



Senior Lunch Menu—November 2018

Time: 11:30am - 12:30pm, Mondays through Thursdays. 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 or e-mail us at (512) 974-1700, 7 days in advance during business hours. *Vegetarian meals available by request. Wednesdays are vegetarian meals only.

			Thursday, November 1 Spicy Bulgogi Chicken , Seasonal Vegetables, Rice Veg. Entrée: Spicy Tofu
Monday, November 5 Spicy Pork Braised, Seasonal Vegetables , Rice Veg. Entrée: Spicy Tofu	Tuesday, November 6 Teriyaki Chicken, Seasonal Vegetables , Noodles Veg. Entrée: Tofu w/Teriyaki Sauce	Wednesday, November 7 Vegetable Shahi Paneer, Spinach Daal, Roti (2) Lemon Rice	Thursday, November 8 Red Snapper w/Yellow curry sauce , Mixed Vegetables , Rice Veg. Entrée: Tofu Curry
Monday, November 12 Veteran's Day Holiday!	Tuesday, November 13 Bibimbob/Ground Beef, Bean Sprouts, Carrot Zucchini , Rice Veg. Entrée: Tofu	Wednesday, November 14 Dhokla (2) , Lauki, Mutter Masala (Squash & Peas) Mixed Lentils, Veg Pulav Rice, Roti (1)	Thursday, November 15 Ground Pork & Tofu, w/Spicy Sauce, Mixed Vegetables, Noodles Veg. Entrée: Tofu
Monday, November 19 Fish w/Special Sauce, Vegetables, Rice Veg. Entrée: Tofu	Tuesday, November 20 Shredded Pork, Egg, Seasonal Vegetables , Rice Veg. Entrée: Tofu	Wednesday, November 21 Samosa (2) Choley , (Garbanzo Beans) Stir-Fry Brown Rice, Raita (Yoghurt w/ cucumber)	Thursday, November 22 Thanksgiving Day! Holiday!
Monday, November 26 Stir-Fry Chicken w/Noodles , Mixed Vegetables Veg. Entrée: Stir-Fry Tofu	Tuesday, November 27 Red Snapper w/Brown Sauce, Mixed Vegetables, Rice Veg. Entrée: Tofu w/Brown Sauce	Wednesday, November 28 Black Eye lentil, Cauliflower Masala, Spinach Rice Puri (3)	Thursday, November 29 Steamed Fish, Mixed Vegetables , Rice Veg. Entrée: Tofu

RICE Schedule of Activities— November 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*

			Thursday, November 1 10:30am-12pm Ip Sun Tai-Chi w/ Vince / 太極 / 태극권 (Ballroom)
Monday, November 5 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang 12:30-1:15pm Art Class (Chigiri-e, Rm # 8)	Tuesday, November 6 11am-12pm Kung Fu Dance 功夫舞 (Ballroom) 12:30-1:30pm ACE Foundation Presentation (Rm # 8)	Wednesday, November 7 10:30-11:30am Gentle Yoga 瑜珈 (Ballroom) 12:30-1:15pm Presentation (Hearing Loss Association of America) (Rm # 8)	Thursday, November 8 10-30am-12pm (Ip Sun Tai-Chi w/ Vince / 太極 / 태극권 (Ballroom)
Monday, November 12 Veteran's Day Holiday!!	Tuesday, November 13 11am-12pm Kung Fu Dance 功夫舞 (Ballroom) 12:30-1:15pm Art Class (Chigiri-e Rm # 8)	Wednesday, November 14 10:30-11:30am Gentle Yoga 瑜珈 (Ballroom)	Thursday, November 15 10:30am-12pm Ip Sun Tai-Chi (太極 / 태극) w/ Vince (Ballroom)
Monday, November 19 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	Tuesday, November 20 11am-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, November 21 10:30-11:30am Heartfulness Meditation 冥想 (Ballroom) 12:30-1:15pm Art Class (Chigiri-e Rm # 8)	Thursday, November 22 Thanksgiving Day! Holiday!!
Monday, November 26 10:30-11:30am Wellness 健身運動 Class w/ Dong Po Huang	Tuesday, November 27 11am-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, November 28 10:30-11:30am Gentle Yoga 瑜珈 (Ballroom)	Thursday, November 29 10-30am-12pm Wellness 健身運動 w/ Frank Lee (Ballroom) 12:30-1:15pm Art Class (Chigiri-e Rm # 8)

Senior Transportation Schedule—November 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.

			Thursday, November 1 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, November 5 Rustic Rock, Waller St	Tuesday, November 6 Yaupon, Dianella, Mountain View Park	Wednesday, November 7 Buddhist Temple	Thursday, November 8 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, November 12 Veteran's Day Holiday!!	Tuesday, November 13 Yaupon, Dianella, Mountain View Park	Wednesday, November 14 Buddhist Temple	Thursday, November 15 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, November 19 Rustic Rock, Waller St	Tuesday, November 20 Yaupon, Dianella, Mountain View Park	Wednesday, November 21 Buddhist Temple	Thursday, November 22 Thanksgiving Day! Holiday!!
Monday, November 26 Rustic Rock, Waller St	Tuesday, November 27 Yaupon, Dianella, Mountain View Park	Wednesday, November 28 Buddhist Temple	Thursday, November 29 Trailhead Park, Hunters Chase, Mellow Meadow



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.