

MACC Staff Report – 10/4/23

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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/ SEPTEMBER**



Taller Abierto: Painting/Drawing Workshop (15+): First Thursday of each month @10-11:30am (Attendance: 14)

George Morales Dove Springs Recreation Center 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 (Attendance: 6)

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 (Attendance: 14)

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.

Free Day of Yoga: Monday, September 4 (Attendance: 27)

Waterloo Greenway

8am: Intro to Yoga & Meditation. 12:30: Bilingual Family Yoga. Come flow with us and celebrate the amazing benefits of yoga, all in the beautiful Waterloo park.

Home Ownership Wednesday, September 13 @ 6-7:30pm (Attendance: 3)

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!

Healing Garden Workday Sunday, September 10 @ 9-11am (Attendance: 9)

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. Please dress comfortably and appropriately for the weather.

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

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!

Gentle Flow Yoga: 3rd Saturday of each month @ 10:30am (Attendance: 2)

First class begins September 23, Little Walnut Creek. 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.

Holistic Wellness Programs: **UPCOMING**



Taller Abierto: Painting/Drawing Workshop (15+): First Thursday of each month @10-11:30am

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

Family Yoga: 1st Saturday of each month @ 12pm, George Morales Dove Springs Recreation Center

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

Drumming Lessons: 2nd Saturday of each month @ 3pm, Windsor Park Library.

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.

Community Drum & Dance: 2nd Sunday of each month @ 2pm. George Morales Dove Springs Recreation Center.

A fun and lively workshop that infuses Latin, Afro Latin, indigenous and contemporary rhythms. We will practice group improvisation and end in a drum and dance circle. Suitable for all levels, bodies and abilities!

Drumming Lessons: 2nd Sunday of each month @ 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 Wednesday of each month @ 11am, George Morales Dove Springs Recreation Center. A gentle form of yoga done while seated in a chair. These modifications make yoga accessible to people with various physical abilities.

Taller Abierto: Painting/Drawing Workshop (15+): 3rd Monday of each month @ 10-11:30am. Virginia L. Brown

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

Gentle Flow Yoga (8+): 3rd Saturday of each month @ 10:30am, 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.



Learn to Kayak and Paddleboard (18+): Thursday, Oct 26 @ 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.

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.

Guitar Lessons (15+): Tuesdays @ Twin Oaks Library, Beginner: 2-2:30pm, Intermediate: 2:45-3:15pm. 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.

Cooking Demo: Vegetarian (15+): Wednesday, October 11 @ 6-7:30pm

Central Library - Demo Area/Kitchen. This diet focuses on consuming fruits, vegetables, dried beans, peas, grains, nuts, some dairy products, and eggs. You will learn how to make a healthy and simple meal using products found at your local grocery store. On the menu: Vegetarian Pozole. Tastings are included!

Self-Defense Class (18+): Saturday, October 14 @ 3-4:30pm

Austin Women's Boxing Club. In a hands-on environment we will practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. You will gain a basic understanding of how to defend yourself using your body and tools like a baton, pepper spray, and a tactical flashlight.

Healing Garden Workday: Sunday, October 22 @ 10am-12pm

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. Please dress comfortably and appropriately for the weather.

Voice/Guitar/Songwriting Lessons (15+) Begins October 23

Mondays @ 4pm, Windsor Park Library. Intermediate: 4-4:30pm, Advanced: 4:45-5:15pm. Join award winning songwriter Javier Jara for voice, guitar and songwriting lessons using popular music from Latin America.



Roots and Wings Festival: Traditional Garden Altars with Marigolds: Saturday, October 28 @ 10:30-12pm

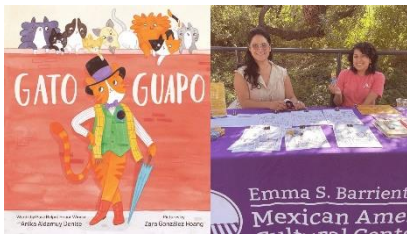
Zilker Botanical Garden. In this heartfelt class we will connect deeply with our ancestors as we join together to create a traditional garden altar, with the golden energy of Marigolds and folklore history of our Mexican Ancestors.

Taller Abierto: Painting/Drawing Workshop (15+) Saturday, October 28 @ 2-4pm North Village Library. It's back! Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Cine de Oro: Tuesday, October 31 @ 9-12pm

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

Education: Youth Programming



At Waterloo Park, the MACC Education team has been participating every Tuesday in their Morning Glories program for young children. On September 26th the MACC and Austin Public Libraries read the book Gato Guapo along with puppets! There were over 100 participants.

The Education Department will be taking the MACC into the Parks and Recreation centers this Fall and providing lessons related to Mexican American Culture. Examples of lessons are: **Alebríjes** which is Mexican folk art mythical creatures. **Macrame art/ beaded bracelets**, Papel picado, Paper flowers, and Pinatas.

