



MAY 2023

ASIAN
PACIFIC
ISLANDER
HERITAGE
MONTH

API Related Events

10 API Opening Ceremony

Library Quad / 12pm - 1pm

18 Nagasaki Experience by Peter Chow

Japanese Cultural Center(6601) / 12pm - 1pm

Please come join us for a presentation by Peter Chow, Foothill Admission and Records Specialist, as he shares his experience living in Japan from 2019-2022. He arrived right when COVID pandemic hit and was able to have a raw experience living in Japan without tourist's interference. Peter will share what he did in Japan, including work, local travel, and reach. He will also introduce multiple tourists' spots for people interested in traveling to Nagasaki.

23 Tiko BulaBula Tuesday: Xtreme HipHop with Rock

Campus Center / 12pm - 1pm

Xtreme Hip Hop is a new, energetic version of step aerobics set to hip-hop music for a fun cardio fitness experience. Come join Rock, a certified Pacific Islander instructor, with basic step movies to Polynesian Hip-Hop music.

25 Talanoa Thursday : Last Chance U & Panel Discussion with Rock

Appreciation Hall / 11:30am - 1pm

Last Chance U – a Netflix docuseries that follows college football teams that aren't major programs and don't get much national attention. Season 5 takes place in Oakland, California at Laney College alongside football head coach John Beam. Episode 6 – follows the story of Samoan Football Player Nu'u Taugavau.

Afterwards, hear the experiences of your very own Foothill College Pacific Islanders Alum on the transitions throughout their own academic experience. Led by Foothill College People of the Pacific Lead, Adi Sereima Tuidelaibatiki.

30 Tokoni Tuesday: Cultural Competency & Mental Health

Hearthside Lounge / 11:30am - 1pm

The Pacific Islander Wellness Initiative brings you a two part workshop! Part one will be on Cultural Competency, learn how to balance Pacific Islander Culture and focusing on your educational goals. Second part will be on Social Anxiety, learning tools to use that can decrease the bully that is Anxiety.

31 Luau Pasefika Wednesday : Closing Ceremony Performances & PI communities

Library Quad / 12pm - 1pm

Come join the People of the Pacific as we wrap up AAPI month with highlighted event from the island of Hawaii, a Luau. Come prepared to learn about the different Pacific Islands, Culture, Dance, and enjoy great food.

FHC Related Events

17 Veteran's Opening Memorial Event

24 Veteran's Closing Memorial Event



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OF FOOHILL COLLEGE