



WEEKLY SCHEDULE – January

Activities held at ACRS Club Bamboo Senior Center
3639 Martin Luther King Jr. Way S, Seattle, WA 98144
Contact us at clubbamboo@acrs.org | (206) 805-8988

MONDAYS

Enhance Fitness with Tuyet (Hybrid)	9:30am – 10:30am
Ballroom Dance with Hung	10:30am – 1:00pm <i>(Lunch break 11:30am-12:00pm)</i>
Lunch	11:00am – 12:00pm
Recreation	1:00pm – 2:30pm

TUESDAYS

Karaoke	9:30am – 10:30am
Tai Chi (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
Yoga with Doris (Hybrid)	12:30pm – 1:30pm
Recreation	1:30pm – 2:30pm

WEDNESDAYS

Enhance Fitness with Katie (Hybrid)	9:35am – 10:35am
Self-Defense Basics / Karate with Emma	10:45am – 11:45am
Lunch	11:00am – 12:00pm
Stretch Fun & Dance with Emma	12:30pm – 1:30pm
Recreation	1:30pm – 2:30pm

THURSDAYS

Enhance Fitness with Tuyet (Hybrid)	9:30am – 10:30am
SAIL Video Exercise (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
Line Dance with Joy	12:30pm – 1:30pm
<u>Art Class with Hai (room 123)</u>	<u>12:30pm – 2:30pm</u>
Recreation	1:30pm – 2:30pm

FRIDAYS

Enhance Fitness with Katie (Hybrid)	9:35am – 10:35am
Yoga with Judy (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
Line Dance with Joy	12:30pm – 1:30pm
Recreation	1:30pm – 2:30pm

**PLEASE LET STAFF KNOW IF YOU HAVE NOT RECEIVED ANY
TEXT FROM US FOR MORE THAN 2 WEEKS. THANK YOU!**





January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <u>New Year's Day</u> 	2 Last ESL class w/ Giao	3
6	7	8 <u>All Staff Meeting</u> 	9 January Birthday Celebration 	10 Seattle Mobile library (11:45am - 12:30pm)
13	14 Club Bamboo Bus Ticket Distribution (for All Members) 	15	16 Civic Engagement Tabling - Legislative Day 	17
20 <u>Martin Luther King Jr.'s Day</u> 	21	22	23	24
27	28	29	30	31



Club Bamboo Menu

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CLOSED <u>New Year's Day</u>	2 Stir Fried Pad See Ew Noodle with Shrimp	3 Stir Fried Tofu With Rice And Vegetables
6 Shrimp Pad Thai with Vegetables	7 Tofu Chow Mein with Vegetables	8 CLOSED <u>All Staff Meeting</u>	9 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp Paste and Tomato	10 Beef Stew with Rice and Vegetables
13 Stir Fried Chicken With Rice And Vegetables	14 Stir Fried Beef with Vegetables and Rice	15 Tofu Stew With Mushroom, Veggies And Rice	16 Vietnamese Chicken Pho	17 Vietnamese Pork Sandwich
20 CLOSED <u>Martin Luther King Jr. Day</u>	21 Mapo Tofu with Chicken, Bell Peppers, Tomato, Vegetables and Rice	22 Beef Chap Chae with Vegetables	23 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp Paste and Tomatoes	24 Beef Spaghetti with Cheese, Bell Pepper and Tomato Sauce
27 Vegetable Chow Mein, Tofu and Vegetables	28 Yakisoba Shrimp Noodle Soup with Daikon, Carrot and Mushrooms	29 Vegetable Fried Rice with Tofu Soup and Vegetables	30 Vietnamese Beef Pho	31 Tofu Chap Chae Noodles with Vegetables

Allergy Warning Contains Shellfish

★ Vegetarian Options available upon request.

Soymilk available for seniors.

Need Assistance Signing Up For Services?

Reach out to one of our CLC Staff below!

**Monday: 9:00am - 11:00am
& 1:00pm - 3:00pm**

**Rina Adams (Japanese)
(206) 695-7556**



Tuesday: 12:30pm – 2:00pm

**Timothy Kim (Korean)
(206) 695-7584**

Thursday: 10:00am – 2:00pm

**Raju Khadka
(Nepali, Hindi, Urdu and Punjabi)
(206) 695-5969 / (206) 899-8780**

Friday: 12:00pm – 2:00pm

**David Pan (Chinese/Vietnamese)
(206) 805-8976 / (206) 887-4145**