire Department
- Weatherization Program  
Austin Energy

For more information contact us at: [theaustinlinks@gmail.com](mailto:theaustinlinks@gmail.com)

*Special Thanks to Our Sponsors!*



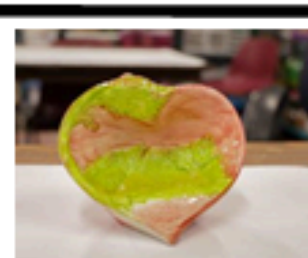
# CERAMICS

Morning Ceramics Class

Tuesdays: 9am-12pm

Afternoon Ceramics Class

Thursdays: 1-4pm



**\$10.00 per month**

## BOOK CLUB



In a thrilling new story of female empowerment, adventure, and vigilante justice from the legendary #1 New York Times bestselling author, *The Sisterhood* reunites to avenge an attack against one of their own...

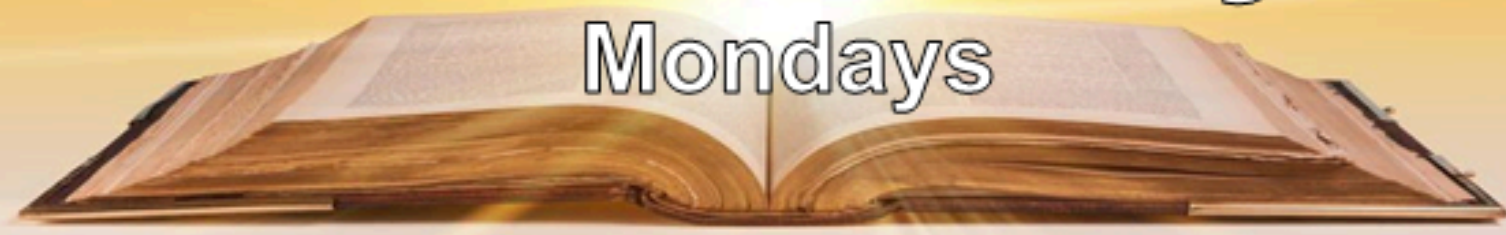
**The Sisterhood:** a group of women from all walks of life bound by friendship and years of adventure. Armed with vast resources, top-notch expertise, and a loyal network of allies around the globe, the *Sisterhood* will not rest until every wrong is made right. The women of the *Sisterhood* have developed a motto: "Whatever it takes." Regardless of how dangerous an adversary may be, or how overwhelming the odds against them seem, the group's devotion to each other and to their cause has helped them achieve the seemingly impossible.

**Meeting:  
Monday May 20th  
@10:30am**

# BIBLE STUDY

## Bible Study

### Monday



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

# ARTS & CRAFTS

**Clay Creations**  
Wednesday, May 1  
1:00-3:00pm



Create your own clay works. It's very relaxing and the results will surprise and please you!  
**Free Class**

**Concept Art**  
Wednesday, May 8th  
1:00-3:00pm



Choose a category such as movies, novels, music, or phrases and give it three dimensions.  
**Free Class**

**30 Minute Masterpiece—Take Your Easel to the Courtyard**  
Wednesday, May 15th  
1:00-3:00pm



Let's go outside to create a masterpiece and enjoy the lovely spring weather.

**Free Class**

**Scrapbooking**  
Wednesday, May 22nd  
1:00-3:00pm



Find fun ways to mount your pictures and memorabilia in scrapbooks.

**Free Class**

# 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**

**Introduction to Genealogy**  
Wednesday, May 29th  
1:00-3:00pm

Trace your roots, create your family tree and discover your heritage as we use [familysearch.org](http://familysearch.org).



# YOGA SONG WELLNESS

**Gentle Morning Yoga**  
**Mondays 10:00-11:00am**

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

**Music For The Soul**  
**Mondays 11:00-11:45am**

You pick 'em! YouTube karaoke group or solo star singing in the morning to start your weekend with fun and laughter.



