

Varsity Generation's

December BROCHURE

Gustavo “Gus” L. Garcia Recreation Center

1201 E. Rundberg Lane Austin TX 78753

Phone: 512-978-2525

Senior Program Hours:

Monday—Friday from 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.

Meet Our New Program Specialist

Hello everyone!

I am thrilled to be a part of the fun at Gus Garcia Rec Center! I will be working over the Varsity Generation Program.

My goal is to create a place where everyone feels connected, supported, and heard. I am here to listen and plan meaningful activities so our time spent together can be enjoyable each week.

As I settle into this role, I would love to hear about your experiences, ideas, and what makes you, you.

Thank you for being the foundation of this program and kindly welcoming me.

Gus Garcia Recreation Center

Varsity Generation Program Hours

Monday-Friday

9:00 AM -12:30 PM



Meet Our Staff

Varsity Generation Staff:

Program Specialist: **Ally Medina**

Part-Time Staff:

Xavier Otems and **Cody Mahoney**

Supervisor.....Tamika Bateman
Program Coordinator.....Chessica Martin
Program Specialist.....Alan Gonzalez
Program Specialist.....Nate Koehler
Admin. Assistant.....Brenda Cavazos
Building and Grounds.....Randal Coy

November Recap Recuerda noviembre Nhớ tháng Mười Một



Thanksgiving Luncheon



Mozart's Coffee Trip!



November Birthday
Potluck!



Welcome, Ally!



Sí, hablo español.
Pero estoy
practicando, por favor
ten paciencia conmigo

My Favorites:



• My dog, Cosmo

• Chicken! 

• Lemonade 

• Purple 

More About Me:

My Hobbies:

• Reading 

• Hiking 

• Camping 

• Arts & Crafts 

đây là chuyên gia mới của chúng tôi

Xin chào quý vị!

Thật vinh dự khi được làm việc với chương trình dành cho người cao tuổi tại Trung tâm Giải trí Gus Garcia!

Tôi có mặt ở đây để lắng nghe những nhu cầu của quý vị và lên kế hoạch các hoạt động ý nghĩa, nhằm đảm bảo thời gian chúng ta bên nhau trở nên thú vị.

Trong quá trình tìm hiểu vị trí này, tôi rất mong được nghe về những trải nghiệm, ý tưởng và câu chuyện cuộc đời của quý vị.

Xin cảm ơn quý vị đã là lý do giúp chương trình này thành công.

tìm hiểu về Ally:

sở thích của tôi:

• đọc



• leo núi

• cắm trại



• nghệ thuật và

thủ công



những thứ yêu thích

của tôi:

• con chó của tôi,

Cosmo



• gà



• nước chanh



• màu tím



Closed Days
Cerrado | Đồng



Wednesday December 24

Thursday December 25

Friday December 26

Closed for the Christmas Holiday

**MERRY
CHRISTMAS**

Senior Holiday Luncheon

Wednesday December 10th

9:00 a.m. to 1:00 p.m.

at

Conley Guerrero Senior Center

Enjoy a lunch with our Austin City First Responders and Seniors.

Transportation from Gus Garcia will be provided, free of cost.

Please sign up at front desk.

Christmas Caroling Event

Tuesday December 16th

10:45 a.m. to 12:30 p.m.

In collaboration with

Career Research Learning and Development Institute

Enjoy and join in caroling during our annual christmas party!

Bienvenidas, Ally

¡Hola a todos!

¡Es un honor trabajar con el programa para personas mayores en el Centro de Recreación Gus Garcia!





Estoy aquí para escuchar sus necesidades y planear actividades significativas para que nuestro tiempo juntos sea agradable.





Mientras aprendo este puesto, me gustaría conocer sus experiencias, ideas e historias de vida.

