

## Senior Lunch Menu—November 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**

SENIOR LUNCH SOCIAL HEALTH & WELLNESS RECREATIONAL ACTIVITIES INTERGENERATIONAL GARDEN

<p><b>Monday, October 31</b> Beef Meatball w/Teriyaki Sauce w/ Steamed Bean Sprout, Pickled-Bok Choy, Rice <b>Veg. Entrée:</b> Teriyaki Veggies</p>	<p><b>Tuesday, November 1</b> Vietnamese Beef Stew (Bo Kho), Mixed Veggies w/ Toasted Bread <b>Veg. Entrée:</b> Fried Tofu &amp; Eggplant Stew</p>	<p><b>Wednesday, November 2</b> Samosa (2), Cholay, (Garbanzo beans) Vegetable Biryani, Raita (Yogurt w/ Cucumber)</p>	<p><b>Thursday, November 3</b> Winter Melon Soup w/Ground Pork, Steamed Veggies, Rice <b>Veg. Entrée:</b> Vegan Ham</p>
<p><b>Monday, November 7</b> Chicken Stew, w/Soy Dressing, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu</p>	<p><b>Tuesday, November 8</b> Steamed Ginger Fish, Steamed Veggies, Brown Rice <b>Veg. Entrée:</b> Stir-Fried Seitan w/Mixed Veggies</p>	<p><b>Wednesday, November 9</b> Mix-Veg Paneer Kolhapuri, Kala Chana (Black Beans) Poori (3), Cumin Rice</p>	<p><b>Thursday, November 10</b> Stir-Fry Chicken (Pad Pak) w/Mixed Veggies, Noodles. <b>Veg. Entrée:</b> Stir-Fried Tofu</p>
<p><b>Monday, November 14</b> Spicy Pork, Cabbage, Rice <b>Veg. Entrée:</b> Spicy Tofu</p>	<p><b>Tuesday, November 15</b> Lemon grass Vermicelli, w/ Spring mix, Bean Sprouts, Cucumber <b>Veg. Entrée:</b> Lemongrass Seitan Vermicelli</p>	<p><b>Wednesday, November 16</b> Bhindi Masala w/Peanut, (Okra), Mixed Dal (Blend of 5 Lentils), Roti, Rice</p>	<p><b>Thursday, November 17</b> Stir-fried Tilapia, w/Chinese Eggplant, Stir-Fried Veggies, Rice <b>Veg. Entrée:</b> Stir-fried Vegan Ham</p>
<p><b>Monday, November 21</b> Fish Curry, Mixed Veggies, Rice <b>Veg. Entrée:</b> Tofu Curry</p>	<p><b>Tuesday, November 22</b> Pork Meatballs, w/ Japanese Squash, Sauté Veggies, Rice <b>Veg. Entrée:</b> Tofu w/Japanese Squash &amp; Mushroom</p>	<p><b>Wednesday, November 23</b> Palak Paneer, (Spinach w/Creamy Sauce), Dal Makhani (Kidney Beans and Black Matape Bean Soup), Roti, Rice</p>	<p><b>Thursday, November 24</b> <b>Thanksgiving Holiday!</b></p>
<p><b>Monday, November 28</b> Beef Bulgogi, Bean Sprouts, Broccoli, Rice <b>Veg. Entrée:</b> Tofu Bulgogi</p>	<p><b>Tuesday, November 29</b> Chicken Stir-fried, w/Mixed-Veggies, Rice <b>Veg. Entrée:</b> Shitake Mushroom &amp; Veggies</p>	<p><b>Wednesday, November 30</b> Bagara Baigan (Eggplant and Potato Curry w/Peanut Sauce, Toor Dal (Yellow lentil), Poori (3), Mixed-Veg. Pulao Rice</p>	<p><b>Thursday, December 1</b></p>



Asian American Resource Center  
 8401 Cameron Road  
 Austin, Texas 78754  
 Phone: 512.974.1700  
[www.austintexas.gov/aarc](http://www.austintexas.gov/aarc)

## RICE Schedule of Activities— November 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.

**12:30-1:30pm** ESL for Chinese Speakers 英文課 (Room 8) *By request*

<p><b>Monday, October 31</b>            10-11:30am Wellness 健身運動            Class w/ Dong Po Huang (Ballroom)</p>	<p><b>Tuesday, November 1</b>            11-12pm Line Dance 排舞 w/ Leechu            Cheng (Ballroom)</p>	<p><b>Wednesday, November 2</b>            10:30-11:30am Doll Making            娃娃製作 (Classroom 4)</p>	<p><b>Thursday, November 3</b>            10:30-12pm Ip Sun Tai-Chi w/ Vince            太極 / 태극권 (Ballroom)</p>
<p><b>Monday, November 7</b>            9:30-11:30am Flu Shots            10-11:30am Wellness 健身運動            Class w/ Dong Po Huang (Ballroom)</p>	<p><b>Tuesday, November 8</b>            11-12pm Line Dance 排舞 w/Leechu            Cheng (Ballroom)</p>	<p><b>Wednesday, November 9</b>            10:30-11:30am Gentle Yoga            瑜珈 (Ballroom)</p>	<p><b>Thursday, November 10</b>            10-11:30am 健身 DVD of choice</p>
<p><b>Monday, November 14</b>            10-11:30am Wellness 健身運動            Class w/ Dong Po Huang (Ballroom)</p>	<p><b>Tuesday, November 15</b>            11-12pm Line Dance 排舞 w/Leechu            Cheng (Ballroom)</p>	<p><b>Wednesday, November 16</b>            10:30 –11:30am Heartfulness            Meditation 冥想 (Ballroom)</p>	<p><b>Thursday, November 17</b>            10:30-12pm Ip Sun Tai-Chi 太極 / 태            극 w/ Vince (Ballroom)</p>
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## Senior Transportation Schedule—November 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>A</b>	<b>Monday, October 31</b> Pick-Fair, Rustic Rock, Waller St.	<b>Tuesday, November 1</b> Yaupon, Dianella, Mountain View Park	<b>Wednesday, November 2</b> Four Points, Pickfair	<b>Thursday, November 3</b> Trailhead Park, Hunters Chase, Mellow Meadow
<b>B</b>	<b>Monday, November 7</b> Pick-Fair, Rustic Rock, Waller St.	<b>Tuesday, November 8</b> Yaupon, Dianella, Mountain View Park	<b>Wednesday, November 9</b> Four Points, Pickfair, Evening Primrose	<b>Thursday, November 10</b> 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.