

MACC Staff Report – 11/1/23

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

Holistic Wellness Programs: OCTOBER

Family Yoga: 1st Saturday of each month @ 12pm (Attendance: 8)

George Morales Dove Springs Recreation Center. A space for kids and their adult to practice yoga together.

Chair Yoga: 3rd Wednesday of each month @ 11am (Attendance: 8)

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.

Drumming Lessons: 2nd Saturday of each month @ 3pm (Attendance: 4)

Windsor Park Library. Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement 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 or percussion instrument.

Drumming Lessons: 2nd Sunday of each month @ 1pm (Attendance: 4)

George Morales Dove Springs Recreation Center. Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement 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 or percussion instrument.

Gentle Flow Yoga (8+): 3rd Saturday of each month @ 10:30am (Attendance: 1)

Little Walnut Creek Library. Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Yoga for All Levels: Saturdays @ 10:30am (Attendance: 17)

George Morales Dove Springs Recreation Center. Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Guitar Lessons (15+): Tuesdays @ Twin Oaks Library (Attendance: 47)

- **Beginner: 2-2:30pm (Attendance: 33)**
- **Intermediate: 2:45-3:15pm (Attendance: 14).** 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.

Cooking Demo: Vegetarian (15+): Wednesday, October 11 @ 6-7:30pm (Attendance: 20)

Central Library - Demo Area/Kitchen. This diet focuses on consuming fruits, vegetables, dried beans, peas, grains, nuts, some dairy products, and eggs. You will learn how to make a healthy and simple meal using products found at your local grocery store. Tastings are included!

Self-Defense Class (18+): Saturday, October 14 @ 3-4:30pm (Attendance: 9)

Austin Women's Boxing Club. In a hands-on environment we will practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. You will gain a basic understanding of how to defend yourself using your body and tools like a baton, pepper spray, and a tactical flashlight.

Healing Garden Workday: Sunday, October 22 @ 10am-12pm (Attendance: 8)

Sunset Valley Community Garden. At the ESB-MACC Healing Garden we grow herbs, fruits and vegetables that can be used for everyday meals and health. Volunteers work hands-on maintaining the garden and its infrastructure. Please dress comfortably and appropriately for the weather.

Voice/Guitar/Songwriting Lessons Intermediate: (15+): Mondays beginning October 23rd @ 4pm (Attendance: 4)

Windsor Park Library

• **Intermediate: 4-5pm.** Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America.

Roots and Wings Festival: Traditional Garden Altars with Marigolds: Saturday, October 28 @ 10:30-12pm (Attendance:

24) Zilker Botanical Garden. In this heartfelt class we will connect deeply with our ancestors as we join together to create a traditional garden altar, with the golden energy of Marigolds and folklore history of our Mexican Ancestors.

Taller Abierto: Painting/Drawing Workshop (15+): Saturday, October 28 @ 2-4pm (Attendance: 17)

North Village Library. Art classes for all levels led by art instructor Miguel Santana. Includes both art history and exploration of different techniques. All materials provided!

Cine de Oro: Tuesday, October 31 @ 9-12pm (Attendance: 26)

Delores Duffie Recreation Center. A screening of a film from the golden age of Mexican cinema. Lunch will be served.

Holistic Wellness Programs: UPCOMING

Taller Abierto: Painting/Drawing Workshop (15+):

First Thursday of each month @10-11:30am, George Morales Dove Springs Recreation Center

3rd Monday of each month @ 10-11:30am, Virginia L. Brown Recreation Center

Saturday, November 25 @ 2-4pm, Windsor Park Library. Art classes for all levels led by art instructor Miguel Santana. Includes both art history and exploration of different techniques. All materials provided!

Family Yoga: 1st Saturday of each month @ 12pm

George Morales Dove Springs Recreation Center. A space for kids and their adult to practice yoga together.

Chair Yoga: 3rd Wednesday of each month @ 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.

Drumming Lessons: 2nd Saturday of each month @ 3pm Windsor Park Library & 2nd Sunday of each month @ 1pm

George Morales Dove Springs Recreation Center. Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement 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 or percussion instrument.

