

Senior Lunch Social October 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, October 7</p> <p>Chicken Lo Mein, Green Beans & Red Onion, Seasoned Cucumbers, Orange</p> <p><i>Veg. Entrée—Veggie Lo Mein</i></p>	<p>Wednesday, October 8</p> <p>Curry Tofu Vegetable, Cucumber Salad, Steamed Rice, Watermelon</p>	<p>Thursday, October 9</p> <p>Twice Cooked Pork, Eggplant Basil, Steamed Rice, Apple</p> <p><i>Veg. Entrée—Curry Tofu</i></p>
<p>Tuesday, October 14</p> <p>Chicken Rice Noodle, Asian Slaw, Mushrooms w/ Basil, Watermelon</p> <p><i>Veg. Entrée—Veggie Rice Noodle</i></p>	<p>Wednesday, October 15</p> <p>Vegetarian Indian Food—Curry Based Entrée</p>	<p>Thursday, October 16</p> <p>Ma Po Tofu w/ Ground Pork, Zucchini Tomato Stir Fry, Steamed Rice, Apple</p> <p><i>Veg. Entrée—Veggie Ma Po Tofu</i></p>
<p>Tuesday, October 21</p> <p>Fried Pork Dumplings, Bok Choy, Steamed Rice, Daikon Soup, Berries</p> <p><i>Veg. Entrée—Vegetable Delight</i></p>	<p>Wednesday, October 22</p> <p>Vegetarian Indian Food—Curry Based Entrée</p>	<p>Thursday, October 23</p> <p>Kung-Pao Chicken, Napa Stir-fry, Steamed Rice, Miso Soup, Pineapple</p> <p><i>Veg. Entrée—Kung-Pao Tofu</i></p>
<p>Tuesday, October 28</p> <p>Chinese Roast Pork w/ Veggies, Spicy Bean Sprout, Buckwheat Noodles, Watermelon</p> <p><i>Veg. Entrée—General Tso's Tofu</i></p>	<p>Wednesday, October 29</p> <p>Vegetarian Indian Food—Curry Based Entrée</p>	<p>Thursday, October 30</p> <p>Beef Lo Mein, Bok Choy, Salad, Watermelon</p> <p><i>Veg. Entrée—Veggie Lo Mein</i></p>

The City of Austin is proud to comply with the American Disabilities Act. If you require special assistance for participation in our programs or use of our facilities please call 512.974.1700.



Schedule of Activities—October 2014

Recreational & Intergenerational Community Education

Ongoing: 9:30AM-12PM 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, etc. FREE.

Tuesday, Wednesday, Thursdays:

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

Thursday, October 2

- 10:30am-12pm Tai Chi (Ballroom)

Tuesday, October 7

- 10am Stroke & Heart Disease Info/ 中風和心臟疾病講座

Wednesday, October 8

- Open recreation time

Thursday, October 9

- 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)

Tuesday, October 14

- 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)
- 10:30am-11:30am Hula for Health (Ballroom)

Wednesday, October 15

- Open recreation time

Thursday, October 16

- 10:30am-12pm Tai Chi (Ballroom)
- 1-2:30pm Karaoke (KTV) Social / 卡拉 OK / 노래방 (Ballroom)

Tuesday, October 21

- Open recreation time

Wednesday, October 22

- 1-2:30pm Karaoke (KTV) Social / 卡拉 OK / 노래방 (Ballroom)

Thursday, October 23

- 9:30-11:30am FREE Health Screening 健康檢查 (Classroom 2)

Tuesday, October 28

- 10:30am-11:30am Hula for Health (Ballroom)
- 1-2:30pm Karaoke (KTV) Social / 卡拉 OK / 노래방 (Classroom 8)

Wednesday, October 29

- 10:30-11:30am Yoga 瑜伽 w/ Navvaratri (Ballroom)

Thursday, October 30

- 11am Stress Reduction Workshop by AFSSA / 減壓講座 / 스트레스 감소 강좌 / bài giảng giảm căng thẳng