Gracias por ser la razón por la cual este programa ha tenido éxito.

más sobre mí: Mis Favoritas:

Mis Pasatiempos:

- libros 
- senderismo 
- camping 
- artes y manualidades 

- Mis perro, Cosmo 
- Pollo! 
- Lemonada 
- Purple 

Fitness
aptitud física | Sự thích hợp

**Join Us For
Seniorcise!**

Teacher: Mrs. Neomi Delgado

Time: 9:30am - 10:30am

Tuesday, Wednesday and Thursday

Room: Gym



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

Weight Room

Day: Monday-Friday

Time: 9:00am-9:00pm

Senior Wing Expansion Meeting

**Wednesday December 3rd
10:30 a.m. to 11:30 a.m.**



In collaboration with Austin's
**Community Engagement Specialist,
Adrienne O'Keefe**

Be the voice of your community!

Stay in the "know" about the North
Austin's Senior outreach plans, ideas, and
new building opportunities

Team Puzzle Race Event



**Tuesday December 2nd
10:30 a.m. to 11:30 a.m.**

In collaboration with
**United Healthcare/Medicare
Specialist,
John L. Clark III**

Learn about Senior health opportunities
for the new year and changes coming in
2026 to Medicare and Medicaid

Upcoming Event
eventos | sự kiện

Wednesday Dec 3rd

Senior Wing Expansion Meeting

10:30 a.m. - 11:30 a.m.

Tuesday Dec. 2nd

Team Puzzle Race Event

10:00 a.m. - 11:30 a.m.

Wednesday Dec. 10th

Senior Holiday Luncheon

9:00 a.m. - 1:00 p.m.

Tuesday Dec. 16th

Christmas Caroling Event

10:45 a.m. to 12:30 p.m.

Fitness
aptitud física | Sự thích hợp

**Join Us For
Tai Chi!**

Teacher: Joseph Cain

Monday: 10:30 am - 11:30 am

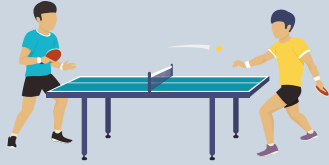
Teacher: Tzuoshinn “Frank” Lee

Tuesday: 10:00 - 11:30 am



**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.**

Ping Pong



Mondays, Wednesdays & Thursdays:

9:00 am - 1:00 pm

Fridays: 9:00AM -12:00pm

Room: Dance Room

***Hours are dedicated to Varsity Generation ping pong players.
Weekends hours are available for all-age ping pong players
See information desk concerning weekend Schedule.***

Health & Wellness salud y bienestar | sức khỏe

Every 2nd Thursdays of the month

Time: 9:00am-11:30am

Room: Senior Room

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

Habr  enfermeras cl nicas en el lugar que realizar n controles de presi n arterial, glucosa y niveles de colesterol.

C c y t c l m s ng s c   m t t i ch  đ  ki m tra huy t  p, l ng đ ng tr ng m u, m c cholesterol

December Birthdays cumplea os de diciembre Sinh n t th ng 12

**Join us for our
Monthly Birthday Potluck!**



Wednesday December 11th

Time: 10:45 am -11:30 am

Room: Gym

To join, please sign-up on our Senior Program board in the hallway to bring any food items.

Field Trip
Excursión | Du lịch

BLANTON MUSEUM OF ART

**Tuesday
Dec. 9th**



\$3.00
transportation
fee for first 24
participants

Buses will leave Gus Garcia Rec
promptly at 9:15 a.m.

Register at the front desk!

Morning Coffee
Cafe y te | Cà phê và trà

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

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



Garden Club
jardinería | Làm vườn

Teacher: Martha Langford & Marjorie Simmons

Day: Thursdays
Time: 9:30am - 10:30am
Room: Outside Garden by the Cistern



Arts & Crafts
Artesanías | Thủ công

Crafty
Crafts

Staff-led Craft Days
Every Wednesday

Location: 1520 Rutherford In.

Time: 10:15 am - 11:45 am



**Transportation is provided for
up to 24 participants**

Bus Schedule:
1st round: 10:15 a.m.
2nd round: 10:40 a.m.

Special Events
Evento Especial | Sự kiện đặc biệt



December 12th and 23rd

**Come enjoy a
Christmas film and
refreshments**

Location: Rutherford Building

Bus Schedule:
1st round: 9:15 a.m.
2nd round: 9:45 a.m.

