



Round Rock January 2026



| Monday | Tuesday | Wednesday | Thursday |
|---|---|---|---|
| | | | 1 |
| How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMnbmG.1 Meeting ID: 832 0982 5745 Passcode: 693307 | | | |
| 5 | 6 | 7 | 8 |
| 11:00-12:00- New Year, New Me - Resolutions 12:30-1:30 Understanding Disabilities | 10:00-11:00 Respectful interactions with Julie 11:00-12:00 Exercise 12:30-1:30 Vocational/soft skills | 10:00-11:00 Respectful interactions with Julie | 10:00-11:00 Creative Movement 11:00-12:00 Home skills-kitchen safety 12:30-1:30 Classification of Disabilities |
| 12 | 13 | 14 | 15 |
| 11:00-12:00 New Year, New Me – Self-care 12:30-1:30 Disabilities - Causes and Factors | 10:00-11:00 Respectful interactions with Julie 11:00-12:00 Transit safety with Cap metro 12:30-1:30 Austin Humane Society - volunteering | 10:00-11:00 Respectful interactions with Julie | 10:00-11:00 Meditation with Mary 11:00-12:00 National Bagel Day 12:30-1:30 Disability Vocabulary |
| 19 | 20 | 21 | 22 |
| Martin Luther King Day CENTER CLOSED | 10:00-11:00 Respectful interactions with Julie 11:00-12:00 Dance exercise class 12:30-1:30 Social skills | 10:00-11:00 Respectful interactions with Julie | 10:00-11:00 Creative Movement with Silva 11:00-1:30 Ed Roberts Day and documentary |
| 26 | 27 | 28 | 29 |
| 11:00-12:00 New year, New Me - Preventative care 12:30-1:30 Choosing Healthy foods | 10:00-1:00 Cooking class – National Pancake Day No virtual classes | 10:00-11:00 Respectful interactions with Julie | 10:00-11:00 Meditation With Mary 11:00-12:00 Good news in January 12:30-1:30 Tips for healthy aging |

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