

Montgomery County AANHPI Heritage Month Celebration Event

Sunday, May 3, 11:00 a.m.-4:00 p.m., Seneca Valley High School, 19401 Crystal Rock Dr., Germantown MD 20874

As a part of Asian American and Pacific Islander (AAPI) Heritage Month, celebrated in May, the Asian American Health Initiative (AAHI) and Office of Community Partnerships (OCP) invites you and your whole family to our fifth-annual AAPI Heritage Month Celebration!

This year, on Sunday, May 3, 2026, from 11am-4pm, join us for captivating cultural performances, discover resources in the AAPI community, participate in our health fair, kid-friendly activities, and explore the rich cultures of our diverse community! We hope to see you there!

SAVE THE DATE FOR THE 5TH ANNUAL

AAPI HERITAGE MONTH CELEBRATION



**LIVE PERFORMANCES - GAMES - ACTIVITIES
FOOD - HEALTH FAIR - AND MORE!**

**DISCOVER AAPI COMMUNITY
RESOURCES AND EXPLORE THE
RICH CULTURES OF OUR
COMMUNITY!**

**MAY 3, 2026 | FREE ENTRY | 11AM-4PM
SENECA VALLEY H.S. GERMANTOWN, MD**

FOR MORE INFORMATION: [HTTPS://AAHIINFO.ORG/AAPICELEBRATION](https://AAHIINFO.ORG/AAPICELEBRATION)

Office of Community Partnerships

Asian American Health Initiative
Together To Build A Healthy Community

2026 MC AANHPI Heritage Month Events

Origami: AANHPI Heritage Month and Mother's Day Celebrations

Monday, May 4, 1:00-3:00 p.m., Rockville Campus, Long Nguyen and Kimmy Duong Student Services Center (SV) Lobby

Join us for a fun and relaxing creative experience as we celebrate AANHPI Heritage Month and Mother's Day. Learn how to fold beautiful paper flowers to share with your loved ones!

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<https://www.montgomerycollege.edu/events/asian-pacific-heritage>

MC AANHPI Heritage Month Kick-Off Event

Wednesday, May 6, 11:30 a.m.-2:00 p.m., Rockville Campus, Long Nguyen and Kimmy Duong Student Services Center (SV) Lobby

Join us as we kick off AANHPI Heritage Month this May with a festive celebration! Enjoy cultural performances, delicious food, and fun activities for all ages. Come celebrate the rich diversity and vibrant traditions of the Asian American, Native Hawaiian, and Pacific Islander communities.

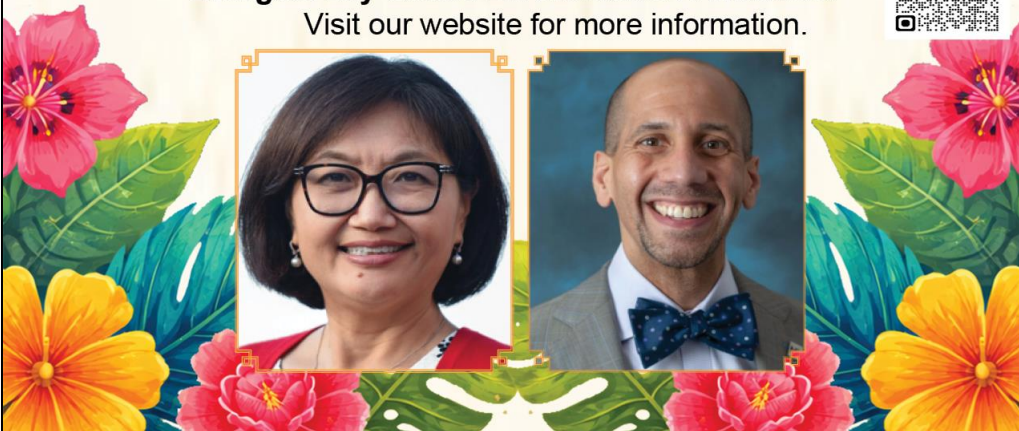
MC Asian American, Native Hawaiian, and Pacific Islander Heritage Month Kick-off Event

Wednesday, May 6, 11:30 a.m.-2:00 p.m., Rockville Campus
Long Nguyen and Kimmy Duong Student Services (SV) Center



With special keynote remarks by Maryland State
Delegate Lily Qi and Dr. Jermaine F. Williams.

Visit our website for more information.



Career Explorations in Corporate Sustainability (*Students Only*)

Thursday, May 7, 12:00-1:30 p.m., Rockville Campus, Ignite Hub, Mannakee Building 105 | [Register for Event](#)

A collaborative event between the IgnITe Hub and the Center for Sustainable Business, this student-led panel reflects Montgomery College's commitment to connecting academic learning with real-world professional insight. Organized and facilitated by MC students, the conversation features Mai Toyofuku, MC Environment Safety Manager, Brian Baick, Accounting Ethics professor, Jocelyn Park, Northern Virginia Chamber of Commerce Investor Relations Manager, and an EPA representative.

