

Senior Lunch Social June 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>Tuesday, June 2</p> <p>Cauliflower Masala (Curry), Toor Dal (Yellow Lentil Soup), Paratha (Whole Wheat Bread), Basmati Rice, Fresh Fruit</p>	<p>Wednesday, June 3</p> <p>Paneer Butter Masala (Curry), Mixed Beans Soup, Roti, Jeera Rice, Fresh Fruit</p>	<p>Thursday, June 4</p> <p>Braised Herbal Chicken, Steamed White Rice, Grilled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>
<p>Tuesday, June 9</p> <p>Pork Stew w/ Veggies (French Style), Steamed White Rice, Boiled Mix Veggie, Fresh Fruit</p> <p>Veg. Entrée: Braised Tofu & Eggplants</p>	<p>Wednesday, June 10</p> <p>Mixed Veggie Coconut Curry, Corn Soup, Spring Roll, Brown Rice, Fresh Fruit</p>	<p>Thursday, June 11</p> <p>Rice Noodle & Fish Soup Bowl, Fresh Veggies & Herbs, Fresh Fruit</p> <p>Veg. Entrée: Rice Noodle w/ Mixed Veggies Bowl</p>
<p>Tuesday, June 16</p> <p>Vietnamese Beef Stew (Bo Kho), Steamed White Rice, Mixed Pickled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Sesame Seitan & Mixed Veggies Stir Fry</p>	<p>Wednesday, June 17</p> <p>Palak Paneer (Spinach Paneer Curry), Chole Masala (Garbanzo Soup), Naan, Basmati Rice, Fresh Fruit</p>	<p>Thursday, June 18</p> <p>Steamed Ginger Tilapia, Steamed White Rice, Sautéed Mixed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Stir Fried Chick Peas w/ Mixed Veggies</p>
<p>Tuesday, June 23</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli Noodle Bowl</p>	<p>Wednesday, June 24</p> <p>Idlies (Rice & Lentil Cake), Sambhar (Mixed Veggie Lentil Soup), Medu Wada, Veggie Pulao, Fresh Fruit</p>	<p>Thursday, June 25</p> <p>Pork Meatballs & Japanese Squash, Steamed Brown Rice, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Japanese Squash</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—June 2015

Recreational & Intergenerational Community Education

9am to 11:30am:

9am to 2pm: 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, Asian satellite channels, computer basics and help, etc. **Karaoke by request from 1-2pm when classroom 8 is available.**

Every Tuesday, Wednesday, Thursday

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

<p>Tuesday, June 2</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8) 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông (Ballroom) 	<p>Wednesday, June 3</p> <ul style="list-style-type: none"> 1pm-2pm Budget in a Box with the City of Austin Budget Office (Classroom 8) 	<p>Thursday, June 4</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, June 9</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 	<p>Wednesday, June 10</p> <ul style="list-style-type: none"> <i>No Table Tennis available due to facility reservation</i> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 	<p>Thursday, June 11</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Classroom 8)
<p>Tuesday, June 16</p> <ul style="list-style-type: none"> 9:30am-11:30am Free Health Screening / 健康檢查 / 건강 검진 / kiểm tra sức khỏe 	<p>Wednesday, June 17</p> <ul style="list-style-type: none"> Open Recreation. Table Tennis, Games, etc. 	<p>Thursday, June 18</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, June 23</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula for Health w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 	<p>Wednesday, June 24</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Classroom 4) 	<p>Thursday, June 25</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu lông (Ballroom)

Transportation Schedule—June 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.

A	Tuesday, June 2** Yaupon Evening Primrose	Wednesday, June 3 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, June 4 Trailhead Park Rockwood
B	Tuesday, June 9* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, June 10 Yaupon Evening Primrose	Thursday, June 11 Trailhead Park Rockwood
A	Tuesday, June 16** Yaupon Evening Primrose	Wednesday, June 17 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, June 18 Trailhead Park Rockwood
B	Tuesday, June 23* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, June 24 Yaupon Evening Primrose	Thursday, June 25 Trailhead Park Rockwood

Stops Available by Request: *Balcones Country Club, **Hunters Chase