# BALLET FOLKLORICO

Come join us in practicing some Mexican folklore through dance!



Exercise/Dance Studio Wednesdays 10:00am-11:15am

# COLORING HOUR

**COLORING HOUR!**

When: Mondays 10:30-11:30am

Where: Charles Jordan Hall

**COLOR YOUR CARES AWAY**

Bring your own supplies or see front desk to check out supplies.



# SANCTUARY GARDEN

**Tuesday Morning 8:30 - 9:30am**



Help our  
Community  
Garden  
grow!!!

Harvesting occurs Tuesday mornings @ 9am

# GAME DAY

THE CONLEY-GUERRERO ADVISORY BOARD

WELCOMES YOU TO JOIN US FOR

# GAME DAY

WE'LL BE PLAYING OLD AND NEW GAMES AND MAKING MEMORIES

**FRIDAY, MAY 17**

**1:00PM-4:00PM**

## BINGO



**Mondays and Wednesdays**

**1:00pm**



**\$1.00 per card**

# 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

**When: May 9th and May 23rd from 9:00am - 12:00pm**

**Where: Front Lobby**

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

**512-972-6740**

# FRIDAY MATINEE

# HOLLYWOOD

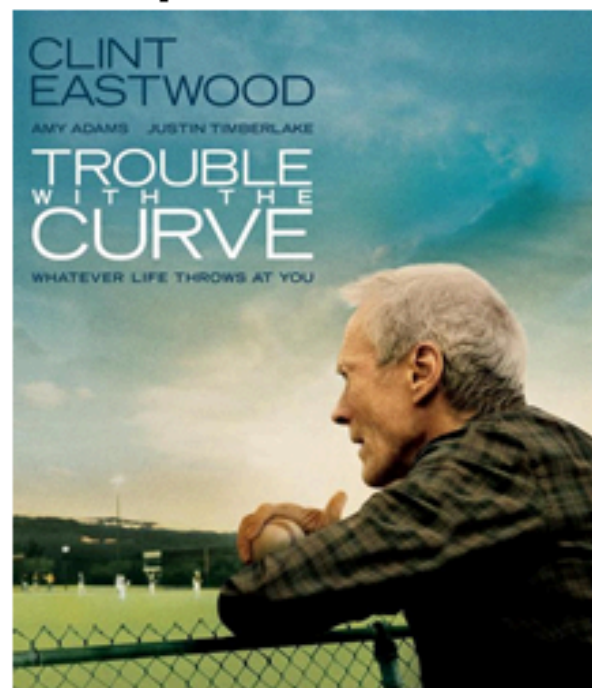
Conley-Guerrero Presents . . .

Friday, May 10th  
**FREE** Rated PG-13  
1:00 pm 1h 36m



On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Friday, May 24th  
**FREE** Rated PG-13  
1:00 pm 1hr 51min



For decades Gus Lobel (Clint Eastwood) has been one of baseball's best scouts – but now his age is catching up with him. Still, he refuses to be benched even though his bosses are questioning his judgment. Tasked with checking out the country's hottest batting prospect, Gus is forced to accept help from his daughter, Mickey (Amy Adams). Though they haven't spent time together in years, father and daughter make new discoveries about their shared past, which could change their future.

# HELLO NEIGHBOR

## HELLO NEIGHBOR!

Join us every Wednesday,  
and get to know your peers!

Wednesdays

11:30-11:50am

Max 2 people each day

**SIGN UP AT FRONT DESK**

Bring something to CGSAC  
that you'd like to share so we  
can learn about you!

- ⇒ HOBBIES
- ⇒ FAMILY PHOTOS
- ⇒ SHOW AND TELL

*"Neighbors are people who are  
close to us and friends are people  
who are close to our hearts."*

# 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.

May 17th and 31st @10:00am

# LOTERIA

Conley Guerrero Senior Activity Center



BRING A FRIEND AND COME JOIN THE FUN PLAYING LOTERIA WITH US.

