Austin - November 2026

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

Monday	Tuesday	Wednesday	Thursday
2	3	4	5
10am-12pm Computer Lab 12:30pm Social Cues	10am Name that Tune 11am SAFE Right Here Right Now 12:30pm Life Skills	Administrative Workday	10am Creative Movement 11am Get Real 12:30pm Yoga
9	10	11	12
10am Self-Defense 11am Frost Bank 12:30pm Everyday Fitness	10am Mindfulness 11am SAFE Right Here Right Now 12:30pm Intro to ASL	ARCIL CLOSED Veteran's Day	10am Creative Movement 11am Get Real 12:30pm Yoga
16	17	18	19
10am-12pm Computer Lab 12:30pm Dining Etiquette	10am Name that Tune 11am SAFE Right Here Right Now 12:30pm Holiday Resources	Administrative Workday	ARCIL's Day of Thanks Celebration 11am-2pm
23	24	25	26
Outing - Walmart	10am Internet Safety 11am SAFE Right Here Right Now 12:30pm Intro to ASL	ARCIL CLOSED for Thanksgiving	ARCIL CLOSED for Thanksgiving
30			
10am-12pm Computer Lab 12:30pm Everyday Fitness	Click HERE to join us virtually! Meeting ID: 832 0982 5745 Passcode: 693307		

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

Featured Workshops – Self-Defense is back!

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! **Computer Lab** – Improve your computer and technology skills. **Music** – Discover music through the decades and across genres. **Frost Bank –** Learn the basics of banking with a representative from Frost Bank. **Dining Etiquette** – Show up to any dinner party ready to impress with your polite dining skills. **Internet Safety** – Stay safe and keep your personal information protected online.

Join us for ARCIL's Day of Thanks to share good food and community!