

Varsity Generation's



Brochure

Gustavo "Gus" L. Garcia Recreation Center

1201 E. Rundberg Lane Austin TX 78753

Phone: 512- 978 -2525

Monday—Friday

Program Hours: 9:00am-12:30pm



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

HOURS OF OPERATION
MONDAY - FRIDAY
9:00 AM - 12:30 PM



GUS GARCIA STAFF

Supervisor: Tamika Bateman
Program Coordinator: Chessica Martin
Program Specialist : Alan Gonzalez
Program Specialist : Nate Koehler
Program Specialist : Jasmyn Patterson
Administrative Assistant: Brenda Cavazos
Building and Grounds: Randal Coy
Varsity Generation Temp: Xavier Otems

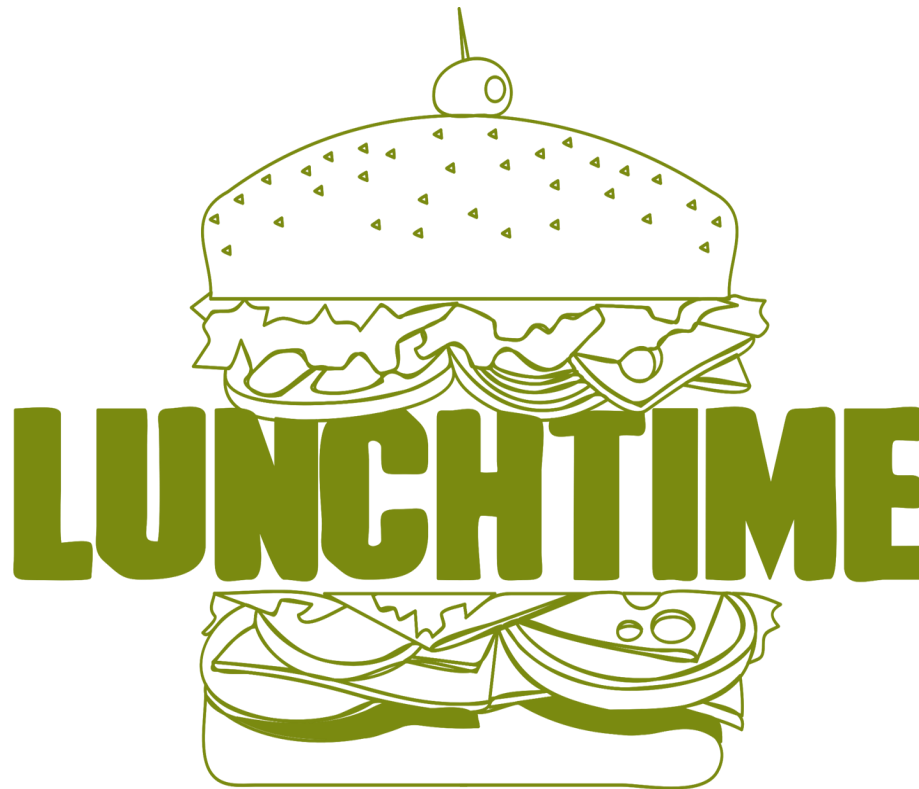
MEALS ON WHEELS

Day: Monday-Friday

Time: 11:30am - 12:00pm

Location: Senior Room

Reservation is required prior to meal service. Contact Jasmyn Patterson for additional information.



FITNESS

SENIORCISE

Low impact exercise for men and women. Enhance flexibility, strength, cardio vascular endurance, and balance. Muscle toning with light weights.

Instructor: Mrs. Neomi Delgado

Day: Tuesday, Wednesday and Thursday

Time: 9:30am - 10:30am

Room: Gymnasium



FITNESS

WEIGHT ROOM

Day: Monday-Friday

Time: 9:00am-9:00pm

Room: Weight Room



HEALTH & WELLNESS

NATURAL GROCERS

A nutritional course dedicated to senior aged participants. Natural grocers is a local organization funded to “make the dream of nutrition education and affordable health a reality.”



Day: March 13th, 2025

Time: 10:30am-11:30am

Room: Senior Room

ACTIVITIES

GARDEN CLUB



Join the Gus Garcia Recreation Varsity Generation Program for our gardening club!

