

Gustavo "Gus" L Garcia Recreation Center

1201 E. Rundberg Lane Austin TX, 78753
512-978-2525

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

Senior Program (Ages 50 and Up)



FEBRUARY, 2020



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 - 9:00 PM

SATURDAY: 10:00 AM - 4:00 PM

SUNDAY: 1:00 PM - 5:00 PM

GUS GARCIA STAFF

Site Supervisor:	Delano Brown
Program Coordinator:	Tamika Bateman
Program Specialist :	David Turnquest, Jr.
Program Specialist :	Russell Diggs
Program Specialist :	Chris Meza
Administrative Assistant :	Destiny Lewis
Building and Grounds :	Randal Coy

BINGO WITH STAFF



Day: Wednesday 12th, 2020

Tuesday, February 25th, 2020

Time: 10:30am - 11:30am

Room: Senior Room

IMPORTANT DATES

SENIOR COMMITTEE MEETING

This meeting will focus on upcoming events and more information.

<u>Day</u>	Friday, February 7th, 2020
<u>Time</u>	10:30 am to 11:15 am
<u>Room</u>	Tiny Tot Room

PRESIDENTS DAY

Monday, February 17th Gus Garcia Recreation will be CLOSED in observance of Presidents Day.

CENTRAL TEXAS FOOD BANK

COMMODITY SUPPLEMENTAL FOOD PROGRAM:

Food boxes will be distributed once a month at Gus Garcia Recreation Center.

DELIVERY DATE:

Thursday, February 20th 2020

10:00am - 11:00am



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.

Instructor: Mr. Joseph &
Ms. Diane

Day: Tuesdays

Time: 9:45am - 10:30am
(Advanced*)

10:30am - 11:30am
(Beginner)

Room: Aerobics Room

Cost: Free

**Instructor permission
required for Advanced class*



*NOTE: 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.*

SENIORCISE

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

Instructor: Mrs. Neomi

Day: Mondays, Tuesdays, Thursdays, and Fridays

Time: 9:30am - 10:30am

Room: Gymnasium

Cost: Free

FITNESS

LINE DANCING

Come learn how to do basic line dancing to lots of great music! Learn the techniques and steps that you need to progress to the next level. No partner required for this dance class. Both women and men are welcome to join.

Instructor: Miss Connie

Day: Wednesdays

**Time: 9:30am - 10:15am (Beginner)
10:30am - 11:30am (Intermediate)**

Room: Gymnasium

STAFF OF THE MONTH

Mr. Darryl Wise Building Maintenance

Darryl is a native of Austin born and raised from the Dove Springs community. His favorite thing to do in his free time is to watch movies at home. If he could be any superhero in the world he would be Blade. "I think Blade is cool and he's a smooth operator". The most influential person in his life is his mother. "My mother raised me as a single woman and taught me how to be a man, she always has my back"



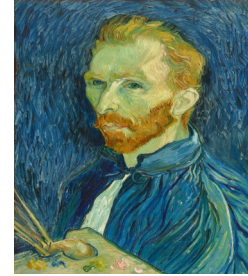
Teamwork is what we do.

ART

ART WITH MICK

This art class is dedicated to enriching the lives of those enrolled in our Senior Program with hands-on artistic opportunities.

Instructor: Mr. Mick
Day : Mondays & Wednesdays
Time: 12:00pm - 2:00pm
Room: Tiny Tots Room
Cost: Free



SEWING

Instructor: Miss Martha
Day: Tuesdays
Time: 10:30am - 11:30am
Room: Arts and Crafts Room



COLORING FOR FUN

In house coloring sheets with coloring pencils on site only.

Instructor: See front desk for sheets pencils
Day: Mondays
Time: 9:30am - 11:30am
Room: Senior Room
Cost: Free



ACTIVITIES

GARDEN CLUB

Join the Gus Garcia Recreation Senior Program for our gardening club!

Instructor: Ms. Martha & Mrs. Marjorie

Day: Thursdays

Time: 10:30am - 11:30am

Room: Outside Garden by the Cistern

Cost: Free



BEGINNER SIGN LANGUAGE & ORIGAMI CLASS

Origami is the art of paper folding. Sign language introduces the development of basic expressive and receptive skills. .

