

Senior Lunch Social October 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, October 6</p> <p>Stuffed Bitter Melon w/ Pork, Steamed White Rice, Roasted Veggies, Fresh Fruit</p> <p>Veg. Entrée: Bitter Melon Stir-fried w/ Shiitake Mushrooms & Soft Tofu</p>	<p>Wednesday, October 7</p> <p>Cauliflower Mutter Masala, Toor Dal (Yellow Lentil Soup w/ Veggies), Roti, Veggie Pulao, Fresh Fruit</p>	<p>Thursday, October 8</p> <p>Vietnamese Beef Stew (Bo Kho), Toasted Bread, Mixed Pickled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant Stew</p>
<p>Tuesday, October 13</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Seitan Vermicelli Noodle Bowl</p>	<p>Wednesday, October 14</p> <p>Saag Paneer, Kala Chana (Black Bengal Gram Beans in Gravy), Roti, Jeera Rice, Fresh Fruit</p>	<p>Thursday, October 15</p> <p>Winter Melon & Pork Soup, Steamed Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Winter Melon w/ Tofu</p>
<p>Tuesday, October 20</p> <p>Pork Meatballs & Japanese Squash, Roasted Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Japanese Squash</p>	<p>Wednesday, October 21</p> <p>Bengan Potato Curry (Eggplant & Potato Curry in Tomato Sauce), Moong Bean Soup, Puri, Spinach Rice, Fresh Fruit</p>	<p>Thursday, October 22</p> <p>Caramelized Chicken w/ Ginger Scallion, Stir Fried Veggies, Steamed Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shiitake Mushrooms & Chopped Veggies</p>
<p>Tuesday, October 27</p> <p>Braised Herbal Chicken, Grilled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>	<p>Wednesday, October 28</p> <p>Paneer Tikka Masala, Shahi Rajma (Kidney Bean Soup w/ Onion in Tomato), Roti, Veggie Pulao, Fresh Fruit</p>	<p>Thursday, October 29</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli Noodle Bowl</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 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.**

Free Flu Shots / 流感疫苗 NEXT MONTH, November 4

<p>Tuesday, October 6</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, October 7</p> <ul style="list-style-type: none"> 12:30-1:30pm Hepatitis C Presentation (Room 4) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Thursday, October 8</p> <ul style="list-style-type: none"> 10:30am-11:30am Wellness Exercise w/ Gongxian 健身鍛煉 (Ballroom)
<p>Tuesday, October 13</p> <ul style="list-style-type: none"> 9:30am-11:30am Free Health Screening / 健康檢查 (Room 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, October 14</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga / 瑜伽 / 요가 (Ballroom) 	<p>Thursday, October 15</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, October 20</p> <ul style="list-style-type: none"> 10:30am-11:30am Wellness Exercise w/ Gongxian 健身鍛煉 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, October 21</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Thursday, October 22</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8)
<p>Tuesday, October 27</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, October 28</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga / 瑜伽 / 요가 (Ballroom) 	<p>Thursday, October 29</p>

Transportation Schedule—October 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, October 6 Yaupon Mountain View Park Hunters Chase	Wednesday, October 7 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, October 8 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, October 13* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, October 14 Yaupon Mountain View Park	Thursday, October 15 Trailhead Park Mellow Meadow Rockwood
A	Tuesday, October 20 Yaupon Mountain View Park Hunters Chase	Wednesday, October 21 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, October 22 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, October 27 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, October 28 Yaupon Mountain View Park	Thursday, October 29 Trailhead Park Mellow Meadow Rockwood