



# San Marcos - June 2026



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

Monday	Tuesday	Wednesday	Thursday
<b>Workshops Highlighted this month include: Fitness Group, Computer Class</b>			
1	2	3	4
10:00am - 11:00am Food as Fuel 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Money Management (Credit Card)	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Positive Self Talk
8	9	10	11
10:00am - 11:00am Practical Life Skills 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00 Computer Workshop 12:30pm - 1:30pm Sleep Hygiene	10:00am – 11:00 am Fitness Gym Workshop 12:30pm - 1:30pm Healthy Eating Habits	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Living within your means
15	16	17	18
10:00am - 11:00am Building Self-Confidence 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Recreation & Leisure	<b>ARCIL Closed</b> For Staff Training	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm What is Juneteenth
22	23	24	25
10:00am - 11:00am Summer Safety Tips 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Disaster Preparedness	9:00am – 11:00am Fitness Gym Workshop 12:30pm - 1:30pm Hays County Food Bank	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Heathy Habits
29	30	<b>Learning Skills for life: Build Confidence, Independent and Wellness!</b>	
10:00am - 11:00am Setting Career Goals 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm How to set Obtainable Goals in your life		

**Fitness gym:** How to use equipment to stay active and healthy, improve strength, and balance. **Computer Workshop:** Learning basic Microsoft computer and job search skills. **Outreach and Presentation:** Present and explain what services ARCIL has to offer the community. **Food as Fuel:** What to eat and drink before and after exercise. **Money Management / Credit Cards:** Learning how credit cards work. **Positive Self Talk:** Changing your negative thought Pattern. **Practical Like Skills:** Daily Living skills like dressing, grooming, etc. **Sleep Hygiene:** Healthy Consistent habits for getting a quality sleep. **Healthy Eating Habits:** The importance of having regular meals daily. **Living within your means:** Budgeting your income. **Building Self-Confidence:** How to be your self-advocate. **Recreation & Leisure:** Discovering cost-free activities in your area. **What is Juneteenth:** Traditions of celebrating Juneteenth. **Summer Safety Tips:** Swimming Pool and Beach Safety. **Hays County Food Bank:** How food banks work and distribution times. **Setting Career Goals:** Working toward a goal of securing a job. **How to Set Obtainable Goals in your life:** Improving yourself by taking new steps to learn how to do things.