

# ARCIL San Marcos - May 2026

618 South Guadalupe, Suite 103, San Marcos, Texas 78666, 512-396-5790

| Monday  | Tuesday   | Wednesday   | Thursday   |
|---|---|---|--|
| <b>Workshops Highlighted this month include:</b><br><b>Zumba, Fitness Group, Computer Class, Cinco de Mayo Presentation</b> |   |   |  |
| 4   | 5   | 6   | 7  |
| 10:00am - 11:00am<br><b>Saving Money</b><br>12:30pm - 1:30pm<br><b>Fitness Gym Class</b>                                    | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Cino De Mayo Activity</b>    | 8:30am - 1:30am<br><b>Outreach</b><br>Eugene Clark Lockhart<br>Library                            | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Zumba</b>                     |
| 11  | 12  | 13  | 14   |
| 10:00am - 11:00am<br><b>Food Storage</b><br>12:30pm - 1:30pm<br><b>Fitness Gym Class</b>                                    | 10:00am - 11:00<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Weather Alerts</b>             | 10:00am - 11:00 am<br><b>Fitness Gym Class</b><br>12:30pm - 1:30pm<br><b>Heat Advisory Advice</b> | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Summer Information</b>        |
| 18  | 19  | 20  | 21   |
| 10:00am - 11:00am<br><b>Mental Health Awareness</b><br>12:30pm - 1:30pm<br><b>Fitness Gym Class</b>                         | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Outdoor - Protection</b>     | 9:00am - 1:30am<br><b>Outreach</b><br>Eugene Clark Lockhart<br>Library                            | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Job Search for the Summer</b> |
| 25  | 26  | 27  | 28   |
| <b>Memorial Day<br/>           Holiday<br/>           Center Closed</b>   | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Nutrition &amp; Exercise</b> | 9:00am - 11:00am<br><b>Fitness Gym Class</b><br>12:30pm - 1:30pm<br><b>Money Management</b>       | 10:00am - 11:00am<br><b>Computer Class</b><br>12:30pm - 1:30pm<br><b>Self-Care</b>                 |

## Learning Skills for life: Build Confidence, Independent and Wellness!

**Fitness gym:** How to use equipment to stay active and healthy, improve strength, balance. **Computer classes:** Learning basic computer and job search skills. **Zumba:** To improve healthy heart. **Outreach and Presentation:** Present and explain what services ARCIL has to offer for the community. **Cino De Mayo:** meaning of Hispanics culture. **Food Storage:** Keeping food safe to eat. **Weather Alert:** Identify flood, thunderstorm, tornados. **Heat Advisory Advice:** How to stay safe from the heat. **Mental Health Awareness:** Fighting the stigma surrounding getting help. **Summer Information:** Camps, events, activities. **Outdoor Protection:** from sun and insects. **Job Search for the Summer:** How to look for summer jobs. **Nutrition & Exercise:** Important to change overall health. **Money Management:** How to set goals and create a budget. **Self-Care:** To improve physical mental overall health