



Austin - May 2026



8200 Cameron Rd., Suite C-154, Austin, Texas 78754, 512-832-6349

Monday	Tuesday	Wednesday	Thursday
How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYnXSEYpYdUp4b5NEMnbnmG.1 Meeting ID: 832 0982 5745 Passcode: 693307			
Workshops Highlighted this Month include: Creative movement with Art Spark, Meditation with Mary and Yoga with Heather			
4	5	7	8
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
11	12	13	14
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
18	19	20	21
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
25	26	27	28
Memorial Day Holiday Center Closed	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.