



# Round Rock Virtual - May 2026



525 Round Rock West Dr., Suite A120, Round Rock, Texas 78681, 512-828-4624

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>Workshops Highlighted this Month include:</b> <b>Creative movement with Art Spark, Meditation with Mary and Yoga with Heather</b>			
<b>4</b>	<b>5</b>	<b>7</b>	<b>8</b>
10am Exercise Gym 11am Social Skills 12:30pm Consumer's Choice: Exploring Ocean Life	10am – 12pm Peer Counseling Workshop 12:30pm Conversational Spanish	10am – 12pm Computer Workshop 12:30 Exercise Gym	10am Meditation w/ Mary 11am Get Real w/ Jocelyn 12:30 Yoga with Heather
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
10am Exercise Gym 11am Self Advocacy 12:30pm Consumer's Choice: Toys through Time	10am – 12pm What Would You Do? Scenarios 12:30pm Conversational Spanish	10am – 12pm Life Skills Budget Challenge 12:30 Exercise Gym	10am Creative Movement With Silva 11am Learn the Hula Hoop 12:30pm Yoga with Heather
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
10am Exercise Gym 11am Planning Ahead 12:30pm Consumer's Choice: Wonders of the Solar System	10am – 12pm Peer Counseling Workshop 12:30pm Conversational Spanish	10am – 12pm Computer Workshop 12:30pm Exercise Gym	10am Meditation w/Mary 11am Get Real w/Jocelyn 12:30pm Yoga w/Heather
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>Memorial Day Holiday Center Closed</b>	10am – 1:30pm Emotional Intelligence Workshop	10am – 12pm Life Skills Challenge Series – Learning Cursive 12:30pm Exercise Gym	10am Creative Movement with Silva 11am Hula Hoop 12:30pm Yoga w/ Heather

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

**Conversational Spanish:** Learn simple Spanish words and everyday phrases. **Computer Class:** Learn basic computer skills such as typing, internet use & online searching. **Social Skills:** interactive ball toss activity. **Consumer's Choice:** Consumer selection in documentary film. **Peer Counseling:** class focused on listening, encouragement, and building positive peer connections. **What Would You Do?:** Practice decision-making and problem-solving. **Planning Ahead:** Build skills in planning and scheduling. **Emotional Intelligence** Building confidence, handling disappointment & being responsible. **Life Skills Budget Challenge:** Plan a movie night with Learning Cursive \$25. **Learning Cursive:** Builds handwriting skills through guided practice of cursive letters. **Needs vs. Wants:** Budgeting basics. **Hula Hoop:** Improves brain function, coordination & balance. **Yoga:** Simple poses and breathing to help students feel calm and comfortable. **Meditation:** Mindful breathing exercises. Get Real: Healthy relationships & personal choices.