




Emma S. Barrientos
Mexican American Cultural Center

June-August 2024

Holistic Wellness Program

 **Taller Abierto (15+)**
Painting/Drawing Workshop
Thursday, June 6 @ 10-11:30am
Dove Springs Recreation Center

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

 **Learn to Kayak/Paddleboard (18+)**
4th Thursday of each month @ 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

Taller Abierto: Painting/Drawing Workshop (15+):
Art classes for all levels. All materials provided! Pre-registration required.

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

Learn to Kayak and Paddleboard (18+): Join us on Lady Bird Lake and paddle through the heart of Downtown Austin. Pre-registration required.

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

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. Facilitated by Business & Community Lenders of Texas.

Community Exhibit: The Diosa Energy Within: All people can harness their Diosa (goddess) Energy. The artwork exhibited may be inspired by the artist or the influential Diosas in their lives who ignite, empower, nurture, persevere, uplift, and make waves of change in our world. Exhibit on display: June 27-August 11.

The Holistic Wellness Program attends to the needs of the total person while remaining rooted in our Latino/Mexican American cultural identities. True wellness is a combination of Physical, Social, Environmental, Financial, Intellectual, Emotional/Mental, Occupational, and Spiritual aspects and, like the diversity of our people, deserves to be nourished and cultivated to enrich individual lives and uplift our community.

FREE!

Digital Calendar



Calendario Digital

****Todas las clases son bilingües - inglés y español****

2 hrs FREE garage parking at Central Library

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

austintexas.gov/esbmacc

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 Exhibit: The Diosa Energy Within**
Opening Reception
Thursday, June 27 @ 6-7:30pm
Ruiz Branch Library

 **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

 **Si Se Puede: Road to Leadville 100**
Film Screening
Sunday, July 21 @ 2-4:30pm
Dougherty Arts Center

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

Cooking Demo - Healthy Snacks (15+): Learn how to make delicious and nutritious sweet n' salty snacks - Chili Lime Popcorn, Sweet Plantain Chips and Watermelon Agua Fresca - using products found at your local grocery store. Tastings included! Pre-registration requested by Fri, July 12.

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

Si Se Puede: Road to Leadville 100 Film Screening: Join us to view the story of Daniel's Journey as a Mexican immigrant preparing for one of the most difficult ultra-marathons in the world. Film in English. Screening followed by a bilingual (SPN/ENG) talk-back with Daniel Flores and the film's director, Ramon Morales.

Community Conversation with Exhibiting Artists: Join us in discussion with artists from our Community Exhibit: The Diosa Energy Within. They will share insight about their work and experiences, and you are invited to participate in the roundtable! We will reflect about the Diosas in our lives who have made an impact. Facilitated by Maribel Falcon, Librarian at Benson Latin American Collection- UT Austin.

 Physical  Social  Environmental  Financial

 Intellectual  Emotional/
Mental  Occupational  Spiritual



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Programa de Salud Holística



Taller Abierto: Pintura/Dibujo (15+)
 Jueves, 6 de junio @ 10-11:30am
 Dove Springs Recreation Center



Yoga en Silla
 Tercer Viernes de cada mes @ 10:30am
 Yarborough Library



Aprende a Kayak y Paddleboard (18+)
 Cuarto Jueves de cada mes @ 6-7:30pm
 Austin Rowing Club



La Propiedad de Vivienda
 Miércoles, 12 de junio @ 6-7:30pm
 Little Walnut Creek Library



Cine de Oro
 Martes, 25 de junio @ 9-12pm
 Conley-Guerrero Senior Activity Center

El Programa de Salud Holística atiende las necesidades de la persona en su totalidad mientras permanece enraizado en nuestras identidades culturales latinas/mexicoamericanas. La verdadera salud es una combinación de aspectos físicos, sociales, ambientales, financieros, intelectuales, emocionales/mentales, ocupacionales y espirituales y, al igual que la diversidad de nuestra gente, merece ser nutrido y cultivado para enriquecer las vidas individuales y elevar a nuestra comunidad.

¡GRATIS!

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

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

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

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

Yarborough Library
 2200 Hancock Dr
 512 974-8820

Dougherty Arts Center
 1110 Barton Springs Rd, Austin, TX 78704
 (512) 974-4000

Mesa Rim Climbing Center
 1205 Sheldon Cove Building 3
 (512) 284-9043

Central Library
 710 W Cesar Chavez St
 (512) 974-7400

Ruiz Branch Library
 1600 Grove Blvd 78741
 (512) 974-7500

¿Preguntas o Comentarios?
 Contacta Lorie Martinez a
maccwellness@austintexas.gov
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Exposición Comunitaria: La Energía de Diosa Dentro Recepción de Apertura
 Jueves, 27 de junio @ 6-7:30pm
 Ruiz Branch Library



Demo de Cocina: Bocadillos Saludables (15+)
 Miércoles, 17 de julio @ 6-7:30pm
 Central Library - Demo Area/Kitchen



Escalada en Roca con Latino Outdoors
 Sábado, 20 de julio @ 6-7:30pm
 Mesa Rim Climbing Center



Si Se Puede: Proyección de la Película Road to Leadville 100
 Domingo, 21 de julio @ 2-4:30pm
 Dougherty Arts Center



Conversación Comunitaria con los Artistas de la Exhibición:
 Jueves, 8 de agosto @ 5:30-7:30pm
 Ruiz Branch Library

Demo de Cocina: Bocadillos Saludables (15+): Aprende a preparar deliciosos y nutritivos bocadillos de verano - Palomitas con Chile y Limon, Chips de Plátano Dulce y Agua Fresca de Sandía - usando productos que se encuentran en su supermercado local. ¡Las degustaciones estan incluidas! Se requiere pre-registro antes de viernes, 12 de julio.

Escalada en Roca con Latino Outdoors: Participe en la escalada de roca en interior para principiantes en Mesa Rim. Se proporciona todo el equipo. Se requiere pre-registro.

Si Se Puede: Proyección de la Película Road to Leadville 100: Acompañenos a ver la historia del viaje de Daniel, un inmigrante mexicano que se prepara para uno de los ultramaratones más difíciles del mundo. Película en inglés. La proyección irá seguida de una plática bilingüe (español/inglés) con Daniel Flores y el director de la película, Ramón Morales. Se requiere pre-registro.

Conversación Comunitaria con los Artistas de la Exhibición: Participa en un plática con los artistas de nuestra exhibición comunitaria: La Diosa Energía Interior. Los artistas hablarán de sus obras y experiencias, y tú estás invitado a participar. Reflexionaremos sobre las Diosas que nos han marcado en nuestras vidas. Moderada por Maribel Falcón, Bibliotecaria de Estudios de Benson Latin American Collection- UT Austin.

2 horas de estacionamiento en garaje GRATUITO en Central Library

La Ciudad de Austin se compromete a cumplir lo establecido en la Ley de Estadounidenses con Discapacidades (ADA). A solicitud de los interesados, se proveerán modificaciones razonables y acceso equitativo a las comunicaciones. Para obtener ayuda, por favor llame al (512) 974-3772 o al número de Relay Texas, 7-1-1.



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