

Austin November 2025

Monday	Tuesday	Wednesday	Thursday
How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMnbnmG.1 Meeting ID: 832 0982 5745 Passcode: 693307			
3	4	5	6
10:00-11:00 Nutrition & Exercise 11:00-1:30 Fall crafts	10:00-11:00 PP-Get Real 11:00-1:30 Fall crafts	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class-Resumes 12:30-1:30 I am Determined	10:00-11:00 Creative Movement with Silva 11:00-12:00 Manners and Gratitude 12:30-1:30 Physical wellness
10	11	12	13
10:00-11:00 Nutrition & Exercise 11:00-12:00 -Central health presentation 12:30-1:30 Healthy sleep	ARCIL closed 	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class- New Technology and apps 12:30-1:30 I am Determined	10:00-11:00 Meditation with Mary 11:00-12:00 Encountering stray animals 12:30-1:30 Social wellness
17	18	19	20
10:00-11 :00 Nutrition & Exercise 11:00-12:00 - Architecture Around the World 12:30-1:30 -Stress Management	10:00-11:00 PP-Get Real 11:00-12:00 Music Appreciation 12:30-1:30- Science in Daily Life	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class-Newsletter 12:30-1:30 I am Determined	ARCIL Day of Thanks Celebration 
24	25	26	27
10:00-11 :00 PP-Get Real 11:00-12:00 Life skills- budgeting 12:30-1:30-Emotional wellness	10:00-1:30 Cooking Class	ARCIL closed for Thanksgiving 	

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

New classes- Creative movement- use dance and music to express your emotions and better your mental health. Learn about music throughout the decades. Science in daily life- Learn how science shows up in everyday tasks — from cooking and cleaning to using tools, electricity, and weather safety.

Partnerships this month include Central Health for an introduction to their MAP program, Planned Parenthood for health education (Get Real), and Art spark for creative movement classes.

We will have our annual Day of Thanks celebration on November 20th at 11!