

San Marcos – August 2026

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

Monday	Tuesday	Wednesday	Thursday
 Scan the QR code to view the calendar online 			
3	4	5	6
10:00am - 11:00am Healthy Habits 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Advocating for yourself	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm What is ADA?
10	11	12	13
10:00am - 11:00am Outreach - Lockhart Senior Community Center 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00 Computer Workshop 12:30pm - 1:30pm Social Media Awareness	9:30am -11:30am Outreach -SMHA- C.M Allen Home 12:30pm -1:30pm Fitness Gym	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Asking for Help
17	18	19	20
10:00am - 11:00am CARTS Services 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Getting to Know You	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Peer Support Workshop 12:30pm - 1:30pm Personal Hygiene
24	25	26	27
10:00am - 11:00am Library Services 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Positive Communication Skills	10:00am- 11:00am What is the ILS Program? 12:30pm -1:30pm Fitness Gym	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Personal Space
31	Workshops Highlighted this month include: Peer-Led Support Workshop - Every Third Thursday of the Month. Topic: Organizing Medical Information, Advocating for Yourself, Computer Workshop, Special Needs Services		
10:00am - 11:00am Stress Management 12:30pm - 1:30pm Fitness Gym Workshop			

Learning Skills for Life: Build Confidence, Independence, and Wellness!

Fitness Gym Workshop: Low impact workouts to improve mobility, strength, and balance. **Computer Workshop:** Microsoft Word for beginners. Practice navigating the internet and learning job search skills. **Outreach and Presentation:** Present ARCIL services to the community. **Peer-Led Support Workshop:** A social group for people with disabilities and seniors, offering a supportive environment to build friendships and share experiences. **Healthy Habits:** Setting realistic goals to improve your health. **Advocating for yourself:** Strategies on how to foster self-advocacy to reach your goals. **What is ADA:** Introduction to the Americans with Disabilities Act. **Social Media Awareness:** Protecting yourself against online scams. **Asking for help:** How to ask for help the smart way. **CARTS Services:** How to schedule CARTS services in your area. **Getting to know you:** Greeting the 18+ consumers and discussing workshop calendar. **Personal Hygiene:** Healthy routines to maintain good health. **Library Services:** Discover the services offered at local libraries. **Positive Communication Skills:** How to build confidence when communicating with others. **What is the ILS Program:** Provide information about the program. **Personal Space:** Knowing how to acknowledge your need for personal space. **Stress Management:** Strategies to help relieve stress in daily life.