



SENIOR LUNCH SOCIAL  
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES  
INTERGENERATIONAL GARDEN

## Senior Lunch Menu—June 2019

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

**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 us at (512) 974-1700, 7 days in advance during business hours. \*Vegetarian meals available by request. Wednesdays are vegetarian meals only. We are limited lunch.

**First time participants:** Please call 512-974-1700 to register for the program. \*all meals include a serving of fresh fruit

Monday, June 3	Tuesday, June 4	Wednesday, June 5	Thursday, June 6
Beef & Pork Meat Ball, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu	Beef & Pork Meat Ball, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu	Palak Paneer, Masoor Daal (Lentils) Cumin Rice, Roti (2)	Beef & Pork Meat Ball, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu
Monday, June 10	Tuesday, June 11	Wednesday, June 12	Thursday, June 12
California Roll, Vegetables. <b>Veg. Entrée:</b> Tofu	California Roll, Vegetables. <b>Veg. Entrée:</b> Tofu	Dhokla (2), Roti (1), Cauliflower w/Peas & Potato, Rice	California Roll, Vegetables. <b>Veg. Entrée:</b> Tofu
Monday, June 17	Tuesday, June 18	Wednesday, June 19	Thursday, June 20
Red Snapper with Curry Sauce, Seasonal Vegetables, Rice <b>Veg. Entrée:</b> Tofu	Red Snapper with Curry Sauce, Seasonal Vegetables, Rice <b>Veg. Entrée:</b> Tofu	Bhindi (Okra) Masala, Mixed Whole Lentils, Roti (2) Rice Pulao	Red Snapper with Curry Sauce, Seasonal Vegetables, Rice <b>Veg. Entrée:</b> Tofu
Monday, June 24	Tuesday, June 25	Wednesday, June 26	Thursday, June 27
Chicken w/Black Bean Sauce, Seasonal Vegetables, Noodles <b>Veg. Entrée:</b> Tofu w/Vegetables	Chicken w/Black Bean Sauce, Seasonal Vegetables, Noodles <b>Veg. Entrée:</b> Tofu w/Vegetables	Samosa (2) Chhole (Garbanzo Beans) Roti (2) Rice w/Vegetables	Chicken w/Black Bean Sauce, Seasonal Vegetables, Noodles <b>Veg. Entrée:</b> Tofu w/Vegetables

## RICE Schedule of Activities—June 2019

**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.

**12:30-1:15pm** ESL for Chinese Speakers 英文課 (Room 8) *by Leo Yeung /Susan Chen/Bill Huang*

<p><b>Monday, June 3</b></p> <p>10:45-11:45am Tai-Chi Qigong 健身運動 w/ Dong Po Huang( Ballroom)</p> <p>12:30-1:15pm Origami Class w/</p>	<p><b>Tuesday, June 4</b></p> <p>11:15-12am Line Dance 排舞 w/ Martina Yee (Ballroom)</p>	<p><b>Wednesday, June 5</b></p> <p>10:30-11:30am Gentle Yoga 瑜珈 / (요가 (Ballroom)</p>	<p><b>Thursday, June 6</b></p> <p>10:15-11:45am Tai Chi w/ Vince (太極 / 태극권)(Ballroom)</p>
<p><b>Monday, June 10</b></p> <p>10:45-11:45am Tai-Chi Qigong 健身運動 w/ Dong Po Huang( Ballroom)</p> <p>12:15-1:15pm ESL for Chinese</p>	<p><b>Tuesday, June 11</b></p> <p>11:15-12pm Line Dance 排舞 w/ Martina Yee (Ballroom)</p>	<p><b>Wednesday, June 12</b></p> <p>10:30-11:30am Gentle Yoga 瑜珈/요가 (Ballroom)</p>	<p><b>Thursday, June 13</b></p> <p>10:15-11:45am Wellness w/Frank Lee (Ballroom)</p>
<p><b>Monday, June 17</b></p> <p>10:45-11:45am Tai-Chi Qigong 健身運動 w/ Dong Po Huang(Ballroom)</p> <p>12:15-1:15pm ESL for Chinese</p>	<p><b>Tuesday, June 18</b></p> <p>11:15-12pm Line Dance 排舞 w/ Martina Yee (Ballroom)</p>	<p><b>Wednesday, June 19</b></p> <p>10:30–11:30am Heartfulness Meditation 冥想 (Ballroom)</p> <p>12:30-1:15pm Origami Class w/Martina Yee (Rm 8)</p>	<p><b>Thursday, June 20</b></p> <p>10:15-11:45am Tai Chi w/Vince (太極 / 태극) (Ballroom)</p>
<p><b>Monday, June 24</b></p> <p>10:45-11:45am Tai-Chi Qigong 健身運動 w/ Dong Po Huang(Ballroom)</p> <p>12:15-1:15pm ESL for Chinese Speakers 英文課 (Rm 8)</p>	<p><b>Tuesday, June 25</b></p> <p>11:15-12pm Line Dance 排舞 w/ Martina Yee( Ballroom)</p> <p>12:30-1:15pm <i>Presentation</i>, Walkability by Sandi Rosenbloom w/interpreter (Rm 8)</p>	<p><b>Wednesday, June 26</b></p> <p>10:30-11:30am Gentle Yoga 瑜珈 / 요가(Ballroom)</p>	<p><b>Thursday, June 27</b></p> <p>10:15-11:45am Wellness w/Frank Lee (Ballroom)</p>

## Senior Transportation Schedule—June 2019

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>Monday, June 3</b> Rustic Rock, Balcones Club, Far West	<b>Tuesday, June 4</b> Yaupon, Dianella, Mountain View Park	<b>Wednesday, June 5</b>	<b>Thursday, June 6</b> 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 512.974.3914