

## MACC Staff Report – 7/5/23

[Website](#) - [Facebook](#) - [Instagram](#)

Please share our social media posts, sign up for our [newsletter](#), and check out our upcoming events!

### Holistic Wellness Programs

**Yoga For All Levels**  
Saturdays @ 10:30 am  
Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation and sound to regulate the nervous system.

**Family Yoga**  
Saturdays @ 12pm  
A space for kids and their adult to practice yoga together.

**Chair Yoga**  
3rd Wednesday of each month @ 11am  
A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical abilities.

**Yoga for All Levels: Saturdays @ 10am. Next class: July 8 at 10:30am**

**(Attendance: May: 34, June: 32)**

**George Morales Dove Springs Recreation Center**

Body, mind and soul will align as we move with intention through gentle movement guided by breath. Meditation & sound regulate the nervous system.

**Family Yoga: Saturdays in May/June @ 12pm. Attendance: May: 10, June: 25)**

**George Morales Dove Springs Recreation Center**

Bring the whole family to a beginner friendly yoga class!

**Chair Yoga: 3rd Thursday of each month @ 11am**

**(Attendance: 8) Next class: July 19<sup>th</sup> at 11am**

**George Morales Dove Springs Recreation Center**

A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical abilities.



**Guitar Lessons: Beginner (15+): Tuesday @ 2pm**

**May 2, 16, 30 (Attendance: 13). May 9, 23 (Attendance: 5)**

**Twin Oaks Library Branch**

Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-register.

**Voice/Guitar/Songwriting Lessons Beginner (15+): Mondays @ 4pm**

**Windsor Park Library May 1, 15, (Attendance: 7)**

**University Hills Library May 8, 22 (Attendance: 6)**

Voice/Guitar/Songwriting Lessons Intermediate: Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America. Bring your own guitar. Pre-registration required.



**Drumming Lessons**  
Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Warm up, then use drums, bells, and shakers to learn basic rhythms and play as a group. Drums provided & feel free to bring your own drum/instrument.

**Sunday @ 1pm**  
George Morales Dove Springs Recreation Center  
2nd and 4th Sunday of each month

**Drumming Lessons (two locations)**

**Dove Springs Recreation Center May 7, 21 @ 1pm (Attendance: 13)**

**Windsor Park Library Sunday, May 13 @ 3pm (Attendance 4, 9)**

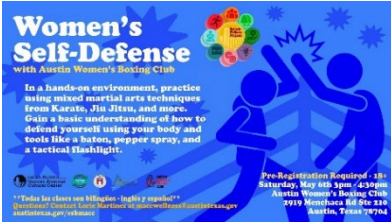
**\* Next Class July 8 at Windsor Park Library at 3:00pm!**

**\* Next Class July 9, 23 at Dove Springs Rec Center at 1pm!**

Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Warm up, then use drums, bells, and shakers to learn basic rhythms and play as a group. Drums provided & feel free to bring your own drum/instrument.



**Taller Abierto: Drawing and Painting Workshop: First Thursday of the month @ 10-11:30am**  
**\*Next Class July 6 at Dove Springs Recreation Center 10-11:30am!**  
**George Morales Dove Springs Recreation Center (Attendance: 19)**  
**Windsor Park Library May 27th @ 2-4pm (Attendance: 10)**  
 Art classes for all levels led by art instructor Miguel Santana. Includes both art history and exploration of different techniques. All materials provided!



**Women's Self-Defense Saturday, May 6 @3-4:30pm (Attendance: 8)**  
**Austin Women's Boxing Club**  
 In a hands-on environment, practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. Gain a basic understanding of how to defend yourself using your body and tools like a baton, pepper spray, and a tactical flashlight.



**Learn to Row: May 25 @ 6-7:30pm (Attendance: 16)**  
**Austin Rowing Center**  
 Join Austin Rowing Club on Lady Bird Lake for an introductory learn-to-row class! You will be introduced to sweep rowing (using one oar) in a pontoon training barge, learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. No experience required. Expect a fun, beginner friendly, and lively experience.