Each guest brings a distinct perspective on what it means to build a career centered around environmental responsibility and corporate accountability. From regulatory frameworks to investor relations to ethical business practice, the panel covers the full landscape of sustainability as a professional field. Attendees will have the opportunity to engage directly with the panelists, ask questions, and walk away with a broader understanding of the diverse pathways available in corporate sustainability.

The IgnITe Hub & Center for Sustainable Business

CAREER EXPLORATIONS IN CORPORATE SUSTAINABILITY

 May 7th, 2026

 12:00 - 1:30 PM

 IgnITe Hub,
Mannakee Building
Rockville

 & SWAG!

Conversations with industry experts and award-winning faculty and staff

#GETYOURNETWORKON
#PROFITPEOPLEPLANET
#CENTERFORSUSTAINABLEBUSINESS

RSVP HERE TO RECEIVE CERTIFICATES OF PARTICIPATION



Cooking Demo Filipino National Dish

Thursday, May 14, 1:00-3:00 p.m., Central Services, Room S108 | [Register for Event](#)

Join Dr. Gigi Secuban and the Office of Inclusive Excellence and Belonging as we celebrate Asian Pacific American Heritage Month with a hands-on cooking workshop! Learn how to make fresh, healthy summer rolls (vegetarian-friendly) and Chicken Adobo, the national dish of the Philippines. Participants will gain step-by-step guidance, taste samples, and leave with recipes to recreate these flavorful dishes at home.

**ASIAN AMERICAN
NATIVE HAWAIIAN &
PACIFIC ISLANDER
HERITAGE MONTH**

**MAY 14,
1-3 P.M.**
CENTRAL SERVICES
BUILDING (CT)
ROOM S108
9221 Corporate Blvd.,
Rockville, MD 20850

**Cooking
Together**

Learn how to prepare fresh, healthy Summer Rolls (vegetarian-friendly), and Chicken Adobo, the national dish of the Philippines.

Celebrate AANHPI Heritage Month with a hands-on cooking workshop!

Spots are limited. Register today!

Hosted by
OFFICE OF INCLUSIVE
EXCELLENCE AND BELONGING

**MC MONTGOMERY
COLLEGE**

Scan or click the
link to sign up!

**Click to
Register**



Introductory Workshop on Mindfulness and Mindfulness-Based Stress Reduction
Tuesday, May 19, 2:00-3:30 p.m., Hybrid, Rockville Campus, Long Nguyen and Kimmy Duong Student Services Center (SV), Room 302, and Online via Zoom | [Register for Zoom](#)

Yvonne Hu-Cotto is a mindfulness facilitator certified by Brown University. She is excited to share this beautiful practice with the MC community. This is a 90-minute session that will be offered both in-person and on Zoom. Participants will experience a sitting meditation, a movement/eating mindfulness activity, and discuss what mindfulness is and address common myths. No prior experience is needed. This session is designed for anyone interested in building greater awareness, balance, and resilience in daily life.



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[Register for Zoom Portion](#)

<https://www.montgomerycollege.edu/events/asian-pacific-heritage>

Southeast Asian Cooking Demo: Summer Roll Sauces

Sunday, May 24, 2026, 10:00 a.m.-12:00 p.m.

Montgomery College Food Forest, 7719 Chicago Avenue, Silver Spring, MD 20910

Join returning guest chef Vathany Say for an afternoon of cooking, learning, and sharing at the Montgomery College Food Forest. This demo will focus on three dipping sauces inspired by the flavors of Southeast Asia—sweet fish sauce, peanut, and sticky rice sauce. Vathany will also guide guests in wrapping their own summer rolls using ingredients from the food forest, offering a chance to taste how these flavors come together.

Ticket cost: \$5 per person. All ages welcome. [Registration is required](#). We have a limited number of free spaces for those who can't afford the workshop.



SOUTHEAST ASIAN COOKING: Summer Roll Sauces

Sunday May 24, 10 am - 12 pm

JOIN RETURNING GUEST CHEF VATHANY SAY FOR ANOTHER FOOD FOREST COOKING DEMO!

LEARN TO MAKE THREE TASTY SAUCES: FEATURING THE FLAVORS OF SOUTHEAST ASIA: - PEANUT, STICKY RICE, & SWEET FISH SAUCE - AND WRAP YOUR OWN SUMMER ROLLS FOR TASTING.

Vegan options available.



Vathany Say



Sign Up Here!



ALL AGES WELCOME | REGISTRATION REQUIRED
Address: Montgomery College
7717 Chicago Ave, Takoma Park, MD 20910