

## Senior Lunch Social December 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.

**First time participants:** Please call 512-974-1700 to register for program.

SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

<p><b>Tuesday, December 1</b></p> <p>Steamed Ginger Fish, Boiled Veggies, Brown Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Stir Fried Seitan w/ Mixed Veggies</p>	<p><b>Wednesday, December 2</b></p> <p>Saag Paneer (Paneer Cheese w/ Creamy Greens, Chile Masala (Garbanzo Beans in Tomato Sauce), Roti, Veg Pulao, Fresh Fruit</p>	<p><b>Thursday, December 3</b></p> <p>Vietnamese Beef Stew (Bo Kho), Toasted Bread, Baked Veggies, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Fried Tofu &amp; Eggplant Stew</p>
<p><b>Tuesday, December 8</b></p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Spring Mix Salad, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Seitan Vermicelli Bowl</p>	<p><b>Wednesday, December 9</b></p> <p>Bhindi Masala (Baby Okra, Potato &amp; Tomato in Crushed Peanut Sauce), Dal Tadka (Lentil Soup), Roti, Veg Pulao, Fresh Fruit</p>	<p><b>Thursday, December 10</b></p> <p>Winter Melon w/ Pork Soup, Baked Veggies, Steamed Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Winter Melon w/ Tofu Soup</p>
<p><b>Tuesday, December 15</b></p> <p>Vietnamese Chicken Ragu, Boiled Veggies, Steamed Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Tofu &amp; Fresh Tomatoes Stir-Fry</p>	<p><b>Wednesday, December 16</b></p> <p>Pick 1: <b>Vietnamese</b>—Pho Noodle Soup (Beef, Chicken or Veggie Tofu), <b>Indian</b>—Mix Veggie Paneer Korma, Dal Makhani, Roti, Rice, Samosa, <b>Korean</b> —Chicken Teriyaki or Beef Bulgogi, Salad, Jabchae, Rice</p>	<p><b>Thursday, December 17</b></p> <p>Braised Pork &amp; Egg (Chinese Style), Mixed Pickled Veggies, Steamed White Rice, Fresh Fruit</p> <p><b>Veg. Entrée:</b> Braised Tofu &amp; Eggplants</p>

**No Senior Lunch December 21 to January 4**

**12月21號到1月4號, 沒有中午餐跟活動**

**AARC Closed December 24 & 25, January 1**

**12月24跟25號, 1月1號中心關閉**

## Schedule of Activities—December 2015

### Recreational & Intergenerational Community Education

**9:30am to 11:30am:** Join us for free tea and coffee

**9am to 2pm:** Recreation Social—Come play games such as table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, caroom, brain games, Asian satellite channels, computer basics and help, etc. **Karaoke by request from 1-2pm when Room 8 is available.**

<p><b>Tuesday, December 1</b></p> <ul style="list-style-type: none"> <li>10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8)</li> <li>12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8)</li> </ul>	<p><b>Wednesday, December 2</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Holiday Blues Workshop w/ ATCIC</li> <li>12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8)</li> </ul>	<p><b>Thursday, December 3</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> </ul>
<p><b>Tuesday, December 8</b></p> <ul style="list-style-type: none"> <li>10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8)</li> <li>12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8)</li> </ul>	<p><b>Wednesday, December 9</b></p> <ul style="list-style-type: none"> <li>10:30am-11:30am Gentle Yoga / 瑜伽 / 요가 (Ballroom)</li> </ul>	<p><b>Thursday, December 10</b></p> <ul style="list-style-type: none"> <li>9:30am-10:30am FREE Health Screening 健康檢查</li> <li>10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8)</li> </ul>
<p><b>Tuesday, December 15</b></p> <ul style="list-style-type: none"> <li>12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8)</li> </ul>	<p><b>Wednesday, December 16</b></p> <ul style="list-style-type: none"> <li>11am-12pm Austin Symphony Orchestra Christmas in the Community Performance!</li> <li>12pm-1:30pm Senior Holiday Lunch Social</li> </ul>	<p><b>Thursday, December 17</b></p> <ul style="list-style-type: none"> <li>10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)</li> </ul>

**No Senior Lunch December 21 to January 4**  
**12月21號到1月4號, 沒有中午餐跟活動**

**AARC Closed December 24 & 25, January 1**  
**12月24跟25號, 1月1號中心關閉**

## Transportation Schedule—December 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>A</b>	<b>Tuesday, December 1</b> Yaupon Dianella Mountain View Park	<b>Wednesday, December 2</b> Pickfair Park Spicewood Parkway Rustic Rock	<b>Thursday, December 3</b> Trailhead Park Mellow Meadow Hunters Chase
<b>B</b>	<b>Tuesday, December 8</b> Pickfair Park Spicewood Parkway Rustic Rock	<b>Wednesday, December 9</b> Yaupon Dianella Mountain View Park	<b>Thursday, December 10</b> Trailhead Park Mellow Meadow Hunters Chase
<b>A</b>	<b>Tuesday, December 15</b> Yaupon Dianella Mountain View Park	<b>Wednesday, December 16</b>  Special Service for Senior Holiday Party	<b>Thursday, December 17</b> Trailhead Park Mellow Meadow Hunters Chase

**No Senior Lunch December 21 to January 4**  
 12月21號到1月4號, 沒有中午餐跟活動

**AARC Closed December 24 & 25, January 1**  
 12月24跟25號, 1月1號中心關閉