

Holistic Wellness Programming

HWP August:



Community Conversation with Exhibiting Artists: Thursday, August 8 @ 5:30-7:30pm

(Attendance: 27, Artists: 12)

Ruiz Branch Library

Attendees joined in discussion with artists from our Community Exhibit: The Diosa Energy Within. They shared insight about their work and experiences, reflecting about the Diosas in our lives who have made an impact. This event was facilitated by Maribel Falcon, Librarian at Benson Latin American Collection- UT Austin.

Some Participant Feedback:

"Elevation of women generationally. There are not many inter-generational conversations, and this was a great space to learn wisdom."

"La oportunidad de expresame." (The opportunity to express myself.)

"Engaging discussion and beautiful art, the artist talk and hearing different interpretation of the themes, the knowledge and how profound it was."

"It was perfect. More of these events would be amazing."



Learn to Kayak/Paddleboard (18+): 4th Thursday of each month @ 6-7:30pm

(Attendance: 14)

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.

Free Day of Bilingual Yoga: Monday, September 2

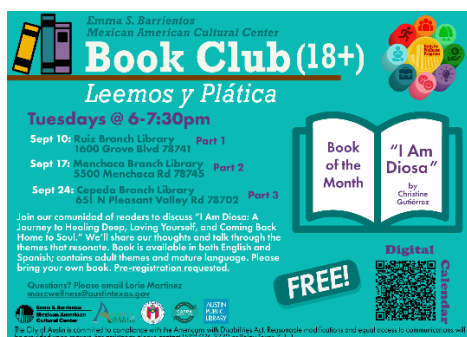
Castle Hill Fitness

10:45am: Slow Flow+ Sound Healing with Isabel Sabel (Attendance: 25)

12:30pm: Yin and Sound with Aneika Perez (Attendance: 17)

Both classes will focus on healing and deep relaxation. Gentle movement, breath and sound will guide us to reach the deepest layers of the physical and subtle body.

HWP Upcoming:



Book Club (18+)
Leemos y Plática

Tuesdays @ 6-7:30pm

Sept 10: Ruiz Branch Library Part 1
1600 Grove Blvd 78741

Sept 17: Menchaca Branch Library Part 2
5500 Menchaca Rd 78745

Sept 24: Cepeda Branch Library Part 3
651 N Pleasant Valley Rd 78702

Join our *comunidad* of readers to discuss *"I Am Diosa: A Journey to Healing Deep, Loving Yourself, and Coming Back Home to Soul"*. We'll share our thoughts and talk through the themes that resonate. Book is available in both English and Spanish; contains adult themes and mature language. Please bring your own book. Pre-registration requested.

Questions? Please email Larie Martinez at marcos@hwp.org

FREE! Digital Calendar

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to our programs and services will be provided upon request. For assistance please contact (512) 974-3772 or TDD (512) 974-3773.

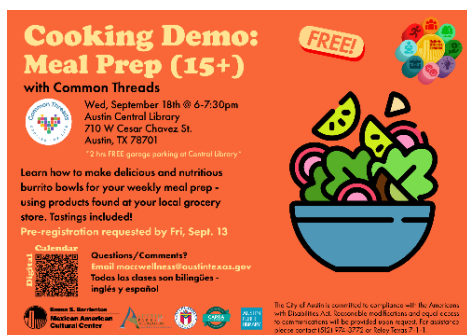
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Cooking Demo: Meal Prep (15+)
with Common Threads

FREE!

Wed, September 18th @ 6-7:30pm
Austin Central Library
710 W Cesar Chavez St.
Austin, TX 78701

Learn how to make delicious and nutritious burrito bowls for your weekly meal prep - using products found at your local grocery store. Tastings included!

Pre-registration requested by Fri, Sept. 13

Questions/Comments? Email larie@hwp.org
Tostitos has classes even bilinguals - inglés y español

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Cooking Demo: Meal Prep (15+): Wednesday, September 18 @ 6-7:30pm

Central Library - Demo Area/Kitchen

Learn how to make delicious and nutritious burrito bowls for your weekly meal prep - using products found at your local grocery store. Tastings included! Pre-registration requested by Fri, September 13th.

Chair Yoga at Yarborough Library: 3rd Friday of each month @ 10:30am

Yarborough Library

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

Garden Day: Sunday, September 22 @ 9:30am

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, followed by a garden activity led by Jesus Garcia. Please dress comfortably and appropriately for the weather. Pre-registration required.

