Saturday, May 13 • 1:00-2:30 pm • Community Center
**Cultural Thailand through Music and Dances**
Learn about the culture of Thailand through a presentation of classical and dramatic dances, where performers in colorful costumes and graceful movements tell the stories of its history, mythology and ancient royal courts.
*Presented by the Thai Cultural Council, Berkeley, CA.*

Monday, May 15 • 12:30 pm • Library
**Crossing Donner Summit**
This 20 minute documentary film reflects on the history of Chinese-American immigrants who built up the first Transcontinental Railroad. This film features Jim King, one of the tens of thousands Chinese workers, and his descendants’ migrating, suffering, and contribution to build up the "American Dream" through more than one century. Followed by Q&A with producer Min Zhou.

Wednesday, May 17 • 1:00-2:30 pm • Community Center
**The Way of Tea — A Unique Japanese Experience**
Participate in a unique Japanese ceremony with an authentic Master of Japanese Culture. You will find the experience fascinating as you observe the ritual and enjoy refreshing green tea with accompanying Japanese food items.
*Presented by Soko Endo-Benus*

Saturday, May 20 • 1:00 pm • Library
**Reclaiming Japaneseess**

Monday, May 22 • 1:00-2:00 pm • Community Center
**Mind your Health—the Chinese Way!**
Learn how Chinese medicine can enhance your health through this introduction to Chinese medicine, simple acupuncture and mindful exercises. The presentation will include a demonstration of Tai Chi with audience participation.
*Presented by Khiarie Ha, LAC; Elena Lee, LAC, PHARMD; and Albert Lee*
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<td>3</td>
<td>Chinese Story Time 3:30 pm Library</td>
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<td>7</td>
<td>Fumiyo Yoshikawa</td>
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<td>Art of Sumi-e in the display case at the Albany Library May 2-31</td>
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<td>*◊ Cultural Thailand through Music and Dances 1:00 pm Community Center</td>
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<td>Fumiyo Yoshikawa specializes in Japanese brush painting methods, sumi-e and nihonga. She has exhibited widely at museums and galleries in Japan and in the United States.</td>
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<td>14</td>
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<td>*◊ Crossing Donner Summit Documentary 12:30 pm Library</td>
<td>*◊ Movie: Crouching Tiger Hidden Dragon 1:30 pm Senior Center</td>
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| *◊ Mind your Health—the Chinese Way! 1:00 pm Community Center | *◊ The Way of Tea – A Unique Japanese Experience 1:00 pm Community Center |     | *◊ Book talk: Reclaiming Japane
seness by Dr. Jane Yamashiro 1:00 pm /Library |     | 20  | 21  |
|     | 22 | 23 | 24 | 25 | 26 | 27  |
| *◊ Movie: Slumdog Millionaire 1:30 pm Senior Center |     |     |     |     |     |     |
|     | 28 | 29 | 30 | 31 |     |     |

*◊ descriptions on the back
◊ refreshments provided

Albany Library
1247 Marin Ave
Albany, CA 94706

Community Center
1249 Marin Ave
Albany, CA 94706

Albany Senior Center
846 Masonic Ave
Albany, CA 94706