

MACC Staff Report – 8/2/23

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

Holistic Wellness Programs: JULY

Yoga for All Levels: Saturdays, @ 10am (July Attendance: 24)

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.

Chair Yoga: Wednesday, July 19 @11am (July Attendance: 10)

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.



Taller Abierto: Drawing and Painting Workshop (two locations)

First Thursday @ 10-11:30am, Dove Springs Rec Center (July Attendance: 6)

Saturday, July 22 @ 2-4pm Windsor Park Library (July Attendance: 21)

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

Next Lesson: Saturday, August 26 @ 2-4pm, North Village Library



Stress Reduction/ Meditation (15+): Wednesday, July 12 @ 6-7:30pm (Attendance: 5)

Carver Branch- Meeting Room

Learn how to use meditation techniques to reduce stress – including awareness of breathing, guided relaxation, and gentle stretching. Meditation clears away the information overload that builds up and contributes to stress. Preregistration requested.



Beginners Swim Lessons

Mabel Davis Pool Saturdays @12pm. July 15- Aug 12 (Attendance: 15)

Dove Springs Pool Saturdays July 17-28 (Attendance: 27)

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.

Drumming Lessons (two locations)

Dove Springs Recreation Center July 9, July 23 (Attendance: 11)

Windsor Park Library July 8 (Attendance: 25)

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.

Next lesson: Sundays, August 13, August 27 @ 1pm, George Morales Dove Springs Recreation Center

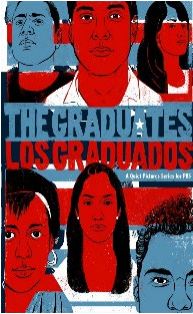
Next lesson: Saturday, August 12 @ 3pm, Windsor Park Library



**Learn to Kayak and Paddleboard: Thursday July 27 @ 6-8pm (Attendance: 18)
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.
Next Lesson: Thursday, August 24th @ 6-8pm

Holistic Wellness Programs: AUGUST (coming up!)



**Film Screening - The Graduates: Thursday, August 3rd @ 6:30-9pm
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. A talk-back with the Director, Bernardo Ruiz, will follow.



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

**Healing Garden Workday: Sunday, August 20 @ 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.



**Financial Workshop for Creatives-Caminos Prosperos:
Tuesday, August 22 @ 6-7:30pm
Dougherty Arts Center**

Explore traditional and emerging ways artists and creatives can fund their practices and projects. Approaches taught through conversation and case studies. Co-led by Alberto Mejia & Sarah Rucker. Pre-registration requested.



**Cine de Oro: Tuesday, August 29 @ 9-12pm
Conley-Guerrero Senior Activity Center**

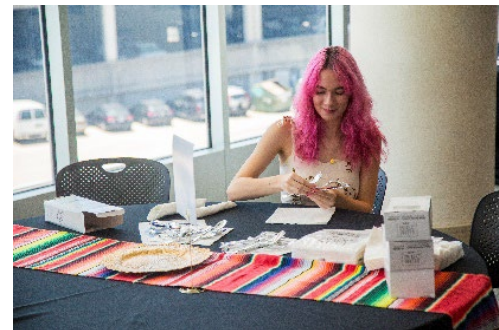
It's back! Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Education: Caminos Teens

Caminos Teen Leadership Program

Eufemia Rivera is interviews now! Class of 2024 is currently undergoing interviews and will be hired by the end of this Summer. First round interviews on Zoom are completed and we are now conducting 2nd round interviews for 23 students.

Caminos 2023 graduates have been working with the Cosecha Summer Camp and also helping with special events like the Pan Am Hillside and Awards of Excellence. They are planning to participate in Viva Mexico on Sept 16, HopeFest, and Day of the Dead on Nov 2 & 4.



Education: Youth/ Families

Sábados en Familia Second Saturdays

Austin Central Library 10am-12pm

[July 15](#) session had over 120 participants! They listened to a read aloud of “Dreamers /Soñadores” by Yuyi Morales and did a *repujado* (metal embossing) activity inspired by the book.

Next date: [August 12](#)

Cosecha Summer Camp

Monday-Friday at the Asian American Resource Center, Cameron Rd. 10 Edu camp staff. About 200 students served so far. Social and Environmental themes are currently being taught. Camp is currently partnering with the Central, Tx food bank to provide free lunch and snacks with each of our students.

Example of Lesson: Capoeira, the Afro-Brazilian cultural practice that combines dance, signing, instrument use and martial arts.

Academia Cuauhtli Aztech Kidz Code Camp

We are officially wrapping up our third annual Aztech Kidz Code summer program! This summer, we had 7 teachers and 150 participants across three sessions. The students learned about AI prompts, video game design, and traditional danza and mask-making traditions from central Mexico. We are excited to conclude the program with field trips to the Aquarena Springs Meadow Center and Epic Fun.



The Summer Camp graduation ceremony is on Sunday, August 6th, from 9-11 am at Sanchez Elementary. Guests are invited to witness their accomplishments, including a live hackathon and a special dance performance by the kids. After the graduation, there will be a 30-minute community forum led by Dr. Emilio

Zamora, UT Professor and Texas Historian, and Dr. Bambi Cardenas, former University of Texas Pan-American President, to answer any questions about Aztec Kidz Code or Academia Cuauhtli. www.academiacuauhtli.com.

Collaboration: Pan Am Hillside Summer Concert Series



ESB MACC sponsored performances, provided children’s activities, assisted with marketing, and provided a livestream. This event, as usual, was Tuesdays in July, 6:00pm-9:00pm. Senator Gonzalo Barrientos and Constable Carlos Lopez were MC’s.

Tuesday, July 11- Nova Band, Conjunto Los Pinkys, DJ Robert Lignes. Michelle made announcements!

Tuesday, July 18 - JR Gomez and the Conjunto Bandits, George Mercado, Kaitlyn Perez, DJ Wiz. Estrella made announcements!

Tuesday, July 25 - The Tiarras, Ruben Ramos, DJ Old School. Olivia made announcements!

On July 25th, folks who attended Palm School were invited to go on stage and take a big school reunion photo.

Signature Event: Awards of Excellence

Saturday, July 29 3-5pm

The **Awards of Excellence** ceremony took place at the Long Center, which included dinner and a recognition ceremony for those individuals in Austin that have demonstrated significant leadership in the Latino/a/x/e cultural arts. About 130 attended, and Mayor Kirk Watson opened the ceremony. Watch on [Youtube!](https://www.youtube.com/watch?v=...)



Collaboration: Guelaguetza

Saturday, July 29 6-9pm

Ballet Folklorico de Austin presented Guelaguetza Oaxaqueña. This is a unique Oaxacan festival with significant historical and cultural roots. There were over 500 attendees at the even in Dell Hall!

Save the dates!

Signature Event: Viva Mexico

Saturday, Sept 16 w/ Univision, Pan Am Rec Center. 5-9pm.

-Interested vendors, volunteers, non-profits can fill out our interest form if they would like to participate:

[Viva Mexico Partner Interest Form](#)



Signature Event: Day of the Dead & Mexamericon

Saturday, Nov 4, Pan Am Rec Center

