



San Marcos - July 2026



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

Monday	Tuesday	Wednesday	Thursday
Workshops Highlighted this month include:			
Peer Support Workshop, What is “Ticket to Work”, Nutrition and Exercise, Computer Workshop, Vocational Rehabilitation Services			
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ARCIL Celebrates the 36th Anniversary of the ADA (American Disabilities Act) on July 30, 2026 – ALL Are Welcome!		10:00am -11:00am Fitness Gym Workshop 12:30pm-1:30pm Decision Making	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm What is a “Ticket to Work”
6	7	8	9
10:00am - 11:00am Disaster Preparedness 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00 Computer Workshop 12:30pm - 1:30pm Summer Heat Safety	8:30am -1:30am Outreach Eugene Clark Lockhart Library	9:30am: - 11:30am Outreach - Springtown Villa Senior Community 12:30pm - 1:30pm Vocational Rehabilitation Services
13	14	15	16
10:00am - 11:00am Using different Public Transportation 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Comparison Shopping	9:30am – 12:30pm Outreach Lockhart Senior Community Center	10:00am - 11:00am Peer Support Workshop 12:30pm - 1:30pm Emergency Care
20	21	22	23
10:00am - 11:00am Budget Practice 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Respectful Interactions	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Building New Habits
27	28	29	30
10:00am - 11:00am Nutrition and Exercise 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Self-Care Routine	10:00am -11:00am Fitness Gym Workshop 12:30pm-1:30pm Food Banks and Pantries	ADA 36th Celebration Center Event

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

Fitness Gym Workshop: Provides low impact workouts to improve mobility, strength and balance. **Computer Workshop:** Beginners basic Microsoft Word and navigating the internet for job search skills. **Outreach and Presentation:** Present and explain what ARCIL services to the communities. **Peer Support Workshop:** A social group for people with disabilities and seniors. Offering a supportive environment to build friendships and share experiences. **Decision Making:** Tips on how to handle and relax about everyday decisions. **What is a Ticket to Work Program:** Provide information on the program and how to apply. **Disaster Preparedness:** Creating a plan for individuals with disabilities during a disaster alert. **Summer Heat Safety:** How to Stay Hydrated and how to prevent heat strokes. **Vocational Rehabilitation Services:** How services are provided to individuals. **Using different Public Transportation:** How does Uber, Lyft and other transportation work. **Comparison Shopping:** Comparing delivery service, Door Dash and other On-Line shopping services. **Emergency Care-** How and When to seek emergency care. **Budget Practice:** How to plan and manage your money for your everyday needs. **Respectful Interactions:** How to be respectful in different situations. **Building New Habits:** Developing new habits for physical and emotional wellness. **Nutrition and Exercise:** A Balance approach for achieving fitness goals. **Self-Care Routine:** Creating a routine to prioritize self-care each day. **Food Banks and Pantries:** How food banks and pantries work together to save the communities. **ADA** Celebrating the 36th Anniversary of the ADA (American Disabilities Act).