



Austin October 2025



Monday	Tuesday	Wednesday	Thursday
		1	2
<p>How to Join virtually: https://us06web.zoom.us/j/88681815641?pwd=tyZNIqS7Wg2VG0XetLUvbpK6PfDz7L1</p> <p>Meeting ID: 886 8181 5641 Passcode: 847299</p>		10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class 12:30-1:30 Get Real	10:00-11:00 Meditation with Mary 11:00-12:00 Frost Bank 12:30-1:30 Personal Hygiene
6	7	8	9
10:00-11:00 Nutrition & Exercise 11:00-12:00 Home skills-folding clothes 12:30-1:30 Self-advocacy	10:30-11:30 Resume writing with TWC 12-1:30 A Day with Divine Canine	Field trip - Imax Theater 	10:00-11:00 Emotional Wellness 11:00-12:00 Frost Bank 12:30-1:30 Emotional wellness pt 2
13	14	15	16
CENTER CLOSED - HOLIDAY - Indigenous Peoples Day	10:00-12:00 Transportation presentation with Capital metro 12:30-1:30 Dance Exercise	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class 12:30-1:30 I am Determined	10:00-11:00 Meditation with Mary 11:00-12:00 Frost Bank 12:30-1:30 Healthy Habits
20	21	22	23
10:00-11 :00 Nutrition & Exercise 11:00-12:00 Problem solving 12:30-1:30 Emotional Intelligence	10:30-11:30 Resume writing with TWC 12:30-1:30 Disability awareness	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class 12:30-1:30 I am Determined	10:00-11:00 Environmental Wellness 11:00-12:00 Frost Bank 12:30-1:30 Environmental Wellness
27	28	29	30
10:00-11 :00 Nutrition & Exercise 11:00-12:00 World Events 12:30-1:30 Social skills	10:00-1:00 Austin Police Department/Safety Day	10:00-12:00 Comparison shopping 12:30-1:30 I am Determined	10:00-1:30 Cooking Class 

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

New classes- Learn practical home skills to prepare for living on your own or with others, develop emotional intelligence to better understand and manage your emotions, and stay informed with world events. Partnerships this month include Planned Parenthood for health education (Get Real), Frost Bank for financial literacy, and TWC for résumé building. Special sessions include a talk on service animals from Divine Canines, a Capital Metro presentation on public safety, a safety presentation from Austin Police Department, and our I Am Determined peer support group to connect and share experiences.