



March/Marzo 2015

South Austin Neighborhood Center
2508 Durwood St. Austin, TX 78704, 972-6840



Health Observation: National Nutrition Month
Observacion de Salud: Mes de Nutricion Nacional



Upcoming Events: Fresh Foods for Families/Comidas Frescas para Familias: Tuesday, March 17, Free perishable food for the community. Please sign up at 9:00am, please bring your grocery bags. (Fresh Foods for Families event is third Tuesday of the month) Martes, 17 de Marzo, Comidas frescas gratis para la comunidad. Por favor de firmar su nombre en el centro a las 9:00am, por favor de traer sus bolsas. (Comidas Frescas para familias es tercer martes del mes)

Healthy Options Program for the Elderly (HOPE) Comida Saludable para Ancianos: Thursday, March 12, 9:00am to 12:00pm. Packaged food for those at least 55 years of age and must be registered, thank you. Please bring your bags. Jueves, 12 de Marzo, 9:00am - 12:00pm. Comida envasada para los ancianos 55 anos y mayor, debe ser registrada, gracias. Por favor de traer sus bolsas.

Free WeViva Zumba classes: Zumba classes Mondays 12:00pm to 1:00pm, clases until March 30, in the Tree Conference Room. **Gratis clases de WeViva Zumba:** Clases de Zumba, Lunes, 12:00pm - 1:00pm, clases, hasta Marzo 30, en el Tree Conference Room.

Dove Springs Community Fresh Foods for Families/Comidas Frescas para Familias Comunidad Dove Springs: The second Friday of each month, 1 p.m. at Dove Springs Recreation Center, 5801 Ainez Dr., please bring bags. The program needs volunteers to pass out food, please call 512-972-6840 to volunteer. El segundo Viernes del mes 1 p.m., en Centro de Recreacion de Dove Springs, 5801 Ainez Dr. Por favor de traer bolsas. Necesitamos voluntarios para dispensa de comida, por favor llame a 512-972-6840 para voluntar.

Social Services available: For assistance call Cliff Chong, Social Worker, at 512-972-6851 to schedule appointment.

Social Services available: For persons affected by 2013 Halloween flood call 512-972-6840 ask for Ashley Loyd.

Workforce Solutions located at South Austin Neighborhood Center:

Services to help individuals enter or reenter today's competitive job market. Workforce Solutions here in office 112, please call WERC Career Counselor, 512-972-6655, ask for Maggie Whitley.

Pregnancy Testing/Pruebas de Embarazo: Tuesdays at 10:00am-12:00pm and Thursdays at 2:00pm - 5:30pm. Proof of Pregnancy Report available for Medicaid and Chip. (No pregnancy testing March 17). Martes 10:00am-12:00pm y Jueves 2:00pm-5:30pm. Reporte de Embarazo es disponible para Medicaid y Chip. (No hay pruebas de embarazo el 17 de Marzo)

Fasting Blood Sugar, Cholesterol, and Blood Pressure Screenings available: Call 512-972-6854 for appointment. Chequeo de Azucar, Colesterol en ayunas y chequeo de presion es disponible. Llame a 512-972-6854 para cita.

Emergency Food Pantry/ Comida de Emergencia:

For assistance with emergency food pantry, to enroll in SNAP, and clothes closet call 512-972-6840 for an appointment. Para asistencia con comida de emergencia y ropero llama a 512-972-6840 para una cita.

Free Computer Classes by Austinfree.net/Clases de Computadora Gratis por Austinfree.net: Classes: computer basics, mouse/keyboard fundamentals, internet safety, operating system basics, internet safety for kids, internet/email fundamentals. Call 512-972-6840 for times available. Clases de computadora gratis, seguridad de internet para los niños, y básicos de sistema de operación. Llame a 512-972-6840 para horas disponible.

Please call to verify date and time of services, subject to change, thank you. Por favor de llamar para confirmar día y tiempo de servicios, puede cambiar, gracias.