

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

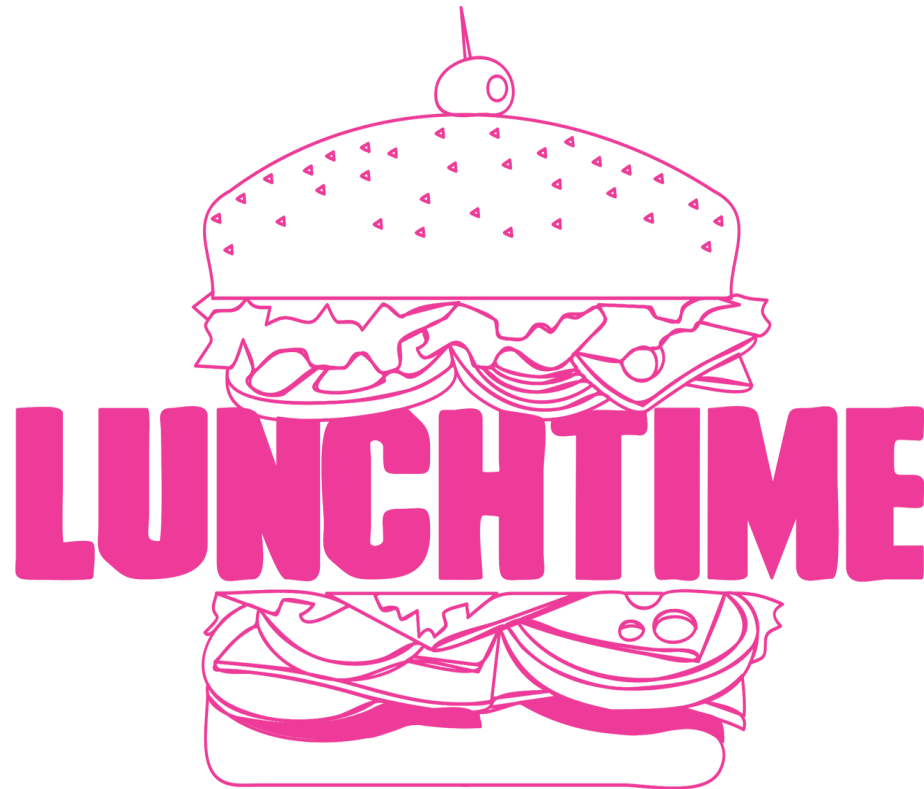
MEALS ON WHEELS

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



ACTIVITIES

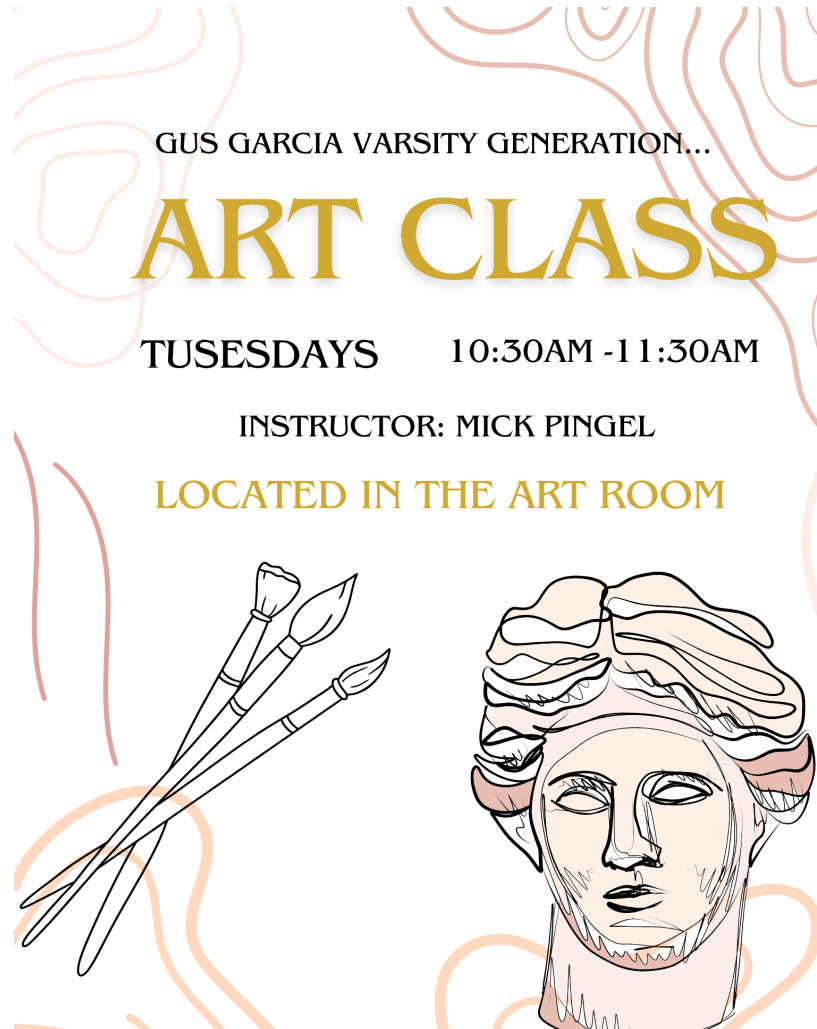
ARTS & CRAFTS

Day: Tuesdays

Time: 10:30am-11:30am

Room: Tiny Tots (Purple Room)

Instructor: Mick Pingel



ACTIVITIES

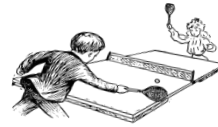
PING PONG

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



HEALTH & WELLNESS

AUSTIN PUBLIC HEALTH WELLNESS CHECK

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.



NEIGHBORHOOD SERVICES UNIT

UPCOMING EVENTS

LET'S CELEBRATE!

Day: May 30th, 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: May 2th, 2025

Time: 9:30am-11:30am

Room: Senior Room



COME ENJOY A FUN FLIM AND LITE
REFRESHMENTS IN THE SENIOR ROOM!

