

MACC Staff Report – 1/4/23

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December Events:



Groundbreaking Ceremony, Dec 10th

PRESS RELEASE: [ENGLISH](#)/[SPANISH](#)

On Saturday, December 10th in collaboration with Public Works and the PARC Office of Special Events, we hosted a blessing of the grounds, guest speakers and groundbreaking ceremony



About 75 people attended the ceremony, which featured speakers: Senator Gonzalo Barrientos, Kathie Tovo, Pio Renteria, Liana Kallivoka, Eric Bailey, Constance White, Chair Endi Silva and Vice Chair David Goujon.

January Programming: Holistic Wellness



More info at MYMACC.org

Announcing our newly created Holistic Wellness Program! We are kicking off the New Year with 20 classes on the 2023 calendar! All classes are bilingual – English and Spanish. A community survey will be completed in January to gather feedback and ideas on additional programs to be added beginning in the Spring 2023.

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.

Adult Capoeira Body Movement Class (15+)

Begins Jan 12, Thursdays @ 7pm,

[South Austin Recreation Center](#)

Capoeira is an Afro-Brazilian Martial Art + dance that incorporates music, movement and culture. Engage the body, mind and spirit!

Kid's Capoeira Body Movement Class

Begins Jan 14, Saturdays @ 12pm

[George Morales Dove Springs Recreation Center](#)

This class is appropriate for youth.

Bilingual Yoga for All Levels

Begins Jan 14th, Saturdays @ 10am

George Morales Dove Springs Recreation Center

Yoga for All levels is a practice that focuses on body awareness and deep relaxation. 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.

Bilingual Chair Yoga

Begins Jan 18, Wednesday @ 11am

George Morales Dove Springs Recreation Center

Chair Yoga is a gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people who have various physical abilities or those who find other types of yoga classes too challenging.

Budgeting

Jan 11 @6-7:30pm

Carver Library

What is your money personality and how does it affect your day to day finances? Learn to track your expenses and create a spending plan to start an emergency or a fund or prepare for large purchases.

Afro-Latin Flow

George Morales Dove Springs Recreation Center

Starting Jan 22, Sundays 2-3:30pm

Afro-Latin Flow is a combination of West African dance, Latin dance, and contemporary movement. Participants learn steps by repeating them to the rhythm of live drums.

MACC Inventory List



The MACC staff has been working hard on cleanup and inventory of our equipment, furniture, decorations, and supplies. Items will be stored, rehomed, recycled, and saved depending on anticipated use in the new building.

Black Box



Auditorium