**EVERY MONDAY @2:15pm**

Bring a garage sale item from home for prizes to receive a card. Limit 2 cards per person.

**CARDS  
1 ITEM FOR  
1 CARD  
2 CARD LIMIT**

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.

# LINE DANCING

"Golden Aces"

R & B Line Dance Class

Thursdays: 10:00am

Instructor: L M Rivers

Saturdays: 10:00am

Instructor: Sonya



# 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**

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

# MAY 2024

**6**  
Bible Study 9a  
Gentle Morning Yoga 10a  
Coloring Hour 10:30a  
Music For The Soul 11a  
Tai Chi 1p  
Bingo 1p  
Loteria 2:15p

**13**  
Bible Study 9a  
Gentle Morning Yoga 10a  
Coloring Hour 10:30a  
Music For The Soul 11a  
Tai Chi 1p  
Bingo 1p  
Loteria 2:15p

**20**  
Bible Study 9a  
Gentle Morning Yoga 10a  
Music For The Soul 11a  
Coloring Hour 10:30a  
Book Club 10:30a  
Tai Chi 1p  
Bingo 1p  
Loteria 2:15p

**27**  
**CLOSED FOR HOLIDAY**

**7**  
Ceramics 9a  
American Sign Language  
Sewing 9:30a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Pickleball 1p

**14**  
Sanctuary Garden 8:30a  
Ceramics 9a  
Sewing 9:30a  
American Sign Language 10a  
Austin Free Net- 10a  
Pickleball 1p

**21**  
Ceramics 9a  
American Sign Language 10a  
Sewing 9:30a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Pickleball 1p

**28**  
Ceramics 9a  
American Sign Language 10a  
Sewing 9:30a  
Sanctuary Garden 8:30a  
Austin Free Net- 10a  
Pickleball 1p

**1**  
**Seniors With A Goal 9a**  
**BST Registration Opens**  
Quilting 9:00a & 1p  
Arts & Crafts- Clay Creations 1p

**8**  
**BST Registration Ends 12p**  
Quilting 9:00a & 1p  
Ballet Folklorico 10a  
Stretch & Strength 10:30a  
Hello Neighbor 11:30a  
Bingo 1p  
Arts & Crafts- Concept Art 1p

**15**  
Quilting 9:00a & 1p  
Ballet Folklorico 10a  
Stretch & Strength 10:30  
Hello Neighbor 11:30a  
**Central Texas Food Bank 12p**  
Bingo 1p  
Arts & Crafts – 30 Min Masterpiece 1p

**22**  
Quilting 9:00a & 1p  
Ballet Folklorico 10a  
Stretch & Strength 10:30a  
Hello Neighbor 11:30a  
Bingo 1p  
Arts & Crafts—Scrapbooking 1p

**29**  
Quilting 9:00a & 1p  
Ballet Folklorico 10a  
Stretch & Strength 10:30a  
Hello Neighbor 11:30a  
Bingo 1p  
Arts & Crafts—Genealogy 1p

**2**  
Creative Writing 9a  
R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p

**9** Creative Writing 9a  
**APH Free Health Screening 9a-12p**  
R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p  
**16 BST @Mendez 9a**

Creative Writing 9a  
R&B Fine Line Dance 10a  
Chair Yoga 10:30  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p

**23** Creative Writing 9a  
**APH Free Health Screening 9a-12p**  
R&B Fine Line Dance 10a  
Chair Yoga 10:30a  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p