Day: Thursdays

Time: 9:30am - 10:30am

Room: Outside Garden by the Cistern

Instructors: Martha Langford & Marjorie Simmons

FITNESS

TAI CHI

Zero impact exercise for men and women. Tai Chi has many proven health benefits for seniors from increased balance and bone strength, to greater strength and flexibility.

Instructors: Joseph Cain & Tzuoshinn (Frank) Lee

Mondays: 10:30am - 11:30am

Tuesdays: 10:00am-11:30am



Gus Garcia Varsity Generation....

Tai Chi Class

Mondays

10:30am-11:30am

Instructor: Joseph Cain

Location: Aerobics Room

Tuesdays

10:00am-11:30am

Instructor: Tzuoshinn (Frank) Lee

Location: Aerobics Room



ACTIVITIES

ARTS & CRAFTS

Day: Tuesdays

Time: 10:30am-11:30am

Room: Tiny Tots (Purple Room)

Instructor: Mick Pingel

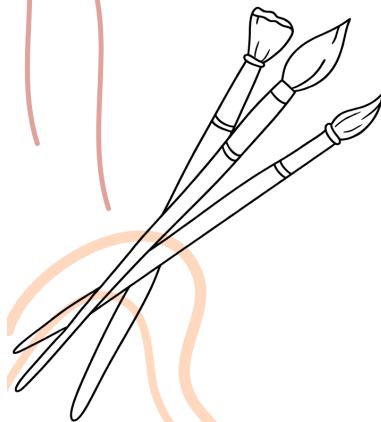
GUS GARCIA VARSITY GENERATION...

ART CLASS

TUESDAYS 10:30AM - 11:30AM

INSTRUCTOR: MICK PINGEL

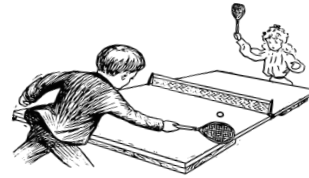
LOCATED IN THE ART ROOM



ACTIVITIES

PING PONG

Date: Monday-Thursday
Time: 9:00am-1:30pm
Fridays: 9:00am-12:00pm
Room: Aerobics Room



*These hours are solely dedicated to Varsity Generation ping pong players. Weekends hours are available for ping pong players of all

ACTIVITIES

MORNING CUPS

Complimentary Herbal Tea and Coffee Bar made available to all registered varsity generation participants.

Day: Monday-Friday
Time: 9:30am - 11:00am
Room: Senior Room



ACTIVITES

BINGO

Day: March 7th, 2025
Time 10:30am - 11:30am
Room: Senior Room



Come enjoy a friendly game and a chance to win some awesome prizes!

UPCOMING EVENTS

LET'S CELEBRATE!

Day: March 28th, 2025
Time 10:30am-11:30am
Room: Senior Room

Please come out and help us celebrate this month's Birthdays!