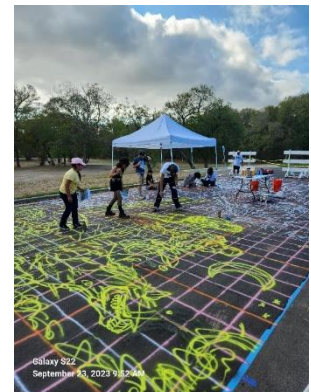


The MACC Education Department has also been busy making real sugar skull kits from scratch! They offered 300 sugar skull kits to the recreation centers, and all 300 were requested by 10 recreation center sites. They will be delivered mid-October to Givens, Hancock, Turner Roberts, Delores Duffie, Rudy Mendez, Gus Garcia, Austin Recreation Center, Camacho Activity Center, Montopolis Recreation Center, Virginia L. Brown Center.

MACC Education also provided sugar skull making session to Seniors at Dittmar Recreation center on 9/22 & 9/29.

Education: Caminos Teen Leadership Programming

We have hired our new class of Caminantes! They will work with the MACC all year and graduate in Spring 2024. Currently, the Caminos students are working on an Onion Creek Mural that will be presented to the public on Saturday, October 28th. They are mural painting under the guidance of artist Alonso Estrada.





Education: Youth/ Families

Academia Cuauhtli launched its bilingual Saturday school program with a Family Welcome Event on September 9th. They had a total of 60 attendees including students, families, and volunteers. Academia Cuauhtli classes take place every Saturday from 9am to 12pm from now until December 9th. This year, their instructors have emphasized three main themes: Mother Earth, Migration, and Identity. Currently, they have approximately 60 enrolled participants, with students joining from Sanchez, Perez, Houston, Travis Heights, Harris, and Hart Elementary schools.

On Saturday, September 23rd, they organized their inaugural field trip to the Zilker Botanical Gardens. The children had the opportunity to learn about the native plants and wildlife in Austin, Texas.

Academia Cuauhtli invites community members to volunteer or drop by on Saturdays from 9am-12pm at Sanchez Elementary to learn more about the year-round program. On October 7th, students will commemorate completing the Mother Earth unit and transition into discussions and activities focused on migration. Volunteer sheet: [Escuelita Fall 23 - Volunteer Sign Up](#) or email Katya.Guzman@AustinTexas.gov.



September Outreach:

- AISD Art Share & Fairs, Performing Arts Center, Sept 5
- Long Center Community Day, Saturday, Sept 9 12-5pm
- Thinkery Community Spotlight, Tuesday, Sept 19, 4-6pm
- Rudy Mendez Rec Center Community Night, Thursday, Sept 14, 5:30 -8:00 pm
- Grito by Univision, Friday, Sept 15, 4-6pm
- Communities in Schools Presentation, Wednesday Sept 27 11:30-1pm

October/November Outreach:

- [Frida Friday ATX Viva Homage a La Frida, Brewtorium](#), Sunday October 8th
- [AISD Hispanic Heritage Talent Show and Award Ceremony](#), Saturday October 14th
- [Viva La Vida Parade, Mexic-Arte Museum](#), Saturday October 28th
- [Long Center Coco Film to Concert at the Long Center](#), Wednesday November 8th

Related Events:

- Raul Valdez Pan Am Hillside Mural Anniversary, Saturday, October 14th 10:00am
- Onion Creek Mural Project, Saturday, October 28th 10:00am





Viva Mexico 2023!

The MACC hosted our 16th annual Viva Mexico from 5-9:30pm on September 16th, and it was a great success!. Thanks to the Oswaldo A.B. Cantu Pan American Recreation Center for hosting! Over 2,000 attendees at this free outdoor event enjoyed Mariachi and Ballet Folklorico performances, live Tejano and Country music, and a local youth talent showcase including young musicians from Burnet Middle School.

We hosted a Community Resource Fair with over 15 City departments and non-profits, a kids activity tent, and local art vendors. Master of Ceremonies Claudia Mexican Consul General Pablo Marentes led the public in the annual *Grito de Independencia*. The performances started with a youth showcase featuring Burnet Middle School's *Ilusion Modesta*, country-Tejana singer Katelyn Perez and Cap City Rockers Youth Breakdancing group. Then the public enjoyed performances by Mariachi Corazon de Tejas, Ballet Folklorico de Austin, Lesly Reynaga, and Danza Azteca Guadalupeana. Please sign up with Estrella at estrella.deleon@austintexas.gov to volunteer for our next signature event, Day of the Dead!