ACTIVITIES

BINGO

Date: May 23rd, 2025
Time: 10:00am-11:00AM
Room: Art Room



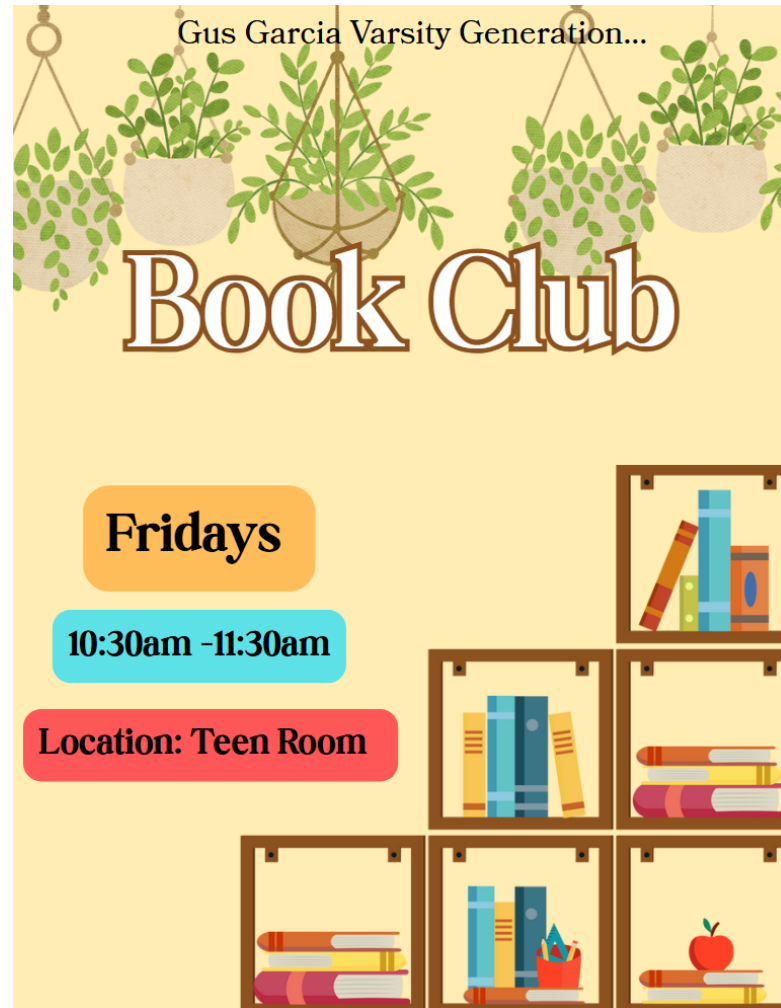
ACTIVITIES

MOBILE LIBRARY

Date: Fridays

Time: 10:30am-11:30am

Room: Tiny Tots Room



UPCOMING EVENT

FIELD TRIP

Date: May 27th, 2025


Time: 9:30am- 11:30pm

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

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

GUS GARCIA VARSITY GENERATION

BLANTON
ART
MUSEUM



05.27.25

9:30AM-11:30AM

WE WILL VISTING THE BLANTON ART
MUSEUM, SPACE IS VERY
LIMITED.PLEASE SIGN UP WITH FRONT
DESK STAFF ASAP.

FIELD TRIP FEE: \$3

UPCOMING EVENT

BOLLYWOOD DANCE

Date: May 12, 2025

Time: 10:00am-11:00am

Room: Gymnasium



ACTIVITIES

TECHNOLOGY CLASS

Date: Tuesdays & Thursdays

Time: 10:00am- 11:30am

Room: Gymnasium

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

ACTIVITIES

ZUMBA & SALSA

Date: Thursdays

Time: 10:30am-11:30am

Room: Art Room

Gus Garica Varsity Generation

When: Thursdays

Time: 10:30-
11:30am

Where: Art Room

Who: Instructor
Joe Rivera

Come learn dance styles
ranging from Zumba to Salsa.

UPCOMING EVENT

FIELD TRIP

Date: May 7th, 2025

Time: 9:00am-1:30pm

The "Gus Bus" will Leave no later than 9:00am and return back to Gus at 1:30pm .

SENIORS WITH A GOAL (SWAG)



The Treasure of Experience...Aging with Dignity, Living Life to the fullest!

Join Us for a Day of Fun & Information Sharing

Get answers to your questions regarding critical decisions about your health, scam prevention, using smart phones, self defense, transportation options, & more.

Wednesday, May 7, 2025

8:30 am to 1:00 pm - FREE ADMISSION

Conley-Guerrero Senior Activity Center

808 Nile Street, Austin, Texas 78702

Breakfast & Lunch will be provided, as well as opportunities for Door Prizes!

Live DJ Music and Photo Booth

—PLANNED PRESENTATIONS & SESSIONS—

Scam Prevention
How to Use SmartPhones
Self Defense



Meal Prep Demonstration
Parkinson's Exercises

—INFORMATION BOOTHS—

- AARP
