



WEEKLY SCHEDULE – June 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 | (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


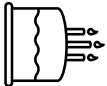




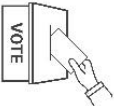

Enhance Fitness with Tuyet (Hybrid)	9:30am – 10:30am
SAIL Video Exercise (Hybrid)	10:45am – 11:45am
Lunch	11:00am – 12:00pm
<u>English-ESL with Giao (room 146)</u>	<u>11:45am – 2:45pm</u> (lunch break 1:00pm-1:30pm)
Line Dance with Joy	12:30pm – 1:30pm
<u>Art Class with Hai (room 123)</u>	<u>12:30pm – 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!**

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 <u>All Staff Meeting</u> 	5 June Birthday Celebration 10:30-11am 	6
9	10	11	12 Civic Coffee "Home Safety" 1-2pm 	13 Seattle Mobile Library 11:45am-12:30pm 
16	17	18	19 <u>Juneteenth</u> 	20 Special Talk: "Mt. Baker Redevelopment Project 12:15pm-1:15pm  (no Line Dance)
23	24	25	26 Civic Engagement Tabling Democracy Voucher  (No Line Dance)	27 Tilth Alliance Presentation "Lemon Balm" 12:15pm-1:15pm  (No Line Dance)
30				



Club Bamboo Menu

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Chicken with Papaya Salad and Rice	3 Beef Chow Mein with Vegetables	4 CLOSED FOR ALL STAFF	5 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	6 Lemongrass Chicken Noodle Salad with Fish Sauce
9 Khao Poon Lao Fish Curry Noodle Soup	10 Pork Stew with Rice and Vegetables	11 Bibimbap with Beef, Rice, Eggs and Vegetables	12 Pork Noodle Soup with Vegetables	13 Beef Stew with Rice and Vegetables
16 Shrimp Pad Thai with Vegetables	17 Catfish Stew with Rice and Vegetables	18 Stir Fried Tofu with Rice and Vegetables	19 CLOSED FOR JUNETEENTH	20 Vietnamese Chicken Sandwich
23 Larb Gai with Sticky Rice	24 Beef Chow Mein with Vegetables	25 Chicken Chap Chae with Vegetables	26 Bun Rieu Cua Crab, Noodle, Tofu, Shrimp and Tomatoes	27 Beef Spaghetti with Cheese and Vegetables
30 Baked Chicken with Rice And Papaya Salad				

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****

