



Asian American Resource Center Events Calendar

*** Due to the COVID-19 pandemic, the AARC is currently closed to the public. All programming listed below will be held virtually.

Upcoming Programs

TONES: SOUNDS OF ASIAN AMERICA FEATURING FARED SHAFINURY + TÅSI

FEBRUARY 11 • 7 PM CST

Bringing live music into the comfort of your home, tones is a monthly music series featuring local Asian American artists from across generations and genres. Tune in on the second Thursday of every month for intimate performances that provide a platform for artists to showcase their contributions to the sounds of Asian America. Performances will be live-streamed on the [AARC Facebook](#) and [City of Austin Parks and Recreation YouTube](#). Find out more about the artists and RSVP [here](#).

ARTIST TALK: AMAR GUPTA

FEBRUARY 19

Save the date! The AARC will be hosting an artist talk on February 19 with Amar Gupta, the photographer behind Out of Service, a series examining the experiences of those affected by the local and national response to the COVID-19 pandemic. Gupta creates large and medium format photography and runs a skate and apparel business called EVRYNG. He seeks abstract connections in his photography. He is interested in the way that collections of colors, lines and shapes tell a story that cannot be conveyed by words. View the exhibit [here](#).

HOLISTIC WELLNESS – SESSION 2: QIGONG

FEBRUARY 11 • 7 PM CST

Qigong (meaning energy work) is a Chinese system of cultivating health, vitality, and longevity. Qigong uses slow and deep breathing, gentle movements, and mental focus. Qigong is easy to learn, and anyone can benefit from practicing it. No experience necessary and this workshop is suitable for ages 16 and up. This class will be led by Kimball (“Kim”) Lorio and Surapsari (“Sari”) Megumi Fujimaru, the owners of the [Rolling Oaks Retreat](#) in Driftwood, Texas. Register [here](#).

HYPHENATED: AN ASIAN AMERICAN BOOK CLUB SERIES – SESSION 3: THE SPIRIT CATCHES YOU AND YOU FALL DOWN BY ANNE FADIMAN

MARCH 15 • 7 PM CST

This March, join the AARC and facilitator Chienyn Chi as we dive deep into the work of Anne Fadiman’s 1997 book, *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures*. Space is limited. Book is not supplied. RSVP [here](#).

Ongoing Senior Programs

TAI CHI CLASSES

MONDAYS 9:30-10:30 AM WITH MR. HUANG

THURSDAYS 10-11 AM WITH MS. GONGXIAN OR MR. VINCE COBALIS

Email aarc@austintexas.gov to register.

GENTLE YOGA WITH PATTI

TUESDAY, JANUARY 12 & TUESDAY, JANUARY 26 • 10-11 AM

Email aarc@austintexas.gov to register.

GENTLE YOGA WITH DHILA

Chair yoga videos that are updated regularly. Click [here](#) to see the videos.

SHARE OUR STORY

Online series where seniors/older adults share their favorite family memories. Learn more [here](#).