Special Events
Evento Especial | Sự kiện đặc biệt



December 30th 2025

10:00 a.m. - 11:30 a.m.

Senior Room

come win prizes!

Join us



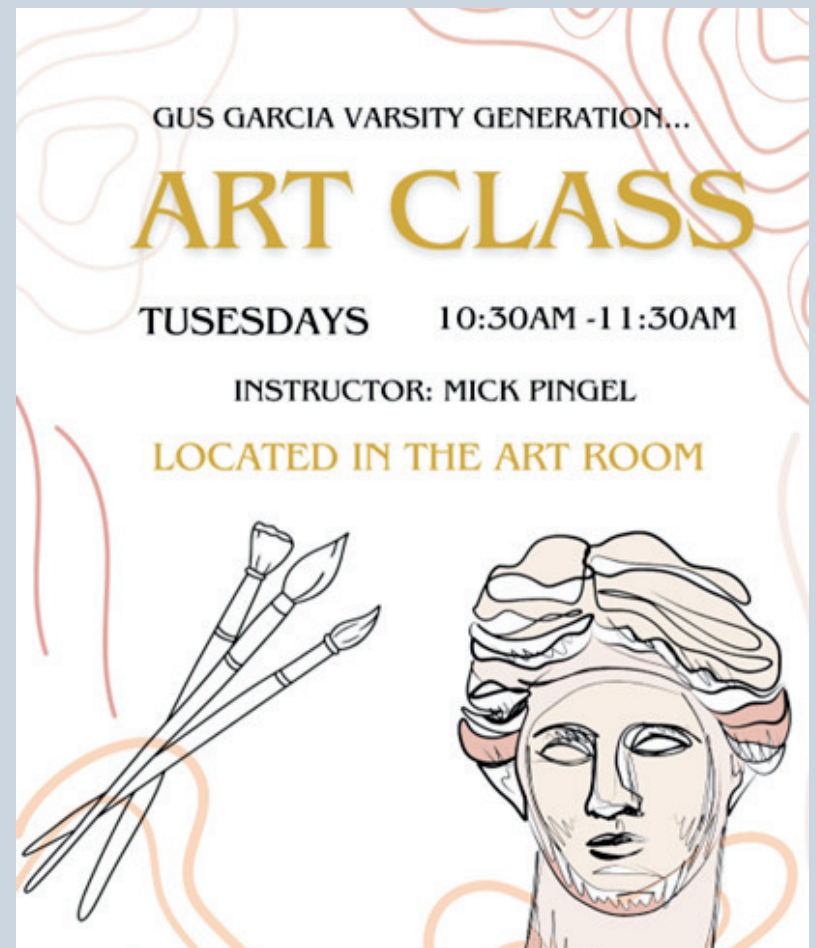
Arts & Crafts
Artesanías | Thủ công

Teacher: Mick Pingel

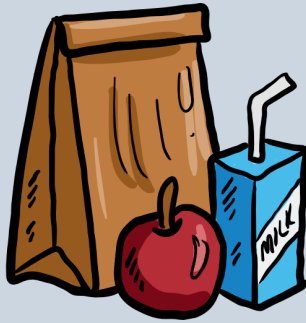
Day: Tuesdays

Time: 10:30am-11:30am

Room: Arts & Crafts Room



Healthy Eating Program Lonche | bữa trưa



**Reservation is required prior to meal service.
Contact Meals on Wheels for additional
information.**

Este es un programa de lonche gratuito; debe reservar su lugar semanalmente. Para más información, hable con Meals on Wheels.

Đây là chương trình ăn trưa miễn phí, bạn phải đặt chỗ hàng tuần. Vui lòng liên hệ Meals on Wheels để biết thêm thông tin.



Special Events Evento Especial | Sự kiện đặc biệt



GUS GARCIA'S
VARSITY GENERATION

CHRISTMAS PARTY

TUESDAY DEC. 16

**Enjoy holiday music, games,
crafts and food!**

**Sign Up on Senior Event Board in
the hallway to bring food, drinks,
and games!**

