

## MACC Staff Report – 5/3/23

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Please share our social media posts, sign up for our newsletter, and check out our upcoming events!

### **Holistic Wellness Programs: Past**

**Yoga for All Levels: Saturdays at 10am (Attendance: 49)**

**George Morales Dove Springs Recreation Center**

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.

**Chair Yoga: April 5 & 12 at 11am (Attendance: 14)**

**George Morales Dove Springs Recreation Center**

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 or those who find other types of yoga too challenging.

**Voice/Guitar/Songwriting Lessons Beginner (April 3, 17) & Intermediate (April 10, 24) (15+)**

**Monday at 4pm Attendance: Beginner: 16, Intermediate: 7**

**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.

**Guitar Lessons: Beginner (15+): Tuesday @ 2pm Beginner (April 4,18) & Intermediate (April 11, 25) (15+)**

**Attendance: Beginner: 12, Intermediate: 5**

**Twin Oaks Library Branch**

Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

**Taller Abierto: Drawing and Painting Workshop: April 5th @ 10-11:30am (Attendance: 9)**

**George Morales Dove Springs Recreation Center**

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 (Attendance: 9)**

**Central Library - Demo Area**

Learn the basics of Central Texas organic gardening - what/when/where to plant, and how to conserve water as you harvest. We'll discuss compost basics and you'll also leave with plenty of ideas and resources to reduce, reuse, and recycle.

**Latino Comedy Project "Barrio Daze" (18+): Friday, April 14 @ 8-9:30pm (Attendance: 92)**

**George Washington 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 (Attendance: 12)**

**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 (Attendance: 14)**

**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.

**Taller Abierto: Painting/Drawing Workshop (15+): Saturday, April 22 @ 2-4pm (Attendance: 10)**

**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!

**Film Screening: Mama Irene: Thursday, April 27 @ 4-8pm (Attendance: 103)**

**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.

**Learn to Row: April 27 @ 6-7:30pm (Attendance: 17)**

**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 @ 9-11am (Attendance: 4)**

**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. Special guest, Jesus Garcia, will help us connect with the spirit of plants through traditional Mexican and Latin root herbalism. We will be crafting a spring to summer botanica essence known as Agua Sana while we work together beautifying our garden.

**Fitness Festival: Chair Yoga/Afro Latin Flow (Attendance: 9) Festival Beach Park**

Fitness Festival coordinated by the Austin Rowing Club.

**Holistic Wellness Programs: Upcoming**

**Yoga For All Levels**  
Saturdays @ 10:30 am  
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.

**Family Yoga**  
Saturdays @ 12pm  
A space for kids and their adult to practice yoga together.

George Morales Dove Springs Recreation Center  
5801 Ainez Dr.  
Austin, TX 78744

**FREE!**

Todos las clases son bilingües - inglés y español  
Questions? Center Lorie Martinez  
at [macwellness@austintexas.gov](mailto:macwellness@austintexas.gov)  
[austintexas.gov/esbmacc](http://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.

San E. Bazombe Mexican American Cultural Center, Austin Public Library, Austin Yoga, and other partner logos.

**Family Yoga: Saturday @ 12pm (Starts May 6<sup>th</sup>)**

**George Morales Dove Springs Recreation Center**

Bring the whole family to a beginner friendly yoga class that incorporates poses both children and adults can do!

**Yoga for All Levels: Saturdays at 10:30am**

**George Morales Dove Springs Recreation Center**

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.

**Voice/Guitar/Songwriting Lessons Beginner (15+): Monday at 4pm, May 1, 15, 29**

**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.

**Voice/Guitar/Songwriting Lessons Intermediate (15+): Monday at 4pm May 8, 22**

**University Hills 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: May 4th @ 10-11:30am**

**George Morales Dove Springs Recreation Center**

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

**Women's Self-Defense (18+) Saturday, May 6 @3-4:30pm**

**Austin Women's Boxing Club**

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.

**Guitar Lessons: Beginner (15+): Tuesday @ 2pm May 2,16, 30**

**Twin Oaks Library Branch**

Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

**Guitar Lessons: Intermediate (15+): Tuesday @ 2pm, May 9, 23**

**Twin Oaks Library Branch**

Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

**Afro-Latin Flow: Sunday, May 7, 21@ @ 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.



**FREE!**

**Drumming Lessons**

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.

**Saturday May 13 @3pm**

**Windsor Park Library**  
5833 Westminster Dr  
Austin, TX 78723

\*\*Todas las clases son bilingües - inglés y español\*\*  
Questions? Contact Larin Martinez at [marionette@texasstate.gov](mailto:marionette@texasstate.gov)  
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**Drumming Lessons: Sunday May 7, 21@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.

**Road to Financial Freedom: Wednesday, May 10 @ 6-7:30pm**

**Carver Branch - Meeting Room**

Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills.



### **Self Love: Acts & Affirmations (18+): Saturday, May 21 @ 3-4:30pm**

#### **Asian American Resource Center**

True self-care includes intentional actions taken for one's well-being in 9 major areas of life. We will discuss the importance of doing regular check-ins to better understand our individual needs, as well as how to set and maintain behaviors that cultivate self-love.



