

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

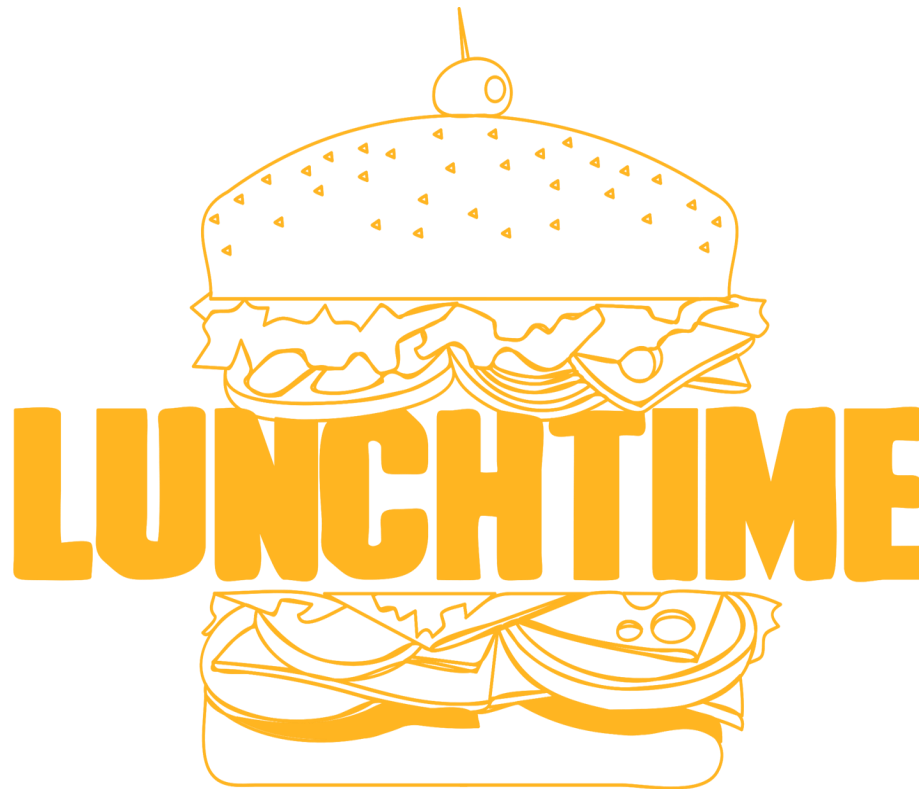
MEALS ON WHEELS

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



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

<p>Mondays 10:30am-11:30am Instructor: Joseph Cain Location: Aerobics Room</p>	<p>Tuesdays 10:00am-11:30am Instructor: Tzuoshinn (Frank) Lee Location: Aerobics Room</p>
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ACTIVITIES

ARTS & CRAFTS

Day: Tuesdays

Time: 10:30am-11:30am

Room: Tiny Tots (Purple Room)

Instructor: Mick Pingel

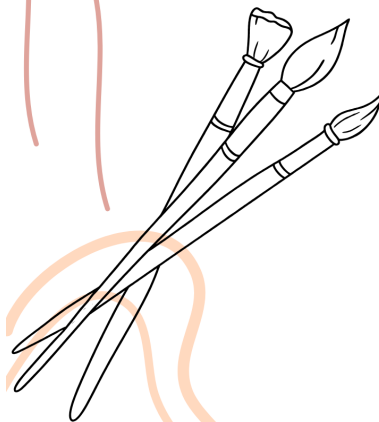
GUS GARCIA VARSITY GENERATION...

ART CLASS

TUESDAYS 10:30AM -11:30AM

INSTRUCTOR: MICK PINGEL

LOCATED IN THE ART ROOM



ACTIVITIES

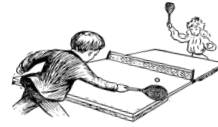
PING PONG

Mondays, Wednesdays & Thursdays: 9:00am-1:30pm

Tuesdays: 11:30am-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 ages. See information desk concerning weekend Schedule.

