



## WEEKLY SCHEDULE – May 2025

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

### MONDAYS

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

### THURSDAYS

Enhance Fitness with Tuyet (Hybrid)	9:30am – 10:30am
SAIL Video Exercise (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
<u>English-ESL with Giao (room 146)</u>	<u>11:45am – 2:45pm</u> (lunch break 1:00pm-1:30pm)
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!**

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> May Birthday Celebration 10:30-11am CLC Medicare Tabling 11-12:30am 	<b>2</b>
<b>5</b>	<b>6</b>	<b>7</b> <u>All Staff Meeting</u> 	<b>8</b>	<b>9</b> Seattle Mobile library 11:45am - 12:30pm Bus Ticket Distribution (Age 60+) 
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> <u>Agency Event</u> 	<b>16</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>26</b> <u>Memorial Day</u> 	<b>27</b>	<b>28</b>	<b>29</b> Civic Engagement Tabling 	<b>30</b>

# Club Bamboo Menu

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1  Vietnamese Beef Pho	2  Lemongrass Chicken Noodle Salad with Fish Sauce
5  Shrimp Pad Thai with Vegetables	6  Stir Fried Beef and Vegetables with Rice	7  <b>CLOSED</b> <i>For All Staff Meeting</i>	8  Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	9  Beef Spaghetti with Cheese and Vegetables
12  Chicken Teriyaki With Rice And Vegetables	13  Pork Barbeque with Rice and Vegetables	14  Bibimbap with Beef, Rice, Egg and Vegetables	15  <b>CLOSED</b> <i>For Staff Event</i>	16  Shrimp Fried Rice with Vegetables
19  Larb Gai with Sticky Rice	20  Beef Chow Mein with Vegetables	21  Catfish Stew with Rice and Vegetables	22  Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	23  Vietnamese Chicken Sandwich
26  <b>ACRS CLOSED</b> <i>For Memorial Day</i>	27  Stir Fried Lemongrass Chicken with Rice and Vegetables	28  Beef Chap Chae with Vegetables	29  Pork Noodle Soup with Vegetables	30  Beef Stew with Rice and 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: 10:15 am - 3:15 pm

**JAPANESE - RINA ADAMS**

**(206) 695-7556**



Tuesday: 1:00 pm – 2:30 pm

**KOREAN - TIMOTHY KIM**

**(206) 695-7584**

Wednesday: 10:00am – 2:00pm

**RAJU KHADKA**

**NEPALI, HINDI, URDU AND PUNJABI**

**(206) 695-5969 / (206) 899-8780**

Thursday: 9:00 am - 2:00 pm

**VIETNAMESE - CHUC LE**

**(206) 492-8488**

Friday: 11:00pm – 3:00pm

**CHINESE/VIETNAMESE - DAVID PAN**

**(206) 805-8976 / (206) 887-4145**



***\*SCHEDULE IS SUBJECT TO CHANGE\****

