

Austin - August 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			
3	4	5	6
10am Get Organized 11am ACC 12:30pm Employability Skills	10am Disability Rights Texas – Voting Rights 11am Current Events 12:30pm Conversational Spanish	Administrative Workday	10am Service Dogs 101 11am Get Real w/ Jocelyn 12:30pm Yoga with Heather
10	11	12	13
10am-12pm Navigating Technology – Basic Search Skills 12:30pm Life Skills – Kitchen Clean Up	10am Pilates 11am Name that Tune 12:30pm PRM – Money 101	Administrative Workday	10am Creative Movement w/ Silva 11am Tai Chi 12:30pm Everyday Fitness
17	18	19	20
10am-12pm Navigating Technology – Finding Housing 12:30pm Life Skills – Folding Laundry	10am Personal Hygiene 11am Name That Tune 12:30pm PRM – Budgeting	Administrative Workday	10am Intro to ASL 11am Get Real w/ Jocelyn 12:30pm Yoga with Heather
24	25	26	27
10am-12pm Navigating Technology – Community Resources 12:30pm Life Skills – Making a Bed	10am Pilates 11am Current Events 12:30pm Emergency Preparedness	Administrative Workday	10am Creative Movement w/ Silva 11am Peer Support 12:30pm Everyday Fitness
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10am-12pm Navigating Technology – Assistive Technology 12:30pm Employability Skills	Workshops Highlighted this Month include: Service Dogs 101, Voting Rights, and Music Scan the QR code to view the calendar online		
			

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

Personal Resource Management (PRM) – Understand how to manage your money, create a budget, and save/spend wisely **Yoga** - Simple poses and breathing techniques to help you feel calm. **Get Real** - Healthy relationships & personal choices. **Everyday Fitness** - learn healthy habits that support overall wellness and independence **Service Dogs** – learn about the role of service dogs and the dos and don'ts when interacting with them. **Current Events** – Stay up to date with events happening around the world. **Life Skills** – Practice essential skills to foster independence. **Austin Community College (ACC)** – Explore continuing education options at all levels. **Music** – Discover music through the decades. **Get Organized** – Gain new strategies to keep your belongings organized. **Navigating Technology** – Improve your computer and technology skills.