

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

## **Holistic Wellness Programming**

### **HWP March:**

**Taller Abierto - Painting/Drawing Workshop:** 1<sup>st</sup> Thursday of each month, March 7 @ 10-11:30pm (Attendance: 18)

**George Morales Dove Springs Recreation Center**

Art classes for ages 15+. Includes exploration of different techniques. All materials provided! Pre-registration required.

**Yoga for All Levels: Saturdays @ 10:30am** Saturdays (2<sup>nd</sup>, 16<sup>th</sup>, 30<sup>th</sup>) (Attendance: 25)

**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 to regulate the nervous system.

**Family Yoga:** 1<sup>st</sup> Saturday of each month, March 2nd @ 12pm (Attendance: 7)

**George Morales Dove Springs Recreation Center**

A space for kids and their adult to practice yoga together.

**Drumming Lessons:** 2nd Sunday of each month, March 10 @ 1pm (Attendance: 8)

**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.

**Chair Yoga:** 3rd Friday of each month, March 15 @ 10:30am (Attendance: 3)

**Yarborough Library**

A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical capabilities.

**Gentle Flow Yoga (8+):** 3rd Saturday of every month, March 17 @ 10:30am (Attendance: 3)

**Windsor Park 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.

**Chair Yoga:** 3<sup>rd</sup> Wednesday of each month, March 20 @ 11am (Attendance: 4)

**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 capabilities.



**Rooted in Culture Workshop:** Wednesday, March 20 @ 6-7:30pm (Attendance: 39)

**Central Library**

We will discuss seasonal plants native to the Tejas region rooted in the history of Indigenous folks and People of Color in our Austin lineage.

**Voice/Guitar/Songwriting Lessons - Beginner/Intermediate (15+) Mondays (4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>) @ 4-5pm (Attendance: 13)**  
**Windsor Park Library**

Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons. Skills addressed: left and right hand technique, chords, arpeggios, strumming patterns, vocal technique, and songwriting approaches.

**Guitar Lessons (15+): Tuesdays (5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>)**

**Beginner: 2-2:30pm (Attendance: 16)**

**Intermediate: 2:45-3:15pm Attendance: 13)**

**Twin Oaks Library**

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.



**Day of Wellness: Sunday, March 24 @ 9-1pm (Attendance: 72)**

**Hike: 18; Cooking demo: 16; Yoga: 12; Garden: 26**

**Sunset Valley Community Garden**

The annual Day of Wellness took place at our ESB-MACC Healing Garden's new temporary location in the peaceful Sunset Valley Community Garden.

**Chair Yoga: 4th Monday of each month, March 25 @ 11am (Attendance: 4)**

**Willie Mae Kirk Library**

A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical capabilities.



**Learn to Row (18+): Thursday, March 28 @ 6-7:30pm (Attendance: 16)**

**Austin Rowing Club**

Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience.

**Taller Abierto Painting/Drawing Workshop (15+): Saturday, March 30 @ 2-4pm (Attendance: 17)**

**Windsor Park Library**

Art classes for ages 15+. Includes exploration of different techniques. All materials provided! Pre-registration required.

**HWP Upcoming:**

**Taller Abierto: Painting/Drawing Workshop (15+): Thursday, April 4 @ 10-11:30am**

**George Morales Dove Springs Recreation Center**

Art classes for ages 15+. Includes exploration of different techniques. All materials provided! Pre-registration required.

**Yoga for All Levels: Saturdays @ 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 to regulate the nervous system.

**Family Yoga: 1<sup>st</sup> Saturday of each month, April 6th @ 12pm**

**George Morales Dove Springs Recreation Center**

A space for kids and their adult to practice yoga together.

**Drumming Lessons: 2nd Sunday of each month, April 14th @ 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.

**Chair Yoga: 3rd Friday of each month, March 15 @ 10:30am**

**Yarborough Library**

A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical capabilities.

**Gentle Flow Yoga (8+): 3rd Saturday of every month, April 19th @ 10:30am**

**Windsor Park 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.

**Chair Yoga: 3<sup>rd</sup> Wednesday of each month, April 17 @ 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 capabilities.