ACTIVITIES

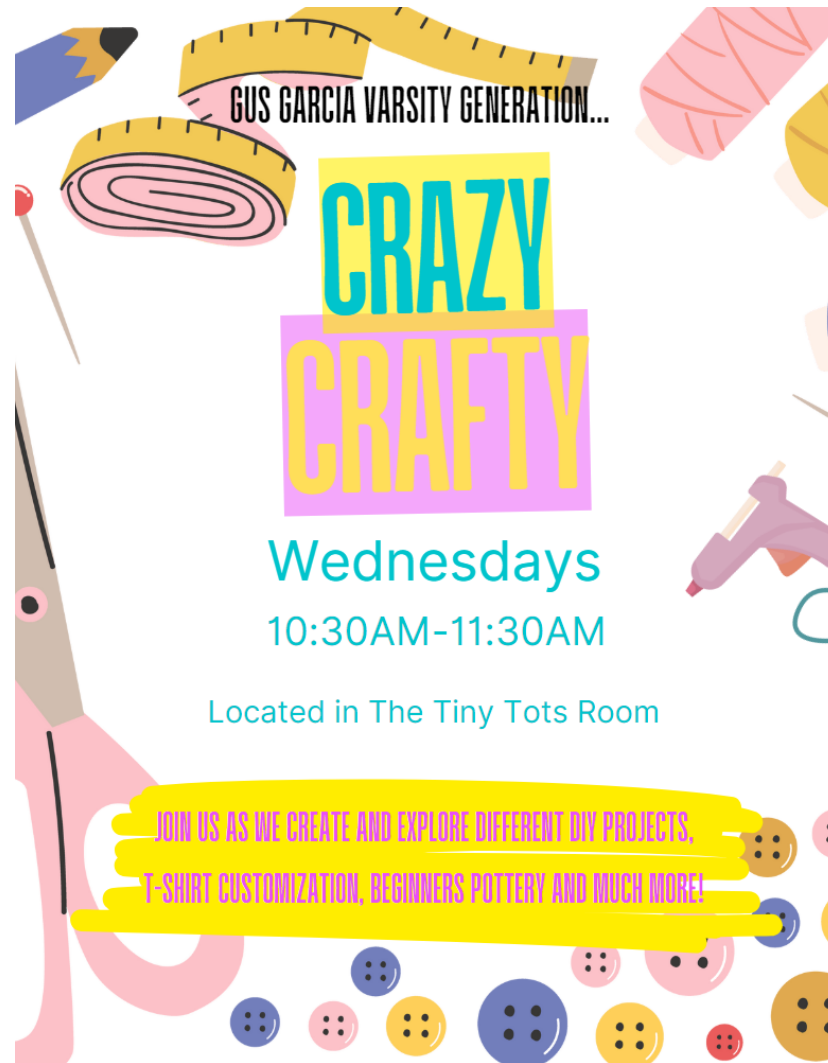
CRICUT CRAFTY

Day: Wednesdays

Time: 10:30am - 11:30am

Room: Tiny Tots Room

Instructor: Cody Mahoney & Jasmyn Patterson



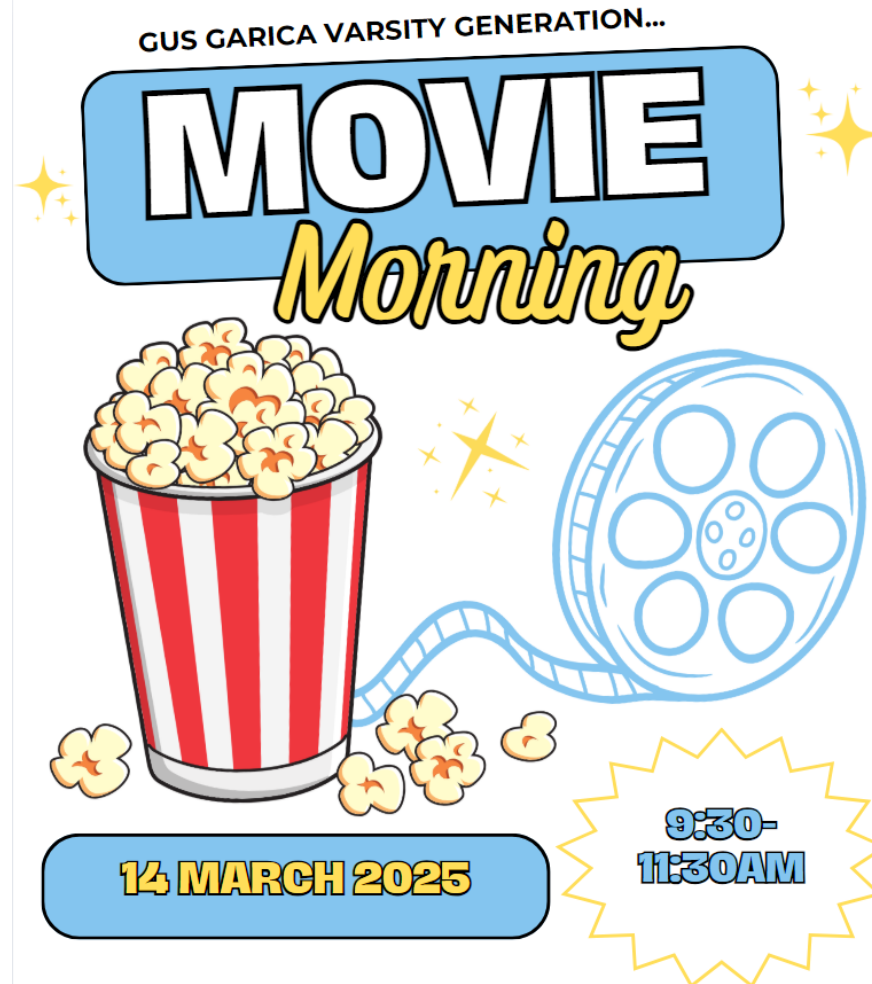
ACTIVITIES

SPECIAL EVENT

Date: March 14, 2025

Time: 9:30-11:30am

Room: Senior Room



**START YOUR MORNING OFF RIGHT!
COME ENJOY A FUN FILM AND LITE REFRESHMENTS IN THE SENIOR ROOM!**



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HEALTH & WELLNESS

RED ANGELS & ACC

Date: March 5th, 2025

Time: 9:00am-2:00pm



Austin Fire Department's Red Angels Program
and
Austin Community College Nursing Program

Will be offering FREE Health Wellness Checks on:

- ✓ March 5th – 9 am – 2 pm
- ✓ April 23rd – 9 – 2 pm

The banner features a blue background with a central caduceus symbol. On the left is an icon of a red heart with a white ECG line and a green checkmark. On the right is an icon of a red stethoscope. The text is in red and white.

HEALTH & WELLNESS

AUSTIN PUBLIC HEALTH WELLNESS CHECK



NEIGHBORHOOD SERVICES UNIT

Day: Every 2nd & 4th Thursdays of the month

Time: 9:00am-11:30am

Room: Tiny Tots Room (Purple Room)

Clinical nurses will be on site providing checks for blood pressure, glucose, cholesterol and A1c levels.

