

Senior Lunch Social April 2016 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: 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.

<p>Tuesday, April 5</p> <p>Jicama Pork Meatballs, Vermicelli Noodle Bowl, Fresh Fruit</p> <p>Veg. Entrée: Grilled Shiitake Mushroom</p>	<p>Wednesday, April 6</p> <p>Bhindi (Okra) Masala w/ Peanuts, Toor Daal (Yellow Lentils w/ Spices), Roti, Jeera (Cumin) Rice, Fresh Fruit</p>	<p>Thursday, April 7</p> <p>Vietnamese Curry w/ Chicken & Taro, Roasted Veggies w/French Bread, Fresh Fruit</p> <p>Veg. Entrée: Curry w/ Tofu, Taro, & Eggplant</p>
<p>Tuesday, April 12</p> <p>Stuffed Bittermelon w/ Pork, Woodear Mushroom w/ Oyster Sauce, Steamed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Bittermelon Stir-Fry</p>	<p>Wednesday, April 13</p> <p>Mixed Vegetable Korma, Kala Chana (Black Lentils), Roti, Basmati Rice, Fresh Fruit</p>	<p>Thursday, April 14</p> <p>Korean Stir-fried Noodle w/ Chicken, Mixed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Stir-Fried Noodles w/ Mixed Veggies</p>
<p>Tuesday, April 19</p> <p>Steamed Ginger Tilapia, Brown Rice, Mixed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant Stew</p>	<p>Wednesday, April 20</p> <p>Lauki Mutter Masala (Squash, w/ Peas) Chana Daal (Bengal Gram Lentil), Roti, Veggie Pulao Rice, Fresh Fruit</p>	<p>Thursday, April 21</p> <p>Vietnamese Beef Stew, Mixed Veggies, Toasted Bread, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant</p>
<p>Tuesday, April 26</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Salad, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Tofu Vermicelli Noodle Bowl</p>	<p>Wednesday, April 27</p> <p>Palak Paneer (Spinach w/ Creamy Sauce), Daal Makhni (Kidney Bean Soup), Roti, Brown Rice, Fresh Fruit</p>	<p>Thursday, April 28</p> <p>Vietnamese Stir-Fried Chicken, Chinese Broccoli, Mixed Veggies, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Grilled Tofu & Shiitake Mushroom</p>

Schedule of Activities—April 2016

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 style="text-align: center;">Tuesday, April 5</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness DVD of choice (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, April 6</p> <ul style="list-style-type: none"> 10:30-11:30am Blanket Making (Room 3 & 4) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Thursday, April 7</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request
<p style="text-align: center;">Tuesday, April 12</p> <ul style="list-style-type: none"> 10am-12pm Karaoke / KTV (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, April 13</p> <ul style="list-style-type: none"> Community Gardening (Seedling) 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Ballroom) 	<p style="text-align: center;">Thursday, April 14</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness DVD of choice (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request
<p style="text-align: center;">Tuesday, April 19</p> <ul style="list-style-type: none"> 9:30-11:30am FREE Health Screening 健康檢查 (Room 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, April 20</p> <ul style="list-style-type: none"> 10:30am-11:30am Heartfulness Meditation 冥想 (Ballroom) 12:30pm-2pm Karaoke / KTV (Ballroom) 	<p style="text-align: center;">Thursday, April 21</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request
<p style="text-align: center;">Tuesday, April 26</p> <ul style="list-style-type: none"> 10:30-11:30 Community Gardening (Seedlings) 10am-12pm Badminton / 羽毛球 (Ballroom) 	<p style="text-align: center;">Wednesday, April 27</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Ballroom) 	<p style="text-align: center;">Thursday, April 28</p> <ul style="list-style-type: none"> 10:30-11:30am Karaoke/KTV (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request

Transportation Schedule—April 2016

*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, April 5 Yaupon Dianella Mountain View Park Evening Primrose	Wednesday, April 6 Pickfair Park Spicewood Parkway Rustic Rock	Thursday, April 7 Trailhead Park Mellow Meadow Hunters Chase
A	Tuesday, April 12 Pickfair Park Spicewood Parkway Rustic Rock	Wednesday, April 13 Yaupon Dianella Mountain View Park Evening Primrose	Thursday, April 14 Trailhead Park Mellow Meadow Hunters Chase
B	Tuesday, April 19 Yaupon Dianella Mountain View Park Evening Primrose	Wednesday, April 20 Pickfair Park Spicewood Parkway Rustic Rock	Thursday, April 21 Trailhead Park Mellow Meadow Hunters Chase
A	Tuesday, April 26 Pickfair Park Spicewood Parkway Rustic Rock	Wednesday, April 27 Yaupon Dianella Mountain View Park Evening Primrose	Thursday, April 28 Trailhead Park Mellow Meadow Hunters Chase