**Beginner Swim Lessons (5+): Saturdays @ 11-11:50pm - April 6-May 25**

**Bartholomew 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.

**Beginner Swim Lessons (5+): Tuesdays & Thursdays @ 6:15-7:15pm - April 16-May 9**

**Big Stacy Neighborhood 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.



**Road to Financial Freedom: Wednesday, April 24 @ 6-7:30pm**

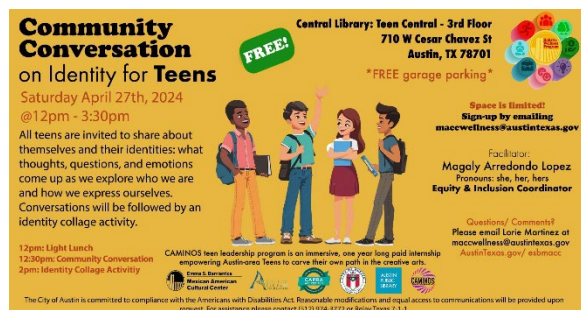
**Little Walnut Creek Library**

Gain control of your financial future by chipping away at debt such as credit cards and bills. Facilitated by Business Community Lenders of Texas.

**Learn to Row (18+): Thursday, April 25 @ 6-7:30pm**

**Austin Rowing Club**

Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience.



**Community Conversation on Identity for Teens: Saturday, April 27 @ 12-3:30pm**

**Central Library**

All teens are invited to share about themselves and their identities: what thoughts, questions, and emotions come up as we explore who we are and how we express ourselves? Conversations will be followed by an identity collage activity. A light lunch will be served. Pre-registration requested.

**Taller Abierto Painting/Drawing Workshop (15+): Saturday, April 27 @ 2-4pm**

**North Village Library**

Art classes for ages 15+. Includes exploration of different techniques. All materials provided! Pre-registration required.

**Hike and/or Garden Day: Sunday, April 28 @ 8:30-12pm**

**Violet Crown Trailhead/ Sunset Valley Community Garden**

Join us for an intermediate level 1.5 hour hike with uneven, rocky trail and some incline. Please dress comfortably for the weather and bring a water bottle. Afterward, we'll meet 2 miles down the road at the ESB-MACC Healing Garden where we grow herbs, fruits and vegetables. Volunteers work hands-on maintaining the garden then move in-doors for a garden activity. Pre-registration required by Wed, April 24<sup>th</sup>.



**Cine de Oro: Tuesday, April 30 @ 9-12pm**

**Conley-Guerrero Senior Center**

Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

**Special Film Screening: "Road to Leadville 100: Si Se Puede"**

**Sunday, May 5 @ 2-5pm**

**Dougherty Arts Center**

Film Screening "Road to Leadville 100- Si Se Puede": Leadville 100 is one of the most difficult ultra-marathons in the world due to its high elevation and tough terrain. This film is about Daniel Flores' journey going for the seemingly impossible, and being able to push through and make it happen. In the short film, Daniel Flores trains and runs the race, all while sharing his journey as a Mexican Immigrant living in the US. A talk-back with Daniel and the Director Ramon Morales will follow.





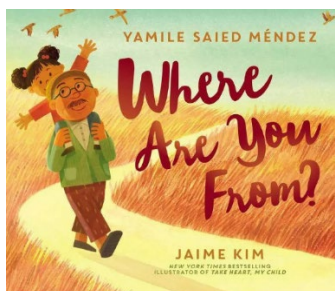
### HWP Exhibit: La Mujer/ La Diosa Within

All people can harness their Diosa (goddess) energy. Your submission may be inspired by you or the influential Diosas in your life who ignite, empower, nurture, persevere, uplift, and make waves of change in our world.

We invite all Austin visual artists to submit a clear photo(s) of your 2-D artwork for the Holistic Wellness Program Community Exhibit by May 10<sup>th</sup>. The Artwork may be a maximum of up to 24" 24". This exhibit will be at the Ruiz Library. [Apply now!](#)

## Youth and Family Education

March was a busy month for the Education team. They offered Capoeira at the Dove Spring Recreation Center and youth MACC-tivities at the Virginia L. Brown Recreation Center. They have also had a great time doing senior activities all month long! We hosted Varsity MACC-tivities at the Gus Garcia Recreation Center and painting classes with the seniors at Virginia L. Brown Recreation Center.



### Sábados en Familia

At March's Sábados en Familia at Austin Central Library, we read the book La Guitarrista by Lucky Diaz and Micah Player. This book tells the story of a tenacious girl who achieves her wildest dreams with a little help from her community and a broken guitar. Participants made their own mini guitars. We had 108 participants in attendance.

Our next Sábados en Familia event will be on April 13<sup>th</sup>, when will read Where Are You From? by Yamile Saied Mendez. When a girl is asked where she's from—where she's really from— she turns to her loving abuelo for help. He doesn't give her the response she expects. She gets an even better one. Participants will create scenic collages representing who they are and where they are from.

### Communities in Schools

Community in Schools SmartKids have been preparing for the eclipse in April. They have been doing all things space related. Participants at Meadowbrook have learned about constellations and the Nazca Lines of South America, our first Latina in space, Ellen Ochoa, and are making their own eclipse viewers.



