

SUN./DOM.	MON./LUN.	TUES./MAR.	WED./MIER.	THURS./MIER.	FRI./VIER.	SAT./SAB.
					7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba  10–11 a.m. Sana yoga
3	4	5	6	7	8	9
	7 a.m.–4 p.m. Notary services / Servicios notariales  6:30–7:30 p.m. Zumba	7 a.m.–4 p.m. Notary services / Servicios notariales  5:30–6:30 p.m. Movement is Medicine Class/Clases de el movimiento es medicina  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales  6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales  10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba  10–11 a.m. Sana yoga
10	11	12	13	14	15	16
	7 a.m.–4 p.m. Notary services / Servicios notariales  12–2:30 p.m. Healthy Chef classes in English  6:30–7:30 p.m. Zumba	7 a.m.–4 p.m. Notary services / Servicios notariales  5:30–6:30 p.m. Movement is Medicine Class/Clases de el movimiento es medicina  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales  10 a.m.–12:30 p.m. Clases de Healthy Chef en Español  6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales  10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba  10–11 a.m. Sana yoga
17	18	19	20	21	22	23
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24	25	26	27	28	29	30
	- OFFICE CLOSED - - OFICINA CERRADA -   <i>Memorial Day</i> REMEMBER AND HONOR ★★★★	7 a.m.–4 p.m. Notary services / Servicios notariales  5:30–6:30 p.m. Movement is Medicine Class/Clases de el movimiento es medicina  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales  10 a.m.–12:30 p.m. Clases de Healthy Chef en Español  6:30–7:30 p.m. Zumba Toning	7 a.m.–4 p.m. Notary services / Servicios notariales  10 a.m.–12 p.m. Fresh for Less - Mobile Market/Mercaditos  6:30–7:30 p.m. Sana yoga	7 a.m.–4 p.m. Notary services / Servicios notariales	9–10 a.m. Zumba  10–11 a.m. Sana yoga

### Free Sana yoga | Tuesday and Thursday 6:30–7:30 p.m., Saturday 10–11 a.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Class variations: Adaptive yoga, Tai Chi, chair yoga, yoga for stress management, and yoga for kids.  
**Registration is required** (arrive early for registration).

### Sana yoga gratis | Martes y jueves, 6:30–7:30 p.m., sábados 10–11 a.m.

- Clases disponibles en Inglés y en Español.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de niños

Variaciones de clases: Yoga adaptada, Tai Chi, yoga de silla, yoga para el manejo de estrés y yoga para niños. **Registación es obligatorio** (Llegar temprano para registrarse.)

### Free Zumba | Monday and Wednesday 6:30–7:30 p.m., Saturday 9–10 a.m.

- Classes are held in English and Spanish.
- Open to the community.
- Limited space available.
- **NO** child care.

Class variation: Zumba Toning. **Registration is required** (arrive early for registration).

### Zumba gratis | Lunes y miércoles 6:30–7:30 p.m., sábados 9–10 a.m.

- Clases disponibles en Inglés y en Español.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de niños

Variación de clase: Zumba para tonar. **Registación es obligatorio** (Llegar temprano para registrarse.)

### Fresh for less-Mobile Markets | Thursday 10 a.m.–12 p.m.

Mobile Markets - tasty, healthy, close by. Farmshare Austin's Fresh for Less Mobile Markets bring locally grown produce and other healthy grocery items at reduced prices to you. All markets accept Lone Star, SNAP, P-EBT, Credit Card, Debit Card, and cash payments.

Get double the amounts you spend on fresh produce with Double Up Food Bucks for an even greater value.

**Questions?** Contact [foodaccess@farmshareaustin.org](mailto:foodaccess@farmshareaustin.org) or visit online: [farmshareaustin.org/food-access](http://farmshareaustin.org/food-access)

### Mercaditos-Fresh for less | Jueves, 10 a.m.–12 p.m.

Mercados móviles: sabrosos, sanos y cercanos. Los mercados móviles Fresh for Less de Farmshare Austin le traen productos cultivados localmente y abarrotes saludables a precios reducidos. Todos los mercados aceptan Lone Star, SNAP, P-EBT, tarjeta de crédito, tarjeta de débito y pagos en efectivo.

Obtenga el doble de lo que gasta en productos frescos con Double Up Food Bucks para un valor aún mayor.

**¿Tiene preguntas?** Contacte [foodaccess@farmshareaustin.org](mailto:foodaccess@farmshareaustin.org) o visite en línea: [farmshareaustin.org/food-access](http://farmshareaustin.org/food-access)

### Notary services | Monday–Friday, 7 a.m.–4 p.m.

**By appointment only.**

Notary Services available for more information call Jesus Chavez 512.978.8301

### Servicios notariales | Lunes a viernes, 7 a.m.–4 p.m.

**Sólo con cita previa.**

Servicios notariales disponible para más información llamar a Jesus Chavez al 512.978.8301.

### Free Healthy Chef cooking class | Monday, 12–2:30 p.m.

Improve your health in a fun way.

- Learn new healthy recipes
- Classes are led by CommUnityCare's registered dietitians.
- Space is limited
- Must register at 512.978.9269.

### Clases de Cocina Healthy Chef gratis | Miércoles, 12–2:30 p.m.

Mejora tu salud de una manera divertida.

- Aprende nuevas recetas saludables.
- Las clases son dirigidas por los dietistas registrados
- de CommUnityCare.
- Espacios es limitado
- Debe registrarse al 512.978.9269.

### Movement is Medicine | Tuesday 5:30–6:30 p.m.

Stay active and train with personalized exercises in a supportive and fun environment. Receive free weight, blood pressure, and heart rate screenings.

### Movimiento es medicina | Martes, 5:30–6:30 p.m.

Mantente activo y entrena con ejercicios personalizados en un ambiente lleno de apoyo y diversión. Recibe exámenes de peso, presión arterial y ritmo cardíaco.