

Senior Lunch Social May 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, May 3</p> <p>Braised Pork & Egg w/ Coconut Juice & Fish Sauce, Steamed Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Eggplant stew</p>	<p>Wednesday, May 4</p> <p>Paneer Tikka Masala w/ Bell Pepper & Spices, Dal Makhani (Whole black Lentils w/ Creamy Sauce) Roti, Spinach Rice, Fresh Fruit</p>	<p>Thursday, May 5</p> <p>Caramelized Chicken w/ Ginger Scallion, Mixed Boiled Veggies, Rice, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shiitake Mushroom & Veggies</p>
<p>Tuesday, May 10</p> <p>Pork Meatballs & Japanese Squash, Stir-Fried Veggies, Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu & Japanese Squash</p>	<p>Wednesday, May 11</p> <p>Cauliflower Mutter Masala, Kala Chana (Black Bengal Gram Beans in Veggie Broth), Punjabi Roti, Jeera Rice, Fresh Fruit</p>	<p>Thursday, May 12</p> <p>Steamed Ginger Tilapia, Steamed Veggies, Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Stir -Fried Chic peas w/mixed Veggies</p>
<p>Tuesday, May 17</p> <p>Stuffed Bitter Melon w/Pork, Boiled Veggies, Rice, Fresh Fruit</p> <p>Veg. Entrée: Stir-Fried Bitter Melon w/Shitake & Seitan</p>	<p>Wednesday, May 18</p> <p>Mix Paneer Korma, Black Eyed Pea Soup, Home Style Roti, Rice, Fresh Fruit</p>	<p>Thursday, May 19</p> <p>Lemongrass Chicken Vermicelli Noodle Bowl, Organic Spring Salad Fresh Fruit</p> <p>Veg. Entrée: Seitan Vermicelli</p>
<p>Tuesday, May 24</p> <p>Vietnamese Beef Stew (Bo Kho) , Mixed Veggies, Toasted Bread, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant</p>	<p>Wednesday, May 25</p> <p>Saag Paneer (Blend of Greens and Paneer in creamy sauce), Cholay Masala (Garbanzo beans), Roti, Veg Pulao Rice, Fresh Fruit</p>	<p>Thursday, May 26</p> <p>Korean Stir Fried Noodle w/ Chicken, Mixed Veggies, Fresh Fruit</p> <p>Veg. Entrée: Potato Noodle w/veggies</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—May 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.

<p style="text-align: center;">Tuesday, May 3</p> <ul style="list-style-type: none"> 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, May 4</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness DVD (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Thursday, May 5</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, May 10</p> <ul style="list-style-type: none"> 10am-12pm Karaoke / KTV (Rm 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, May 11</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navaratri / 瑜伽 / 요가 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Thursday, May 12</p> <ul style="list-style-type: none"> 10-12am Badminton / 羽毛球 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request
<p style="text-align: center;">Tuesday, May 17</p> <ul style="list-style-type: none"> 10:30-11:30am Fitness DVD (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, May 18</p> <ul style="list-style-type: none"> 10:30am -11:30am Heartfulness Meditation 冥想 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Thursday, May 19</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, May 24</p> <ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Wednesday, May 25</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜伽 / 요가 (Ballroom) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p style="text-align: center;">Thursday, May 26</p> <ul style="list-style-type: none"> 10am-12pm Karaoke/KTV (Rm 8) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) - by request

Transportation Schedule—May 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, May 3 Yaupon Dianella Mountain View Park Evening Primrose	Wednesday, May 4 Rustic Rock Spicewood Parkway Capital Village	Thursday, May 5 Trailhead Park Mellow Meadow Hunters Chase
A	Tuesday, May 10 Rustic Rock Spicewood Parkway Capital Village	Wednesday, May 11 Yaupon Dianella Mountain View Park Evening Primrose	Thursday, May 2 Trailhead park Mellow Meadow Hunters Chase
B	Tuesday, May 17 Yaupon Dianella Mountain View Park Evening Primrose	Wednesday, May 18 Rustic Rock Spicewood Parkway Capital Village	Thursday, May 19 Trailhead Park Mellow Meadow Hunters Chase
A	Tuesday, May 24 Rustic Rock Spicewood Parkway Capital Village	Wednesday, May 25 Yaupon Dianella Mountain View Park Evening Primrose	Thursday, May 26 Trailhead Park Mellow Meadow Hunters Chase