### Siembra Spring Break Camp

Siembra Spring Break Camp was a success! Participants did activities such as Capoeira, beading, and pottery. We had fun visiting the Austin Nature and Science Center, and doing outdoor painting at Walnut Creek Park. Huge shout out to the Asian American Resource Center for hosting us.



### Day of Wellness

The MACC EDU team finished off the month helping at the MACC's Holistic Day of Wellness at Sunset Valley Community Garden. The Education team hosted an activity table where participants could paint rocks and clay pots. Participants who painted a pot also got a succulent plant to take home.

### MACC Outreach

The EDU team will be celebrating Cinco de Mayo at the Bob Bullock Texas State History Museum during H-E-B Free First Sunday at the Bullock. They will be hosting an activity table with tissue paper flowers and sharing our MACC coloring book. They will be discussing what other activities they can bring to our Lending Library and After School programs during Cinco de mayo week.



### Eclipse Viewing

Thanks to a partnership between the Austin Parks and Recreation Department and UT Austin, Austin residents in all 10 City Council districts will have the chance to experience up-close solar viewings during the Great North American Eclipse on Monday, April 8. UT is providing eclipse glasses and telescopes with solar filters for independent and guided viewing in select parks between noon – 3 p.m. City

officials urge residents to enjoy the eclipse close to home due to anticipated traffic and visitor influx. Learn more about viewing locations: <https://www.austintexas.gov/parkseclipse>

**Saturday, April 6, 2024 - 10 a.m. - 4 p.m.**

Total Eclipse of the Park

[Austin Nature & Science Center](#)

**Sunday, April 7, 2024 - 12 p.m. - 4 p.m.**

Total Eclipse of the Park

[Austin Nature & Science Center](#)

Share your thoughts and photos with us at [TotalEclipseATX@austintexas.gov](mailto:TotalEclipseATX@austintexas.gov), or on Instagram at [AustinCityParks](#) using #TotalEclipseATX. Stories and images will be collected for a time capsule that will be kept at the [Austin Nature & Science Center](#).

## Camino Teen Leadership Program



### Breaking Barriers, Saturday March 30

Montopolis Recreation Center, 10am-2pm.

The Breaking Barriers/ Rompiendo Barreras Teen Wellness Conference was a great success on Saturday! The *Caminantes*, our young leaders, led a day of community art making, wellness activities, cultural exploration and mental health exploration.

The lineup of activities included a blessing ceremony and talking circle by Manuel and Jessica Zamarripa, a drum circle/percussion workshop with Melanie Rose, and art activities like screen printing, button and jewelry making. The workshops covered themes such as "Social Media and Mental Health: Can They Go Together", "Self Expression and Identity" and "Letter to Future Self-Finding Hope". The teens were also provided free breakfast, lunch, and snacks, as well as goody bags that were an incentive to visit with our community partners from local non-profits such as Austin Public Health and Urban Roots.



### Coming Up:

The teens will be participating in the upcoming HWP program on April 27, **Community Conversation on Identity for Teens**. Caminos will be at Lillas Benson on May 4th for a field trip. We have asked Lilia Benson at UT to pull archives for the students to read regarding 5 de mayo and they will be making traditional flowers that can be used MACC events.



# Academia Cuauhtli Bilingual Education Program

## Education With Heart



This event will take place at Mendez Middle School (5106 Village Square Drive Austin, TX 78744) on Saturday, May 4th from 9am-3pm. The MACC has partnered with Austin Independent School District (AISD) and Academia Cuauhtli to host Education with Heart: A Community Celebration which is both an inauguration of the Community Love Hub and Academia Cuauhtli's 10-year anniversary celebration. We invite families, educators, community advocates and members to join us for a day of activities, food, performances, and workshops for

teachers. Families and individuals can participate in fun hands-on activities, performances by local musicians, dancers, and youth, immigration and public health community resource workshops for families, demonstrations of afterschool clubs and programs for youth and families, and workshops for teachers.

<https://www.eventbrite.com/e/education-with-heart-a-community-celebration-tickets-873709006157>

## Outreach and Marketing

### Recent Outreach Events:



#### Go ATX Youth Career Fair, March 6

We attended this fair at Doris Miller Auditorium next to Rosewood Park/Delores Duffie Rec Center to talk to teens about Summer internship and employment opportunities with the Parks and Recreation Department, Caminos, and Breaking Barriers.

