

MACC Staff Report – 4/5/23

[Website](#) - [Facebook](#) - [Instagram](#)

Our Holistic Wellness Program offers bilingual (English and Spanish) FREE programming across Austin. [Take Our Survey](#) to gather feedback and ideas on additional programs to be added to our 2023 programming.

Holistic Wellness Programming (March)

Taller Abierto: Drawing and Painting Workshop

-March 2 @ 10-11:30am George Morales Dove Springs Recreation Center (Attendance: 8)

-March 25 @ 2-3:30pm North Village Branch Library (Attendance: 17)

Yoga for All Levels

March 4,11,18,25 Saturdays @ 10am (Attendance: 19)

George Morales Dove Springs Recreation Center

Chair Yoga

March 1, 8, 15, 22, 29 Wednesdays @ 11am (Attendance: 31)

George Morales Dove Springs Recreation Center

Adaptive Yoga

March 6, 13, 20 Mondays @ 6:30pm, (Attendance: 6)

South Austin Recreation Center **Class has been canceled.**

Gardening/Composting/Recycling

Wednesday, March 8 @ 6-7:30pm (Attendance: 13)

Carver Branch - Meeting Room

Afro-Latin Flow

Sunday, March 12 & 26 @ 2-3:30pm (Attendance: 10)

George Morales Dove Springs Recreation Center



Austin Public Library Program- Adult Story Hour: Celebrating Women Who Tell Our Stories: 6:30pm

Wed, March 15 at Twin Oaks Branch (Attendance: 4)

Mon, March 20 at Southeast Branch (Attendance: 5)

Tues, March 28 at Central Library (Attendance: 18)



Learn to Row

Mar 23@ 6-7:30pm (attendance: 19)

Austin Rowing Center.



ESB-MACC Healing Garden - Day of Wellness

March 26 8:30-1pm (Attendance: 32)

Sunset Valley Community Garden. We held our 2nd annual Day of Wellness at our ESB-MACC Healing Garden's new temporary location in the Sunset Valley Community Garden. Included hike with a Doctor, Gardening, Yoga and Meditation, Nature Painting Demo, Acoustic Guitar, Craft Project.

Upcoming Holistic Wellness Programs (April)

Voice/Guitar/Songwriting Lessons Beginner (April 3, 17) & Intermediate (April 4, 18) (15+)



Mondays at 4pm, Tuesdays at 2pm, Windsor Park Library

Voice/Guitar/Songwriting Lessons Intermediate: Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America. Bring your own guitar. Pre-registration required.

Taller Abierto: Drawing and Painting Workshop:

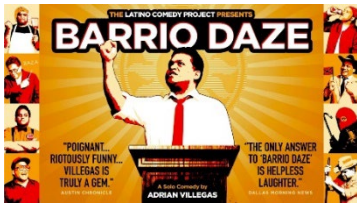


April 5th @ 10-11:30am at Dove Springs Recreation Center

Saturday, April 22 @ 2-4pm at 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!

Gardening/Composting/Recycling: Wednesday, April 12 @ 6-7:30pm

Central Library - Demo Area. Learn the basics of Central Texas organic gardening and the cultural significance of specific plants. We'll share compost tips, how to conserve water as you harvest, and you'll leave with plenty of ideas for how to reduce, reuse, and recycle!



Latino Comedy Project "Barrio Daze" (18+):

Friday, April 14 @ 8-9:30pm at Carver Museum. Adrian Villegas' one Man show "Barrio Daze" mixes cultural humor and pointed social commentary for a fast-paced, laugh-out-loud funny portrait of Latino life in America, offering a message of defiance and uplift to a community under siege.



Afro-Latin Flow: Sunday, April 16, 30 @ @ 2pm

George Morales Dove Springs Recreation Center. 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.



Drumming Lessons: Sunday April 16, 30 @ 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.

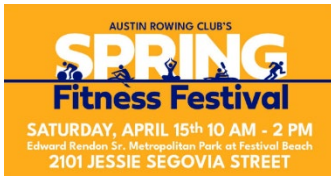


Learn to Row: April 27 @ 6-7:30pm

Austin Rowing Center. Join Austin Rowing Club on Lady Bird Lake for an introductory learn-to-row class! You will be introduced to sweep rowing (using one oar) in a pontoon training barge, learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. No experience required.

Expect a fun, beginner friendly, and lively experience.

Healing Garden Workday: Sunday, April 30 @ 9am 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.



Austin Rowing- Fitness Festival. Join Austin Rowing Club for a day of fun, fitness and health during our second annual Fitness Festival this Spring! Check out activities and experiences both on the shores of Festival Beach and on the water in Lady Bird Lake. <https://austinrowing.org/fitness-festival/>



Signature Event: La Mujer

Pop Up Printed Guide

A printed La Mujer Pop-Up Guide (small booklet) will be offered for free at all of these events, where event attendees can mark off which La Mujer events they attend. Get a special prize at the end of April for attending three or more of the La Mujer events!



Mujeres Poderosas

We want to hear from YOU! Who inspires you? Is it your mom, sister, daughter, colleague, or friend? Is there a powerful (poderosa) Latinx role model for you and/or the community? At any of these La Mujer activations, fill out a [nomination](#) to be featured on the MACC's [Facebook](#) or [Instagram](#). See a [video](#) of past nominations!

La Mujer Activation Dates

- Sunday, March 26, 8:30 a.m.–1:00 p.m. [Day of Wellness](#) at [Sunset Valley Community Garden](#)
- Tuesday, March 28, 6:30 p.m.–7:30 p.m. [Adult Story Hour](#) at [Austin Central Library](#)
- Saturday, April 1, 9:00 a.m.–11:30 a.m. [Vestido Rojo](#) at [Austin Marriot South](#)
- Saturday, April 8, 10:00 a.m.–12:00 p.m. [Sábados en Familia](#) at [Austin Central Library](#) (3rd floor)
- Saturday, April 22, 1:00 p.m.–4:00 p.m. [Ney Day](#) at [Elisabet Ney Museum](#)
- Thursday, April 27, 5:00 p.m.–9:00 p.m. [Film Screening: Mama Irene](#) at [Carver Museum](#)
- Saturday, April 29, 10:00 a.m.–12:00 p.m. [Virtual Mural Presentation: La Mujer Mosaic](#) view on [MACC Facebook](#)



Film Screening: Mama Irene: Thursday, April 27 @ 4-8pm

George Washington Carver Museum. The film depicts Mamá Irene's secret healing practices, never before filmed. This is not only a vital document of endangered wisdom; it is also a story about Woman empowerment and how to live in harmony with Mother Earth.



Camino Teen Leadership Program. The annual Breaking Barriers Latinx Youth Conference will take place at the Carver Museum on April 8th. Applications for the 2023-2024 class of Caminos are now online! www.AustinTexas.gov/Caminos