Cine de Oro: Tuesday, September 24 @ 9-12pm

Conley-Guerrero Senior Activity Center

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



Cine de Oro

Tuesdays Sept 24 & Nov 19
9am-12pm

FREE!

Join us for a screening of a film from the golden age of Mexican Cinema. Lunch will be served! Film will include English subtitles.

Conley-Guerrero Senior Activity Center
808 Niles Street
Austin, TX 78702

Questions? Please email Larie Martinez at marcos@hwp.org

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Volunteer Club
Habitat for Humanity (18+)

Thursday, September 26
8am - 4pm
Montopolis Neighborhood

Help build an affordable home and make a difference in the lives of Austin families! The Habitat team will teach us everything we need to know to be successful at the tasks on hand.

Pre-registration required by Thursday, Sept 12

Questions? Please email Larie Martinez at marcos@hwp.org

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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.



Learn to Kayak & Paddleboard (16+)

FREE!

4th Thursday of each month
6-7:30pm

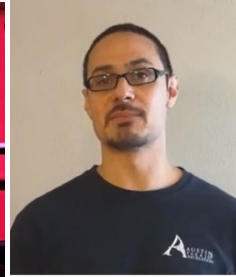
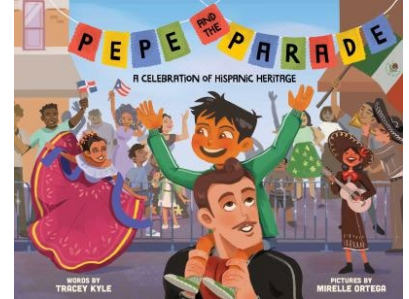
Austin Rowing Club
74 Trinity St
Austin, TX 78701

Youth and Family Education



Now that Summer Camp has ended, the Education team has shifted its focus to planning and preparing for fall programs. The team will be hosting a children's tent during the Viva Mexico event and is currently busy making over 300 small pinatas (in the shape of paletas) that will be given away to decorate during the event.

Join the Education team at the Austin Central Library for [their Hispanic Latino Heritage Month Celebration](#) on Sunday, September 22nd from 12:00pm – 1:00pm. They will be reading "Pepe and the Parade" and making Papel Picado Banners. This is a free public event, and they welcome everyone to join.



The Education team bids farewell to our Instructor, Mr. Futa Ofamo Oni. Mr. Futa has worked with the ESB-MACC for many years, teaching activities such as Capoeira, Salsa, and break dancing to our youth camp and afterschool participants. We wish him the best of luck as he starts a new chapter in South Carolina.

Academia Cuauhtli Bilingual Education Program



"We are so happy to conclude our 4th annual Aztech Kidz Code summer camp! 45 families joined us for our graduation ceremony on August 10th. Students provided a coding demonstration, danza Mexico presentation, art exhibit, and Son Jarocho performance with Fandangueros de Austin! Thank you to the ESB-MACC board members for joining us and your continuous support." – Katya Guzman

Academia Cuauhtli is now transitioning into preparing for the fall semester for our Saturday School program planning to begin on Saturday, September 14th from 9am-12pm at Sanchez Elementary. You are all welcome to join us as we discuss themes of diversity, identity, and indigeneity throughout this school year!

Caminos Teen Leadership Program



Caminos program has offered 7 internship spots and two mentor role spots for the new class of 2024-2025. Students will have their first day on October 5th at Central Public Library. Congratulations to the new class.

Yadhira and Melany at the recent Hillside concerts, who are two recent Caminos graduates from class of '24 who've stayed on at the MACC!



OCTOBER 2024 CAMINOS CALENDAR

WE WILL ALWAYS MEET AT THE LIBRARY WHEN WE HAVE A FIELD TRIP UNLESS OTHERWISE ANNOUNCED.

ALWAYS BRING YOUR OWN REUSABLE WATER BOTTLE AND A LUNCH.