Community Drum & Dance: 2nd Sunday of each month @ 2pm

George Morales Dove Springs Recreation Center. A fun and lively workshop that infuses Latin, Afro Latin, indigenous and contemporary rhythms. We will practice group improvisation and end in a drum and dance circle. Suitable for all levels, bodies and abilities!

Gentle Flow Yoga (8+): 3rd Saturday of each month @ 10:30am

Little Walnut Creek Library. Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Learn to Kayak and Paddleboard (18+): Fourth Thursday of each month @ 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.

Yoga for All Levels: Saturdays @ 10:30am

George Morales Dove Springs Recreation Center. Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Voice/Guitar/Songwriting Lessons Intermediate: (15+): Mondays @ 4pm, Windsor Park Library. Intermediate: 4-5pm. Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America.

Guitar Lessons (15+): Tuesdays @ Twin Oaks Library

• **Beginner: 2-2:30pm • Intermediate: 2:45-3:15pm.** 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.

Healthy Eating (15+): Wednesday, November 8 @ 6-7:30pm

Carver Library - Meeting Room. A healthy diet maintains or improves overall health and provides the body with essential nutrition. Learn about healthy portions, eating the rainbow, and simple ways to eat more healthfully! A quick and healthy recipe will be shared and samples served. On the menu: Avocado Chocolate Pudding. Pre-registration required.



Community Conversation
on Latine/x/a/o Identity

Thursday, November 9th, 2023 from 6 - 7:30pm

Austin Public Library's Southeast Branch
5803 Nuckols Crossing Rd
Austin, Texas 78744

Join this discussion on identity within the Latino/a, LatinX, Latine, Hispanic, Chicano community! Austin community leaders will share their experiences and you are invited to participate in the roundtable. Supervised children's activity (ages 5-14) and snacks will be provided. English/Spanish translator provided!

On display: Reproduced historical artifacts related to identity from the Benson Latin American Collection. Co-sponsored by the Andrew W. Mellon Fellowship for Diversity, Inclusion, & Cultural Heritage.



Moderator:
Jeremy Garza
City of Austin Equity Office

Community Leaders:
Melissa Ortiz
Director of Community Engagement at CapMetro

Nadine Fonseca
Mighty Kind, mightykindkids.com

Frederick Luis Aldama
UT Professor Latinx, LatinX Pop Lab

Questions/Comments?:
Please email Lorie Martinez at
maccwellness@austintexas.gov
AustinTexas.gov/esbmacc

Logos: Simma S. Barrientos Mexican American Cultural Center, Austin Nature & Science Center, Austin Public Library, RBS

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3772 or Relay Texas 7-1-1.

Community Conversations on Latine/x/a/o Identity: Thursday, November 9 @ 6-7:30pm

Southeast Library. Join this discussion on identity within the Latino/a, LatinX, Latine, Hispanic, Chicano community! Austin community leaders will share their experiences and you are invited to participate in the roundtable. Supervised children's activity (ages 5-14) and snacks will be provided. English/Spanish translator provided!

Hike and Garden Day: Sunday, November 19 @ 8:30-11:30am

Sunset Valley Community Garden. Next Garden Workday will be preceded by a beginner-friendly nature hike at 8:30am, for those who want to arrive early. Garden Activity -Garden Rituals and Blessing Bundles: In this healing class we will bring gratitude to our garden as we craft traditional blessing bundles through the wisdom of Salvia (Sage).

Cine de Oro: Tuesday, November 28 @ 9-12pm

Doris Miller Auditorium. Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Education: Youth Programming



AXOLOTL HABITAT

These axolotls from the Doris Miller Mexican American Cultural Center will call Austin Nature & Science Center home when the tank opens, bringing gratitude and education.

Consider how these gratitude affirmations and learn about their native habitat in Mexico!

