

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)

Happy New Year!



JANUARY 2019



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call (512) 974-3914.



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:	Nikki Rath
Program Specialist :	David Turnquest, Jr.
Program Specialist :	Russell Diggs
Program Specialist :	Chris Meza
Administrative Assistant :	Destiny Lewis
Building and Grounds :	Randal Coy

FRIENDLY REMINDERS

Gus Garcia Recreation Center **will be closed**
Tuesday, January 1st, 2019 in observance of
New Year's Day. Happy New Year!

Gus Garcia Recreation Center **will be closed**
Monday, January 21st, 2019 in observance of
Martin Luther King, Jr. Day.



*Martin Luther King, Jr. is known for promoting the
civil rights movement for equality.*

FRIENDLY REMINDERS

Gus Garcia Recreation Center will conduct a **mandatory fire drill Thursday, January 3, 2019 at 10:30am.** Please use the nearest exit.



CENTRAL TEXAS FOOD BANK

COMMODITY SUPPLEMENTAL FOOD PROGRAM:

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

DELIVERY DATE:

Thursday, January 24th 2019

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: Miss Amy

Day: Tuesdays

Time: 9:45am - 10:30am

(Advanced*)

10:30am - 11:30am

(Beginner)

Room: Aerobics Room

Cost: Free

**Teacher permission required*



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 weighs.

Instructor: Miss Neomi

Day: Mondays, Tuesdays, Thursdays, and Fridays

Time: 9:30am - 10:30am

Room: Gymnasium

Cost: Free

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

Cost: Free

STAY SMART BRAIN TRAINING

Aging Is Cool & Staying Smart
If you don't use It, you lose It!

This series of brain training and memory techniques help maintain mental functioning. Activities combine games, physical movements, coordination, observation skills, mental agility, processing skills, and techniques to improve memory.

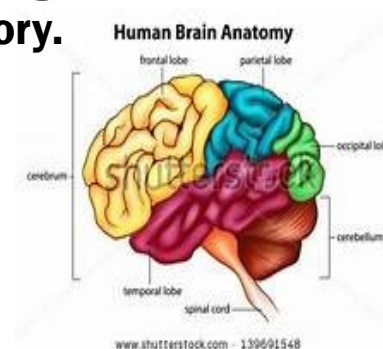
Instructor: Mr. Damien

Day: Mondays

Time: 10:30am - 11:30am

Room: Tiny Tots Room

Cost: Free



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 and Wednesdays

Time: 12:00pm - 2:00pm

Room: Tiny Tots Room

Cost: Free



ORIGAMI CRAFTING/BEGINNER SIGN LANGUAGE

Origami is the art of paper folding. Students will learn to create unique three-dimensional objects from flat pieces of square paper as well as share their ideas and creations with others.

Sign language introduces the development of basic expressive and receptive skills. Participants will learn basic vocabulary and how to finger sign. Participants will receive a packet of information for take home.

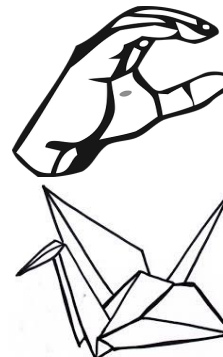
Instructor: Miss Martina

Day: Friday, January 11th, 2018

Time: 10:30am - 11:30am

Room: Arts and Crafts Room

Cost: Free



CROCHETING & KNITTING

Come one, come all to learn how to crochet and knit!

Instructor: Miss Deborah

Day: Thursdays

Time: 10:30am - 11:30am

Room: Arts & Crafts Room

Cost: Free



GARDENING CLUB

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

Day: Thursdays

Time: 10:30am - 11:30am

Room: Outside Garden
by the Cistern

Cost: Free



SENIOR COLORING

Enjoy the art of coloring! Coloring sheets and coloring materials will be provided.

Instructor: Mr. David Turnquest, Jr.

Day: Monday, January 14th, 2018

Time: 10:00am - 11:00am

Room: Senior Room

Cost: Free

GAME/ACTIVITIES

VIETNAMESE DOMINOES

Learn Vietnamese Dominoes with friends!

Day: Monday - Friday

Time: 10:00am - 11:30am

Room: Lobby Tables

Cost: Free



BINGO GAME

Join us for a fun game of bingo and a chance to win prizes!

Instructor: David Turnquest, Jr.

