



Austin - July 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							
				1		2	
Workshops Highlighted this Month include: Creative movement with Art Spark, Meditation with Mary and Yoga with Heather				Administrative Workday		10am Meditation w/ Mary 11am Get Real w/ Jocelyn 12:30 Yoga with Heather	
6		7		8		9	
10am-12pm Navigating Technology – Grocery Challenge 12:30 Nutrition & Exercise		10am – 12pm LGBTQ+ History 12:30 Conversational Spanish		Administrative Workday		10am Creative Movement w/ Silva 11am Tai Chi 12:30 Know Your Rights	
13		14		15		16	
10am-12pm Navigating Technology – Grocery Challenge 12:30 Nutrition & Exercise		10am – 12pm Resume Writing w/ Workforce Solutions 12:30pm Conversational Spanish		Administrative Workday		10am Meditation w/ Mary 11am Get Real w/ Jocelyn 12:30 Yoga with Heather	
20		21		22		23	
10am-12pm Navigating Technology – Transportation 12:30 Nutrition & Exercise		10am – 12pm CRIP CAMP 12:30 Conversational Spanish		Administrative Workday		10am Creative Movement w/ Silva 11am Tai Chi 12:30 Know Your Rights	
27		28		29		30	
10am-12pm Navigating Technology – Transportation 12:30 Nutrition & Exercise		10am – 1:30pm Outing - Walmart		Administrative Workday		ARCIL Closed For ADA 36 th Celebration Event	

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

Conversational Spanish - Learn simple Spanish words and everyday phrases. **Yoga** - Simple poses and breathing techniques to feel calm and comfortable. **Meditation** - Mindful breathing exercises. **Get Real** - Healthy relationships & personal choices. **Budgeting** – basic math and spending choices. **LGBTQ+ History** - learn about the history of the LGBTQ+ community **Navigating Technology** - learn how to use technology to support your utilization of transportation, navigating the computer and needed websites, and more. **Nutrition & Exercise** - learn healthy habits that support overall wellness and independence. **Resume Writing** – learn how to create and update your resume to put your best foot forward when applying for a job. **CRIMP CAMP** – learn about the Disability Rights Movement. **Know Your Rights** – learn what rights you are entitled to and how to advocate for yourself. **Tai Chi** – learn the basics of Tai Chi, also known as “meditation in movement”.