

# AARC Senior Program

## October 2022

Monday	Tuesday	Wednesday	Thursday
<p>3</p> <p>10-11am – Tai Chi with Mr. Huang 10:30-12pm- 'English Corner' 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level</p>	<p>4</p> <p>10-11am – Bollywood Dance Fitness 11:30am-12pm – MOW Lunch 12pm-1pm – AFN - Google Calendar Workshop</p>	<p>5</p> <p>10-11am – Meditation and Movement with Melinda 11:30am-12pm – MOW Lunch 11:45am-12:15pm - Bingo</p>	<p>6</p> <p>10-11am - Tai Chi with Vince 10:30-12pm – 'English Corner' 11:30am-12pm – MOW Lunch</p>
<p>10</p> <p>10-11am – Tai Chi with Mr. Huang 10:30-12pm- 'English Corner' 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level</p>	<p>11</p> <p>10-11am – Bollywood Dance Fitness 11:30am-12pm – MOW Lunch 12pm-1pm – AFN – Social Connection Workshop</p>	<p>12</p> <p>10-11am – Meditation and Movement with Melinda 11:30am-12pm – MOW Lunch 12-1:30pm – Austin Public Health's Healthy Living - About Diabetes</p>	<p>13</p> <p>10am-11am - Tai Chi with Frank 10:30am-12pm – 'English Corner' 11:30am-12pm – MOW Lunch <b>11:45-12:45pm – TCMG Plant Clinic</b></p>
<p>17</p> <p>10-11am – Tai Chi with Mr. Huang 10:30-12pm- 'English Corner' 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level</p>	<p>18</p> <p>10-11am – Bollywood Dance Fitness 11:30am-12pm – MOW Lunch 12-1pm – AFN- Computer Fundamentals</p>	<p>19</p> <p>10-11am – Meditation and Movement with Melinda 11:30am-12pm – MOW Lunch 12-1:30pm – Austin Public Health's Healthy Living – Diabetes Control</p>	<p>20</p> <p>10am-11am - Tai Chi with Vince 10:30am-12pm – 'English Corner' 11:30am-12pm – MOW Lunch <b>12-1pm – TBD</b></p>
<p>24</p> <p>10-11am – Tai Chi with Mr. Huang 10:30-12pm- 'English Corner' 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level</p>	<p>25</p> <p>10-11am – Bollywood Dance Fitness 11:30am-12pm – MOW Lunch 12pm-1pm – AFN – AMA + AFN Workshop</p>	<p>26</p> <p>10-11am – Meditation and Movement with Melinda 11:30am-12pm – MOW Lunch 12-1:30pm – Austin Public Health's Healthy Living – Active Living/Physical Activity</p>	<p>27</p> <p>10am-11am - Tai Chi with Frank 10:30am-12pm – 'English Corner' 11:30am-12pm – MOW Lunch <b>12-1pm – TBD</b></p>
<p>31</p> <p>10-11am – Tai Chi with Mr. Huang 10:30-12pm- 'English Corner' 11:30am-12pm – MOW Lunch 12-12:45pm – ESL – Beginners Level</p>			
<p><b>English Corner</b> – Come practice English with volunteers, all English levels welcome!</p>	<p><b>Austin Freenet Technology classes</b> – Learn how to use google basics, email, smartphone, and other technology questions you may have. All technology levels welcome!</p>	<p><b>Austin Public Health's Healthy Living</b> - Learn how to manage type 2 diabetes by making small changes, step by step, classes are fun, social, and FREE.</p>	

Time	Activity	Location
Mondays, 10am – 11am	Tai Chi	Onsite and Zoom
Monday & Thursdays, 10:30am-12pm	English Corner	Onsite only
Tuesdays, 10am – 11am	BollywoodX Dance Fitness	Onsite only
Tuesdays, 12pm – 1pm	Austin Free-Net Technology class	Onsite only, space limited
Wednesdays, 10am -11am	Movement & Meditation	Onsite and Zoom
Thursdays, 10 am – 11am	1 <sup>st</sup> & 3 <sup>rd</sup> Thursdays with Vince; 2 <sup>nd</sup> & 4 <sup>th</sup> Thursdays with Frank	Onsite and Zoom
Thursday, 10/13, 11:45am- 12:45pm	TCMG Plant Clinic	Onsite Only
Monday-Thursday, 10am – 2pm	Ping Pong	Onsite only, space is limited