

Senior Lunch Social November 2014 Menu



SENIOR LUNCH SOCIAL HEALTH & WELLNESS
RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

Time: 12:00-1:00pm on Tuesdays, Wednesdays, Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:15pm.

Eligibility: Free meal for age 60 and over, City of Austin residents. A \$5 fee for lunch applies for those not eligible.

Reserve your meal: Call or e-mail us at (512) 974-1700 or rani.arni@austintexas.gov **5 days in advance.** *Vegetarian meals available by request on Tuesdays and Thursdays. Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.

First time participants: Please bring identification (e.g. ID, driver's license, passport, etc.). There will be a registration form you will need to fill out on your first visit.

Transportation: Limited transportation available for seniors eligible and registered for Senior Lunch Social. Please call 512-974-1700 for more information.

<p>Tuesday, November 4</p> <p>Curry Chicken, Steamed Rice, Broccoli, Apples</p> <p><i>Veg. Entrée: Kung Pao Tofu</i></p>	<p>Wednesday, November 5</p> <p>Vegetarian Indian Food</p>	<p>Thursday, November 6</p> <p>Stewed Chicken Wings, Brown Rice, Edamame, Watermelon</p> <p><i>Veg. Entrée: Vegetable Delight</i></p>
<p>Tuesday, November 11</p> <p>Closed for Holiday 假期休市 휴일 폐쇄 đóng cửa cho ngày lễ</p>	<p>Wednesday, November 12</p> <p>Vegetarian Indian Food</p>	<p>Thursday, November 13</p> <p>Pork Pad Kee Mao, Eggplant, Celery Salad, Grapes</p> <p><i>Veg. Entrée: Tofu Pad Kee Mao</i></p>
<p>Tuesday, November 18</p> <p>Beef Mushroom, Steamed Rice, Green Beans, Orange</p> <p><i>Veg. Entrée: Tofu Mushroom</i></p>	<p>Wednesday, November 19</p> <p>Vegetarian Indian Food</p>	<p>Thursday, November 20</p> <p>Fried Pork Dumplings, Steamed Carrots, Bean Thread Noodle, Pear</p> <p><i>Veg. Entrée: Veggie Dumplings</i></p>
<p>Tuesday, November 25</p> <p>Chicken Broccoli, Steamed Cauliflower, Quinoa Salad, Orange</p> <p><i>Veg. Entrée: Tofu Broccoli</i></p>	<p>Wednesday, November 26</p> <p>No Lunch Social 沒有午飯 어떤 점심은 없다 không có bữa ăn trưa</p>	<p>Thursday, November 27</p> <p>Closed for Holiday 假期休市 휴일 폐쇄 đóng cửa cho ngày lễ</p>

Schedule of Activities—November 2014

Recreational & Intergenerational Community Education

Ongoing: 9:30AM-2PM Tea & Recreation Social—Join us for some tea & coffee or come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, computer basics and help, karaoke, etc. FREE.

Every Tuesday, Wednesday, Thursday

10am-12pm Computer help / 電腦幫助 / 컴퓨터 도움 / giúp máy tính

<p style="text-align: center;">Tuesday, November 4</p> <ul style="list-style-type: none"> 10:30-11:30am Computer Classes w/ Unni (Computer Lab) - Effective Google Search 	<p style="text-align: center;">Wednesday, November 5</p> <ul style="list-style-type: none"> 11am-1pm AFSSA Referral Services 免費社會資源諮詢 	<p style="text-align: center;">Thursday, November 6</p> <ul style="list-style-type: none"> 10:30am-12pm Tai Chi 11am-1pm AFSSA Referral Services câu hỏi, sự giúp đỡ, và lời khuyên
<p style="text-align: center;">Tuesday, November 11</p> <p style="text-align: center;">Closed for Holiday 假期休市 휴일 폐쇄 đóng cửa cho ngày lễ</p>	<p style="text-align: center;">Wednesday, November 12</p> <ul style="list-style-type: none"> 11am-1pm AFSSA Referral Services 정보 및 서비스 자문 	<p style="text-align: center;">Thursday, November 13</p> <ul style="list-style-type: none"> 11:30 am-1pm AFSSA Referral Services 免費社會資源諮詢 / câu hỏi, sự giúp đỡ, và lời khuyên
<p style="text-align: center;">Tuesday, November 18</p> <ul style="list-style-type: none"> 9:30-11:30am FREE Health Screening / 健康檢查 (Rm# 2) 10:30-11:30am Computer Classes w/ Unni (Computer Lab) - Sharing & Uploading Pictures 	<p style="text-align: center;">Wednesday, November 19</p> <ul style="list-style-type: none"> 11-12pm Diabetes Awareness Activity (Computer Lab) 	<p style="text-align: center;">Thursday, November 20</p> <ul style="list-style-type: none"> 11-12pm Diabetes Awareness Activity / 關於糖尿病活動 (Computer Lab)
<p style="text-align: center;">Tuesday, November 25</p> <ul style="list-style-type: none"> 10:30-11:30am Computer Classes w/ Unni (Computer Lab) - Safe Browsing 11:30 am-1pm AFSSA Referral Services 免費社會資源諮詢 	<p style="text-align: center;">Wednesday, November 26</p> <p style="text-align: center;">No Lunch Social 沒有午飯 어떤 점심은 없다 không có bữa ăn trưa</p>	<p style="text-align: center;">Thursday, November 27</p> <p style="text-align: center;">Closed for Holiday 假期休市 휴일 폐쇄 đóng cửa cho ngày lễ</p>