

Varsity Generation's



October 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

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 : Vacant

Administrative Assistant: Brenda Cavazos

Building and Grounds: Randal Coy

Varsity Generation Temp: Xavier Otems

UPCOMING EVENT

For Next month please take advantage of
APH Free health screenings **October
16th 2025 at 9:00am-11:45am** here at
Gus Garcia Rec center.

AUSTIN PUBLIC HEALTH

HEALTH EQUITY UNIT PRESENTS

FREE HEALTH SCREENINGS

EXÁMENES MÉDICOS GRATIS
무료 건강 검진
免費健康筛查
KHÁM SỨC KHỎE MIỄN PHÍ

LOCATION: **Gus Garcia Rec Center**

1201 E. Rundberg Lane

Austin, TX 78753

DATE: **October 16, 2025** TIME: **9:00am-11:45am**

English	Chinese	Korean	Spanish	Vietnamese
BLOOD PRESSURE	血压	혈압	PRESIÓN ARTERIAL	HUYẾT ÁP
BLOOD SUGAR (2 HR Fast)	血糖 (禁食 2 小时)	혈당 (2시간 금식 필요)	AZÚCAR EN LA SANGRE (ayuno de 2 horas)	MỨC ĐƯỜNG HUYẾT (Nhịn ăn 2 giờ đồng hồ)
CHOLESTEROL (8 HR Fast)	胆固醇 (禁食 8 小时)	콜레스테롤 (8시간 금식 필요)	COLESTEROL (ayuno de 8 horas)	MỨC CHOLESTEROL (Nhịn ăn 8 giờ đồng hồ)
A1C (diabetic clients only)	糖化血红蛋白 (仅糖尿病患者)	당화혈색소 (A1C) (당뇨 환자만 해당)	A1C (solo clientes diabéticos)	MỨC ĐƯỜNG A1C (chỉ cho bệnh nhân tiểu đường)
HIV/STI TESTING by appointment only call 512-972-5580	艾滋病 (HIV)/性病 (STI) 检测 仅预约 512-972-5580 预约	에이즈/성병 검사 (HIV/STI) 전화 예약 필수, 예약: 512-972-5580	PRUEBAS DE VIH/ ENFERMEDADES DE TRANSMISIÓN SEXUAL con cita solamente llame al 512-972-5580	XÉT NGHIỆM HIV/STI Chỉ tiếp đón theo hẹn Gọi số 512-972-5580

FOR MORE INFO, CONTACT: **Tammy Walker, RN** **(512) 972-5186** **FLU SHOTS AND HEALTH SCREENS!!**

UPCOMING EVENT

Join us for fun, movement and brain games every **Thursday at 10:30AM**, **September 4 — October 9** at Dove Springs District park pavilion.



MEALS ON WHEELS

Day: Monday-Friday

Time: 11:30am - 12:00pm

Location: Senior Room

Reservation is required prior to meal service. Contact Meals on Wheels 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



UPCOMING EVENT

FIELD TRIP

Date: October 9th, 2025

Time: 9:30am-11:00am

Location: South Austin senior center
First 10 signed up will be able to ride and attend, bus will leave at 9:30am

