



# Austin January 2026



Monday	Tuesday	Wednesday	Thursday
			1
<b>How to Join virtually:</b> <a href="https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMn bmG.1">https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMn bmG.1</a> <b>Meeting ID:</b> 832 0982 5745 <b>Passcode:</b> 693307			
5	6	7	8
<b>10:00-11:00</b> <b>Nutrition &amp; Exercise</b> <b>11:00-12:00-</b> <b>New Year, New Me -</b> <b>Resolutions</b> <b>12:30-1:30</b> <b>Understanding Disabilities</b>	<b>10:00-11:00</b> <b>Respectful interactions</b> <b>with Julie</b> <b>11:00-12:00</b> <b>Exercise/yoga</b> <b>12:30-1:30</b> <b>Vocational/soft skills</b>	<b>10:00-11:00</b> <b>Respectful interactions with</b> <b>Julie</b> <b>11:00-12:00</b> <b>Computer class</b> <b>12:30-1:30</b> <b>Nutrition/Exercise</b>	<b>10:00-11:00</b> <b>Creative Movement</b> <b>11:00-12:00</b> <b>Home skills-kitchen safety</b> <b>12:30-1:30</b> <b>Classification of</b> <b>Disabilities</b>
12	13	14	15
<b>10:00-11:00</b> <b>Nutrition &amp; Exercise</b> <b>11:00-12:00</b> <b>New Year, new me –</b> <b>self-care</b> <b>12:30-1:30</b> <b>Disabilities- Causes and</b> <b>Factors</b>	<b>10:00-11:00</b> <b>Respectful interactions</b> <b>with Julie</b> <b>11:00-12:00</b> <b>Transit safety with Cap</b> <b>metro</b> <b>12:30-1:30</b> <b>Austin Humane Society-</b> <b>volunteering</b>	<b>10:00-11:00</b> <b>Respectful interactions with</b> <b>Julie</b> <b>11:00-12:00</b> <b>Computer class</b> <b>12:30-1:30</b> <b>Nutrition/Exercise</b>	<b>10:00-11:00</b> <b>Meditation with Mary</b> <b>11:00-12:00</b> <b>National Bagel Day</b> <b>12:30-1:30</b> <b>Disability Vocabulary</b>
19	20	21	22
<b>Martin Luther King Day</b>  <b>CENTER CLOSED</b>	<b>10:00-11:00</b> <b>Respectful interactions</b> <b>with Julie</b> <b>11:00-12:00</b> <b>Dance exercise class</b> <b>12:30-1:30</b> <b>Social skills</b>	<b>10:00-11:00</b> <b>Respectful interactions</b> <b>with Julie</b> <b>11:00-12:00</b> <b>Computer class</b> <b>12:30-1:30</b> <b>Nutrition/Exercise</b>	<b>10:00-11:00</b> <b>Creative Movement</b> <b>with Silva</b> <b>11:00-1:30</b> <b>Ed Roberts Day and</b> <b>documentary</b>
26	27	28	29
<b>10:00-11:00</b> <b>Nutrition &amp; Exercise</b> <b>11:00-12:00 –</b> <b>New year, new me-</b> <b>Preventative care</b> <b>12:30-1:30</b> <b>Choosing Healthy foods</b>	<b>10:00-1:00</b> <b>Cooking class-National</b> <b>Pancake Day</b>	<b>10:00-11:00</b> <b>Respectful interactions</b> <b>with Julie</b> <b>11:00-12:00</b> <b>Computer class</b> <b>12:30-1:30</b> <b>Nutrition/Exercise</b>	<b>10:00-11:00</b> <b>Meditation With Mary</b> <b>11:00-12:00-Good news in</b> <b>January</b> <b>12:30-1:30</b> <b>Tips for healthy aging</b>

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

Respectful interactions with Julie-This class is focused on developing increased sensitivity and understanding regard the experiences and perspectives of disabled people.

New year, new me is a class focused on helping consumers and build positive habits for the year ahead. Disability Awareness Series – Learn about different disabilities, their causes and contributing factors, and learn about 15 influential individuals with disabilities who have made a significant impact on the world, all in honor of Ed Roberts. Partnerships this month include Creative movement with Art Spark, Meditation with Mary, a class with Capital Metro to learn transit safety, and the Austin Humane Society for a volunteer project