### **Learn to Row: May 25 @ 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, May 21 @ 9-11am**

#### **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.

### **Signature Event: La Mujer**



We completed our month of La Mujer activations, culminating in our La Mujer Mosaic Mural presentation. 30 people attended in person and 1,500 tuned in online! It was a heartfelt ceremony that focused on the *Caminantes* from various years. See the mural in person and/or view the links below:

La Mujer Mosaic Mural [KXAN news story!](#)

La Mujer Mosaic Mural [Documentary \(5 minutes, watch on YouTube\)](#)

La Mujer Mosaic Mural [Ceremony \(full recording\) \(one hour, on Facebook\)](#)



Our webpage [www.AustinTexas.gov/MACCLaMujer](http://www.AustinTexas.gov/MACCLaMujer) contains links to the videos about the La Mujer Mosaic Mural project as well as an artist statement by the 2018-2019 class and a link to apply to the current class of Caminos.

### **La Mujer Activation Dates:**

**Sunday, March 26,** [Day of Wellness](#) at [Sunset Valley Community Garden](#)

**Tuesday, March 28** [Adult Story Hour](#) at [Austin Central Library](#)

**Saturday, April 1** [Vestido Rojo](#) at [Austin Marriot South](#)

**Saturday, April 8** [Sábados en Familia](#) at [Austin Central Library](#) (3rd floor)

**Saturday, April 22** [Ney Day](#) at [Elisabet Ney Museum](#)

**Thursday, April 27** [Film Screening: Mama Irene](#) at [Carver Museum](#)

**Saturday, April 29** [Virtual Mural Presentation: La Mujer Mosaic](#) view on [MACC Facebook](#)



## **Signature Event: Awards of Excellence**



Starting on May 5<sup>th</sup>, we will be accepting nominations for the Awards of Excellence ceremony. This award recognizes those individuals in Austin that have demonstrated significant leadership and have made meaningful contributions in the Latino/a/x/e cultural arts.

The deadline to fill out nomination(s) is May 26, 2023.

[Nomination Form \(Google Form\)](#)

The ceremony will be on July 29<sup>th</sup>, 2023 at the Long Center. ESB MACC Advisory Board Members are all cordially invited to attend. The nominees and those who nominated them will be able to invite guests to attend this awards ceremony. The winners names will be engraved on the Petalos wall! *\*City of Austin employees cannot nominate or be nominated for an Award of Excellence\*.*

Please fill out a nomination now! For questions, email [Estrella.DeLeon@austintexas.gov](mailto:Estrella.DeLeon@austintexas.gov).

To see the entire list of past winners, please see <https://www.austintexas.gov/MaccAwards>

## **Education: Caminos Teens**

### **Caminos Teen Leadership Program Graduation**

The Caminos graduation will be held on June 10<sup>th</sup> at the Austin Central Library. There will be an accompanying art exhibit as part of their end of the year project. We are accepting **applications for the 2023-2024 class** of Caminos until May 15. Don't wait, apply now! For teens ages 16-18 from any school in Austin or surrounding areas. [www.AustinTexas.gov/Caminos](http://www.AustinTexas.gov/Caminos)

## **Education: Families**



### **Morning Glories at Waterloo Greenway**

The ESB MACC Education Department has been offering Tuesday morning activities for youth at Waterloo Greenway!

### **Sábados en Familia**

An ongoing monthly program at the Austin Central Library that involves storytime and a hands-on art activity. Last month featured the book *The Woman Who Outshone the Sun* and a Zapotec art activity. Free for all ages. Dates: [May 13](#), June 10, July 8, August 12. Times: 10:00am-12:00pm

## **Community Outreach: Past**



### **Ney Day, April 22**

The MACC had multifaceted involvement in Ney Day! The MACC EDU team led an art activity, the MACC outreach team screened our *La Mujer* film and talked to folks inside about MACC programs, MACC Holistic Wellness led an Afro Latin flow class and an improv play, and Florentino Diaz, MACC graphic designer, did their graphics and promotion!

### **MACC information table at the Carver, April 27**

-Distributed information about La Mujer, promoted the mural presentation, met lots of Carver and MACC community members including folks from DAWA (Diversity Awareness & Wellness in Action)



### **Fiesta Austin Breakfast at Joe's Bakery, April 28<sup>th</sup>**

Promoted the Mosaic Mural Unveiling and the partnership between the MACC and Fiesta Austin which is an event occurring at Fiesta Gardens on Saturday May 6<sup>th</sup> in celebration of Cinco de Mayo. The ESB MACC will be part of that event.



### **Dove Springs Library Anniversary Party, April 28<sup>th</sup>**

Provided children's activities like the Selena paper doll, MACC coloring book. Foster the relationship between the MACC and Austin libraries. Connections with Vanessa Fuentes, Irene Magana-Noverola, Bryana Salcido.



### **Austin Lowriding Event, April 29<sup>th</sup>**

This event occurred for the first time at the Palmer Event Center. The MACC provided a children's activity on lowriders, and connected with over 250 families!

## **Community Outreach: Upcoming**



### **Southwest Keys Latino Arts Health and Wellness Event, May 13**

9:30 - 2:30 p.m. at the Victor R. Garza Community Center @ Southwest Key Programs HQ, 6002 Jain Lane, Austin, Texas 78721.



### **Happy Cinco de Mayo!**

The ESB MACC will be offering the lowrider activity for children at Fiesta Austin on May 6<sup>th</sup>. The activity will be at our booth all day but will also be featured in the Kids Zone from 1:30pm - 2:30pm. Families, come to the event it's free admission before noon and \$7 after that. Look for the purple MACC tent! All information about Fiesta Austin is at <https://fiestaaustin.org/>. For more Cinco de Mayo events,

Nancy Flores's [Austin Vida](#) newsletter contains great info!