 <p>10/05/24</p> <div style="border: 1px dashed black; padding: 5px;"> <p>CENTRAL LIBRARY, 10:30-12:30 FAMILY MEET&GREET 12:30-4:30PM 1ST CAMINOS SESSION!</p> <p>LOTERIA COSTUME MAKING, EXPECTATIONS, &MORE!</p> </div> 	<p>10/12/24</p>  <div style="border: 1px dashed black; padding: 5px;"> <p>CENTRAL LIBRARY, 10:30-4:30PM</p> <p>ICEBREAKERS, WRITING WORKSHOP BY MIGUEL B., AND LOTERIA COSTUME MAKING.</p> </div> 	<p>10/16/24</p>  <div style="border: 1px dashed black; padding: 5px;"> <p>TEAMS MEETING, 6-7:30PM</p> <p>TRAININGS, TEAMS MEETING STRUCTURE, AND ICEBREAKERS.</p> </div>
<p>10/19/24</p> <div style="border: 1px dashed black; padding: 5px;"> <p>CENTRAL LIBRARY, 10:30-4:30PM</p> <p>LOTERIA COSTUME MAKING DAY, FACE PAINTING WORKSHOP, AND DIA DE MUERTOS EVENT INFO!</p> </div> 	<p>10/26/24</p>  <div style="border: 1px dashed black; padding: 5px;"> <p>VIVA LA VIDA PARADE, TIME TBD (SEE EMAIL)</p> <p>WEAR YOUR LOTERIA COSTUME AND MARCH WITH US IN THE PARADE!</p> </div>	<p>10/30/24</p>  <div style="border: 1px dashed black; padding: 5px;"> <p>TEAMS MEETING, 6-7:30PM</p> <p>VIVA LA VIDA REFLECTIONS; DIA DE MUERTOS EVENT DETAILS.</p> </div>



Outreach and Marketing

Outreach Events - Past:



Austin Lowriding Event

Sept 1, 11:00am-6:00pm

We promoted Viva Mexico and the Chicano Classics & Manuel Cowboy Donley Events to about 500 attendees, making paper lowriders!



Save Chicano Park Day

August 25, 2:00pm-7:00pm

We promoted Viva Mexico and the Chicano Classics and Manuel Cowboy Donley Events to about 300 attendees at Fiesta Gardens/ Chicano Park, an event organized by Bertha Rendon Delgado.

Outreach Events (Upcoming):



Long Center Community Day

Saturday, Sept 7, 10:00am-4:00pm

Event Website

We will offer free children's art activities to promote Fall programming and increase co-promotion with the Long Center. _



Path to the Altar : Community Ofrendas
09.27.2024 - 01.05.25

Mexic-Arte Ofrenda Exhibit

Installation: Sept 3-6.

Exhibition Dates: Sep. 27- Jan. 5, 2025

With Path to the Altar, we are reminded of the complexity of this holiday, which embraces the duality of life and death, and has the power of bringing people together to celebrate the richness of our shared human experience, where all —the living and the dead— are welcome.



La Fiesta de Independencia de México

Sunday, September 15, 2024, 6:00 PM 9:00 PM

Republic Square Park

[Event Website](#)

This day marks the 214th anniversary of the declaration of independence from Spain by the Mexican priest Miguel Hidalgo y Costilla. The event is free and open to the public. The highlight of the evening will be when Consul General of Mexico Humberto Hernández Haddad reenacts the cry for independence. Entertainment will feature the Roy Lozano Ballet Folclórico and Mariachi Capital. The event will include an artisan mercado with art and arts and crafts from México. This project is supported in part by the City of Austin Economic Development Department. With gratitude to our partners, the Consulate General of Mexico in Austin, Downtown Austin Alliance Foundation, Mexico-Arte Museum, El Mundo, World Affairs Council of Austin, and Austin Sister Cities International.

Signature Events & Collaborations



Viva Mexico!

Saturday, Sept 14th, 2024 5:00-9:00pm
Oswaldo A. B. Cantu Pan Am Recreation Center, 2100 E 3rd St, Austin, TX 78702

[Join on Facebook!](#) And invite your friends!
www.AustinTexas.gov/VivaMexico

The Emma S. Barrientos Mexican-American Cultural Center (ESB MACC) will host its 17th annual [Viva México](#) celebration outside of the [Oswaldo A.B. Cantu/Pan American Recreation Center](#) on Saturday, September 14th from 5:00-9:00 pm. This lively outdoor celebration on the hillside includes live mariachi music and folkloric dance performances, family-friendly art activities, and a vendor market. Master of Ceremonies Claudia Talamantez from Univision will lead the evening's entertainment, and Mexican Consul Humberto Hernández Haddad will give the Grito de Independencia.

