Central Health Hornsby Bend Health & Wellness Center

November/Noviembre 2026

SUN./DOM.	MON./LUN.	TUES./MAR.	WED./MIER.	THURS./JUEV.	FRI./VIER.	SAT./SAB.
1	**2** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Zumba	**3** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic Foundation Communities	**4** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Sana Yoga	**5** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic	**6** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 2 - 3 p.m. Del Valle Mobile Library/ La Biblioteca Movil Del Valle	7
8	**9** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Zumba	**10** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic Foundation Communities	**11** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Sana Yoga 	**12** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic	**13** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 2 - 3 p.m. Del Valle Mobile Library/ La Biblioteca Movil Del Valle	14
15	**16** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Zumba	**17** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic Foundation Communities	**18** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Sana Yoga	**19** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic	**20** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 2 - 3 p.m. Del Valle Mobile Library/ La Biblioteca Movil Del Valle 3 - 5 p.m. Fresh for Less - Mobile Market/ Mercaditos	21
22	**23** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer Central Texas Food Bank 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Zumba	**24** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic Foundation Communities	**25** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Sana Yoga	**26** *-OFFICE CLOSED-* *-OFICINA CERRADA-* 	**27** *-OFFICE CLOSED-* *-OFICINA CERRADA-*	28
29	**30** 8 a.m. - 5 p.m. Diapers & Feminine Hygiene Supplies/ Panales y productos femeninos Reach Out & Read/ Comunicate y Leer 9 a.m. - 4 p.m. MAP & MAP Basic Services/ Servicios de MAP y MAP Basic 6:30 - 7:30 p.m. Zumba					

3700 Gilbert Rd., Austin, TX 78725 | 512.716.7210 | **CentralHealth.net**

Free diapers & feminine hygiene supplies | Monday - Friday, 8 a.m. - 5 p.m.

No appointment necessary, but please call ahead of time at 512.716.7210

- Diapers: Sizes Vary (Preemie - Size 6) If this is your first time, please bring each child's birth certificate.
- Baby Wipes and formula (Brands and sizes vary)
- Swim Diapers: S - L
- Pull-Ups: 2T-5T
- Menstrual Products (Pads, Panty Liners)

Available only once a month, while supplies last.

Panales y productos femeninos gratis | Lunes a Viernes de 8 a.m. a 5 p.m.

No se necesita cita previa pero se recomienda llamar antes al 512.716.7210

- Panales: Varios Tamanos (Prematuro - Tamano 6) Si es la primera vez que utiliza este servicio, traer el certificado de nacimiento de cada nino.
- Toallitas y formula para bebes (marcas y tamanos varian)
- Panales de Natacion: S - L
- Pull-Ups: 2T - 5T
- Productos Menstruales (Toallas, Panty Liners)

Disponible solo una vez al mes, hasta que se terminen.

MAP & MAP Basic Services | Monday - Friday, 9 a.m. - 4 p.m.

Central Health Medical Access Program (MAP) is now scheduling virtual appointments for individuals applying for MAP. Call 512.716.7210 to schedule an appointment.

Servicios de MAP y MAP Basic | Lunes a Viernes de 9 a.m. a 4 p.m.

El Programa de Acceso Medico (MAP) de Central Health resume las entrevistas virtuales de elegibilidad en para los interesados en solicitar. Llame al 512.716.7210 para programar su cita.

Del Valle Mobile Library | Every Friday 2 - 3 p.m.

There's equitable and inclusive library services that bring information, ideas, and people together. We provide library services to neighbors that face barriers to visiting their local library due to health, distance, or transportation difficulties.

Visitors to our public stops are able to:

- Check out materials from our mobile library collection, including books and DVDs
- Pick up other materials reserved in advance
- Access Wi-Fi and printing services at 10 cents per side

Contact the mobile library manager at mobilelibrary@dvlibraries.org or 512.247.7371

La Biblioteca Movil Del Valle | Todos los Viernes de 2 a 3 p.m.

Hay servicios bibliotecarios equitativos e inclusivos que acercan informacion, ideas y personas.