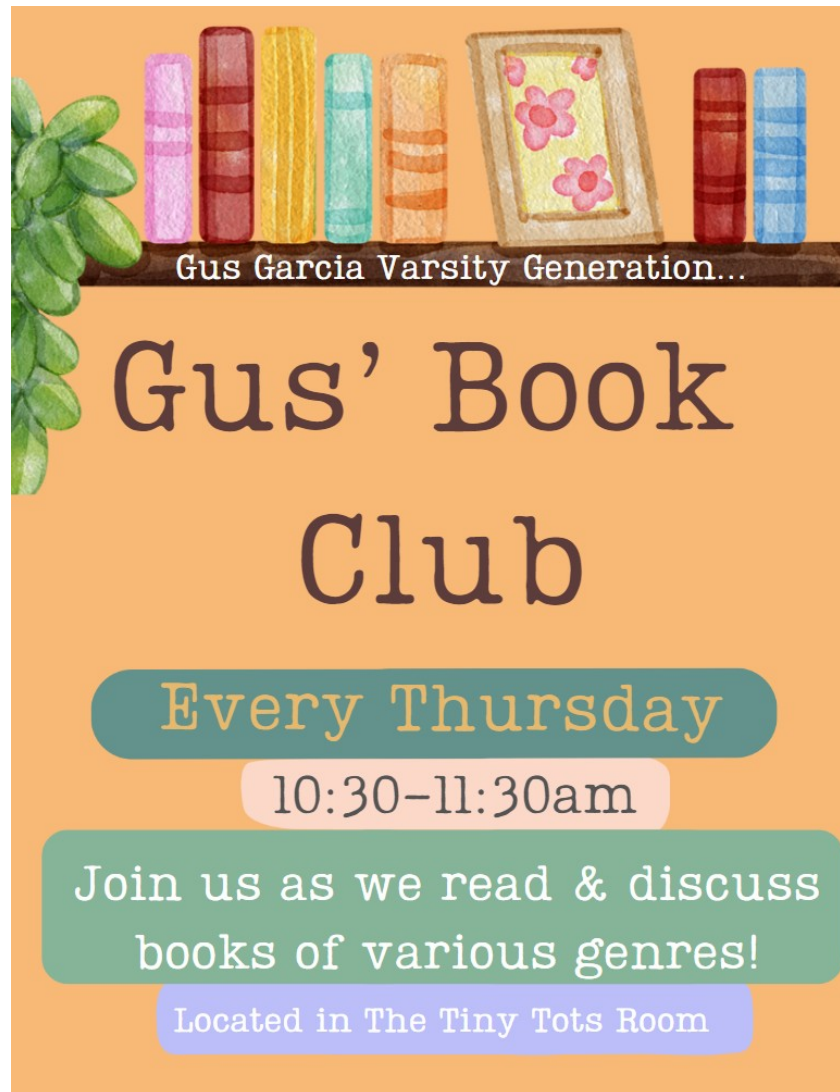
ACTIVITIES

MOBILE LIBRARY

Date: Thursdays

Time: 10:30-11:30am

Room: Tiny Tots Room

A poster for Gus' Book Club. At the top, there is an illustration of a bookshelf with several colorful books (pink, red, yellow, teal, orange, red, blue) and a framed picture of pink flowers. A green leafy branch is on the left. Below the books, the text "Gus Garcia Varsity Generation..." is written in a small font. The main title "Gus' Book Club" is in a large, dark brown serif font. Below the title, the text "Every Thursday" is in a yellow serif font inside a dark teal rounded rectangle. Underneath that, "10:30-11:30am" is in a black sans-serif font inside a light pink rounded rectangle. A green rounded rectangle contains the text "Join us as we read & discuss books of various genres!" in a white sans-serif font. At the bottom, a purple rounded rectangle contains the text "Located in The Tiny Tots Room" in a white sans-serif font.

Gus Garcia Varsity Generation...

Gus' Book Club

Every Thursday

10:30-11:30am

Join us as we read & discuss books of various genres!

Located in The Tiny Tots Room

UPCOMING EVENT

FIELD TRIP

Date: March 6, 2025

Time: 10:00am- 12:00pm

The "Gus Bus" will Leave no later than 9:30am and return back to Gus at 12:30pm.

Please see the front desk to sign up for the bus.



Rodolfo "Rudy" Mendez
Recreation Center

MARDI GRAS

Carnival

COSTUME PARTY

SPECIAL GUEST
DJ SKWI

March 6, 2025
10am-12Noon

2407 cantonbury street austin tx 78702

DRINK -FOOD | PRIZES | FRIEND | ZUMBA

R.S.V.P. FEB 20, 2025 512-978-2399

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UPCOMING EVENT

PRESENTATION

Date: March 12, 2025

Time: 10:30am - 11:30am

Room: Senior Room

We are asking that all seniors in need of dental health information please attend this brief presentation.

AUSTIN COMMUNITY COLLEGE -
DENTAL HYGIENE STUDENTS
PRESENT:

SMILING WITH HEALTHY TEETH

Oral health is key to your overall well-being. We've got the tips, tricks, and advice you need! We will cover:

- Importance of oral health
- Tooth decay
- Proper ways to toothbrush
- Flossing
- And more!