Austin Nature & Science Center
1910 Smithsonian Dr., Austin, TX 78748
November 4, 2023 9AM-5PM | 15PM-4PM
at the ANSC, 1910 Smithsonian Dr., Austin, TX 78748

The MACC's beloved axolotls have been under the care of the Austin Nature and Science Center staff since the MACC closed. During their stay, they have been placed in a new tank and the new exhibit will now be open to the public on November 4. Go visit them at the ANSC!



Workshops

The MACC has partnered with centralized programs and just finished the first session at Virginia L. Brown Recreation Center. 32 kids learned about the MACC and received MACC coloring books along with making personalized pinatas.

Altar Kits

25 Altar kits were delivered to local recreation centers so that they can make altars at their site. The centers that have received kits are: Hancock, Northeast, Virginia L. Brown, Pan Am, Conley Guerrero,



Camacho, Zaragoza, Mendez, Givens, Montopolis, Dittmar, Sanchez Elementary School, Dolores Duffie, Turner Roberts, Dove Springs, South Austin Library, Sunset Valley Elementary, Austin Nature and Science Center, Austin Recreation Center, Austin Central Library, Dougherty Arts Center, Brentwood Elementary, Gus Garcia, and Resistencia Book Store.



Sugar Skull Workshops:

10/18/23 – Austin Rec Center, 5 participants

10/25/23 – Dittmar Rec Center, 14 participants

Morning Glories at Waterloo Greenway:

- 9/26/23 – 100 people
- 10/03/23 – 120 people
- 10/10/23 – 125 people
- 10/17/23 – 75 people

CIS After School Programs are Occurring at these sites:

Bouldin Oaks Apartments, Santa Rita Court, Booker T. Washington Terrace, Meadowbrook Apartments, Bouldin Oaks Apartments





Education: Caminos Teen Leadership Programming



The Caminos students attended Lehman High School's Annual Mariachi Festival where they got to face paint, interview community members, and enjoy all the shows and vendors. They will be painting faces at Day of the Dead on Nov 4th!

They also assisted with the Onion Creek Mural Project which was unveiled to the public on Saturday, October 28th.



Education: Academia Cuauhtli



Academia Cuauhtli has had a busy October! The Saturday school program has officially completed their mother earth and migration units. Last week about 30 families, students, and teachers were able to participate in Mexic-Arte's Viva la Vida parade in downtown Austin. Additionally, this upcoming week to close out their migration unit, students will be attending a field trip to National Bison Day with the Texas Tribal Buffalo Project. They will discuss natural migration patterns and connect with indigenous communities working on wildlife conservation.



October Outreach & Marketing:



-AISD Hispanic Heritage Talent Show, Oct 14 at the AISD Performing Arts Center

-Paws and Pumpkins at Alamo Rec Center, Oct 21

-Mexic-Arte Museum's Viva La Vida, Oct 28

Paid advertisements in La Prensa and Austin Chronicle for Day of the Dead News Interviews with CBS, KVUE, Fox, & Telemundo for Day of the Dead

Upcoming Outreach:

- [Long Center Coco Film to Concert at the Long Center](#), Wednesday November 8th

2,000 AISD students are going to view the film while Austin Symphony Orchestra plays live. Students will view an altar made by Olivia and Bianca, and can enjoy free lesson plans courtesy of MACC Education. During the evening screening which is a separate ticketed event, Olivia and Bianca will provide free face painting.

Day of the Dead & Mexamerican

www.AustinTexas.gov/DayOfTheDead



Alma y Corazon Ceremony

Thursday, November 2

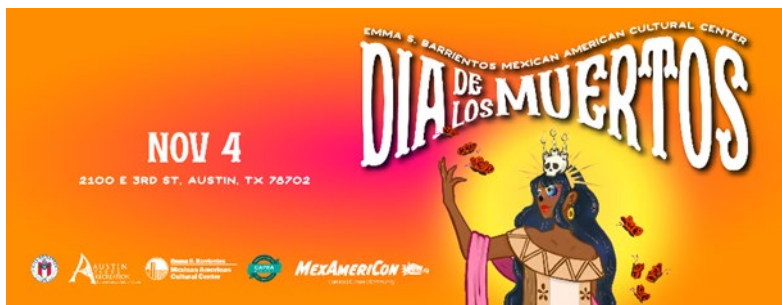
5:30-8:00pm

Oakwood Cemetery

This free event takes place on Dia de Muertos, because on November 2nd is the date that our loved ones can return. The altar presentation and ceremony at Oakwood Cemetery on Day of the Dead features

