



AARC Senior Program

May

2025

Monday	Tuesday	Wednesday	Thursday
<p>May is Asian Pacific American Heritage Month!</p> <p>🌸 🍷 📺 📺</p>			<p>1</p> <p>10-11am – Tai Chi with Vince + Walk N' Talk with BLT</p> <p>10:30a-1p – Sue's ESL Corner (中文)</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Kanikapila Ukulele Club</p>
<p>5</p> <p>10-11am – Tai Chi with Mr. Huang</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – ESL with Bill and Leo (中文)</p> <p>12-1:30pm – The Happy Kitchen with SFC (ENG/한국)</p>	<p>6</p> <p>10-11am – Free Wellness Hour</p> <p>10-11am – Chinese Calligraphy Club with Mr. Tran (中文)</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Technology Class with AFN</p>	<p>7</p> <p>10-11am – Garden Club with Peter</p> <p>10-11am – Qigong with Mary</p> <p>11-11:30am – MOW Lunch</p> <p>12-1pm – Volunteer Power Hour with SAIVA (ENG/中文)</p>	<p>8</p> <p>10-11am – Tai Chi with Frank</p> <p>10:30a-1p – Sue's ESL Corner (中文)</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Kanikapila Ukulele Club</p> <p>12-1pm – TCMG Plant Clinic (ENG/中文)</p>
<p>12</p> <p>10-11am – Tai Chi with Mr. Huang</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – ESL with Bill and Leo (中文)</p> <p>12-1:30pm – The Happy Kitchen with SFC (ENG/한국)</p>	<p>13</p> <p>10-11am – BollywoodX with Alicia</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Technology Class with AFN</p>	<p>14</p> <p>10-11am – Qigong with Mary</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – BINGO</p>	<p>15</p> <p>10-11am – Tai Chi with Vince</p> <p>10:30am-1p – Sue's ESL Corner (中文)</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Kanikapila Ukulele Club</p>
<p>19</p> <p>10-11am – Tai Chi with Mr. Huang</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – ESL with Bill and Leo (中文)</p> <p>12-1:30pm – The Happy Kitchen with SFC (ENG/한국)</p>	<p>20</p> <p>10-11am – BollywoodX with Alicia</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Technology Class with AFN</p>	<p>21</p> <p>10-11am – Garden Club with Peter</p> <p>10-11am – Qigong with Mary</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Emergency Preparedness Info Session with HSEM (ENG/中文)</p>	<p>22</p> <p>10-11am – Tai Chi with Frank</p> <p>10:30a-1p – Sue's ESL Corner (中文)</p> <p>11:15-11:45am – MOW Lunch</p> <p>12-1pm – Kanikapila Ukulele Club</p>
<p>26</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY</p>	<p>27</p> <p>CLOSED FOR MAINTENANCE</p>	<p>28</p> <p>CLOSED FOR MAINTENANCE</p>	<p>29</p> <p>CLOSED FOR MAINTENANCE</p>

UPDATED 5 May 2025

[More Information](#)

The AARC will be closed for building maintenance May 27th through May 30th. No programming during that time.

No APH Health Screening this month due to schedule conflicts. The next Health Screening will be on June 30th. Thank you for your understanding!

The Happy Kitchen with SFC: A 6-week cooking and nutrition series with Sustainable Food Center! Registration is REQUIRED. No walk-ins. Limited availability. (Ballroom B.1)

Volunteer Power Hour with SAIVA: Arts and crafts for a good cause! Learn about and engage with different volunteer initiatives. (Ballroom B.1)

Emergency Preparedness with HSEM: Led by the Office of Homeland Security and Emergency Management. (Conference Room)