



Austin December 2025



How to Join virtually: <https://us06web.zoom.us/j/88681815641?pwd=tyZNlqS7Wg2VG0XetLUvbpK6PfDz7l.1>

Meeting ID: 886 8181 5641 Passcode: 847299

Monday	Tuesday	Wednesday	Thursday
1	2	3	4
10:00-11:00 Nutrition & Exercise 11:00-12:00 Winter Safety 12:30-1:30-Anger Management	10:00-11:00 PP-Get Real 11:00-12:00 Hygiene-skin care 12:30-1:30 Self-advocacy	10:00-11:00 Nutrition & Exercise 11:00-12:00 Computer Class 12:30-1:30 I am Determined	10:00-11:00 Creative Movement with Silva 11:00-12:00 Meditation with Mary 12:30-1:30 Communication types
8	9	10	11
10:00-11:00 Nutrition & Exercise 11:00-12:00 Science in everyday life 12:30-1:30 Identifying emotions	10:00-11:00 A morning with Divine Canine 11:00-12:00 Christmas traditions 12:30-1:30 Coping with grief in the holidays	10:00-1:30 Cooking Class Christmas treats 	10:00-11:00 Creative Movement with Silva 11:00-1:30-A Christmas Story
15	16	17	18
Closed for Winter Break 	Closed for Winter Break 	Closed for Winter Break 	Closed for Winter Break 
22	23	24	25
Closed for Winter Break 	Closed for Winter Break 	Closed for Winter Break 	
29	30	31	
Closed for Winter Break 	Closed for Winter Break 	Closed for Winter Break 	

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 Divine Canine for a visit from their therapy dogs, Planned Parenthood for health education (Get Real), and Art spark for creative movement classes.

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