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: April 18th, 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: April 25th, 2025
Time 10:30am-11:30am
Room: Senior Room

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



ACTIVITIES

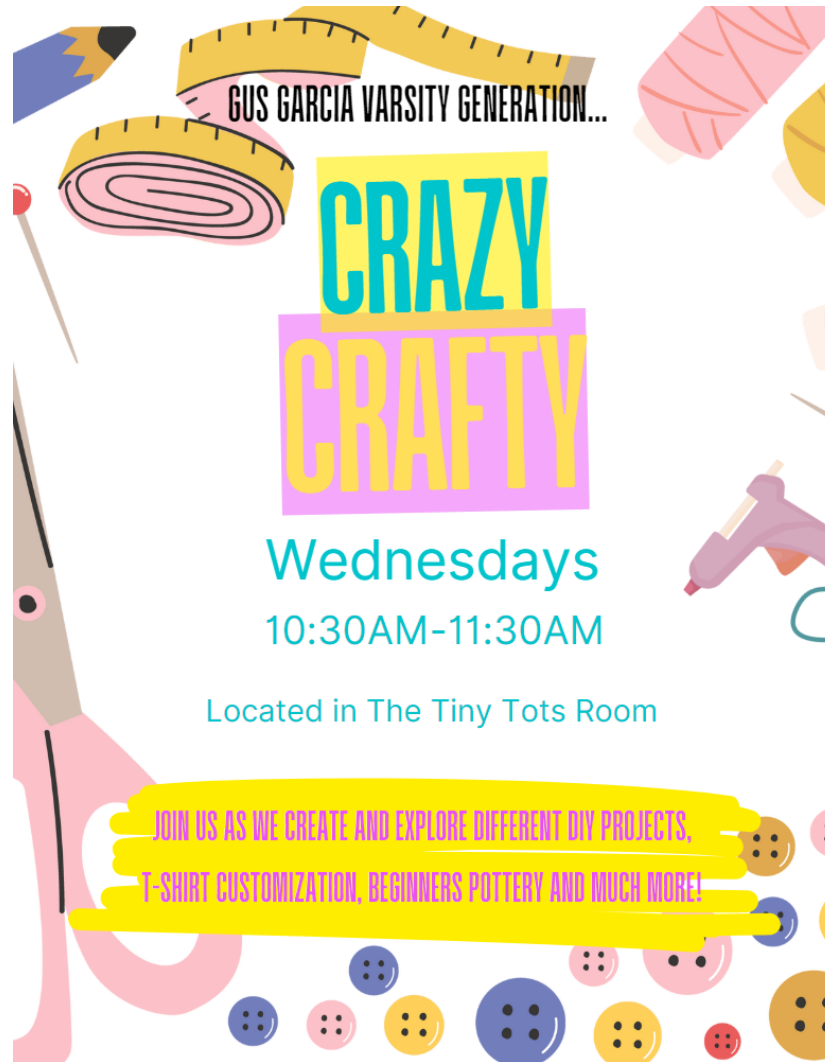
CRICUT CRAFTY

Day: Wednesdays

Time: 10:30am - 11:30am

Room: Tiny Tots Room

Instructor: Cody Mahoney & Jasmyn Patterson



UPCOMING EVENTS

SPECIAL EVENT

Date: April 4, 2025

Time: 9:30am-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: April 23rd, 2025

Time: 9:00am-2:00pm

Room: Art Room



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 graphic features a blue background with a white caduceus in the center. 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 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.