Day: Tuesday, January 15th, 2019

Tuesday, January 29th, 2019

Time: 10:30am - 11:30am

Room: Senior Room

Cost: Free



CASINO CARD PLAYING & 21 BLACK JACK

Luck, be a lady! Join the Senior Program Casino Day and enjoy casino games with friends!

Instructor: David Turnquest, Jr.

Day: Thursday, January 10th, 2019

Thursday, January 31st, 2019

Time: 10:00am - 11:30am

Room: Senior Room



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, January 18th, 2019

Time: 10:45am - 11:45am

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 a part of the study group.

Day: Friday, January 11th, 2019

Time: 10:30am - 11:30am

Room: Tiny Tots Room

Cost: Free

ANTHEM BLUE CROSS BLUE SHIELD

Anthem Blue Cross Blue Shield presents information of the healthcare of Anthem Blue Cross Blue Shield.

Instructor: Mr. Jesus of Anthem

Day: Friday, January 4th, 2019

Time: 10:30am - 11:30am

Room: Senior Room

Cost: Free



GAME/ACTIVITIES

GENETIC CANCER SCREENING

If you have family history of cancer, you are invited to take a free genetic cancer screening. Results will be provided within a week.

Instructor: Michael Glass

Day: Wednesday, January 9th, 2019

Time: 10:00am - 11:30am

Room: Gymnasium

Cost: Free

SENIOR PHOTOS OF THE MONTH



From left to right: Sue Lee Chang, Martin Yee, Maria Whitmore, Mary Thomas, and Theresa Rodriguez



From left to right: Pat English, Bill Kasper, and Loretta Juneke

FAREWELL, MR. GUS GARCIA



January 23, 1934 - December 17, 2018

It is with heavy hearts that we announce the passing of Mr. Gustavo "Gus" Garcia , who passed away Monday, December 17, 2018. The Gus Garcia Recreation Center has served as the name sake for Mr. Garcia in honor of the great legacy he created. His lasting touch on our community is evident with the memories and accomplishments he leaves behind.

We will remember his life-long commitment to helping those in need, as well as his fight for equality as Austin's council member, President of the Board of the Austin Independent School District, and the cities first elected Hispanic Mayor. His commitment to public service spanned over three decades, but his passion for helping others was his life's work.

Please join us in warmly keeping his family in your thoughts as our condolences and best wishes go out to them.

***-Delano Brown,
Program Supervisor of Gus Garcia Recreation Center***

JANUARY FIELD TRIPS

REGISTRATION FOR FIELD TRIPS:

Monday, January 7th, 2019 at 10:00am

**You must be present and only register
yourself and payment is due at the time of
registration.**

BRINGING SENIORS TOGETHER: HEALTH EXPO & LUNCHEON

Join us at Givens Recreation Center for senior health expo with various vendors, game booths, and lunch.

Date: Thursday, January 17th, 2019

Location: Givens Recreation Center

Depart Time: 9:30am

Return Time: 1:00pm

Maximum Participants: 14 participants

Cost: \$0.00

CINEMARK 20 AND XD MOVIE THEATER

Lights, camera, action! Join us as we go to the movies! Movie is to be determined.

Date: Tuesday, January 22nd, 2019

Location: Cinemark 20 and XD Theater (Pflugerville)

Depart Time: 9:30am

Return Time: 1:00pm

Maximum Participants: 14 participants

Cost: \$3.00 + Please bring additional money for tickets

THE BULLOCK TEXAS STATE HISTORY MUSEUM

Travel back in time as we visit the Bullock Texas State History Museum dedicated to the state Texas' history. Enjoy the exhibits that showcase our Texas pride and stop by the gift shop for some trinkets! (please bring extra money for the gift shop, which is optional).

Date: Wednesday, January 30th, 2019

Location: The Bullock Texas State History Museum

Depart Time: 10:30am

Return Time: 1:30pm

Maximum Participants: 20 participants

Cost: \$13.00 (Registration Fee + Exhibit Fee) (Gift Shop purchases not included)



LUNAR NEW YEAR CELEBRATION

Come celebrate the Lunar New Year with Gus Garcia Recreation Center's Senior Program! Enjoy refreshments, traditional foods, traditional performances, a fashion show, and more!

Day: Friday, January 25th, 2019

Time: 10:00am - 12:00pm

Room: Gymnasium

Cost: Free

