



WEEKLY SCHEDULE – March

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 with Teresa (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	11:00am – 12:00pm
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


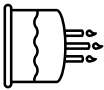


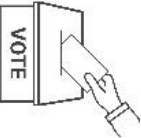
Enhance Fitness with Katie (Hybrid)	9:35am – 10:35am
Yoga with Judy (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
Line Dance with Joy	12:30pm – 1:30pm
Recreation	1:30pm – 2:30pm

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



March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5 <i>All Staff Meeting</i> 	6	7
10	11	12	13 February & March Birthday Celebration 	14 Seattle Mobile library (11:45am - 12:30pm) 
17	18 Club Bamboo Bus Ticket Distribution (for All Members) 	19	20	21
24	25	26	27 Civic Engagement Tabling 	28

Monday	Tuesday	Wednesday	Thursday	Friday
3 🦀 Khao Poon, Lao Fish Curry Noodle Soup	4 Beef Chow Mein with Vegetables	5 CLOSED <i><u>All Staff Meeting</u></i>	6 Vietnamese Beef Pho	7 Barbeque Pork with Rice and Vegetables
10 🦀 Shrimp Pad Thai with Vegetables	11 Baked Chicken Teriyaki with Rice and Vegetables	12 Beef Chap Chae with Egg and Vegetables	13 🦀 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	14 Tofu Stew with Rice, Bamboo, Mushroom and Vegetables
17 Baked Chicken Teriyaki with Rice and Vegetables	18 🦀 Yakisoba Shrimp Noodle Soup with Squid, Scallop, Daikon, Carrots and Mushrooms	19 Pork Stew with Rice and Salad	20 Vietnamese Beef Pho	21 🦀 Shrimp Fried Rice with Vegetables
24 🦀 Khao Poon, Lao Fish Curry Noodle Soup	25 Chicken Stir Fry with Rice and Vegetables	26 Bibimbap with Beef, Rice, Egg and Vegetables	27 🦀 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	28 Beef Spaghetti with Cheese and Vegetables
31 Beef Pad See Ew 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**