



Senior Lunch Menu—April 2019

Time: 11:30am - 12:30pm, Mondays through Thursdays. Any unclaimed meals are given to our waiting list patrons, **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 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.

Monday, April 1 Chicken Teriyaki, w/Seasonal Vegetables, Rice Veg. Entrée: Teriyaki Tofu	Tuesday, April 2 Ground Beef w/ noodles Mixed Vegetables Veg. Entrée: Tofu w/Noodles	Wednesday, April 3 Dholka (2), Roti (1), Cabbage Masala, Spinach Rice, Lentils	Thursday, April 4 Fish w/Spicy Sauce, Seasonal Vegetables, Rice Veg. Entrée: Tofu w/Vegetables
Monday, April 8 Spicy Ground Pork, Mixed Vegetables , Egg Noodles Veg. Entrée: Spicy Tofu w/Noodles	Tuesday, April 9 Steamed Fish w/Black Sauce w/Vegetables , Rice Veg. Entrée: Tofu	Wednesday, April 10 Eggplant Curry w/Peanuts, (Baghare Baigan) Tadka Daal, Puri (3) Pulao Rice,	Thursday, April 11 Beef w/Broccoli , Vegetables, Rice Veg. Entrée: Tofu w/Broccoli
Monday, April 15 Tofu w/Ground Beef, Mixed Vegetables, Rice Veg. Entrée: Tofu w/Vegetables	Tuesday, April 16 Chicken w/Broccoli, Mixed Vegetables, Rice Veg. Entrée: Tofu w/Broccoli	Wednesday, April 17 Samosa (2) Chhole (Garbanzo Beans) , Vegetable Biryani , Raita (Yoghurt w/ cucumber)	Thursday, April 18 Mapa Tofu,)Ground Pork) Mixed Vegetables, Rice Veg. Entrée: Tofu
Monday, April 22 Red Snapper, w/Japanese Curry , Rice Veg. Entrée: Tofu w/Japanese Curry	Tuesday, April 23 Mapa Tofu w/Ground Pork, Mixed Vegetables, Rice Veg. Entrée: Tofu	Wednesday, April 24 Vegetable Paneer Jalfrezi , Daal Makhani, Cumin Rice, Roti (2)	Thursday, April 25 Chicken & Beef Meal Balls, Mixed Vegetables Veg. Entrée: Tofu
Monday, April 29 Spicy Bulgogi Chicken , Vegetables, Rice Veg. Entrée: Tofu w/Spicy Sauce	Tuesday, April 30 Kong Paw Chicken , Seasonal Vegetables, Rice Veg. Entrée: Tofu		



Asian American Resource Center
8401 Cameron Road
Austin, Texas 78754
Phone: 512.974.1700

RICE Schedule of Activities—April 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.

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

Monday, April 1 11-12pm Wellness 健身運動 Class w/ Dong Po Huang (Ballroom) 12:30-1:15pm Gardening	Tuesday, April 2 11-11:30am Line Dance w/Martina Yee (Ballroom) 12:30-1:15pm Gardening	Wednesday, April 3 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	Thursday, April 4 10:15-11:45am Ip Sun Tai-Chi w/ Vince/ 太極 / 태극권 (Ballroom) 12:30-1:15pm Gardening
Monday, April 8 11-12pm Wellness 健身運動 Class w/ Dong Po Huang (Ballroom)	Tuesday, April 9 11-11:30am Line Dance w/Martina Yee (Ballroom) 12:30-1pm Basic Origami (Rm # 8)	Wednesday, April 10 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	Thursday, April 11 10:15-11:45am Wellness 健身運動 w/Frank Lee /Rosina Lee (Ballroom)
Monday, April 15 11-12pm Wellness 健身運動 Class w/ Dong Po Huang (Ballroom)	Tuesday, April 16 10:30-11:30am Chinese Choir & Dance 中国合唱团和舞蹈 (Ballroom)	Wednesday, April 17 10am-11:30am Senior Gardening Celebration! 12:30-1pm Basic Origami (Rm # 8)	Thursday, April 18 10:15-11:45am Ip Sun Tai-Chi w/ Vince/ 太極 / 태극권 (Ballroom)
Monday, April 22 11-12pm Wellness 健身運動 Class w/ Dong Po Huang (Ballroom)	Tuesday, April 23 11-11:30am Line Dance w/Martina Yee (Ballroom)	Wednesday, April 24 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom) 12:30-1:15 Education Presentation , “ Healthy Brain ” by Randy Hsi	Thursday, April 25 10:15-11:45am Wellness 健身運動 w/Frank Lee /Rosina Lee (Ballroom) 12:30-1pm Basic Origami (Rm # 8)
Monday, April 29 11-12pm Wellness 健身運動 Class w/ Dong Po Huang (Ballroom)	Tuesday, April 30 11-11:30am Line Dance w/Martina Yee (Ballroom)		

Senior Transportation Schedule—April 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.
- Stop changes are limited to accessibility accommodations or changes of address.

Monday, April 1 Rustic Rock, Balcones Club, Far West	Tuesday, April 2 Yaupon, Dianella, Mountain View Park	Wednesday, April 3	Thursday, April 4 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, April 8 Rustic Rock, Balcones Club, Far West	Tuesday, April 9 Yaupon, Dianella, Mountain View Park	Wednesday, April 10	Thursday, April 11 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, April 15 Rustic Rock, Balcones Club, Far West	Tuesday, April 16 Yaupon, Dianella, Mountain View Park	Wednesday, April 17	Thursday, April 18 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, April 22 Rustic Rock, Balcones Club, Far West	Tuesday, April 23 Yaupon, Dianella, Mountain View Park	Wednesday, April 24	Thursday, April 25 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, April 29 Rustic Rock, Balcones Club, Far West	Tuesday, April 30 Yaupon, Dianella, Mountain View Park		



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.