**Beginners Swim Lessons (5-17) Next class: July 8, 12pm, Walnut Creek**  
**Walnut Creek Municipal Pool, Dove Springs Pool, Mabel Davis Municipal Pool**  
 Students will become familiar with the aquatic environment and acquire rudimentary aquatic skills to develop positive attitudes and safe practices in and around the water. Two separate concurrent classes available for Adult and Youth (5-17) learners. Pre-registration required.



**Healing Garden Workday: Sunday, June 11 @ 9-11am (Participation: 4)**  
**Sunset Valley Community Garden**  
 We work to beautify the MACC Healing Garden. Jesus Garcia of Herbal Action Project showed how to craft a protective and cooling spring body mist with garden botanicals to clear energy and provide a cooling atmosphere that you may take with you.

**Learn to Kayak and Paddleboard: Thursday June 22 @ 6-8pm (Attendance: 18 ) Next class Thursday July 27 @ 6-8pm**  
**Austin Rowing Club.** Join us on Lady Bird Lake and paddle through the heart of Downtown Austin. Choose a single or double kayak or paddleboard. Pre-registration required.

**Introduction to Mindfulness (15+): Sunday, June 25 @ 3-4:30pm**  
**Asian American Resource Center**  
 Mindfulness is being intentionally present with our feelings, bodily sensations, thoughts, and surrounding environment. We will share ways to focus attention to present moments and quick but powerful techniques to successfully incorporate these practices into any busy schedule. Pre-registration required.

**Road to Financial Freedom: Wednesday, May 10 @ 6-7:30pm (Attendance: 4)**  
**Carver Branch - Meeting Room**  
 Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills.

**Stress Reduction/ Meditation (15+): Wednesday, July 12 @ 6-7:30pm**  
**Carver Branch- Meeting Room**



Learn how to use meditation techniques to reduce stress – including awareness of breathing, guided relaxation, and gentle stretching. Meditation clears away the information overload that builds up and contributes to stress. Preregistration requested.

**Self Love: Acts & Affirmations (18+): Saturday, May 21 @ 3-4:30pm (Attendance: 8)**

**Asian American Resource Center**

True self-care includes intentional actions taken for one’s well-being in 9 major areas of our lives. Everyone moves through life differently, and thus these actions will be unique to each individual and their needs. Knowledge is key in effectively managing a self-care plan. We will discuss the importance of doing regular check-ins to better understand our individual needs and how to set and maintain intentional self-love actions.

**Education: Caminos Teens**

**Caminos Teen Leadership Program Graduation**



[www.AustinTexas.gov/Caminos](http://www.AustinTexas.gov/Caminos)

The Caminos graduation was held on June 10<sup>th</sup> at the Austin Central Library.

The class of 2024 is currently undergoing interviews and will be hired by the end of this Summer.



**Education: Youth/ Families**

**Sábados en Familia – July 15, August 12 10am-12pm**

An ongoing free monthly program at the Austin Central Library that involves story time and a hands-on art activity. On July 15<sup>th</sup>, the book will be “Dreamers /Soñadores” by Yuyi Morales. The activity will be a *repujado* (metal embossing) activity inspired by the book



**Cosecha Summer Camp**

- Monday-Friday at the Asian American Resource Center, Cameron Rd.
- Camp is in its 5th week of camp, halfway point
- 10 Edu camp staff
- 120 students served (so far)
- Social and Environmental themes are currently begin taught

Example of Lesson: Capoeira, the Afro-Brazilian cultural practice that combines dance, signing, instrument use and martial arts.

Camp is currently partnering with the Central, Tx food bank to provide free lunch and snacks with each of our students.



### Academia Cuauhtli Aztech Kidz Code Camp

We are so proud of our Academia Cuauhtli graduates! At their recent graduation ceremony, the young artists showed off skills they've been learning at their Summer camp, "Aztech Kidz Code". They learn valuable technical skills for the modern world and connect to Mexican indigenous traditions. They showcased their coding skills, made their own traditional masks and danced the *Baile de los Viejitos* from Michocan, Mexico. Big thanks to the teachers and faciliators at Sanchez Elementary!

