

MACC Staff Report – 7/5/23

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Please share our social media posts, sign up for our [newsletter](#), and check out our upcoming events!

Holistic Wellness Programs



Yoga for All Levels: Saturdays @ 10am

(Attendance: 34)

George Morales Dove Springs Recreation Center

Body, mind and soul will align as we move with intention through gentle movement guided by breath. Meditation & sound regulate the nervous system.

Family Yoga: Saturdays @ 12pm

May 20/27 (Attendance: 10)

George Morales Dove Springs Recreation Center

Bring the whole family to a beginner friendly yoga class!



Chair Yoga: 3rd Thursday of each month @ 11am

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.



Guitar Lessons: Beginner (15+): Tuesday @ 2pm May 2,16, 30 (Attendance: 13). May 9, 23 (Attendance: 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.

Voice/Guitar/Songwriting Lessons Beginner

(15+): Mondays @ 4pm

Windsor Park Library May 1, 15, (Attendance:

7) University Hills Library May 8, 22 (Attendance: 6)

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



Drumming Lessons (varies)

George Morales Dove Springs Recreation Center May 7, 21 @ 1pm

(Attendance: 13)

Windsor Park Library Sunday, May 13 @ 3pm (Attendance 4)

Learn to play drums influenced by West African, Afro-Latin and contemporary styles. 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/instrument.



Taller Abierto: Drawing and Painting Workshop: First Thursday of the month @ 10-11:30am

***Next Class July 6**

George Morales Dove Springs Recreation Center (Attendance: 19)

Windsor Park Library May 27th @ 2-4pm (Attendance: 10)

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 Saturday, May 6 @3-4:30pm (Attendance: 8) **Austin Women's Boxing Club**

In a hands-on environment we will practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. Gain a basic understanding of how to defend yourself using your body /tools like a baton, pepper spray, and a tactical flashlight.



Learn to Row: May 25 @ 6-7:30pm (Attendance: 16) **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.



Beginners Swim Lessons (5-17): Saturdays, June 10-July 8 @ 12pm **Walnut Creek Municipal Pool**

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.



Healing Garden Workday: Sunday, June 11 @ 9-11am **Sunset Valley Community Garden**

We will work to beautify the MACC Healing Garden, then Jesus Garcia of Herbal Action Project will show us how to craft a protective and cooling spring body mist with garden botanicals to clear energy and provide a cooling atmosphere that you may take with you.

Introduction to Mindfulness (15+): Sunday, June 25 @ 3-4:30pm **Asian American Resource Center**

Mindfulness is being intentionally present with our feelings, bodily sensations, thoughts, and surrounding environment. We will share ways to focus attention to present moments and quick but powerful techniques to successfully incorporate these practices into any busy schedule. Pre-registration required.

Road to Financial Freedom: Wednesday, May 10 @ 6-7:30pm (Attendance: 4) **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 (Attendance: 8) **Asian American Resource Center**

True self-care includes intentional actions taken for one's well-being in 9 major areas of our lives. Everyone moves through life differently, and thus these actions will be unique to each individual and their needs. Knowledge is key in effectively managing a self-care plan. We will discuss the importance of doing regular check-ins to better understand our individual needs and how to set and maintain intentional self-love actions.

Education: Caminos Teens

Caminos Teen Leadership Program Graduation



www.AustinTexas.gov/Caminos

The Caminos graduation was held on June 10th at the Austin Central Library.

The class of 2024 is currently undergoing interviews and will start this Summer. They attend Viva Mexico (Sept), Day of the Dead (Nov) and

outrreach at Hopefest in October.



Education: Youth/ Families

Sábados en Familia - [July 8, August 12](#) 10am-12pm

An ongoing monthly program at the Austin Central Library that involves story time and a hands-on art activity.

Cosecha Summer Camp



Monday-Friday at the Asian American Resource Center, Cameron Rd.

Academia Cuauhtli Aztech Kidz Code Camp

We are so proud of our Academia Cuauhtli graduates! At their recent graduation ceremony, these young artists showed off skills they've been learning at their Summer camp! In the camp, "Aztech Kidz Code", they learn valuable technical skills for the modern world at the same time as they connect to Mexican indigenous traditions. They showcased their coding skills, made their own traditional masks and danced the Baile de los Viejitos from Michocan, Mexico. Big thanks to the teachers and program faciliators at Sanchez Elementary who teach these young learners about culture and community! To learn even more about the program, visit:



www.academiacuauhtli.com. Welcome Katya Guzman!

Signature Event: Awards of Excellence



The **Awards of Excellence** recognize those individuals in Austin that have demonstrated significant leadership and have made meaningful contributions in the Latino/a/x/e cultural arts. Nominations were open from closed. The ceremony will be on July 29th, 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. Questions, email Estrella.DeLeon@austintexas.gov.

Collaboration: Guelaguetza



Guelaguetza July 29 [Facebook Event](#) & [Long Center Ticket Link](#)

Ballet Folklórico de Austin presents Guelaguetza Oaxaqueña. Guelaguetza is a Zapoteca word meaning “active cooperation”; it is a gift that evokes reciprocity expressed by music, dance, and songs. This is a unique Oaxacan festival with significant historical and cultural roots.



Collaboration: Hillside Summer Concert Series

Pan Am Hillside Concert Series 2023

The Pan AM Recreation Center

2100 E 3rd Street, Austin, Texas 78702

Sponsored by Emma S. Barrientos Mexican American Cultural Center

Tuesday, July 11, July 18, July 25

6:00pm-9:00pm

✳️ The Oswaldo A.B. Cantu Pan American Recreation Center and Neighborhood Park along with the ESB Mexican American Cultural Center, present Austin's longest running free concert series, now in its 65th year! This event is free for all ages, No RSVP necessary. See you on the Hillside!

✳️ Free live music, ✳️ Bring blankets/ lawn chairs, ✳️ Free children's activities, ✳️ Refreshments for sale
✳️ DJ & Color Guard Performances

Performance Schedule **lineup is subject to change, check @ESBMACC Facebook for updates!*

Tuesday, July 11

Nova Band, Conjunto Los Pinkys w/special guest Susan Torres, DJ Robert Ligués

Tuesday, July 18

JR Gomez and the Conjunto Bandits, George Mercado, Kaitlyn Perez, DJ Wiz

Tuesday, July 25

The Tiarras, Ruben Ramos, DJ Old Skool

Outreach & Marketing Updates for Signature Events:



- Advertisement in La Prensa Newspaper for Awards of Excellence Nominations
- Article in El Mundo Newspaper for Hillside Summer Concert Series (July 6)
- Poster & Flyer Distribution for Guelaguetza
- MACC Information Tables at the “Drop-Ins” Thursday Evenings at the Long Center to promote the Guelaguetza

- MACC information table at Sanchez Elementary/ Academia Cuauhtli Graduation

- Coco Screening at the Long Center Nov 8th

-----***Save the date!***-----

Signature Event: Viva Mexico Saturday, Sept 16 w/ Univision, Pan Am Rec Center. 5-9pm.

Signature Event: Day of the Dead & Mexamericon, Saturday, Nov 4, Pan Am Rec Center