

Senior Lunch Social January 2016 Menu



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.

SENIOR LUNCH SOCIAL
HEALTH & WELLNESS
RECREATIONAL ACTIVITIES
INTERGENERATIONAL GARDEN

<p>Tuesday, January 5</p> <p>Stir Fried Chicken w/Chinese Broccoli, Mixed Veggies, w/Oyster Sauce, Rice, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shitake</p>	<p>Wednesday, January 6</p> <p>Palak Paneer (Spinach & Mixed Greens w/Cheese), Chole Masala (Garbanzo Bean Soup), Roti, Veggie Pulao, Fresh Fruit</p>	<p>Thursday, January 7</p> <p>Steamed Ginger Tilapia, Mixed Veggies, Brown Rice, Fresh Fruit</p> <p>Veg. Entrée: Stir-Fried w/Tofu & Eggplant, Bean Sprouts</p>
<p>Tuesday, January 12</p> <p>Winter-melon w/Pork Soup, Mixed Boiled Veggies, Rice, Fresh Fruit</p> <p>Veg. Entrée: Winter-melon w/Tofu</p>	<p>Wednesday, January 13</p> <p>Cauliflower Potato & Peas Curry, Mixed Beans Soup, Roti, Rice, Fruit</p>	<p>Thursday, January 14</p> <p>Spicy Lemongrass Chicken, Vermicelli Noodle, Cucumber, Fresh Fruit</p> <p>Veg. Entrée: Lemongrass Seitan Vermicelli w/ Mixed Veggies</p>
<p>Tuesday, January 19</p> <p>Pork Meatballs, Japanese Squash, Baked Veggies, w/Rice, Fresh Fruit</p> <p>Veg. Entrée: Tofu w/Japanese Squash</p>	<p>Wednesday, January 20</p> <p>Mixed Veggie Paneer Korma (Fresh Veggie and Cheese in Cream Sauce), Kala Chana (Black Bengam Gram Beans), Roti, Rice, Fruit</p>	<p>Thursday, January 21</p> <p>Vietnamese Beef Stew, Mixed Veggies, Toasted Bread, Fresh Fruit</p> <p>Veg. Entrée: Fried Tofu & Eggplant Stew</p>
<p>Tuesday, January 26</p> <p>Stuffed Bitter Melon w/Pork, Black Mushroom, Bean Thread Noodle, Veggies, w/Rice, Fresh Fruit</p> <p>Veg. Entrée: Bitter Melon Stir-fry w/Seitan Sauce</p>	<p>Wednesday, January 27</p> <p>Beigan Aloo Sabzi (Eggplant, Potato & Tomato Curry), Dal Tadka (3 Lentil Tomato Soup), Puri, Plain Rice, Fruit</p>	<p>Thursday, January 28</p> <p>Caramelized Chicken w/Ginger, Scallion, Mixed Pickle Veggies, Rice, Fresh Fruit</p> <p>Veg. Entrée: Seitan, Shitake Mushroom, Mixed Veggies</p>

Schedule of Activities—January 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>Tuesday, January 5</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>Wednesday, January 6</p> <ul style="list-style-type: none"> 10am-12pm Health Insurance Marketplace Assistance / 健康保險市場幫助 (Classroom 3) 12:30-1:30pm ESL for Chinese Speakers 英文課 (Room 8) 	<p>Thursday, January 7</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, January 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>Wednesday, January 13</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Ballroom) 	<p>Thursday, January 14</p> <ul style="list-style-type: none"> 10am-12pm Health Insurance Marketplace Assistance / 健康保險市場幫助 (Classroom 3) 10am-12pm Badminton / 羽毛球 (Ballroom)
<p>Tuesday, January 19</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>Wednesday, January 20</p> <ul style="list-style-type: none"> 10am-12pm Badminton / 羽毛球 (Ballroom) 	<p>Thursday, January 21</p> <ul style="list-style-type: none"> 10:30am-12pm Ip Sun Tai Chi w/ Vince / 太極 / 태극권 (Ballroom)
<p>Tuesday, January 26</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8) 	<p>Wednesday, January 27</p> <ul style="list-style-type: none"> 10:30am-11:30am Gentle Yoga w/ Navvaratri / 瑜珈 / 요가 (Ballroom) 	<p>Thursday, January 28</p> <ul style="list-style-type: none"> 10am-12pm Chinese Knotting 中國結 w/ Ruby (Room 8)

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