



SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

Senior Lunch Menu—July 2016

Time: 11:30am—12:30pm, Mondays through Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:30pm.

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.

*all meals include a serving of fresh fruit

Monday, July 4	Tuesday, July 5	Wednesday, July 6	Thursday, July 7
HOLIDAY!	Lemongrass Chicken Vermicelli w/ Spring Mix Veg. Entrée: Seitan Vermicelli & Mixed Veggies	Shahi Paneer, Black-Eye Lentil Soup, Home-Style Roti (2), Jeera Rice	Green Curry Chicken w/ Bamboo, Red Bell Pepper, Sweet Onions, Vermicelli Noodles Veg. Entrée: Green Curry Zucchini
Monday, July 11 Bulgogi (Korean Beef BBQ) w/ Onion, Steamed Broccoli, Rice, Veg. Entrée: Grilled Tofu	Tuesday, July 12 Vietnamese Beef Stew (Bho Kho) w/ Coconut Juice, Carrots, Bread Veg. Entrée: Fried Tofu & Eggplant Stew	Wednesday, July 13 Pav Bhaji (Bread w/ Mixed Vegetables & Spices), Vegetable Pulao, Riata (Yogurt w/ Cucumber),	Thursday, July 14 Sir-Fry Pork w/ Bok Choy, Rice Veg. Entrée: Stir-Fried Tofu w/ Bok Choy
Monday, July 18 Bibimbap (Rice Mixed with Chicken, Radish, Mushroom, Cucumber, Bean Sprouts) Veg. Entrée: Stir-fried Tofu	Tuesday, July 19 Stir-Fried Chicken w/Chinese Broccoli, mixed Veggies, Rice, Fruit Veg. Entrée: Grilled Tofu & Shiitake Mushroom	Wednesday, July 20 Cauliflower, Rajma Masala (Kidney Beans) Roti, Rice	Thursday, July 21 Steamed Ginger Tilapia, Brown Rice Veg. Entrée: Vegetarian Delight w/ Broccoli, Bean Sprout
Monday, July 25 Steamed Mackerel, Cucumber Salad, Rice Veg. Entrée: Mushroom Fried Pancake	Tuesday, July 26 Braised Pork & Egg, Mixed Pickled Veggies, Rice, Fresh Fruit Veg. Entrée: Braised Tofu & Eggplant	Wednesday, July 27 Paneer Tikka Masala, Cholay (Chickpea w/ Spices) Puri, Lemon Rice	Thursday, July 28 Stir-Fried Chicken w/ Napa Cabbage, Scallions, Rice Veg. Entrée: Fried Tofu w/ Napa

RICE Schedule of Activities—July 2016

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.

<p>Monday, July 4</p> <p>HOLIDAY!</p>	<p>Tuesday, July 5</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) <i>By request</i> 	<p>Wednesday, July 6</p> <ul style="list-style-type: none"> 10:30-11:30am Doll Making 娃娃製作 10:30-12pm Technology Assistance 	<p>Thursday, July 7</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom) 10:30-12pm Technology Assistance
<p>Monday, July 11</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness 健身 DVD of choice 	<p>Tuesday, July 12</p> <ul style="list-style-type: none"> 11-12pm Line Dance 排舞 w/ Leechu Cheng (Ballroom) 	<p>Wednesday, July 13</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navaratri / 瑜珈 / 요가 (Ballroom) ESL for Chinese Speakers 英文課 (Room 8) <i>By request</i> 	<p>Thursday, July 14</p> <ul style="list-style-type: none"> 10-11:30am Wellness Class 健身運動 w/ Gongxian 10:30-12pm Technology Assistance
<p>Monday, July 18</p> <ul style="list-style-type: none"> 10-11:30am Wellness 健身運動 Class w/Gongxian 	<p>Tuesday, July 19</p> <ul style="list-style-type: none"> 10:30-12pm Technology Support 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) <i>By request</i> 	<p>Wednesday, July 20</p> <ul style="list-style-type: none"> 10:30 –11:30am Heartfulness Meditation 冥想 (Ballroom) 10:30-12pm Technology Assistance 	<p>Thursday, July 21</p> <ul style="list-style-type: none"> 10:30-12pm Ip Sun Tai Ch (太極 / 태극) w/ Vince (Ballroom) 10:30-12pm Technology Assistance
<p>Monday, July 25</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness 健身 DVD of choice 	<p>Tuesday, July 26</p> <ul style="list-style-type: none"> 11-12pm Line Dance 排舞 w/ Leechu Cheng (Ballroom) 	<p>Wednesday, July 27</p> <ul style="list-style-type: none"> 10:30-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Ballroom) ESL for Chinese Speakers 英文課 (Room 8) <i>By request</i> 	<p>Thursday, July 28</p> <ul style="list-style-type: none"> 10:30-12pm Technology Assistance

Senior Transportation Schedule—July 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.

A	Monday, July 4 Rustic Rock Woodhollow Drive Kirkland Hill Path	Tuesday, July 5 Yaupon Dianella Mountain View Park	Wednesday, July 6 Fo Guang Shan Xiang Yun Temple Capital Village	Thursday, July 7 Trailhead Park Mellow Meadow Hunters Chase
B	Monday, July 11 Rustic Rock Kirkland Hill Path Capital Village	Tuesday, July 12 Yaupon Dianella Mountain View Park	Wednesday, July 13 Fo Guang Shan Xiang Yun Temple Woodhollow Drive	Thursday, July 14 Trailhead Park Mellow Meadow Hunters Chase
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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.