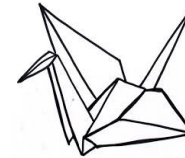
Instructor: Ms. Martina

Day: Friday, February 7th and 28th 2020

Time: 10:30am - 11:30am

Room: Arts and Crafts Room

Cost: Free



Jewelry Art classes

Instructor: D.A.C staff

Dates: 2/ 04 & 11, 2020

Day: Tuesday

Time: 10:30am - 11:30am

Room: Tiny Tots

Cost: Free



ACTIVITIES & GAMES

CASINO CARD PLAYING & 21 BLACK JACK

Join the Senior Program for Casino Day.
Come enjoy casino games with friends!

Instructor: Ms. Pat English

Day: Thursdays

Time: 10:00am - 11:30am

Room: Senior Room

Cost: Free



SENIORS OF THE MONTH



ACTIVITIES & GAMES

GAME DAY WITH MISS MARTINA

Come to have fun and play a variety of new and exciting games for prizes!

Instructor: Miss Martina

Day: Friday, February 28th, 2019

Time: 10:30am - 11:15am

Room: Arts and Crafts Room

Cost: Free

NON-DENOMINATIONAL BIBLE STUDIES

This class focuses on studying the Bible and to also connect with others who are a part of the study group.

Instructor: TBA

Day: Fridays, February 13th
Friday, September 20th

Time: 10:30am - 11:30am

Room: Tiny Tots Room



Golden Rollers

Beginning in March, Gus Garcia will resume the Golden Rollers trike program on Tuesday and Thursday mornings. Come join us for a trike ride around the trail. Improve your health here at Gus Garcia Recreation Center.

Instructor: Miss Alex

Day: Tuesdays and Thursdays

Time: 8:30am - 10:30am



ACTIVITIES

Heart Health walk on the Gus Garcia trail

Gus Garcia Recreation Center will host our annual Heart Health Event. Wear the color **red** and receive a Heart Health Month pin. Join us for a leisurely mile walk around the interior of the gym, as well as a light healthy breakfast. Please wear comfortable clothing for the mile walk.

NOTE: We will also be conducting Heart Healthy Lawn games

Day: Tuesday, February 13th, 2020

Time: 10:30am - 11:30am

Room: Gymnasium OR Gus Garcia Trail

Cost: Free

Nutrition Classes for the next 6 weeks

Topic : Young @ Heart

Date : Thursday, 2020

Time : 10:30 am

Annual Heart Health Clinic

By Austin Health department

Date : Friday, 14,2020

Time : 10:00 am

Location: Gym



FEBRUARY- FIELD TRIPS

REGISTRATION FOR FIELD TRIPS:
Will begin at 10:30am each day
You must be present and can only register yourself
Payment is due at the time of registration.

Lubby's Café of Austin Restaurant

Date : Monday, February 24th, 2020

Depart Time : 10:30 am

Location: 4501 West Slaughter Lane

Return Time: 1:00 pm

Maximum Participants : 14 participants

Cost: \$3.00 transportation fee plus cost of meal*

NOTE: *Average meal \$8 - \$12. Please bring your own money.

Bringing Seniors Together

Date: Thursday, February 20th,2020

Location : Cantu Pan Am Recreation Center

Depart Time : 9:30 am

Return Time : 12:30 pm

Event: Valentine dance

Maximum Participants : 10 participants

Cost : Free



COMING SOON March, 2020

BRINGING SENIORS TOGETHER – Easter Egg Hunt

Join us as we travel to Dove Springs Recreation Center & South Austin Senior Activity Center located at 5801 Ainez Drive, 78744 for our senior's Easter egg hunt. Lunch will be provided.

Date: **Thursday, March 26, 2020, Leave at 9:30am**

Return Time: **1:30 pm.**

Maximum Participants : 28 participants

Cost: Free

Location: 5801 Ainez Drive, 78744



County Line B.B.Q. of Austin Restaurant

Lunch with a view on the lake

Date : Monday, March 5th, 2020

Depart Time : 10:30 am

Location: 5204 FM 2222, 78731

Return Time: 1:30 pm

Maximum Participants : 14 participants

Cost: \$3.00 transportation

NOTE: plus meal cost.* Average \$12.99 - \$18.99 plus tip.

Please bring your own money.