

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p>10-11am – Tai Chi with Mr. Huang 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level (Mandarin &amp; English)</p>	<p>2</p> <p>10-11am – <b>BollywoodX with Alicia</b> 11am-12pm - <b>APH's Diabetes Prevention Type 2 Program</b> 11:30am-12pm – MOW Lunch <b>12-1pm – AFN Technology class</b></p>	<p>3</p> <p>10-11am – Gentle Yoga with Nirali 11:30am-12pm – MOW Lunch <b>12:15pm- 1:45pm – The Happy Kitchen – Nutrition &amp; Cooking Class 6</b></p>	<p>4</p> <p>10-11am - Tai Chi with Vince 11:30am-12pm – MOW Lunch <b>12-1pm – Kanikapila Ukulele group</b></p>
<p><b>8 – Total Solar Eclipse</b></p> <p>10-11am – Tai Chi with Mr. Huang 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level (Mandarin &amp; English)</p>	<p>9</p> <p>10-11am – <b>BollywoodX with Alicia</b> 11am-12pm - <b>APH's Diabetes Prevention Type 2 Program</b> 11:30am-12pm – MOW Lunch <b>12-1pm – AFN Technology class</b></p>	<p>10</p> <p>10-11am – Gentle Yoga with Mohit 11:30am-12pm – MOW Lunch <b>12-1pm – Bingo</b></p>	<p>11</p> <p>10-11am - Tai Chi with Frank 11:30am-12pm – MOW Lunch <b>12-1pm – TCMG Plant Clinic</b> <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>15</p> <p>10-11am – Tai Chi with Mr. Huang 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level (Mandarin &amp; English)</p>	<p>16</p> <p>10-11am – <b>BollywoodX with Alicia</b> 11am-12pm - <b>APH's Diabetes Prevention Type 2 Program</b> 11:20am-11:50pm – MOW Lunch <b>12-1pm – Community Art Project with Jieun-Beth</b></p>	<p>17</p> <p>10-11am – Gentle Yoga with Nirali 11:30am-12pm – MOW Lunch <b>12-1pm – Bingo</b></p>	<p>18</p> <p>10-11am - Tai Chi with Vince 11:20am-11:50am – MOW Lunch <b>12-1pm – Community Art Project with Jieun-Beth</b> <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>22</p> <p><b>9:30am-11:30am – APH Health Screening</b></p> <p>10-11am – Tai Chi with Mr. Huang 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level (Mandarin &amp; English)</p>	<p>23</p> <p>10-11am – <b>BollywoodX with Alicia</b> 11am-12pm - <b>APH's Diabetes Prevention Type 2 Program</b> 11:30am-12pm – MOW Lunch <b>12-1pm – AFN Technology class</b></p>	<p>24</p> <p>10-11am – <b>Learn about the Photovoice Project at the AARC</b> 11:30am-12pm – MOW Lunch <b>12-1pm – Breathwork and Meditation with Melinda</b></p>	<p>25</p> <p>10-11am - Tai Chi with Frank 11:30am-12pm – MOW Lunch <b>12-1pm – Kanikapila Ukulele group</b></p>
<p>29</p> <p>10-11am – Tai Chi with Mr. Huang 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level (Mandarin &amp; English)</p>	<p>30</p> <p>10-11am – <b>BollywoodX with Alicia</b> 11:30am-12pm – MOW Lunch <b>12-1pm – AFN Technology class</b></p>		