



# AARC Senior Program

July

2025

Monday	Tuesday	Wednesday	Thursday
	1 10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN	2 <b>10-11am – Garden Club with Peter</b> 10-11am – Gentle Yoga with Mohit 11:15-11:45am – MOW Lunch <b>12-1pm – Birdwatching Spots in Austin: Talk with Travis Audubon</b>	3 10-11am – Tai Chi with Frank 10:30a-1p – Sue's ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club
7 10-11am – Tai Chi with Mr. Huang <b>10-11:30am – Arts &amp; Crafts: Art Lab with Lending Library</b> 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文)	8 10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN	9 10-11am – Gentle Yoga with Mohit <b>10-11:30am – Arts &amp; Crafts: Art Lab with Lending Library</b> 11:15-11:45am – MOW Lunch 12-1pm – BINGO	10 10-11am – Tai Chi with Frank 10:30a-1p – Sue's ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club
14 10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文) <b>12-1pm – Create with Sahana!</b>	15 10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN	16 <b>10-11am – Garden Club with Peter</b> 10-11am – Gentle Yoga with Mohit 11:15-11:45am – MOW Lunch <b>12-1pm – Caregiver Support and General Services: Info Session with AAACAP (ENG/中文)</b>	17 10-11am – Tai Chi with Vince 10:30a-1p – Sue's ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club
21 10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文)	22 10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN	23 10-11am – Qigong with Mary 11:15-11:45am – MOW Lunch <b>12-1pm – Health with Dr. Trinh: "Small Steps, Big Wins: How to Stay Healthy at Any Age" Info Session (ENG/中文)</b>	24 10-11am – Tai Chi with Frank 10:30a-1p – Sue's ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club
28 <b>9:30-11:30am – APH Health Screening</b> 10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文) <b>12-1pm – Create with Sahana!</b>	29 10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN	30 <b>10-11am – Garden Club with Peter</b> 10-11am – Qigong with Mary 11:15-11:45am – MOW Lunch 12-1pm – Movie Corner 🎬	31 10-11am – Tai Chi with Vince 10:30a-1p – Sue's ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club

## More Information

**Art Lab with Lending Library:** Join Nikki Diaz, a local art teacher, to try unique arts & crafts! All levels welcome. (Classroom 5)

**Create with Sahana!:** A limited series led by Sahana, a teen volunteer for the AARC. Learn various crafts and Gen Z knowledge! (Classroom 5)

**Caregiver Support with AAACAP:** The Area Agency on Aging of the Capital Area will present information and share more on their services. (Conference)

**Health with Dr. Trinh:** A monthly series for community to learn about specific health topics and personal medicine. (Conference)

**APH Health Screening:** Free screening for blood pressure, cholesterol, A1C. Fasting is encouraged. First come, first served. (Conference)