**Feb 12, March 12 and April 2
2025**

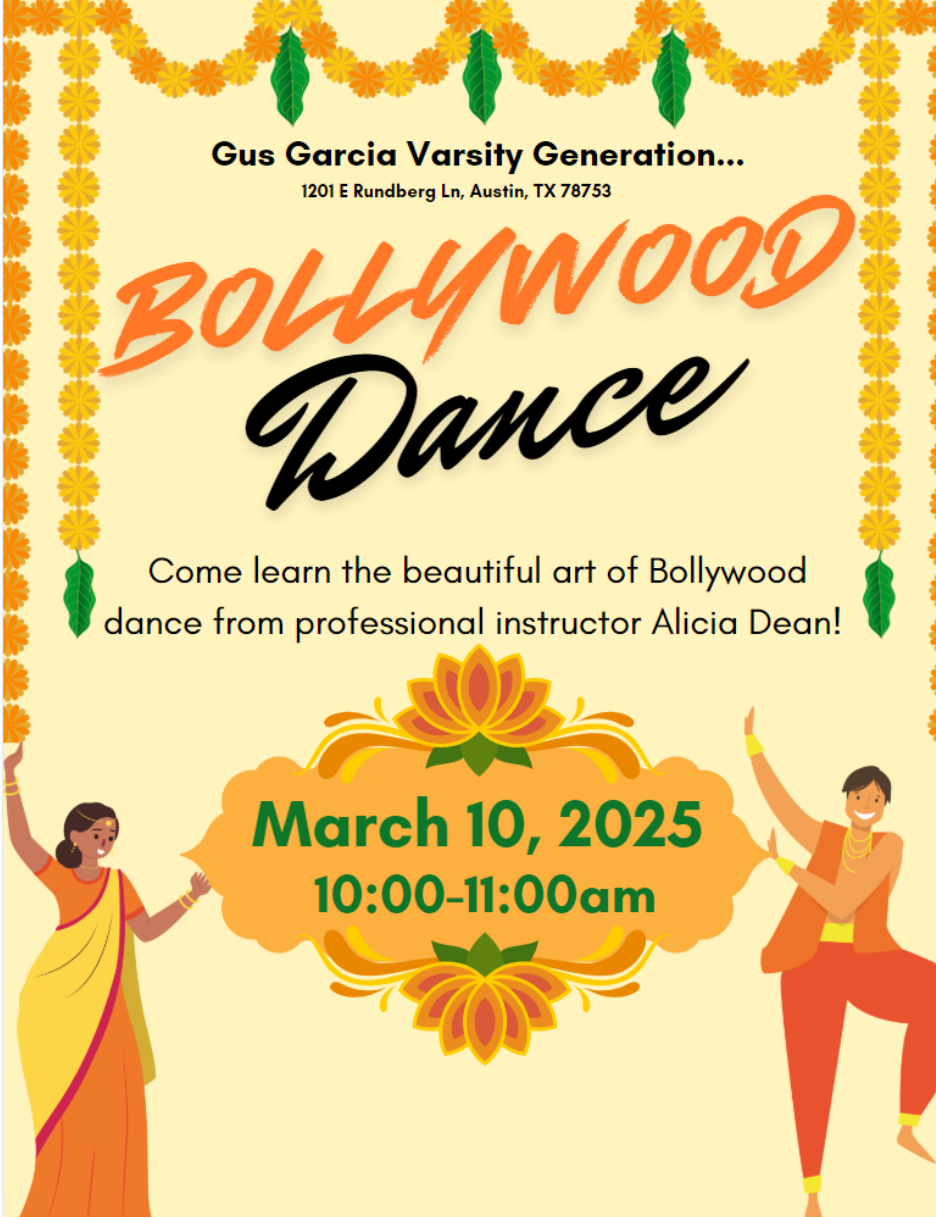
UPCOMING EVENT

SPECIAL EVENT

Date: March 10, 2025

Time: 10:00am- 11:00am

Room: Gymnasium

A vibrant poster for a Bollywood dance event. The background is a light yellow color, framed by a decorative border of yellow flowers and green leaves. At the top, the text "Gus Garcia Varsity Generation..." is written in a bold, black font, with the address "1201 E Rundberg Ln, Austin, TX 78753" below it. The main title "BOLLYWOOD Dance" is prominently displayed in the center, with "BOLLYWOOD" in a large, orange, stylized font and "Dance" in a black, cursive font. Below the title, the text "Come learn the beautiful art of Bollywood dance from professional instructor Alicia Dean!" is written in a simple black font. At the bottom, a large, orange, cloud-like shape contains the date and time "March 10, 2025" and "10:00-11:00am" in a bold, green font. On either side of this central shape are illustrations of a woman in a yellow and orange sari and a man in a red and orange outfit, both in dynamic dance poses. The overall design is festive and celebratory.

UPCOMING EVENT

FIELD TRIP

Date: March 21, 2025

Time: 9:30am-11:30am

The “Gus Bus” will Leave no later than 9:00am and return back to Gus at 11:30pm.

Please see the front desk to sign up for the bus.

GUS GARCIA VARSITY GENERATION

BOOKED & BUSY

Join the Gus Garcia Varsity Generation as we take a trip to various libraries, museum & art exhibits.

MARCH 21, 2025

9:30AM-11:30AM

THIS MONTH'S LOCATION:
AUSTIN CENTRAL LIBRARY
710 W CESAR CHAVEZ ST. AUSTIN, TX 78701



LAST MONTH'S RECAP

Thank you all who participated in last month's "For the Love of Lunar" Event! Here are some highlights from the event!



LAST MONTH'S RECAP

