Holistic Wellness Program



Taller Abierto:
Painting/Drawing Workshop (15+)
1st Thursday of each month @ 10-11:30am
George Morales Dove Springs
Recreation Center



Chair Yoga 3rd Wednesday of each month @ 11am George Morales Dove Springs Recreation Center



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



Chair Yoga 4th Monday of each month @ 11am Willie Mae Kirk Library



Beginner Swim Lessons (5+) Saturdays @ 11-11:50am April 6-May 25 Bartholomew Municipal Pool



Beginner Swim Lessons (5+)
Tuesdays & Thursdays @ 6:15-7:15pm
April 16-May 9
Big Stacy Neighborhood Pool



Women's Self-Defense Class (18+) Saturday, May 4 @ 3-4:30pm Austin Women's Boxing Club



Film Screening
"Road to Leadville 100: Si Se Puede"
Sunday, May 5 @ 2-5pm
Dougherty Arts Center



FREE!

Todas las clases son bilingües - inglés y español

Digital Calendar





Cooking Demo: Summer Picnic & Potluck (15+): Wednesday, May 15 @ 6-7:30pm Central Library - Demo Area/Kitchen



Sunday, May 19 @ 9:30am Sunset Valley Community Garden



Small Business Financial Wednesday, May 22 @ 6-7:30pm Little Walnut Creek Library



Learn to Row (18+) Thursday, May 23 @ 6-7:30pm Austin Rowing Club



Home Ownership Workshop Wednesday, June 12 @ 6-7:30pm Little Walnut Creek Library



Cine de Oro Tuesday, June 25 @ 9-12pm Conley-Guerrero Senior Activity Center



Cooking Demo: Healthy Snacks (15+) Wednesday, July 17 @ 6-7:30pm Central Library - Demo Area/Kitchen





Rock Climbing w/ Latino Outdoors Saturday, July 20 @ 12-2pm Mesa Rim Climbing Center Taller Abierto: Painting/Drawing Workshop (15+):

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

Chair Yoga: 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.

Beginners Swim Lessons: 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.

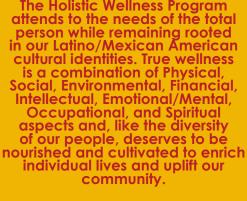
Cine de Oro: It's back! Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Garden Day: 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. Pre-registration required.

Learn to Row (18+): Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience. Pre-registration required.

Women's Self-Defense Class (18+): 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. Preregistration required.

2 hrs FREE garage parking at Central Library



Austin Rowing Club 74 Trinity St (512) 831-4922

<u>Austin Women's Boxing Club</u> 2919 Menchaca Rd #210 (512) 905-0109

Big Stacy Neighborhood Pool 700 E Live Oak St (512) 445-0304

710 W Cesar Chavez St (512) 974-7400

Conley-Guerrero Senior Activity Center 808 Nile St, Austin (512) 978-2660

> Dougherty Arts Center 1110 Barton Springs Rd (512) 974-4000

George Morales Dove Springs
Recreation Center
5801 Ainez Dr
(512) 974-3840

Little Walnut Creek Library 835 W Rundberg Ln (512 974-9860

<u>Sunset Valley Community Garden</u> 1160 Lone Oak Trail, Sunset Valley

> Yarborough Library 2200 Hancock Dr 512 974-8820

Willie Mae Kirk Library 3101 Oak Springs Dr (512) 974-9920

Mesa Rim Climbing Center 1205 Sheldon Cove Building 3 (512) 284-9043 Cooking Demo - Summer Picnic & Potluck (15+):

Learn how to make delicious and nutritious summer snacks, perfect for your summer picnic or potluck, using products found at your local grocery store. Tastings are included! Pre-registration requiredby Fri, May 10.

Small Business Financial: Business owners will learn the three most important financial documents: balance sheets, profit and loss statements, and cash flow reports. At the end of the workshop you will be able to prepare or work with a professional to prepare these documents. Facilitated by Business Community Lenders of Texas. Preregistration requested.

Home Ownership: Get started on the journey towards purchasing a home of your own. The first steps are getting your finances and credit scores in order - we're here to help you!. Pre-registration required.

Community Exhibit: La Mujer - The Diosa Energy Within: We invite all Austin area visual artists (professional or novice) to submit a clear photo(s) of your 2D art work for the ESB-MACC's Holistic Wellness Program Community Exhibit by Fri, May 10. The art work may be a maximum of up to 24"x24" inches. Submission form provided on the ESB-MACC website.

Film Screening "Road to Leadville 100: Si Se Puede":

Leadville 100 is one of the most difficult ultra-marathons in the world due to its high elevation and tough terrain. This film is about Daniel Flores' journey going for the seemingly impossible, and being able to push through and make it happen! A talkback with Daniel and the Director Ramon Morales will follow.

Rock Climbing w/ Latino Outdoors: Join us for beginner friendly indoor rock climbing at Mesa Rim. All gear provided. <u>Pre-registration required.</u>

Questions or Feedback?
Contact Lorie Martinez at
maccwellness@austintexas.gov
austintexas.gov/esbmacc