Mariana Nuño Ruiz McEnroe, author of Dining with the Dead, who will give a talk on the rich culinary traditions in Mexico. Javier Jara will play guitar and guests can enjoy complimentary hot chocolate and tamales while they share stories of their families. All are invited to pay respect to the individuals buried in Oakwood Cemetery to view the collective ofrenda (altar) by artist Alonso Estrada, made specifically for this site in loving memory of those who have passed.

Bring non-perishable objects (notes, flowers, copies of photographs) to add to the ofrenda. A [digital exhibit](#) produced by Jennifer Chenoweth from Oakwood Cemetery includes articles, photos and videos that give local history and cultural context to this celebration.



Day of the Dead Festival & MexameriCon Comic Con

Saturday, November 4th

1:00-9:00pm

Oswaldo AB Cantu Pan American Park

The festival's extended hours from 1:00pm-9:00pm combine the MACC's most anticipated events of the year into one big celebration! At 1:00-4:00pm, MexAmeriCon will present their afternoon showcase of Mexican American and Latinx artists who work through the medium of comic books, graphic novels, zines and pop art. The "Artist Alley" under the big outdoor MexAmeriCon tent offers loteria (bingo), an artisan market, and autograph signings. Now in its 6th year, MexAmeriCon is a Comic Con like no other, and it's the only Latine-focused comic con in Central Texas. Expect to be immersed in culture-focused graphic novels and an innovative experience that creates a positive and inclusive environment for both artists and attendees to unite and share.



MexAmeriCon will be activated during the entire festival hours of 1-9pm. Guests who arrive between 1-4pm will be able to experience a MexAmeriCon-focused afternoon that includes closer insight into the original artworks featured. You may even go "back in time" playing the Aztec Loteria game!



At 4:00pm, get ready to welcome the Day of the Dead with MC Marion Sanchez! The festival will include altars, art installations, and art activities that foster an appreciation for the sweetness and fragility of life. Discover the MACC's large-scale interactive sculptures by Las Piñatas ATX!

MexAmeriCon and Day of the Dead events all occur outdoors and under tent cover on the Pan Am grassy "Hillside". The events are free and open to all ages. Guests may bring chairs and water. Alcohol-free. Parking and shuttle information can be found on the event website and on social media: @ESBMACC and AustinTexas.gov/DayoftheDead.

The MACC's education department will offer free sugar skull decorating and face painting. The collective outdoor ofrenda (altar) will be a gathering of memories that grows larger throughout the evening as guests contribute names and notes to it.

The musical performances include: Mariachi metal group Tequila Rock Revolution, Tejano Music Awards Best New Female Artist Monica Saldivar, and Austin's Latin-Psych Fusion band Los Alcos.



Parking and Shuttle information: Look for updates on social media [@ESBMACC!](https://www.instagram.com/ESBMACC/)

Please respect the neighborhood and do not block driveways when parking around Pan Am Park. There will be a **free** shuttle service! Shuttle will run 12pm-10pm from the Pan American Recreation Center to two parking locations and back (round trips).

Park near one of these two shuttle stops and take the shuttle to Pan Am park and back! **Note: when parking in neighborhoods, please obey parking signs and do not block driveways.**

Shuttle Stop #1
Martin Neighborhood Swimming Pool
**1626 Nash Hernandez Senior Rd,
Austin, TX 78702**

Shuttle Stop #2
Metz Neighborhood Swimming Pool (parking lot)
**2305 Canterbury St, Austin, TX
78702**

Note: Parking lot across the street from Nash Hernandez Building