



AARTH COMMUNITY HAPPENINGS

MAY 2026



Technology Support Services

TUESDAYS, MAY 5TH & 19TH
10:00AM-2:00PM | 1111 Harvard Avenue
Seattle, WA 98122

Helping community members feel more confident using their devices through patient, one-on-one support with phones, tablets, laptops, apps, email, video calls, and everyday tech questions. Reserve your spot for priority service. Walk-ins are welcome and will be assisted as space allows.



Grocery Giveaway

WEDNESDAY, MAY 20TH
2:00PM-4:00PM | Receive
Location After Registration

In partnership with New Beginnings Christian Fellowship, we invite community members to our Grocery Giveaway. Receive free perishable and non-perishable

groceries while supplies last, and connect with caring community partners dedicated to supporting local families and households. Join us for a day of support, kindness, and shared resources.



Skin Cancer Workshop

WEDNESDAY, MAY 13TH
11:00AM-1:00PM | Zoom

In partnership with the Fred Hutch Cancer Center, AARTH invites you to this virtual Skin Cancer Workshop. Learn how to check your skin with confidence, build habits that may help reduce risk, and know when to seek medical care if you notice changes. Protect your skin and your health.



Soulful Cooking with Chef Adunni: AKARA WAFFLES

SATURDAY, MAY 23RD
11:00AM-12:00PM | Curry Temple CME
Church 172 23rd Ave, Seattle, WA 98122 &
Zoom

Join us in person or on Zoom for a fun, flavorful class featuring protein-packed, fiber-rich breakfast waffles with low-sugar toppings. Learn healthy cooking tips, connect with the community, and enjoy a delicious experience.



Scan To Donate to
AARTH GiveBIG
Fundraiser



REGISTER FOR ALL WORKSHOPS at www.aarth.org



Sawubona Festival 2026

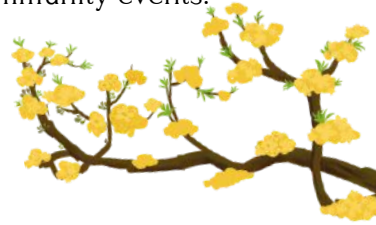
SUNDAY, MAY 17TH

2:00PM-6:00PM | Bellevue College Ballroom
3000 Landerholm Circle SE BLD-U

AARTH is proud to join VCBynum Arts & Education for the Sawubona Festival 2026, a free, family-friendly celebration of African Diaspora cultures featuring food, vendors, performances, and community fun.

Come Visit Us.....

Find AARTH staff at various community events.



Our Destiny is Joy

SATURDAY, MAY 9TH
10:00AM-1:00PM | New Beginnings
Christian Fellowship 19300 108th Ave.
SE Kent, WA 98031

A workshop exploring reclaiming joy despite the world we live in.

Mama Joe Project

SATURDAY, MAY 16TH
1:00PM-4:00PM | Langston Hughes
104 17th Ave S, Seattle, WA 98144

A documentary film, followed by a Q&A in caregiving, dementia navigation, and healthy living

Seattle Housing Authority

THURSDAY, MAY 21ST
11:30AM-3:00PM | First Floor Community Room 100 Melrose Ave E, Seattle WA 98102
Community Resource Fair

Burien Community Center

TUESDAY, MAY 19TH
11:00AM-1:00PM | 14700 6th Ave SW,
Burien, WA 98166

Senior Health & Wellness
Resource Fair.

Show Me Foundation Conference

MONDAY & TUESDAY, MAY 18TH & 19TH
8:00AM-4:00PM | 7100 Fort Deny Way
Suite 100 Tukwila, WA 98188

Come explore culturally responsive approaches to mental health and addiction support.

AARTH TEAM

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Thank you to our Community Partners

AARTH is able to provide the workshops and classes for FREE thanks to grants and support from our sponsors.

