



# AARC Senior Program

# September

# 2025

Monday	Tuesday	Wednesday	Thursday
<p>1</p> <p><b>CLOSED FOR LABOR DAY HOLIDAY</b></p>	<p>2</p> <p>10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN</p>	<p>3</p> <p><b>10-11am – Garden Club with Peter</b> 10-11am – Gentle Yoga with Vivian 11:15-11:45am – MOW Lunch <b>12-1pm – “Digital Health and Wellness” Info Session with Humana (ENG/中文)</b></p>	<p>4</p> <p>10-11am – Tai Chi with Vince &amp; Peggy 10:30a-1p – Sue’s ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club</p>
<p>8</p> <p>10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文)</p>	<p>9</p> <p>10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN</p>	<p>10</p> <p>10-11am – Gentle Yoga with Vivian 11:15-11:45am – MOW Lunch 12-1pm – BINGO ★</p>	<p>11</p> <p>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 <b>12-1pm – TCMG Plant Clinic (ENG/中文)</b></p>
<p>15</p> <p>10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文) <b>12-1:30pm – “Living Well, Leaving Well” with Hospice Austin (ENG/한국)</b></p>	<p>16</p> <p>10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN</p>	<p>17</p> <p><b>10-11am – Garden Club with Peter</b> 10-11am – Gentle Yoga with Vivian 11:15-11:45am – MOW Lunch 12-1pm – Movie Corner 🎬</p>	<p>18</p> <p>10-11am – Tai Chi with Vince &amp; Peggy 10:30a-1p – Sue’s ESL Corner (中文) 11:15-11:45am – MOW Lunch 12-1pm – Kanikapila Ukulele Club</p>
<p>22</p> <p>10-11am – Tai Chi with Mr. Huang 11:15-11:45am – MOW Lunch 12-1pm – ESL with Bill and Leo (中文) <b>12-1:30pm – “Living Well, Leaving Well” with Hospice Austin (ENG/한국)</b></p>	<p>23</p> <p>10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN</p>	<p>24</p> <p>10-11am – Gentle Yoga with Vivian 11:15-11:45am – MOW Lunch <b>12-1pm – Volunteer Power Hour with SAIVA (ENG/中文)</b></p>	<p>25</p> <p>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</p>
<p>29</p> <p><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)</p>	<p>30</p> <p>10-11am – BollywoodX with Alicia 10-11am – Calligraphy with Mr. Tran 11:15-11:45am – MOW Lunch 12-1pm – Technology Class with AFN</p>		

## More Information

**Digital Health and Wellness:** Learn about modern tools and technology to track your health. Led by Raul from Humana. (Conference)

**“Living Well, Leaving Well” with Hospice Austin:** A 2-session end-of-life planning series with The GIFT Project of Hospice Austin, clarifying and building understanding around the practical and emotional matters of our journey. Limited space, signup encouraged. (Conference)

**Volunteer Power Hour with SAIVA:** Arts and crafts for a good cause! Sep 24: Making Diya Care Packages for Diwali! (Ballroom B.1)

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

Updated 5 September 2025