

ASIAN PACIFIC AMERICAN HERITAGE MONTH

THURSDAY, MAY 7 - Pop Culture Power Hour

During Pop Culture Power Hour we examine how different aspects of identity are depicted in our media. This week we are focusing on stories about Asian individuals.

MONDAY, MAY 11 - Meditation and Mindfulness Workshop

De-stress with a live, guided meditation workshop hosted by the National Museum of Asian Art.

WEDNESDAY, MAY 13 - Crafternoon - Visual Identity Books

Showcase who you are by making a visual identity book.

MAY 18-22 - Museum Week

Tour a museum from the comfort of your own home! Every day we will be posting a link to a different museum that has exhibits, activities, and other information you can explore virtually.

WEDNESDAY, MAY 20 - Workout Wednesday – Self-Care Edition

Take care of your mind, body, and soul with activities like meditation, sound baths, poetry, and more. Resources provided by the Smithsonian Asian Pacific American Center.

TUESDAY, MAY 26 - Culture Café

Culture Cafés are themed meals honoring different aspects of identity and heritage. In celebration of Asian Pacific American Heritage Month, try out a new Asian inspired recipe at home!