A marketplace from [Frida Friday ATX](#) will introduce guests to vendors selling original artwork, clothes, jewelry, and gifts that support women and BIPOC local artists. The MACC Education team will be providing free childrens activities including hands-on crafts.

Viva Mexico is an Austin tradition that pays tribute to both Mexico's Independence Day and to the diverse cultural traditions of Austin's Mexican, Mexican-American, Latino, Chicano, and Tejano community. While the ESB MACC is closed

for Phase 2 renovations, it is important to continue this annual celebration; an East Austin tradition that brings the Austin Latino (Latina/e/x) community together.

Viva Mexico 2024 Performance Schedule:

5:00 PM MC Welcome and Announcements
5:05 PM Danza Azteca Guadalupeana
5:35 PM Llamativa
6:20 PM Mayor Kirk Watson & Elected officials
6:25 PM Grito with Consul General & Alexandra Dorantes
6:50 PM Organizacion Kumbiambera
8:00 PM Mariachi Clasico
8:30 PM Round Rock Ballet Folklorico
8:55 PM Grand Finale : La Negra & Viva Mexico with Ballet Folklorico and Mariachi Clásico

Updates:

Stay tuned on the MACC social media ([@ESBMACC](#)) for “know before you go” information/ travel tips.

Shuttle Information:

There will be a free shuttle bus from 4:00pm-10:00pm making trips to and from the Pan American Recreation Center. Guests may park in the neighborhood around it and take the free shuttle to and from the event.

Volunteers:

To volunteer at this event, please fill out the [Givepulse link](#).

2024 Viva Mexico Partners and Activities:



Univision

Our local Spanish-language news station will be providing a bilingual Master of Ceremonies for the event! They bring high-energy excitement to our announcements! Bilingual Spanish/ English. Our MC for the evening is Claudia Talamantez from Univision!



Consulado General de Austin

It is a MACC tradition to invite our Mexican Consulate to commemorate this annual Viva Mexico event. Consul General Humberto Hernández Haddad will give the “Grito” of Independence. El Grito de Dolores or Grito de Independencia, was a speech given by Miguel Hidalgo y Costilla on September 16, 1810, in Dolores, Mexico, that called for Mexicans to fight for independence from Spain. Hidalgo rang the church bell to gather the village and encouraged them to revolt against the Spanish authorities, triggering the Mexican War of Independence.



Frida Friday ATX

A local Womxn of Color-centered marketplace. “Frida Friday ATX creates local marketplaces and cultural spaces that promote and connect Women of Color while creating spaces that are culturally rich and diverse. We believe our communities deserve to be seen and celebrated!” – TK Tunchez, Frida Friday ATX.

In order to join the vendor market, please fill out their [vendor application](#).



[Danza Azteca Guadalupana](#)

A local dance group founded in 2011 by the Flores family, these dancers bring traditions from San Luis de La Paz, Guanajuato. This ancient dance is rooted in Mexico's indigenous history. The sacred garments worn in Aztec dance promote the traditions of Pre-Columbian Mexico that are carried on by new generations on both sides of the US-Mexico border.



[Mariachi Clasico](#)

Established in 2019, Mariachi Clasico has quickly become Austin's most trusted and followed mariachi. Combining their traditional musical style with clean harmonies, Mariachi Clasico prides themselves in delivering top performances that are both pleasing to the ear as well as the eye. They were honored to accompany Ana Gabriel on her local stop with the "Por Amor A Ustedes" World Tour. Composed of both male and female veteran mariachis, some of the musicians have been performing for over 20 years. Mariachi Clasico was founded in Kyle, TX.



[Round Rock Ballet Folklórico](#)

Yolanda Sanchez founded Round Rock Ballet Folklórico in 1988, to offer everyone an opportunity to learn and grow through dance. She has been an educator for over 35 years and an instrumental influence in developing cultural programs throughout the city. Each student who participates walks away with a different perspective about Mexican heritage and the cultures that have influenced Mexico for generations.



[Llamativa](#)

Llamativa is a dynamic all-female 8-piece Chicana/Latina band known for its vibrant fusion of rhythms and melodies deeply rooted in cultural heritage. The band brings together an eclectic mix of genres, including Cumbia, Salsa, Tejano, Chacha, Bolero, and Baladas. Cristina Hinojosa is the band's drummer, Alicia C is the powerful lead vocalist, Amy Ann Torres plays congas and lends additional vocals, Corina Cantù and Kirsten Boynt on trumpet, Celeste Astorga on trombone, Veronica Lizarraga on keyboard, and Gabryelle Rodriguez anchors the rhythm

section with her solid bass lines.



