

## Senior Lunch Menu—March 2018



**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](mailto: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 50 seats for lunch.

			<b>Thursday, March 1</b> Chicken Stir-Fry w/ Mixed Vegetable , Noodle <b>Veg. Entrée:</b> Tofu
<b>Monday, March 5</b> Fish w/Black Bean Sauce, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu w/Black Bean Sauce	<b>Tuesday, March 6</b> Spicy Bulgogi Chicken, Seasonal vegetables , Rice <b>Veg. Entrée:</b> Tofu	<b>Wednesday, March 7</b> Palak Paneer, Masoor Daal (Whole), Veg Pulao Rice, Roti (2)	<b>Thursday, March 8</b> Beef Braised w/ Special Sauce and Mixed Vegetable, Rice <b>Veg. Entrée:</b> Tofu w/Seasonal Vegetables
<b>Monday, March 12</b> Ground Beef Bulgogi w/Vegetables , Rice <b>Veg. Entrée:</b> Tofu	<b>Tuesday, March 13</b> Pork w/Spicy Sauce , Vegetables , Noodles <b>Veg. Entrée:</b> Spicy Tofu w/Noodles	<b>Wednesday, March 14</b> Dhokla (4), Cabbage Masala w/Peas, Rajma (Whole Kidney Beans) Tawa Rice	<b>Thursday, March 15</b> Red Snapper w/White Sauce and Mixed Vegetable, Rice <b>Veg. Entrée:</b> Tofu w/White Sauce
<b>Monday, March 19</b> <b>TBD</b>	<b>Tuesday, March 20</b> Mapa Tofu (Spicy Ground Beef & Pork) w/ Mixed Vegetables, Rice <b>Veg. Entrée:</b> Spicy Tofu	<b>Wednesday, March 21</b> Mixed Vegetable Khorma, Kala Chana, Brown Rice, Puri (3)	<b>Thursday, March 22</b> Chicken Teriyaki, Seasonal Veggies, Rice <b>Veg. Entrée:</b> Tofu Teriyaki
<b>Monday, March 26</b> <b>TBD</b>	<b>Tuesday, March 27</b> Fish w/Curry Sauce, Mixed Vegetables , Rice <b>Veg. Entrée:</b> Tofu w/Curry Sauce	<b>Wednesday, March 28</b> Samosa (2), Choley Masala, Quinoa w Vegetables, Raita	<b>Thursday, March 29</b> Pork w/Spicy Sauce, Mixed Vegetables, Rice <b>Veg. Entrée:</b> Tofu w/Vegetables

## RICE Schedule of Activities— March 2018

**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*

			<b>Thursday, March 1</b> 10:30am-12pm Ip Sun Tai-Chi w/ Vince / 太極 / 태극권 (Ballroom)
<b>Monday, March 5</b> 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	<b>Tuesday, March 6</b> 11am-12pm Line Dance 排舞 w/Leechu Cheng (Ballroom)	<b>Wednesday, March 7</b> 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	<b>Thursday, March 8</b> 10-30am-12pm Wellness 健身運動 w/ Frank Lee (Ballroom)
<b>Monday, March 12</b> 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	<b>Tuesday, March 13</b> 11am-12pm Line Dance 排舞 w/Leechu Cheng (Ballroom)	<b>Wednesday, March 14</b> 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	<b>Thursday, March 15</b> 10:30am-12pm Ip Sun Tai-Chi (太極 / 태극) w/ Vince (Ballroom)
<b>Monday, March 19</b> 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	<b>Tuesday, March 20</b> 11am-12pm Line Dance 排舞 w/Leechu Cheng (Ballroom)	<b>Wednesday, March 21</b> 10:30-11:30am Heartfulness Meditation 冥想 (Ballroom)	<b>Thursday, March 22</b> 10-30am-12pm Wellness 健身運動 w/ Frank Lee (Ballroom)
<b>Monday, March 26</b> 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	<b>Tuesday, March 27</b> 11am-12pm Line Dance 排舞 w/Leechu Cheng (Ballroom)	<b>Wednesday, March 28</b> 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	<b>Thursday, March 29</b> 9:30-11:15am Health Screening (Rm # 8) 10-30am-12pm Wellness 健身運動 w/ Frank Lee (Ballroom)

## Senior Transportation Schedule—March 2018

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>Thursday, March 1</b> Trailhead Park, Hunters Chase, Mellow Meadow
<b>Monday, March 5</b> Rustic Rock, Waller St	<b>Tuesday, March 6</b> Yaupon, Dianella, Mountain View Park	<b>Wednesday, March 7</b> Evening Primrose Path, D-K Ranch, Buddhist Temple	<b>Thursday, March 8</b> Trailhead Park, Hunters Chase, Mellow Meadow
<b>Monday, March 12</b> Rustic Rock, Waller St	<b>Tuesday, March 13</b> Yaupon, Dianella, Mountain View Park	<b>Wednesday, March 14</b> Evening Primrose Path, D-K Ranch, Buddhist Temple	<b>Thursday, March 15</b> Trailhead Park, Hunters Chase, Mellow Meadow
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SENIOR LUNCH SOCIAL  
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES  
INTERGENERATIONAL GARDEN



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.