

# Austin February 2026

Monday	Tuesday	Wednesday	Thursday
<b>How to Join virtually:</b> <a href="https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYnXSEYpYdUp4b5NEMnbnmG.1">https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYnXSEYpYdUp4b5NEMnbnmG.1</a> <b>Meeting ID: 832 0982 5745</b> <b>Passcode: 693307</b>			
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>10am</b> Nutrition & Exercise <b>11am</b> Respectful Interactions <b>12:30</b> Yoga	<b>10am</b> Respectful Interactions <b>11am</b> Deaf Culture <b>12:30</b> Menu Math	<b>10am</b> Respectful Interactions <b>11am</b> Computer Class <b>12:30</b> Exercise Class	<b>10am</b> Meditation with Mary <b>11am</b> Get Real with Jocelyn <b>12:30</b> Yoga with Heather
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>10am</b> Nutrition & Exercise <b>11am</b> Bus Behavior <b>12:30</b> Yoga with Heather	<b>10am -12pm</b> Deaf Culture – ASL <b>12:30</b> Budget Practice	<b>10am</b> – Transportation Asking for Directions <b>11am</b> Computer Class <b>12:30pm</b> Exercise Class	<b>10am</b> Creative Movement <b>11am</b> Deaf Culture – Encountering deaf persons <b>12:30pm</b> Yoga with Heather
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>President’s Day</b> <b>Holiday</b> <b>CENTER CLOSED</b>	<b>10am – 12pm</b> Disability Etiquette – Seen vs. Unseen and Personal Space <b>12:30pm</b> Menu Math	<b>10am</b> Disability Etiquette - Offering Assistance <b>11am</b> Computer Class <b>12:30pm</b> Exercise Class	<b>10am</b> Meditation with Mary <b>11am</b> Get Real class with Jocelyn <b>12:30pm</b> Yoga with Heather
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>10am</b> Nutrition & Exercise <b>11 am</b> Cooking Education <b>12:30pm</b> Cooking Education continued	<b>10am – 1:30</b> Cooking Class	<b>10am</b> Disability Etiquette – Dining Out <b>11am</b> Computer Class <b>12:30pm</b> Exercise Class	<b>10am</b> Meditation with Mary <b>11am</b> Disability Etiquette Review & Discussion <b>12:30pm</b> Yoga with Heather

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

**Transportation - Bus Behavior:** Appropriate behavior when riding the bus. **Deaf Culture:** Review basic ASL & introduce new ASL / Encountering deaf persons while traveling. **Transportation:** Asking for directions and then confirming directions. **Disability Etiquette:** Seen vs. Unseen / Personal space, voice volume and body language / dining out. **Budget Practice:** How to plan and manage money for everyday needs. **Menu Math:** How to use menus and money to practice math. **Cooking Education:** Identifying kitchen tools and how to use them. **Computer Class:** Google search skills / Email basics / Basics- using the mouse, keyboard and screen / Teaching games. **Partnerships this month include Creative movement with Art Spark, Meditation with Mary and Yoga with Heather.**