Proporcionamos servicios bibliotecarios a los vecinos que se enfrentan a barreras para visitar su biblioteca local debido a la salud, la distancia o dificultades de transporte.

Los visitantes de nuestras paradas publicas pueden:

- Sacar material de la coleccion de nuestra biblioteca movil, incluidos libros y DVD
- Recoger otros materiales reservados con antelacion
- Acceder a Wi-Fi y a servicios de impresion a 10 centavos por cara

Contacte al director de la biblioteca movil al mobilelibrary@avlibraries.org o 512.247.7371

Central Texas Food Bank | Fourth Monday of the Month 9 a.m. - 4 p.m.

The Food Bank can help you through the application process over the phone, by computer or in person by appointment. Call 512.716.7210 or 855.366.3401

Banco de Alimentos | Cuarto Lunes del Mes de 9 a.m. a 4 p.m.

El Banco de Alimentos puede ayudarlo a traves del proceso de solicitud per telefono, por computadora o en persona con cita previa. Llame al 512.716.7210 o 855.366.3401

Free Sana Yoga | Every Wednesday 6:30 - 7:30 p.m.

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

Class variations: Adaptive yoga class, Tai Chi, chair yoga, yoga for stress management, and yoga for kids.

Registration is required (arrive early for registration).

Sana Yoga Gratuito | Todos los Miercoles de 6:30 a 7:30 p.m.

- Clases disponibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos.

Variaciones de clases: Yoga adaptada, Tai Chi, yoga de silla, yoga para el manejo de estres y yoga para ninos.

Registracion es obligatorio (Llegar temprano para registrarse.)

Free Zumba Classes | Every Monday 6:30 - 7:30 p.m.

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

Registration is required (arrive early for registration).

Clase de Zumba Gratis | Todos los Lunes de 6:30 a 7:30 p.m.

- Clases disponibles en Ingles y en Espanol.
- Abierto a la comunidad.
- Espacio limitado.
- **NO** hay cuidado de ninos.

Registracion es obligatorio (Llegar temprano para registrarse.)

Fresh for Less - Mobile Market | Every Third Friday of the Month 3 - 5 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. We 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? Call 512.553.6620 or visit online: farmshareaustin.org/food-access

Mercaditos | Cada Tercer Viernes Del Mes de 3 a 5 p.m.

Mercados moviles: sabrosos, sanos y cercanos. Los mercados moviles Fresh for Less de Farmshare Austin le traen productos cultivados localmente y abarrotes saludables a precios reducidos. Se acepta Lone Star, SNAP, P-EBT, tarjeta de credito, tarjeta de debito y pagos en efectivo. Obtenga el doble de lo que gasta en productos frescos con Double Up Food Bucks para un valor aun mayor.

Tiene preguntas? Llame al 512.553.6620 o visite: farmshareaustin.org/food-access

Reach Out and Read BookSpring | Monday - Friday, 8 a.m. - 5 p.m.

Promoting literacy and school readiness across the country. Reach Out and Read affiliates are statewide and regional offices affiliated with our National Center. They work together to ensure the effective implementation and quality of the Reach Out and Read model. One book per child once a month.

Comunicate y Leer BookSpring | Lunes a Viernes de las 8 a.m. a 5 p.m.

Promocion de la alfabetizacion y la preparacion escolar en todo el pais. Las afiliadas de Reach Out and Read son oficinas regionales y estatales afiliadas a nuestro Centro Nacional. Trabajan directamente para garantizar la implementacion efectiva y la calidad del modelo Reach Out and Read. Un libro por nino por mes.

Foundation Communities | Every Tuesday 9 a.m. - 4 p.m.

Need help applying for health coverage? Foundation Communities can help you through the application process for Medicaid, CHIP, and ACA Marketplace. Call 512.978.8680 to make an appointment.

Foundation Communities | Todos los Martes de 9 a.m. a 4 p.m.

Si necesita ayuda para solicitar cobertura medica, Foundation Communities puede ayudarle con el proceso de solicitud para Medicaid, CHIP y ACA Marketplace. Llame al 512.978.8680 para programar una cita.