#### MAS Cultura Power, March 7

This local organization has invited the MACC to have an informational table at their event on March 7: Cultura Power: Tech, Talent, Tradition - Uniting to Elevate Latino Voices. It includes panel discussions and "Uprooted", an art exhibition that embodies the resilience and rich narrative of the Latino spirit. This is where we met Sandy Avila, who will be joining La Mujer!



#### Art in the Parks Bike Ride, March 9

The Old Bakery and Emporium presented during the annual Art in Parks tour, which has both a group bike ride and a walking tour of murals in downtown Austin. This fun bike ride by Downtown Austin Alliance went to Mexic-Arte Museum, Huston-Tillotson, Old Bakery, and 10 other sites. The ride starts and ends in Republic Square Park. At the Old Bakery and Emporium, Ruben Esquivel presented 3 mural designs and the public got to vote for them. Over 200 people did this bike ride!

#### Young Professional Network Meetup (COA), March 28

Fiesta Gardens at the Young Professional Network Meetup. Event is 2:00pm-5:00pm and I'll be there at 1:30pm, my contact is Rosa Martinez Suazo.







## Upcoming Outreach Events:

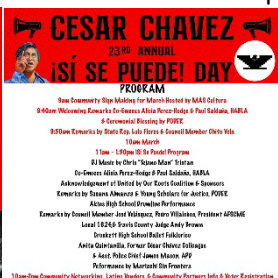
We will attend the Martin Middle STEAMfest on April 6 that reaches families from Martin, Sanchez, Zavala, Ortega, GoValle, and other schools. The Eastside STEAMFest is free to all nonprofit, city/county, faith-based and education exhibitors. Expected attendance is 1,000 to 1,500. We will provide information on our free programs and a Selena paper doll activity.

We will attend an outreach event at Crockett High on May 1<sup>st</sup> to promote the Caminos program, and we've signed up to do outreach on Thursday evenings at the Long Center again starting in May!

## Other Community Events:

### Cesar Chavez March, March 30

Saturday, March 30, 2024 - 10:00 am to 1:00 pm



The Annual ¡Sí Se Puede! César Chávez March & Day of Action was held at Parque Zaragoza, 2608 Gonzales St., Austin, TX 78702. Participants from AISD included Akins Drumline and the Crockett Ballet Folklorico. The march began at 10 a.m. and ended at approximately 10:45 a.m. followed by speakers, performances and exhibitors at Parque Zaragoza until 1 p.m. Michelle Rojas was able to attend!

### Upcoming:



**Rancho Alegre Conjunto Festival, Doris Miller Auditorium, 4/5-4/7.** This event is indoors, and it's ADA accessible. There is a parking lot in front of the venue and street parking in the neighborhood. They recommend Uber, Lyft, or other rideshares. The #2 CapMetro bus stops right in front of the Doris Miller Auditorium. <https://www.ranchoalegre.org/festival>

**AIPP/Mexic-Arte Community Engagement Series - Exploring Mural Art and Community Experiences: Native American, Latino, and Mexican American Cultural History in Texas and the Southwest.** Saturday, April 13th, 2024 | 12 pm – 2 pm | ACC Riverside El Centro 1020 Grove Blvd Bldg. G Austin, Texas 78741 <https://www.eventbrite.com/e/exploring-mural-art-community-experiences-tickets-841719655147>

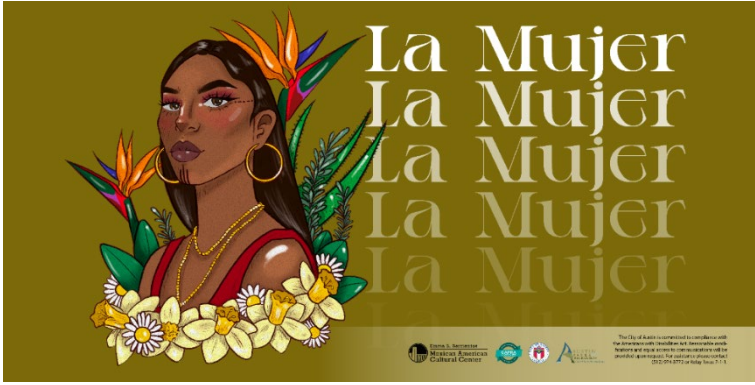


### Fiesta Austin

Saturday, May 4<sup>th</sup> 1:00-10:00pm, Fiesta Gardens. Live music, activity booths, and community resources!

<https://fiestaaustin.org/>

## Signature Events & Collaborations



### La Mujer 2024

The Emma S. Barrientos Mexican American Cultural Center (ESB MACC) presents [La Mujer: A Celebration of Women](#). In its 13th year, the ESB MACC's annual La Mujer event celebrates women and women-identifying individuals in Austin's Mexican American and Latina/o/x/e community.

