



Austin January 2026



Monday	Tuesday	Wednesday	Thursday
			1
How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYNXSEYpYdUp4b5NEMnbnG.1 Meeting ID: 832 0982 5745 Passcode: 693307			
5	6	7	8
10:00-11:00 Nutrition & Exercise 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/yoga 12:30-1:30 Vocational/soft skills	10:00-11:00 Respectful interactions with Julie 11:00-12:00 Computer class 12:30-1:30 Nutrition/Exercise	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
10:00-11:00 Nutrition & Exercise 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 11:00-12:00 Computer class 12:30-1:30 Nutrition/Exercise	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 11:00-12:00 Computer class 12:30-1:30 Nutrition/Exercise	10:00-11:00 Creative Movement with Silva 11:00-1:30 Ed Roberts Day and documentary
26	27	28	29
10:00-11:00 Nutrition & Exercise 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	10:00-11:00 Respectful interactions with Julie 11:00-12:00 Computer class 12:30-1:30 Nutrition/Exercise	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