

Senior Lunch Social September 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, September 1</p> <p>Stuffed Bitter Melon w/ Pork, Steamed White Rice, Boiled Veggies, Fresh Fruit</p> <p>Veg. Entrée: Bitter Melon Stir-fried w/ Shiitake Mushrooms & Soft Tofu</p>	<p>Wednesday, September 2</p> <p>Bhindi Masala (Baby Okra w/ Potato & Onions), Dal Tadka (3 Lentil Tomato Soup), Roti, Vegetable Pulao, Fresh Fruit</p>	<p>Thursday, September 3</p> <p>Caramelized Chicken w/ Ginger & Scallion, Mixed Pickled Veggies, Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shiitake Mushrooms & Veggies</p>
<p>Tuesday, September 8</p> <p>Vietnamese Beef Stew (Bo Kho), Toasted Bread, Cucumber Salad, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant Stew</p>	<p>Wednesday, September 9</p> <p>Mixed Vegetable Paneer Korma, Kala Chana, Roti, Jeera Rice, Fresh Fruit</p>	<p>Thursday, September 10</p> <p>Steamed Pollack, Baked Veggies, Carrot Rice w/ Potatoes, Fresh Fruit</p> <p>Veg. Entrée: Tofu Sautéed with Fresh Tomatoes & Veggies</p>
<p>Tuesday, September 15</p> <p>Winter Melon & Pork Soup, Steamed Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Winter Melon w/ Tofu</p>	<p>Wednesday, September 16</p> <p>Bhagare Baigan (Eggplant Curry w/ Peanut Sauce), Sprout Moong Dal, Puri, Rice, Fresh Fruit</p>	<p>Thursday, September 17</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu</p>
<p>Tuesday, September 22</p> <p>Braised Pork & Egg (Chinese Style), Mixed Pickled Veggies, Steamed White Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Tofu & Eggplant</p>	<p>Wednesday, September 23</p> <p>Shahi Paneer (Paneer Curry w/ Bell Pepper & Onion), Dal Makhni (Black Mapte & Kidney Bean Soup), Roti, Spinach Rice, Fresh Fruit</p>	<p>Thursday, September 24</p> <p>Braised Herbal Chicken, Grilled Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Braised Herbal Tofu</p>
<p>Tuesday, September 29</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Spring Mix Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu</p>	<p>Wednesday, September 30</p> <p>Mixed Vegetable Curry, Dal Banjari (Blend of 5 Dals w/ Spinach), Roti, Rice, Fresh Fruit</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—September 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>Tuesday, September 1</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, September 2</p> <ul style="list-style-type: none"> 10:30am-11:30am Wellness Exercise w/ Gongxian 健身鍛煉 (Ballroom) SAIVA Doll Making (Room 4) 	<p>Thursday, September 3</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, September 8</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, September 9</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Dhila / 瑜珈 / 요가 (Ballroom) SAIVA Doll Making (Room 4) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Thursday, September 10</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu long (Ballroom)
<p>Tuesday, September 15</p> <ul style="list-style-type: none"> 10:30am-11:30am Hula w/ Kanani / 夏威夷舞 / 하와이 댄스 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, September 16</p> <ul style="list-style-type: none"> SAIVA Doll Making (Room 4) 10:30am-12:00pm Nutrition Class Part 1 (Room 3) 	<p>Thursday, September 17</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, September 22</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, September 23</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Dhila / 瑜珈 / 요가 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 12:30-1:30pm Nutrition Part 2 (Room 3) 	<p>Thursday, September 24</p> <ul style="list-style-type: none"> 10:30am-11:30am Wellness Exercise w/ Gongxian 健身鍛煉 (Ballroom)
<p>Tuesday, September 29</p> <ul style="list-style-type: none"> 9am-12pm Badminton / 羽毛球 / 배드민턴 / cầu long (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Wednesday, September 30</p> <ul style="list-style-type: none"> 9:30am-11:30am Free Health Screening (Room 8) 10:30am-12:00pm Nutrition Class Part 3 (Room 3) SAIVA Doll Making (Room 4) 	<p>Thursday, September October 1</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)

Transportation Schedule—September 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, September 1* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, September 2 Yaupon Mountain View Park	Thursday, September 3 Trailhead Park Mellow Meadow Rockwood
A	Tuesday, September 8** Yaupon Mountain View Park	Wednesday, September 9 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, September 10 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, September 15* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, September 16 Yaupon Mountain View Park	Thursday, September 17 Trailhead Park Mellow Meadow Rockwood
A	Tuesday, September 22** Yaupon Mountain View Park	Wednesday, September 23 Pickfair Park Tree Bend & Grand Oak Rustic Rock	Thursday, September 24 Trailhead Park Mellow Meadow Rockwood
B	Tuesday, September 29* Pickfair Park Tree Bend & Grand Oak Rustic Rock	Wednesday, September 30 Yaupon Mountain View Park	Thursday, October 1 Trailhead Park Mellow Meadow Rockwood

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