Day of the Dead & Mexamericon 2023 www.AustinTexas.gov/DayOfTheDead

The Emma S. Barrientos Mexican American Cultural Center presents our 16th annual celebration of Dia de los Muertos (Day of the Dead). This beloved tradition brings family and community together to celebrate the lives of our ancestors, family, friends, and public figures. The large-scale festival is on Saturday, November 4th at the Pan American Recreation Center in East Austin. The MACC will collaborate with Oakwood Cemetery, the Long Center, and Parks and Recreation facilities to offer pop-up events leading up to and after the festival on 11/4.



Alma y Corazon Ceremony

Thursday, November 2

5:30-8:00pm

Oakwood Cemetery

This free event takes place on Dia de Muertos, because on November 2nd is the date that our loved ones can return. The altar presentation and ceremony at Oakwood Cemetery on Day of the Dead features

Mariana Nuño Ruiz McEnroe, author of *Dining with the Dead*, who will give a talk on the rich culinary traditions in Mexico that are associated with Dia de Muertos. Javier Jara will play guitar and guests can enjoy complimentary hot chocolate and tamales while they share stories of their families. All are invited to pay respect to the individuals buried in Oakwood Cemetery to view the collective ofrenda (altar) by artist Alonso Estrada, made specifically for this site in loving memory of those who have passed. Bring non-perishable objects (notes, flowers, copies of photographs) to add to the ofrenda. A digital exhibit on Day of the Dead will

also include articles, photos and videos that give local history and cultural context to this celebration. Anyone who has family ties to Oakwood Cemetery and would like to decorate a monument is encouraged to contact Jennifer Chenoweth. Jennifer.Chenoweth@austintexas.gov.



Day of the Dead Festival & Mexamericon Comic Con

Saturday, November 4th

1:00-9:00pm

Oswaldo AB Cantu Pan American Park

The MACC's 16th annual Day of the Dead festival

is pairing up again with MexAmericon! This celebration of life will take place at the Pan American Recreation Center, where they recently hosted their Viva Mexico celebration. This celebration hosted in East Austin will be a community-building family friendly event. Guests can enjoy hands-on children's activities, art activations, vendors, food trucks, and a collective community altar.



The festival's extended hours from 1:00pm-9:00pm combine the MACC's most anticipated events of the year into one big celebration! At 1:00-3:00pm, MexAmeriCon will present their afternoon showcase of Mexican American and Latinx artists who work through the medium of comic books, graphic novels, zines and pop art. The "Artist Alley" under the big outdoor MexAmeriCon tent offers loteria (bingo), an artisan market, and autograph signings. Now in its tth year,

MexAmeriCon is a Comic Con like no other, and it's the only Latine-focused comic con in Central Texas. Expect to be immersed in culture- focused graphic novels and an innovative experience that creates a positive and inclusive environment for both artists and attendees to unite and share.

MexAmeriCon will be activated during the entire festival hours of 1-9pm. Guests who arrive between 1-3pm will be able to experience a MexAmeriCon-focused afternoon that includes closer insight into the original artworks featured. You may even go "back in time" playing the Aztec Loteria game!

At 3:00pm, get ready to welcome the Day of the Dead with altars, art installations, and activities that foster an appreciation for the sweetness and fragility of life. Discover the MACC's large-scale interactive sculptures by Las Piñatas ATX, and live screen printing with Old School Nation. The MACC's education department offers free sugar skull decorating and face painting. The collective outdoor ofrenda (altar) will be a gathering of memories that grows larger throughout the evening as guests contribute names and notes to it. Performances by mariachi metal group Tequila Rock Revolution, Tejano Music Awards Best New Female Artist Monica Saldivar, and Austin's Latin-Psych Fusion band Los Alcos round out the evening.

The MexAmeriCon and Day of the Dead events all occur outdoors and under tent cover on the Pan Am grassy "Hillside". The events are free and open to all ages. Guests may bring chairs and water. Alcohol-free. Parking and shuttle information will be updated on social media @ESBMACC and AustinTexas.gov/DayoftheDead.

November 4th Features:

- Graphic Artists, Interactive Board Games by Mexamericon
- Sugar Skull Decorating by MACC Education Department
- Large-Scale Art Installations by Las Pinatas ATX
- Screen Printing by Old School Nation
- Loteria (live bingo game) by MexAmeriCon
- Facepainting by Mexamericon 1-3pm & MACC Education 3-8pm

* The list of activities will grow, stay tuned on social media for more!

Ways the public can participate:

- Attend the festival on November 4th and invite your friends! Follow @ESBMACC!
- To be a vendor or volunteer, [please fill out this form!](#)
- Does your food truck want to sell food at the festival? Email Estrella.DeLeon@AustinTexas.gov!
- Bring your photographs & flowers to add to one of the community altars. The public can add to the altars on Nov 2 at Oakwood Cemetery or Nov 4 at Pan American Recreation Center. No perishables or valuables please!
- Wear your MexAmeriCon cosplay to participate in a costume contest!
- Does your workplace or school want to build an ofrenda? Email Olivia.Tamzarian@austintexas.gov