

Austin - September 2026

8200 Cameron Rd., Suite C-154, Austin, Texas 78754, 512-832-6349

Monday	Tuesday	Wednesday	Thursday
	1	2	3
Click HERE to join us virtually! Meeting ID: 832 0982 5745 Passcode: 693307	10am Frost Bank 11am Name that Tune 12:30pm Intro to ASL	Administrative Workday	10am Self-Defense 11am Everyday Fitness 12:30pm Yoga with Heather
7	8	9	10
ARCIL CLOSED Labor Day	10am Everyday Fitness 11am SAFE Right Here Right Now 12:30pm Name that Tune	Administrative Workday	10am Creative Movement w/ Silva 11am Get Real w/ Jocelyn 12:30pm Hip Hop
14	15	16	17
10am-12pm Computer Lab – Money Management 12:30pm Dress for Success	10am Employability Skills 11am SAFE Right Here Right Now 12:30pm Intro to ASL	Administrative Workday	10am Hispanic Heritage Month 11am Frost Bank 12:30pm Yoga with Heather
21	22	23	24
10am-12pm Computer Lab – Money Management 12:30pm Life Skills – Reading Medication Labels	10am Everyday Fitness 11am SAFE Right Here Right Now 12:30pm Name that Tune	Administrative Workday	10am Creative Movement w/ Silva 11am Get Real w/ Jocelyn 12:30pm Everyday Fitness
28	29	30	
10am-12pm Computer Lab – Money Management 12:30pm Dress for Success	10am Frost Bank 11am SAFE Right Here Right Now 12:30pm Intro to ASL	Administrative Workday	View the Calendar Online 

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

Featured Workshops – Hip Hop, Right Here Right Now, and ASL

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. **Self-Defense** – learn from a self-defense instructor on how to stay safe and protect yourself in all situations. **Life Skills** – Practice essential skills to foster independence. **Right Here Right Now** – Practice setting boundaries, healthy relationships, and personal-power. **ASL** – Learn American Sign Language! **Hip Hop** – Bust a move and practice your dance skills. **Computer Lab** – Improve your computer and technology skills. **Music** – Discover music through the decades and across genres. **Frost Bank** – Learn about banking basics like budgeting, saving, and borrowing money. **Dress for Success** – Learn to dress for every occasion. **Hispanic Heritage Month** – Celebrate and learn the history of Hispanic Heritage.