



Round Rock October 2025



Monday	Tuesday	Wednesday	Thursday
		1	2
<p>How to Join virtually: https://us06web.zoom.us/j/88681815641?pwd=tyZNlqS7Wg2VG0XetLUvbpK6PfDz7L1</p> <p>Meeting ID: 886 8181 5641 Passcode: 847299</p>		<p>12:30-1:30 Get Real</p>	<p>10:00-11:00 Meditation Mary 11:00-12:00 Frost Bank 12:30-1:30 Personal Hygiene</p>
6	7	8	9
<p>11:00-12:00 Home skills-folding clothes 12:30-1:30 Self-advocacy</p>	<p>10:00-11:30 Resume writing with TWC 12-1:30 A Day with Divine Canine</p>	<p>Fieldtrip - Imax Theatre- No virtual class</p> 	<p>10:00-11:00 Emotional Wellness 11:00-12:00 Frost Bank 12:30-1:30 Emotional Wellness pt 2</p>
13	14	15	16
<p>CENTER CLOSED - HOLIDAY - Indigenous Peoples Day</p>	<p>10:00-1:30 Transportation/Safety presentation with Capital Metro</p>	<p>12:30-1:30 I am Determined-self-advocacy</p>	<p>10:00-11:00 Meditation Mary 11:00-12:00 Frost Bank 12:30-1:30 Healthy Habits</p>
20	21	22	23
<p>11:00-12:00 Problem solving 12:30-1:30 Emotional intelligence</p>	<p>10:00-11:30 Resume writing with TWC 12:30-1:30 Dance exercise class</p>	<p>12:30-1:30 I am Determined-Communication</p>	<p>10:00-11:00 Environmental Wellness 11:00-12:00 Frost Bank 12:30-1:30 Environmental Wellness Pt 2</p>
27	28	29	30
<p>11:00-12:00 October World Events 12:30-1:30 Social skills</p>	<p>10:00-1:30 Austin police Department/Safety</p>	<p>12:30-1:30 I am Determined</p>	<p>Live Cooking Class-no virtual class</p> 

Learning Skills for Life: Build Confidence, Independence, and Wellness!

New classes- Learn practical home skills to prepare for living on your own or with others, develop emotional intelligence to better understand and manage your emotions, and stay informed with world events. Partnerships this month include Planned Parenthood for health education (Get Real), Frost Bank for financial literacy, and TWC for résumé building. Special sessions include a talk on service animals from Divine Canines, a Capital Metro presentation on public safety, a safety presentation from Austin Police Department, and our I Am Determined peer support group to connect and share experiences.