



SENIOR LUNCH SOCIAL HEALTH & WELLNESS
RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

Senior Lunch Menu—February 2019

Time: 11:30am—12:30pm, Mondays through Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12:00 pm.

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 have limited lunch.

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

Monday, February 4	Tuesday, February 5	Wednesday, February 6	Thursday, February 7
Chicken w/Stir Fry Vermicelli Noodles, Mixed Vegetables Veg. Entrée: Stir-Fry Tofu w/Vermicelli	Red Snapper Fish w/White Sauce, Seasonal vegetables, Rice Veg. Entrée: Tofu	Cabbage Masala, Mixed Lentils, Quinoa Pulav, Puri (3)	Braised Beef, Seasonal vegetables, Rice Veg. Entrée: Braised Tofu
Monday, February 11	Tuesday, February 12	Wednesday, February 13	Thursday, February 14
Fish with Red Curry Sauce, Seasonal Vegetables, Rice Veg. Entrée: Tofu w/Red Curry Sauce	Spicy Ground Pork w/Noodles, Mixed Vegetables Veg. Entrée: Spicy Vegetables	Dhokla (2), Roti (1) Bhindi Masala w/ Peanuts (Okra), Spinach Dal, Cumin Rice	Chicken Curry, Seasonal Vegetables, Rice Veg. Entrée: Tofu Curry
Monday, February 18 President's Day Closed 關門/假日	Tuesday, February 19	Wednesday, February 20	Thursday, February 21
	Beef Meatballs w/Tomato, Onion, Egg Mixed Vegetables, Rice Veg. Entrée: Tofu & Vegetables	Samosa (2) , Chole Masala, Brown Rice w/ Vegetables, Raita (Yoghurt w/Cucumbers)	Spicy Pork, Mixed Vegetables, Rice Veg. Entrée: Spicy Tofu
Monday, February 25	Tuesday, February 26	Wednesday, February 27	Thursday, February 28
Beef Bulgogi , Seasonal Vegetables, Rice Veg. Entrée: Tofu	Chicken Teriyaki, Seasonal Vegetables, Noodles Veg. Entrée: Teriyaki Tofu	Veg Paneer Makhanwala, Masoor Dal, Roti (2), Peas Pulav	Steamed Fish w/Black Bean Sauce, Mixed Vegetables, Rice Veg. Entrée: Steamed Tofu

RICE Schedule of Activities— February 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. ESL for Chinese Speakers 英文課 (Room 8) **By request**

Monday, February 4 10:30-11:30am Tai-Chi Qigong 健身運動 w/ Dong Po Huang (Ballroom) 12:30-1:15pm Senior Art Class	Tuesday, February 5 11-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, February 6 10:30-11:30am Gentle Yoga 瑜珈 / (요가 (Ballroom)	Thursday, February 7 10:15-11:45am Tai Chi w/ Vince (太極 / 태극권)(Ballroom)
Monday, February 11 9:30-11:15 Health Screening (Rm # 8) 10:30-11:30am Tai-Chi Qigong 健身運動 w/Dong Po Huang (Ballroom)	Tuesday, February 12 11-12pm Kung Fu Dance 功夫舞 (Ballroom) 12:30-1:15pm Senior Art Class	Wednesday, February 13 10:30-11:30am Gentle Yoga 瑜珈/요가 (Ballroom)	Thursday, February 14 10:15-11:45am Wellness w/Frank Lee & Rosina Lee (Ballroom)
Monday, February 18 President's Day Closed 關門/假日	Tuesday, February 19 11-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, February 20 10:30–11:30am Heartfulness Meditation 冥想 (Ballroom) 12:30-1:15pm Senior Art Class (Rm # 8)	Thursday, February 21 10:15-11:45am Tai Chi w/ Vince (太極 / 태극권)(Ballroom)
Monday, February 25 10:30-11:30am Tai-Chi Qigong 健身運動 w/ Dong Po Huang (Ballroom)	Tuesday, February 26 11-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, February 27 10:30-11:30am Gentle Yoga 瑜珈 / 요가(Ballroom)	Thursday, February 28 10:15-11:45am Wellness w/Frank Lee & Rosina Lee (Ballroom) 12:30-1:15pm Senior Art Class (Rm 8)

Senior Transportation Schedule—February 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 with proof of change of address.
- Stop changes are limited to accessibility accommodations or changes of address.

Monday, February 4 Rustic Rock, Balcones Club	Tuesday, February 5 Yaupon, Dianella, Mountain View Park	Wednesday, February 6	Thursday, February 7 Trailhead Park Mellow Meadow Hunters Chase
Monday, February 11 Rustic Rock, Balcones Club	Tuesday, February 12 Yaupon, Dianella, Mountain View Park	Wednesday, February 13	Thursday, February 14 Trailhead Park Hunters Chase Mellow Meadow
Monday, February 18 President's Day! Closed 關門/假日	Tuesday, February 19 Yaupon, Dianella, Mountain View Park	Wednesday, February 20	Thursday, February 21 Trailhead Park Mellow Meadow Hunters Chase
Monday, February 25 Rustic Rock, Balcones Club	Tuesday, February 26 Yaupon, Dianella, Mountain View Park	Wednesday, February 27	Thursday, February 28 Trailhead Park Hunters Chase Mellow Meadow



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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