

MACC Staff Report – 9/6/23

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

Holistic Wellness Programs: AUGUST

Film Screening - The Graduates: Thursday, August 3rd @ 6:30-9pm (Attendance: 22)

LLILAS Benson Latin American Studies and Collections

Explores pressing issues in education today through the eyes of six Latino and Latina students from across the US. This film offers first-hand perspectives on key challenges facing the students, their families, educators, and community leaders. It is the story of the graduates who will make up America's future. With talk-back with Director Bernardo Ruiz.



Cooking Demo: High Protein (15+): Wednesday, August 9 @ 6-7:30pm (Attendance: 14)

Central Library - Demo Area/Kitchen

Learn how to make a quick and healthy meal using products found at your local grocery store. Tastings are included! Pre-registration required.

Drumming Lessons: Saturday, August 12 @ 3pm (Attendance: 21) Windsor Park Library

Drumming Lessons: Sunday, August 13, 27 @ 1pm (Attendance: 7) 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.

Healing Garden Workday: Sunday, August 20 @ 9-11am (Attendance: 5)

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.



Financial Workshop for Creatives-Caminos Prosperos: Tuesday, August 22 @ 6-7:30pm (Attendance: 13)

Dougherty Arts Center

We'll explore traditional and emerging ways artists and creatives can fund their practices and projects. These approaches will be taught through conversation and case studies. Co-led by Alberto Mejia, Principal at Tequio Community Works and Sarah Rucker, Founder at Full Gallop. Pre-registration requested.

Learn to Kayak and Paddleboard (18+): Thursday, August 24th @ 6-8pm (Attendance: 15)

Austin Rowing Club

Join us on Lady Bird Lake and paddle through the heart of Downtown Austin. Choose a single or double kayak or paddleboard. Pre-registration required.

Taller Abierto: Painting/Drawing Workshop (15+): Sat., August 26 @ 2-4pm (Attendance: 17)

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!



Cine de Oro: Tuesday, August 29 @ 9-12pm (Attendance: 44)

Conley-Guerrero Senior Activity Center

It's back! Join us for a screening of a film from the golden age of Mexican cinema. Lunch is served.

Chair Yoga: Rescheduled for Wed, August 30 @ 11am (Attendance: 2)

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.

Free Day of Yoga: Monday, September 4

Waterloo Greenway

- 8am: Intro to Yoga & Meditation (12 attendees)
- 12:30: Family Yoga (15 attendees)

Come flow with us and celebrate the amazing benefits of yoga, all in the beautiful Waterloo park.

Holistic Wellness Programs: UPCOMING



Taller Abierto: Painting/Drawing Workshop (15+): First Thursday of each month @10-

11:30am,

George Morales Dove Springs Recreation Center

Taller Abierto: Painting/Drawing Workshop (15+) Saturday, September 23 @ 2-4pm

Windsor Park Library

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

Chair Yoga: 3rd Wednesday 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.

Learn to Kayak and Paddleboard (18+): Fourth Thursday of each month @ 6-8pm

Austin Rowing Club

Join us on Lady Bird Lake and paddle through the heart of Downtown Austin. Choose a single or double kayak or paddleboard. Pre-registration required.

Healing Garden Workday Sunday, September 10 @ 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.

Home Ownership Wednesday, September 13 @ 6-7:30pm

Carver Branch - Meeting Room 2

Get started on the journey towards purchasing a home of your own. The first steps are getting your finances and credit scores in order - we're here to help you!

Gentle Flow Yoga: 3rd Saturday of each month @ 10:30am (starting in Oct). First class begins September 23

Little Walnut Creek Library

Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Education: Caminos Teens

Caminos Teen Leadership Program

Class of 2024 is currently being hired! Caminos class of 2024 will be working on a mural project at Onion Creek. They are planning to participate in Viva Mexico on Sept 16, HopeFest, and Day of the Dead on Nov 2 at Oakwood Cemetery and Nov 4 at Pan Am Recreation Center.

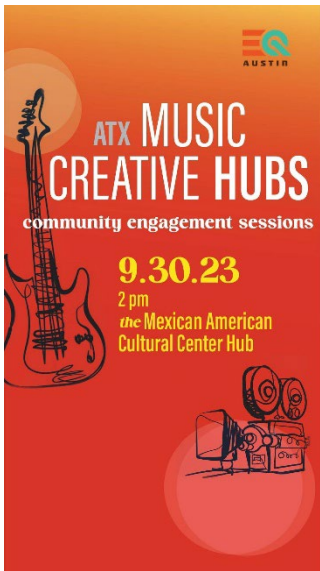
Education: Youth/ Families

Sábados en Familia Second Saturdays

Austin Central Library 10am-12pm

Next event is [Sept 9](#)

August 12th had 220 participants! This month, the book will be "Paletero Man"



EQ Austin Community Engagement Session

Saturday, Sept 30, 2023, 2:00pm

Asian American Resource Center

Give feedback on the future music hub at the ESB MACC!

Upcoming Outreach:

Long Center Community Day

Saturday, Sept 9 12-5pm

Ballet Folklórico de Austin will perform traditional danzas. The ESB MACC will be providing free children's activities in the Kodosky Lounge for the duration of this free community- friendly event.

Thinkery

Sept 19 Community Spotlight on Latino Heritage Month

<https://thinkeryaustin.org/program/community-spotlights/>

Sept 14- Rudy Mendez Rec Center 5:30 -8:00 PM

Community Night- loteria games, raffles, children's activities, and more!

Sept 15- Grito by Univision, 6:00-10:00pm

Republic Square Park Univision Grito Event

Sept 26

Morning Glories at Waterloo Park, Outreach/ Book reading with younger students

Nov 8 Long Center "Coco" Screening

The ESB MACC will provide children's activities, facepainting and teacher resources.



Viva Mexico 2023!

Viva Mexico 2023 is on Saturday, September 16th from 5pm – 9pm at Oswaldo A.B. Cantu/Pan Am Neighborhood Park!

FREE family-friendly event! There will be shuttle buses from 4-10pm making rounds from Fiesta Gardens and Metz Neighborhood Park.

- *We will be opening up with a prayer and drumming from the Center for Healing Arts.*
- *Hosted by Claudia Talamantez of Despierta Austin and Morning host for 107.7.*
- *Featuring Grito de la Independencia by Mexican Consul General Pablo Marentes!*

This year we will feature a line-up of youth performers in the beginning of the evening with:

- *Burnet Middle School's Los Changos*
- *Katelyn Perez*
- *Youth Austin Breakdancing group!*

We will continue the line-up with:

- *Mariachi Corazon de Tejas*
- *Ballet Folklorico de Austin*
- *Lesly Reynaga*
- *Danza Azteca Guadalupana*

We will have over 24 community vendors, 13 You can find and share event from the ESBMACC's Website or Facebook (@ESBMACC).

Get Involved!

We would love our Board to be involved with this year's Viva Mexico. Please sign up with Estrella at estrella.deleon@austintexas.gov to volunteer!

Dia De Los Muertos 2023

Dia de Los Muertos will be held on Sat. Nov. 4th at Oswaldo A.B. Cantu/Pan Am Neighborhood Park, Time TBD

We will be partnering again with MexAmeriCon who will bring a list of amazing comic illustrators, artists and authors. These artists will be speaking, meeting community, and selling their work.



Stay tuned for an amazing line-up of interactive workshop, demonstrations, installations, music performance and dance!