



Senior Lunch Menu—January, 2019

Time: 11:30am - 12:30pm, Mondays through Thursdays. Any extra meals are given to our waiting list patrons, so please arrive by 12 pm.

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 us at (512) 974-1700 , 7 days in advance during business hours. *Vegetarian meals available by request. Wednesdays are vegetarian meals only. We are limited for lunch.

		Wednesday, January 2 Saag Paneer, Tadka Daal, (Lentil) Roti (2) Lemon Rice	Thursday, January 3 Chicken Curry, Seasonal Vegetables, Rice Veg. Entrée: Tofu
Monday, January 7 Braised Pork, Seasonal Veggies, Rice Veg. Entrée: Tofu Bulgogi	Tuesday, January 8 Red Snapper w/Curry Sauce Mixed Veggies, Rice Veg. Entrée: Tofu	Wednesday, January 9 Dhokla (2), Roti (1), Tindora Masala Vatana (Dry Green Lentil) Veg Rice	Thursday, January 10 Beef Bulgogi w/Noodles Mixed Veggies Veg. Entrée: Tofu
Monday, January 14 Spicy Bulgogi Chicken w/Noodles Seasonal Veggies Veg. Entrée: Tofu	Tuesday, January 15 Ground Beef w/Teriyaki Sauce Seasonal Veggies , Rice Veg. Entrée: Tofu	Wednesday, January 16 Egg Plant Curry w/Peanuts, Dal Bunjari (Lentil w/Veg) Cumin Rice, Puri (3)	Thursday, January 17 Fish w/Brown Sauce Seasonal Veggies , Rice Veg. Entrée: Tofu
Monday, January 21 MLK Holiday! 關閉/假日	Tuesday, January 22 Spicy Pork Mixed Veggies, Rice Veg. Entrée: Tofu	Wednesday, January 23 Samosa (2) Chhole Masala (Garbanzo Beans), Stir-Fry Brown Rice w/Rice, Raita (Yoghurt w/Cucumber & Carrot)	Thursday, January 24 Chicken Meatballs w/Tomatoes Onions Egg Mixed Veggies and Rice Veg. Entrée: Tofu w/tomato onions
Monday, January 28 Fish w/White Sauce Mixed Veggies, Rice Veg. Entrée: Tofu	Tuesday, January 29 Steamed Chicken Mixed Veggies, Noodles Veg. Entrée: Tofu	Wednesday, January 30 Vegetable Paneer Kolhapuri , Kala Chana, Spinach Rice, Roti (2)	Thursday, January 31 Mapa Tofu w/Ground Pork Mixed Veggies Rice Veg. Entrée: Tofu

RICE - Schedule of Activities— January, 2019

9:30am to 11:30am: Join us for free tea and coffee

9:am 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*

		Wednesday, January 2 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	Thursday, January 3 10:15am-11:45am Ip Sun Tai-Chi 太極/ 태극 w/Vince (Ballroom)
Monday, January 7 10:30-11:30am Tai-Chi Qigong 健身運動 w/ Dong Po Huang (Ballroom) 12:30-1:15pm Senior Art Activity (Rm 8)	Tuesday, January 8 10:30-11:30am Senior Art Activity (Rm # 8)	Wednesday, January 9 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	Thursday, January 10 10:15am-11:45am Wellness 健身運動 w/Frank Lee & Rosina Lee (Ballroom)
Monday, January 14 10-11:30am Community Engagement for Master Plan	Tuesday, January 15 10-11:30am Community Engagement for Master Plan	Wednesday, January 16 10-11:30am Community Engagement for Master Plan	Thursday, January 17 10-11:30am Community Engagement for Master Plan
Monday, January 21 MLK Holiday! 關閉/假日	Tuesday, January 22 11am-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, January 23 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom) 12:30-1:15pm Senior Art Activity (Rm 8)	Thursday, January 24 10:15-11:45am Wellness 健身運動 w/ Frank Lee & Rosina Lee (Ballroom)
Monday, January 28 10:30-11:30am Tai-Chi Qigong 健身運動 w/ Dong Po Huang (Ballroom)	Tuesday, January 29 11am-12pm Kung Fu Dance 功夫舞 (Ballroom)	Wednesday, January 30 10:30-11:30am Gentle Yoga 瑜伽 (Ballroom)	Thursday, January 31 10:15-11:45am Wellness 健身運動 w/ Frank Lee & Rosina Lee (Ballroom) 12:30-1:15pm Senior Art Activity (Rm 8)

RICE-Senior Transportation Schedule—January, 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.

		Wednesday, January 2	Thursday, January 3 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, January 7 Rustic Rock, Waller St	Tuesday, January 8 Yaupon, Dianella, Mountain View Park	Wednesday, January 9	Thursday, January 10 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, January 14 Rustic Rock, Waller St	Tuesday, January 15 Yaupon, Dianella, Mountain View Park	Wednesday, January 16	Thursday, January 17 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, January 21 MLK Holiday! 關閉/假日	Tuesday, January 22 Yaupon, Dianella, Mountain View Park	Wednesday, January 23	Thursday, January 24 Trailhead Park, Hunters Chase, Mellow Meadow
Monday, January 28 Rustic Rock, Waller St	Tuesday, January 29 Yaupon, Dianella, Mountain View Park	Wednesday, January 30	Thursday, January 31 Trailhead Park, Hunters Chase, Mellow Meadow



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.