For the first time, the ESB MACC has partnered with

The Cathedral gallery to create an intimate space for this annual event where women can be seen, heard, and empowered. The event includes mental health and wellness programming from organizations such as Contigo Wellness and Austin Public Health, a BIPOC-centered marketplace by Frida Friday ATX, and visual art exhibits curated by Monica Cenicerros of the Cathedral, a women-owned gallery space in East Austin.

The free event takes place on Sunday, April 21, 1:00pm-6:00pm at the [Cathedral Art Gallery](#) located at 2403 E 16th St. Austin, TX 78702. The event website, [www.austintexas.gov/macclamujer](http://www.austintexas.gov/macclamujer) has link to pre-register for indoor workshops on [Eventbrite](#). The event takes place both indoors and outdoors.

**Indoor activities** include visual art exhibits from the [Cathedral](#) with curator [Monica Cenicerros](#), keynote speakers, and four workshops: Workshop #1 is Sound Healing with Andrea Cortez from the [Mind, Body and Music Center](#), Workshop #2 is a Rebozo (Shawl) Workshop with Irasema from [Manos Magicas](#), Workshop #3 is a Somatic Writing Workshop with poet & author [Leticia Urieta](#).

The workshops require pre-registration; all other activities will be open to all attendees with no RSVP or ticket required. There will also be an indoor sound & movement and weaving family activities with [Creative Action](#) with no registration required.

**Outdoor activities** feature an all-day [Frida Friday ATX](#) Artisan Marketplace with TK Tunchez and Las Ofrendas. Frida Friday ATX is an economic movement of intersectional marketplaces & cultural spaces centering Latinx, BIPOC & queer folks. A great opportunity to shop local women-owned businesses including Chamoy kit making with [Besitos Chamoy](#)! There will be free outdoor hand-on children's activities, an "Open Pitch", which gives Austinites a chance to speak about their business, craft, or organization, and an "Open Mic" featuring up-and-coming performers in music and poetry. There will be mental health resources on site presented by Ashwell House and plenty of amenities like food trucks, aguas frescas, outdoor seating, DJ music, and raffle prizes.

Food will be available for purchase at the Frida Friday ATX market and at an on-site food truck. This an indoor-outdoor event, so please dress accordingly. If you need more information or want to participate in this event, email [Estrella.DeLeon@austintexas.gov](mailto:Estrella.DeLeon@austintexas.gov). If you have food trucks that are women-owned please send us those contacts!

### Schedule:

- 1:00pm-6:00pm Friday Friday ATX Market opens (outside)
- 1:00-2:00pm- Performance & Keynote Speaker (inside)
- 2:00-3:00pm Workshop Sessions 1 (inside- sound healing, rebozo, writing)
- 3:15-4:15pm Workshop Sessions 2 (inside- sound healing, rebozo, writing)
- 4:30pm Creative Action (inside)
- 5:00-6:00pm Outdoor music performances (outside), art exhibition viewing (inside)

### Awards of Excellence

Save the date for **June 29, 2024!** Nominations will be open soon, please keep an eye out on our email campaigns and

social media. If you're not getting our emails- make sure to sign up on our website! [www.AustinTexas.gov/ESBMACC](https://www.austintexas.gov/ESBMACC)  
<https://www.austintexas.gov/event/esb-macc-awards-excellence-2024>



**Collaboration: Patricia Vonne's Latinapalooza**

**Sunday, May 26th, 12-5pm, Lampkin Pavilion, Rosewood Park, 1182 North Pleasant Valley Road Austin, TX 78702**

The MACC is collaborating with Patricia Vonne to bring you Latinapalooza, an event that's in its 7th year, with an all Latina musical line-up celebrating Latina power and culture. It has been featured at SXSW as an official showcase for three years in a row.

Performers will include Mariachi Las Coronelas, Llamativa, The Tiarras, Patricia Vonne, and more! Save the date!



**Collaboration: Alexa Torres Skillicorn's Album Release Concert**

**Sat. June 15<sup>th</sup>, 7pm at the Dougherty Arts Center  
1110 Barton Springs Rd, Austin, TX 78704**

Alexa Torres Skillicorn is a Latina jazz violinist, band leader, and ethnographic researcher based in Austin, Texas. Musically, she seeks to cultivate improvisational and compositional styles which are both historically and personally rooted, embodying a dialogue between tradition and innovation in jazz. She recently recorded her forthcoming debut album entitled *In Situ*.

Alexa was awarded the Live Music Grant, through the City of Austin and working with the ESB MACC to offer this concert free to the community.