

ARCIL San Marcos – September 2026

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

Monday	Tuesday	Wednesday	Thursday
Workshops Highlighted this month include: Peer-Led Support Workshop is offered twice a month on Thursday. Texas Workforce Workshop and Presentation. Topic: Computer Workshop, Fitness Gym Workshop, and Healthy Habits .			
	1	2	3
Hispanic Heritage Month: Learn the different between terms like "Hispanic and Latino".	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Positive Communication Skills	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Led - Peer Support Workshop
7	8	9	10
ARCIL CLOSED Labor Day	10:00am - 11:00 Computer Workshop 12:30pm - 1:30pm Getting to Know You.	10:00am -11:00am Asking for help 12:30pm -1:30pm Fitness Gym	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Who is ARCIL
14	15	16	17
10:00am - 11:00am Healthy Eating Habits 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Hispanic Heritage Month	8:30am -1:30am Outreach Eugene Clark Lockhart Library	10:00am - 11:00am Led - Peer Support Workshop 12:30pm - 1:30pm Communication skills
21	22	23	24
10:00am - 11:00am Health Awareness 12:30pm - 1:30pm Fitness Gym Workshop	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm TX Workforce Workshop and Presentation.	10:00am- 11:00am Honesty 12:30pm -1:30pm Fitness Gym	10:00am - 11:00am Computer Workshop 12:30pm - 1:30pm Learning a New Skill
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 Setting Career Goals:	8:30am -1:30am Outreach Eugene Clark Lockhart Library	Outreach and Presentation: Present and explain what ARCIL services offer to the communities.

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. **Led-Peer Support Workshop:** A social group for people with disabilities and seniors. Offering a supportive environment to build friendships and share experiences. **Positive Communication Skills:** How to build confidence when communicating with others **Getting to know you:** Greeting the 18 plus students and consumers and discussing workshop and calendar. **Asking for help:** How to ask for help the smart way. **Who and what is ARCIL:** When did ARCIL start, what does ARCIL mean and what they offer. **Healthy Eating Habits:** The importance of having regular meals daily **Communication skills:** How to build confidence when communicating with others. **Health Awareness:** Learn the different Health disabilities, their cause and contributing factors. **TX Workforce Workshop and Presentation:** Guest speaker on How to seek employment services, Apply for Vocational Rehabilitation services. **Honesty:** Learn the importance of honesty and trust. **Learning a New Skill:** Improving yourself and skills. **Nutrition and Exercise:** Learn Habit Setting realistic goals to improve your health. **Setting Career Goals:** Working toward a job and your goals.