



Austin - March 2026



Monday	Tuesday	Wednesday	Thursday
How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMnbnmG.1 Meeting ID: 832 0982 5745 Passcode: 693307			
2	3	4	5
10am Exercise Class 11am Mending Class 12:30 Communication Types	10am Current Events 11am Intro to Spanish 12:30 Dining Etiquette	10am Computer Class 10:30 ASL Class with Molly 11:30 Computer cont. 12:30 Exercise Class	10am Meditation with Mary 11am Get Real with Jocelyn 12:30pm Yoga with Heather
9	10	11	12
10am Exercise Class 11am Making the Bed 12:30 Bed Making cont.	10am Current Events 11am Intro to Spanish 12:30 Self Esteem	10am Computer Class 10:30am ASL Class with Molly 11:30am Computer cont. 12:30 Exercise Class	10am Creative Movement with Silva 11am Memory Game Day 12:30pm Yoga with Heather
16	17	18	19
10am Exercise Class 11am IL Skills - Kitchen Safety 12:30 Pedestrian Safety Signs	10am Current Events 11am Intro to Spanish 12:30 Honesty	10am Computer Class 10:30am ASL Class with Molly 11:30am Computer cont. 12:30 Exercise Class	10am Meditation with Mary 11am Get Real with Jocelyn 12:30 Yoga with Heather
23	24	25	26
10am Exercise Class 11 am Cooking Education 12:30pm Cooking Education continued	10am Cooking Class	10am Computer Class 10:30 ASL Class with Molly 11:30am Computer cont. 12:30 Exercise Class	10am Creative Movement with Silva 11am Memory Game Day 12:30pm Yoga with Heather
30	31		
10am Exercise Class 11am Exercise Class 12:30pm Practicing Conversation	10am Current Events 11am Intro to Spanish 12:30pm Coffee 101		

Learning Skills for Life: Build Confidence, Independence, and Wellness

Dining Etiquette: What to expect in a restaurant. **Intro to Spanish:** Learn conversational phrases for daily activities. **Cooking Education:** Identify kitchen tools and how to use them. **Computer Class:** Learn to make an online Walmart grocery list. **Memory Game Day:** Play games to improve memory, focus, and problem-solving. **Self-Esteem:** Build confidence, like yourself, and feel proud. **Honesty:** Learn the importance of honesty and trust. **Kitchen Safety:** Use kitchen tools safely and prevent accidents. **Communication Types:** Explore passive, aggressive, and passive-aggressive behaviors. **Conversation Techniques:** Practice starting conversations, listening, and taking turns. **Social Skills:** Practice daily habits and social skills. **Coffee Class:** Learn to make coffee safely and follow proper steps. **Partnerships this month include Creative movement with Art Spark, Meditation with Mary and Yoga with Heather.**