

Senior Lunch Social April Menu

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: One free meal a week 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 7 days in advance during business hours. *Vegetarian meals available by request. Wednesdays are vegetarian meals only. We are limited to 40 seats for lunch.



SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

<p>Tuesday, March 31</p> <p>Chicken meatballs w/ Japanese squash, mushroom, grilled veggies, steamed white rice</p> <p>Veg. Entrée: Tofu w/Japanese squash</p>	<p>Wednesday, April 1</p> <p>Chole masala, bhautre (whole wheat bread fried), veg. pulao (rice) and gulab jamun</p>	<p>Thursday, April 2</p> <p>Jicama pork meatballs, tomatoes, w/ rice noodle & salad</p> <p>Veg. Entrée: Grilled tofu vermicelli w/ oyster mushrooms</p>
<p>Tuesday, April 7</p> <p>Vietnamese beef stew w/coconut juice and roasted veg w/brown rice</p> <p>Veg. Entrée: Wheat protein & stir-fry mixed veggies</p>	<p>Wednesday, April 8</p> <p>Cauliflower masala, kala chana (black beans), roti & rice</p>	<p>Thursday, April 9</p> <p>Braised pork & egg w/coconut juice, mixed pickled veggies, white rice</p> <p>Veg. Entrée: Braised tofu w/eggplant</p>
<p>Tuesday, April 14</p> <p>Steamed ginger tilapia w/steamed mixed veg, steamed rice and fresh fruit</p> <p>Veg. Entrée: Stir-fry chickpeas w/ mixed veggies</p>	<p>Wednesday, April 15</p> <p>Mixed veg stuffed paratha, raita w/ cucumber (yoghurt), mixed bean soup & spinach rice</p>	<p>Thursday, April 16</p> <p>Braised herbal chicken w/mixed grilled veggies & white rice</p> <p>Veg. Entrée: Braised herbal tofu</p>
<p>Tuesday, April 21</p> <p>Pork meat balls w/Japanese squash w/mushroom, roasted asparagus, steamed rice & fresh fruit</p> <p>Veg. Entrée: Tofu & Japanese squash</p>	<p>Wednesday, April 22</p> <p>Eggplant (bhagare bengan) w/peanut sauce, sprouted beans (moong), samosa & rice</p>	<p>Thursday, April 23</p> <p>Lemongrass chicken vermicelli noodle bowl, spring mix salad, fresh fruit</p> <p>Veg. Entrée: Lemongrass tofu vermicelli noodle bowl</p>
<p>Tuesday, April 28</p> <p>Stuffed bitter melon w/pork, black ear mushroom, mixed veg w/rice & fresh fruit</p> <p>Veg. Entrée: Stuffed bitter melon w/ tofu</p>	<p>Wednesday, April 29</p> <p>Shahi paneer, dal makhani, paratha and rice</p>	<p>Thursday, April 30</p> <p>Grilled basa, mixed pickled veggies w/ steamed rice and fresh fruit</p> <p>Veg Entrée: Oyster mushroom & chopped veggies</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—April 2015

Recreational & Intergenerational Community Education

Ongoing: 9:30AM-2PM Tea & Recreation Social—Join us for some free 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. **Karaoke by request from 1-2pm.**

Every Tuesday, Wednesday, Thursday

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

Tuesday, March 31	Wednesday, April 1	Thursday, April 2
•	• 10:30-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom)	• 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
Tuesday, April 7	Wednesday, April 8	Thursday, April 9
• 10-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8) • 10:30-11:30am Computer Help	• 10:30-11:30am Gentle Yoga w/ Navvaratri / 瑜伽 / 요가 (Ballroom)	• 1-2pm Karaoke (KTV) (Classroom 8)
Tuesday, April 14	Wednesday, April 15	Thursday, April 16
• 10:30-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom)	•	• 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
Tuesday, April 21	Wednesday, April 22	Thursday, April 23
• 10:30-11:30am Fitness w/ Gongxian (Ballroom) • 10:30-11:30am Computer Help w/ Unni (Library)	• 10:30-11:30am Gentle Yoga w/ Navvaratri / 瑜伽 / 요가 (Ballroom)	• 1-2pm Karaoke (KTV) (Classroom 8)
Tuesday, April 28	Wednesday, April 29	Thursday, April 30
• 10:30-11:30am Drive-A-Senior Presentation (Classroom 8) 老人交通服務講座	•	• Chinese Knotting 中國結 w/ Ruby (Classroom 8)

Transportation Schedule—April 2015

Limited transportation available for seniors eligible and registered for Senior Lunch Social **once a week**. Please refer to our Senior Lunch & Transport Guidelines or call 512-974-1700 for more information. Transportation participants must still follow guidelines for registering for Senior Lunch Social.

Route Schedule:

- Stops with less than 3 people for pickup are subject to cancellation.
- Route schedule may be subject to change due to demand and need.

Pick-Up & Drop-off:

- Pick-up time and reminders will be sent to participants 1-2 days prior by e-mail. Please call the AARC for pick-up time if you do not have e-mail access.
- Participants should bring their Parks & Recreation ID passes that list their stop to ride in AARC van. New passes are made upon registration and first visit to AARC.
- The AARC can only pick-up and drop-off at the same location.

Changing Pick-Up/Drop-Off Locations:

- Participants must notify AARC staff **7 days in advance** if they would like to change stops.
- Stop changes are limited to accessibility accommodations or changes of address.

B	Tuesday, March 31* Pickfair Park Tanglewood Park	Wednesday, April 1*** Yaupon Evening Primrose	Thursday, April 2 Trailhead Park Rockwood
A	Tuesday, April 7** Yaupon Evening Primrose	Wednesday, April 8 Pickfair Park Rustic Rock	Thursday, April 9 Trailhead Park Rockwood
B	Tuesday, April 14* Pickfair Park Rustic Rock	Wednesday, April 15*** Yaupon Evening Primrose	Thursday, April 16 Trailhead Park Rockwood
A	Tuesday, April 21** Yaupon Evening Primrose	Wednesday, April 22 Pickfair Park Rustic Rock	Thursday, April 23 Trailhead Park Rockwood
B	Tuesday, April 28* Pickfair Park Tanglewood Park	Wednesday, April 29*** Yaupon Evening Primrose	Thursday, April 30 Trailhead Park Rockwood

Stops Available by Request: *Balcones Country Club, **Hunters Chase, *Texas Plume & DK Ranch**