

Senior Lunch Social January 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 call 512-974-1700 to register for program.

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

<p>Tuesday, January 6</p> <p>Steamed Ginger Tilapia, Mixed Pickled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu Stir-Fry</p>	<p>Wednesday, January 7</p> <p>Cauliflower Mutter Masala (stir-fry cauliflower & peas curry), Dal Makhani, Parantha, Jeera Rice, Grapes</p>	<p>Thursday, January 8</p> <p>Beef Stew, Stir-fry Lettuce, Steamed Rice, Grapes</p> <p>Veg. Entrée: Vegetable Delight</p>
<p>Tuesday, January 13</p> <p>Vietnamese Beef Stew (Bo Kho), Steamed Veggies, Steamed Rice, Fresh Fruit,</p> <p>Veg. Entrée: Vegan Pho (Rice Flour)</p>	<p>Wednesday, January 14</p> <p>Bhindi Masala (Baby Okra Stir-fry), Vegetable Raita (yoghurt), Naan Bread, Vegetable Biryani, Apple</p>	<p>Thursday, January 15</p> <p>Pork Rice Noodle, Cabbage Stir-fry, Pickled Cucumbers, Oranges</p> <p>Veg. Entrée: Tofu Rice Noodle</p>
<p>Tuesday, January 20</p> <p>Stuffed Bitter Melon w/ Pork, Mixed Pickled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Vegetarian Stir-fried</p>	<p>Wednesday, January 21</p> <p>Mixed Vegetables in Coconut Curry, Moong Whole (Mung Bean Soup), Parantha, Basmati Rice, Oranges</p>	<p>Thursday, January 22</p> <p>Salt & Pepper Fish, Tomato Salad, Steamed Rice, Grapes</p> <p>Veg. Entrée: Tofu Lo Mein</p>
<p>Tuesday, January 27</p> <p>Lemongrass Chicken Vermicelli, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli</p>	<p>Wednesday, January 28</p> <p>Baghare Bengan (Eggplant Curry), Kala Chana (Green Garbanzo Soup), Roti, Palak (Spinach) Rice, Mixed Fruit Mango Custard</p>	<p>Thursday, January 29</p> <p>Pork w/ Eggplant Stir-fry, Edamame Salad, Brown Rice, Orange</p> <p>Veg. Entrée: Eggplant Stir-fry</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—January 2015

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 도우미 / giúp máy tính

<p>Tuesday, January 6</p> <ul style="list-style-type: none"> Badminton 羽毛球 / 배드민턴 / cầu long (Ballroom) 10:30-11:30am Computer Class w/ Unni (Library) 	<p>Wednesday, January 7</p> <ul style="list-style-type: none"> Green Thumbs Group— Gardening Harvest (Menthi Plants) 	<p>Thursday, January 8</p> <ul style="list-style-type: none"> 10-12pm Computer help (Library) 1-2pm Karaoke (KTV) (Classroom 8)
<p>Tuesday, January 13</p> <ul style="list-style-type: none"> 10:30-11:30am Computer Class w/ Unni (Library) 1-2pm Karaoke (KTV) (Classroom 8) 	<p>Wednesday, January 14</p> <ul style="list-style-type: none"> 1-2pm Karaoke (KTV) (Classroom 8) 	<p>Thursday, January 15</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince
<p>Tuesday, January 20</p> <ul style="list-style-type: none"> 9:30-11:30am Free Health Screening / 健康檢查 (Classroom 2) 10:30-11:30am Computer Class w/ Unni (Library) 	<p>Wednesday, January 21</p> <ul style="list-style-type: none"> 1-2pm Karaoke (KTV) (Classroom 8) 	<p>Thursday, January 22</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting w/ Ruby (Classroom 8)
<p>Tuesday, January 27</p> <ul style="list-style-type: none"> 10:30-11:30am Computer Class w/ Unni (Library) 1-2pm Karaoke (KTV) (Classroom 8) 	<p>Wednesday, January 28</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navvaratri (Ballroom) 	<p>Thursday, January 29</p> <ul style="list-style-type: none"> 10-12pm Computer help (Library) 1-2pm Karaoke (KTV) (Classroom 8)