[www.academiacuauhtli.com](http://www.academiacuauhtli.com). Welcome Katya Guzman!

### Signature Event: Awards of Excellence



The Awards of Excellence recognize those individuals in Austin that have demonstrated significant leadership and have made meaningful contributions in the Latino/a/x/e cultural arts. Nominations have now closed.

The Award Winner will be announced publicly on July 21. The ceremony will be on July 29<sup>th</sup>, 2023 at the Long Center in the Kodosky Donor Lounge. ESB MACC Advisory Board Members are all cordially invited to attend. Questions? Email [Estrella.DeLeon@austintexas.gov](mailto:Estrella.DeLeon@austintexas.gov).

### Collaboration: Guelaguetza



### Guelaguetza July 29 [Facebook Event](#) & [Long Center Ticket Link](#)

Ballet Folklorico de Austin presents Guelaguetza Oaxaqueña. Guelaguetza is a Zapoteca word meaning "active cooperation"; it is a gift that evokes reciprocity expressed by music, dance, and songs. This is a unique Oaxacan festival with significant historical and cultural roots. This is the first time this event will be held at the Long Center, please encourage your contacts to get tickets in advance. Follow Ballet Folklorico de Austin on social media!





**Collaboration: Hillside Summer Concert Series**

**Pan Am Hillside Concert Series 2023**

🏠 The Pan AM Recreation Center  
 📍 2100 E 3rd Street, Austin, Texas 78702

**Sponsored by Emma S. Barrientos Mexican American Cultural Center**

**Tuesday, July 11, July 18, July 25**  
**6:00pm-9:00pm**

✨ The Oswaldo A.B. Cantu Pan American Recreation Center and Neighborhood Park along with the ESB Mexican American Cultural Center, present Austin's longest running free concert series, now in its 65<sup>th</sup> year! This event is free for all ages, No RSVP necessary. See you on the Hillside!

- ✨ Free live music, ✨ Bring blankets/ lawn chairs, ✨ Free children's activities, ✨ Refreshments for sale
- ✨ DJ & Color Guard Performances

Performance Schedule *\*lineup is subject to change, check @ESBMACC Facebook for updates!*

**Tuesday, July 11-** Nova Band, Conjunto Los Pinkys w/special guest Susan Torres, DJ Robert Lignes

**Tuesday, July 18 -** JR Gomez and the Conjunto Bandits, George Mercado, Kaitlyn Perez, DJ Wiz

**Tuesday, July 25 -** The Tiarras, Ruben Ramos, DJ Old Skool

\* On July 25<sup>th</sup>, folks who attended Palm School are invited to go on stage and take a big school reunion photo.

**Outreach & Marketing Updates for Signature Events:**

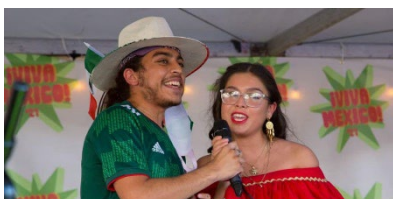


- Advertisement in La Prensa Newspaper for Awards of Excellence Nominations
- Article in El Mundo Newspaper for Hillside Summer Concert Series (July 6)
- Poster & Flyer Distribution for Guelagueta
- MACC Information Tables at the "Drop-Ins" Thursday Evenings at the Long Center to promote the Guelagueta

- MACC information table at Sanchez Elementary/ Academia Cuauhtli Graduation

- Coco Screening at the Long Center Nov 8<sup>th</sup>

**-----Save the dates!-----**



**Signature Event: Viva Mexico**

**Saturday, Sept 16 w/ Univision, Pan Am Rec Center. 5-9pm.**



**Signature Event: Day of the Dead & Mexamericon**

**Saturday, Nov 4, Pan Am Rec Center**