

ARCCIL Round Rock Virtual - APRIL ARCCIL

Monday	Tuesday	Wednesday	Thursday
How to Join virtually: https://us06web.zoom.us/j/83209825745?pwd=kligGOHGeYnXSEYpYdUp4b5NEMnbnmG.1 Meeting ID: 832 0982 5745 / Passcode: 693307			
		1	2
Highlights for this month include: Creative movement with Art Spark, Meditation with Mary, Get Real with Jocelyn, and Yoga with Heather.		10am Computer Class 10:30am ASL 11:30am Computer Class 12:30 Exercise Class	10am Meditation w/Mary 11am 8 Signs of Hearing Loss 12:30 Yoga w/ Heather
6	7	8	9
10am Exercise Class 11am Self-Awareness 12:30 Weather Ready	10am -12pm The Difference between 911, 311 & 211 12:30 Basic Spanish	10am Computer Class 10:30am ASL 11:30am Computer Class 12:30 Exercise Class	10am Creative Movement w/Silva 11am Social Wellness 12:30 Social Wellness continued
13	14	15	16
10am Exercise Class 11am Personal Hygiene 12:30 Healthy Habits	10am - 12pm The Importance of Sleep 12:30 Basic Spanish	10am Computer Class 10:30am ASL 11:30am Computer Class 12:30 Exercise Class	10am Meditation w/Mary 11am Get Real w/Jocelyn 12:30 Yoga w/ Heather
20	21	22	23
10am Exercise Class 11am Foods to Avoid for Healthy Aging 12:30pm Nutrition Class	10am Fire Extinguisher Presentation 11am How Stress Affects the Body 12:30 Basic Spanish	10am Healthy Eating for Older Adults 11am Ultra Processed Foods 12:30 Exercise Class	10am Creative Movement w/Silva 11am Basic First Aid 12:30 Yoga w/Heather
27	28	29	30
10am Exercise Class 11am Personal Safety Skills 12:30 Safety Skills continued	10am – 12pm 11am Situational Awareness 12:30 Basic Spanish	10am Computer Class 11am Nutrition Class 12:30 Exercise Class	10am Meditation w/Mary 11am Get Real w/Jocelyn 12:30 Yoga w/ Heather

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

Self-Awareness: Discuss different types of disabilities. **Weather Ready:** Preparedness techniques. **8 Signs of Hearing Loss:** Common symptoms. **Personal Hygiene:** Prevents illness & builds confidence. **Foods to Avoid for Healthy Aging & Ultra Processed Foods:** Learn the unhealthy effects. **Nutrition:** healthy foods for brain health. **Importance of Sleep:** The effects of sleep deprivation. **Emergency Services:** Learn the important differences between calling 911, 311 and 211. **Stress:** How it Affects the Body. **Basic Spanish:** For everyday use **Computer Class:** Practice clicking, typing, and learning how to use the internet. **Social Wellness:** Learn how to create positive social habits. **Basic First Aid:** Components of a First Aid Kit. **Healthy Habits:** Lifestyle habits that promote better health. **Safety Skills:** Tips for Personal Safety. **Situational Awareness:** Staying aware of your surroundings. **Internet Safety:** Practice safe online behaviors. **Fire Extinguisher Presentation:** By Rapid Fire Response. **Social Awareness:** Learning to feel comfortable with people in everyday situations. **ASL:** Learning basic sign language. **Exercise class:** Exercising to stay fit and healthy. **Healthy eating for older adults:** Learning to eat the right food at an older age. **Get Real:** Learning about relationships, your body and personal choices. **Meditation:** Practicing breathing and ways to calm the mind and body. **Yoga:** Learning gentle movements on how to stretch and breathing techniques. **Creative Movement:** Moving your body in fun and creative ways.