B.S.T HALLOWEEN PARTY
Join us for a fun Halloween party

NO LUNCH WILL BE PROVIDED



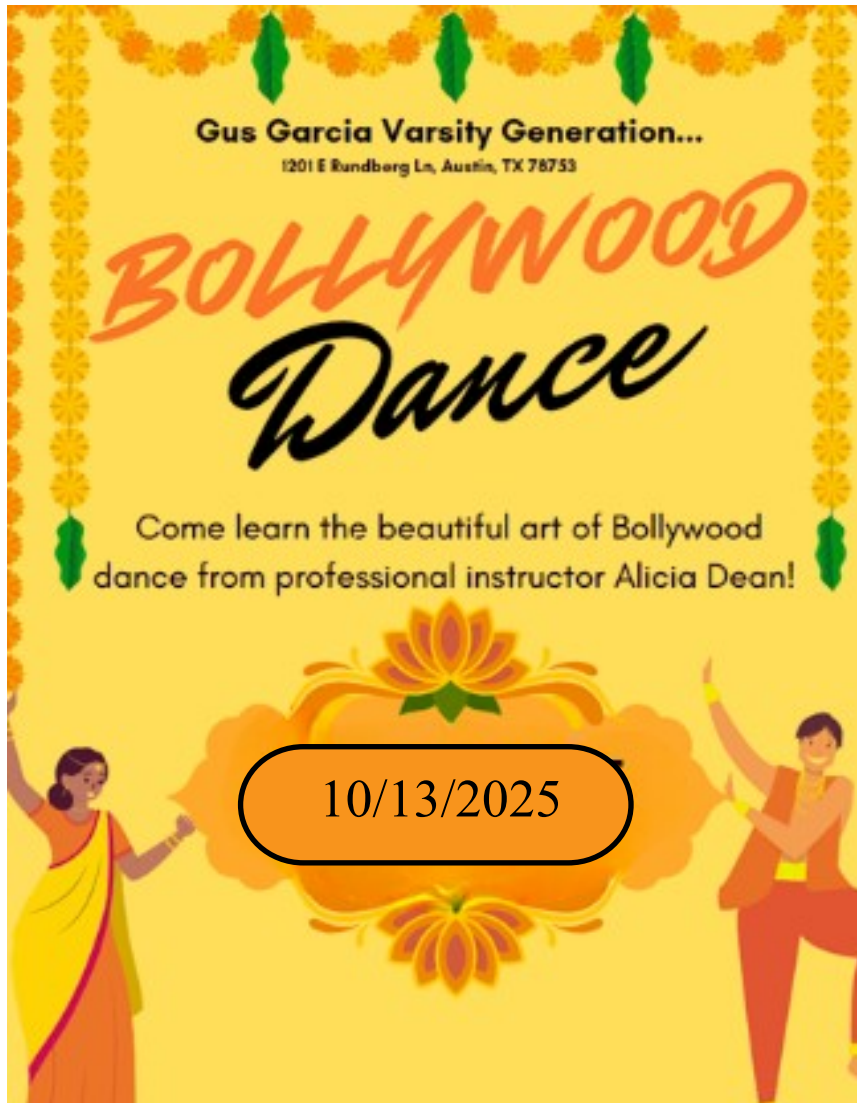
UPCOMING EVENT

ACTIVITIES

Date: October 13, 2025

Time: 10:00am-11:00am

Location: Gym



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



FIELD TRIP

Date: Friday October 24th
2025

Time: 9:45am—12:00pm

Cost: \$3.00

Scenic ride & Day at the mall

Lets hangout enjoy a relaxing ride through the Texas hill country and downtown Austin led by a nice day at the mall with our friends.



ACTIVITIES

BINGO

Date: October 10, 2025

Time: 10:00am -11:30am

Location: 1501 Rutherford Ln



ACTIVITIES

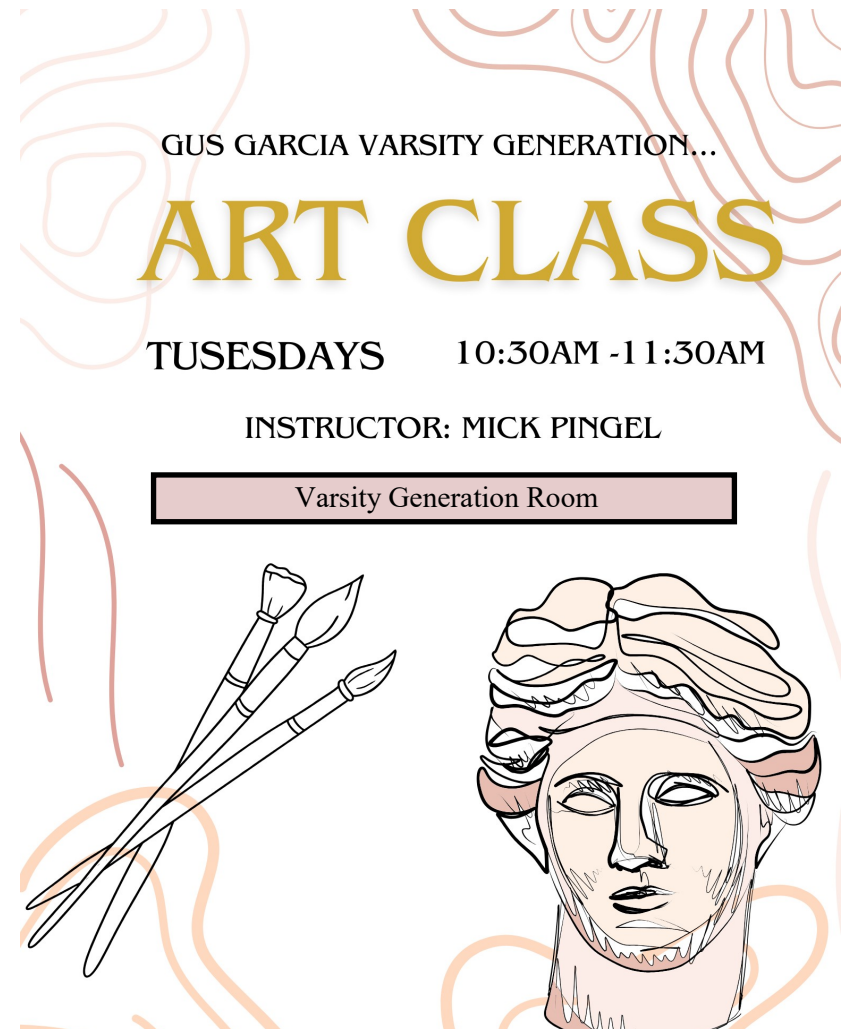
ARTS & CRAFTS

Day: Tuesdays

Time: 10:30am-11:30am

Room: Varsity Gen Room

Instructor: Mick Pingel



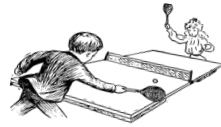
ACTIVITIES

PING PONG

Mondays, Wednesdays & Thursdays: 9:00am— 1pm

Fridays: 9:00AM -12:00pm

Room: Dance 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 - 11:30am

Room: Senior Room



UPCOMING EVENTS

SPECIAL EVENT

Date: Oct 3rd & Oct 17th, 2025

Time: 9:45am -11:45am

Location: 1501 Rutherford Ln (Oct 3) Senior room
(Oct 15)



ACTIVITIES

CRAFTY CRAFTS

Day: Every Wednesday

Location: 1520 Rutherford In. a bus will be provided.
Max # for class 24

Time: 10:45 am - 11:45am

Bus will leave promptly at 10:40 & return
for lunch by 12pm



HEALTH & WELLNESS

AUSTIN PUBLIC HEALTH WELLNESS CHECK

Day: 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.



NEIGHBORHOOD SERVICES UNIT

UPCOMING EVENTS



LET'S CELEBRATE!

Day: Friday ,October 31, 2025

Time 10:45am—12:00pm

Room: GYM

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