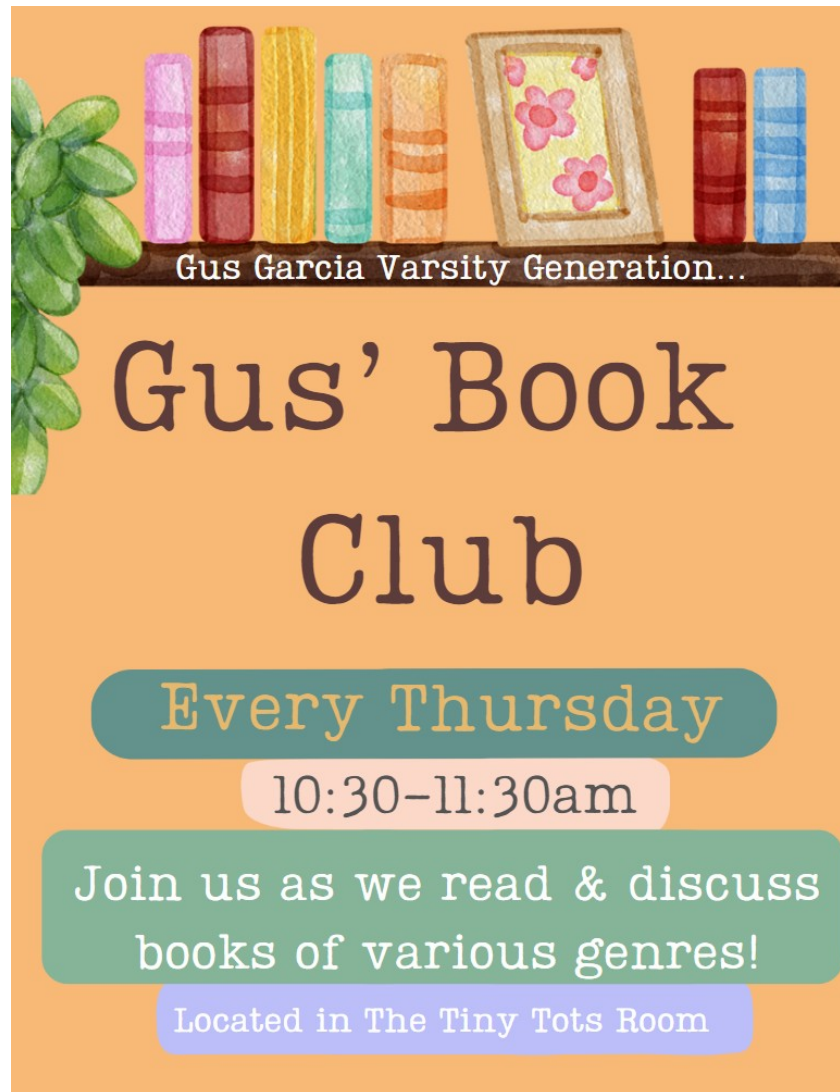
ACTIVITIES

MOBILE LIBRARY

Date: Thursdays

Time: 10:30am-11:30am

Room: Tiny Tots Room



The poster features a row of colorful books and a framed picture of pink flowers on a shelf. A green leafy branch is on the left. The text is arranged in a clean, modern layout with various colored boxes for emphasis.

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: April 17th, 2025

Time: 9:30am- 12:00pm

The “Gus Bus” will Leave no later than 9:00am and return back to Gus at 12:30pm.



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

VARSITY GENERATION

Dittmar Recreation Center
1009 W. Dittmar
512-974-6090

**Dittmar & Varsity Generation
Presents
Let's Dance !!!
Party**

**Thursday April 17th
9:30am-12:00pm
70s music, food, and more**

AUSTIN RECREATION   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.

UPCOMING EVENT

FIELD TRIP

Date: April 24th, 2025

Time: 9:30am - 11:30am

Room: Senior Room

The "Gus Bus" will leave no later than 9:00am and return back to Gus at 12:00pm.

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

Dittmar Recreation Center
1009 W. Dittmar
512-974-6090

VARSITY GENERATION

CONSTABLE
(GEORGE MORALES)
TRAVIS COUNTY
PRECINCT 4

COFFEE WITH A CONSTABLE

THURSDAY APRIL 24TH
9:30AM-11:30AM

Come join our
Constable Officers
and
Varsity Generation
Seniors
for coffee, breakfast
tacos, snacks and
conversation
located in the
meeting room

austintexas.gov/varsitygeneration

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ACTIVITIES

BOLLYWOOD DANCE

Date: April 14, 2025

Time: 10:00am- 11:00am

Room: Gymnasium



ACTIVITIES

ZUMBA & SALSA

Date: Thursdays

Time: 10:30am-11:30am

Room: Art Room

When: Thursdays

Time: 10:30-
11:30am

Where: Art Room

Who: Instructor
Joe Rivera

Gus Garica Varsity Generation

Come learn dance styles
ranging from Zumba to Salsa.

ACTIVITIES

TECHNOLOGY CLASS

Date: Tuesdays & Thursdays

Time: 10:00am-11:30am

Room: Art Room

Gus Garcia Varsity Generation's

TECHNOLOGY CLASS

TUESDAYS & THURSDAYS

10:00-11:30AM

Upcoming Topics:

- ✓ Computer Essentials
- ✓ Navigation of Search Tools
- ✓ Navigation of Office Software

**LIMITED SPOTS!!
SIGN UP TODAY!**

Sign Up Today with Domonica Foster:

📞 512-478-7176

✉️ D_IvoryFoster@aaul.org

LAST MONTH'S RECAP

Thank You to all seniors who attended this past month's bringing seniors together at Rudy Mendez Recreation Center.