[Organización Kumbiambera](#)

Local cumbia group in Austin that plays fun, upbeat music to dance to include tropical and cumbia.



[Alexandra Dorantes](#)

Recording artist and Latin GRAMMY® voting member, Alexandra Dorantes, emerged as a force in the traditional Mexican music scene with her authentic, powerhouse voice and heartfelt interpretations. Born in San Marcos, Texas, in 2003 to Mexican parents, Alexandra holds dual citizenship in the United States and Mexico. In 2022, she released her debut mariachi album, *Ni Contigo, Ni Sin Tí*. This work revealed her captivating voice through iconic huapangos from the Golden Age of Mexican Cinema, breathtaking boleros, and vibrant rancheras. In 2024, Alexandra released her new singles *Hoy Por Fin* and *Que El Mundo Ruede*, along with her latest album *Inolvidable*.



[El Mana Food Truck](#)

Norma has been serving authentic Mexican food for over ten years. She started the El Mana food truck on her own in 2011. El Mana serves delicious tacos, tortas, aguas frescas, and desserts!



[Mike's Texas Tacos](#)

Local family- owned taco truck in Austin serving delicious tacos!



[Dulce Frida](#)

Family- owned Austin based food truck serving healthy, fruit-based frozen treats.



[Mom and Pops Popsicles](#)

The story of Mom & Pops began one hot summer day in Austin in 2008 when Manuel & Laura Flores decided to introduce their small children to the “paleta” or frozen pop, a traditional frozen treat that they had each enjoyed as children growing up on the US-Mexico border. The Flores family decided to make their own paletas at home. They started creating recipes using fresh, all natural and organic ingredients. Their kids were the official taste testers and it soon became apparent that they would have to share their delicious creations with the rest of Austin! “Popsocology” is the word they created to describe their approach to combining a “for profit” business with four of their most important values: familia, healthy living, environmental stewardship, and Keeping Austin Cool!



Chicano Classics Event

Saturday, September 21, from 12 PM - 3PM
Cepeda Branch Library

[Event Website](#)

As part of Austin Public Library's Hispanic Heritage Month programming, the Cepeda Branch Library and ESB MACC will co-present a special event titled--"Chicano Classics: the Art of Lowriding and Bronze Band".

It will feature the premiere showing of a life size art installation piece of a lowrider float built by local artist Alonso Estrada. This family friendly event will appeal to all ages with fun photo ops alongside the lowrider sculpture with a Dia de Los Muertos inspired character as the driver. The showing will be accompanied by the Tejano sounds of music provided by the Bronze Band. Viewers will learn about the historical roots of Chicano art and culture behind lowriders, the art of float making, and Tejano music.

Tribute to Manuel Cowboy Donley

September 28, 6:00 PM - 9:00 PM

Location: Parque Zaragoza, East Austin

[Event Website](#)

This tribute is a collaboration between The Donley Family, the ESB-MACC, the Austin Tejano Music Coalition, and is produced by Christopher Mares. This project has been financed in whole or in part by the City of Austin's Live Music Fund Event Program. Join us for a heartfelt tribute to the legendary Manuel "Cowboy" Donley, featuring performances by musicians, including family members, honoring his remarkable musical arrangements. We invite the public to come and celebrate the memory and music of Manuel "Cowboy" Donley. Bring coolers, chairs, and shade tents! Performance: A two-hour set with a short intermission.



Day of the Dead

Saturday, Nov 2

**Oswaldo A. B. Cantu Pan Am Recreation Center, 2100 E 3rd St,
 Austin, TX 78702**

Share on [Facebook!](#)

www.AustinTexas.gov/DayoftheDead

The Emma S. Barrientos Mexican American Cultural Center presents our 16th annual celebration of Dia de los Muertos (Day of the Dead). This beloved tradition brings family and community together to celebrate the lives of our ancestors, family, friends, and public figures. The MACC's 16th annual Day of the Dead festival is pairing up again with MexAmerican! This celebration of life will take place at the Pan American Recreation Center. This celebration in East Austin will be a community-building family friendly event. Guests can enjoy hands-on children's activities, art activations, vendors, food trucks, and a collective community altar. This outdoor event is free and open to all ages. Guests may bring chairs and water. Alcohol-free.