**30** Creative Writing 9a  
R&B Fine Line Dance 10a  
Chair Yoga 10:30  
Ceramics 1p  
Tai Chi 1p  
Pickleball 1p

**3**  
**Cinco De Mayo 10a**

**10**  
**Mother's Day Memories 10a**  
**Quilt Raffle 12p**  
Friday Matinee Sully 1p

**17**  
**Game Day 1p**  
Coffee with Johnny 10a

**24**  
Friday Matinee *Trouble With The Curve* 1p

**31**  
Coffee with Johnny 10a

**4**  
**Older Americans Month 8a**  
Line Dance 10a

**11** Pickleball 8a  
Line Dance 10a

**18** Pickleball 8a  
Line Dance 10a

**25** Pickleball 8a  
Line Dance 10a



# MAY

# MENU



## MONDAY



- Vegetarian Entrée



≥ 1000mg sodium

## TUESDAY

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

**\*\*Milk is served every meal**

## WEDNESDAY

## THURSDAY

## FRIDAY

6 Tim Andrew's BBQ Pork Rib Patty  
Lentil Vegetable Pilaf  
Cauliflower  
Wheat Bread  
Fresh Fruit  
Cal: 632

7 Five Spice Chicken  
Northern Beans  
Ginger Carrots  
Texas Bread  
Fresh Fruit  
Cal: 717

8 Pepper Beef Steak  
Brown Rice   
Mixed Vegetable Blend  
Wheat Bread  
Fresh Fruit  
Cal: 708

9 Turkey Brunswick Stew  
Multigrain Elbow Pasta  
Cheesy Spinach  
Saltine Crackers  
Fruited Orange Gelatin  
Cal: 640

10 *Mother's Day*  
Homestyle Pork Roast  
Oven Roasted Potatoes  
Catalina Vegetable Blend  
Dinner Roll  
Nutty Buddy Bar  
Cal: 636

13 Baked Chicken with Country Gravy  
Whipped Potatoes with Skins  
Peas and Carrots  
Texas Bread  
Fresh Fruit   
Cal: 667

14 Italian Shells and Cheese  
Whole Kernel Corn  
Broccoli  
Wheat Bread  
Fresh Fruit  
Cal: 674

15 Beef Taco  
Mexican Brown Rice  
Charro Beans  
Whole Wheat Tortilla  
Fruited Strawberry Gelatin  
Taco Sauce   
Cal: 752

16 Pork Chop Suey  
Creamed Peas  
Spring Vegetable Blend  
Wheat Bread  
Fresh Fruit   
Cal: 674

17 *Cold Meal*  
Pimento Cheese  
Lettuce and Tomato  
Pasta Salad  
Wheat Bread (2)  
Tropical Punch  
Cal: 818

20 Salisbury Beef with Gravy  
Cheesy Potatoes  
Catalina Vegetable Blend  
Wheat Bread  
Fresh Fruit  
Cal: 666

21 Cheese Omelet  
Black Beans  
Stewed Tomatoes  
Wheat Bread  
Fresh Fruit  
Cal: 611

22 Mozzarella Chicken Meatballs  
Whole Grain Penne Pasta  
Herbed Green Beans  
Dinner Roll  
Fruited Lime Gelatin  
Cal: 679

23 Lemon Pepper Pollock  
Cajun Brown Rice  
Mixed Greens  
Cornbread  
Fresh Fruit  
Cal: 758

**CLOSED — No Delivery**

27 **CLOSED FOR HOLIDAY**

28 Turkey Taco  
Pinto Beans  
Steamed Cauliflower  
Corn Tortillas (2)  
Fresh Fruit  
Taco Sauce  
Cal: 709

29 Suellen's Baked Chicken with Gravy  
Macaroni and Cheese  
Dilled Carrots  
Wheat Bread  
Fruited Cherry Gelatin  
Cal: 653

30 Rosemary Butter Sliced Ham  
Lima Beans  
Okra and Tomatoes  
Cornbread  
Fresh Fruit  
Cal: 715

31 BBQ Breaded Chicken  
Seasoned Lentils  
Green Beans  
Hamburger Bun  
Fresh Fruit  
Cal: 756

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*

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*

Millie 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

## **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:**

TBD @ 1:00pm

### **Guild Meeting:**

TBA @ 9:00 am