- Transportation
Capital Metro
- County Services
Travis County
- Programs & Services
Central Texas Food Bank



- Parkinson's Evaluations
& Information
Power for Parkinson's
- Smoke Detector Program
Austin Fire Department

For more information contact us at: theaustinlinks@gmail.com



Special Thanks to Our Sponsors!



UPCOMING EVENT

FIELD TRIP

Date: May 22nd, 2025

Time: 9:30am– 12:30pm

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

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



The poster for Fusion Fest features a central orange rounded rectangle with the text "Fusion Fest" in a white, stylized script font. The background is a light beige with a pattern of small orange dots. At the top, there are wavy bands of orange and teal. Logos for "Varsity Generation" (VG) and "Austin Parks & Recreation" (A) are in the top corners. Below the central title, the text "A Celebration of AAPI Heritage Month & Cinco de Mayo!" is written in a teal, outlined font. This is followed by a list of activities: "Cultural Themed Activities," "Ethnic Food," and "Cultural Performances," each in a teal, outlined font. The date and time, "Thursday, May 22nd 10:00 AM-12:00 PM," are in a bold, black font. The location, "Montopolis Recreation and Community Center 1200 Montopolis Drive," is also in a bold, black font. The phone number, "(512) 978-2300," is at the bottom. The City of Austin logo is in the bottom left corner, and a CAPRA Accredited seal is in the bottom right corner. A small disclaimer at the bottom center states: "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."

Varsity Generation

Austin Parks & Recreation

Fusion Fest

A Celebration of AAPI Heritage Month & Cinco de Mayo!

Cultural Themed Activities,

Ethnic Food,

Cultural Performances

Thursday, May 22nd

10:00 AM-12:00 PM

Montopolis Recreation and Community Center

1200 Montopolis Drive

(512) 978-2300

CITY OF AUSTIN

CAPRA ACCREDITED

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