

Senior Lunch Social & Transport Guidelines

About the Senior Lunch Social & Transportation Services

The Senior Lunch Social at the Asian American Resource Center (AARC) is a component of the center's Recreational and Intergenerational Community Education (RICE) Program. Free lunches for up to 60 eligible participants are served Mondays, Tuesdays, Wednesdays, and Thursdays from 11:30am to 12:30pm. Individual meals are served hot, prepared and are Asian-inspired. Limited congregate transport is available for those eligible participants.

Eligibility Requirements for the Senior Lunch Social

Any City of Austin resident age 60+ are eligible for a FREE senior lunch at the AARC. All are welcome and invited to attend, but priority is given to eligible participants. There is a \$5 meal cost for non-eligible participants.



SENIOR LUNCH SOCIAL
HEALTH & WELLNESS

RECREATIONAL ACTIVITIES
INTERGENERATIONAL GARDEN

Registering for the Senior Lunch Social

First time participants will need to fill out the Adult Registration Form and show photo identification to verify eligibility. The Adult Registration Form is available in hard copy at the AARC or can be found at the bottom of the [AARC Senior Programs webpage](#) under "Forms."

Reserving your Meal

Participants can call the AARC at (512) 974-1700 or e-mail rani.arni@austintexas.gov to reserve their lunch no more than 7 days prior to the day they want to attend. Participants are able to register for up to 1 meal per week. Any e-mails and calls to reserve meals are accepted only during the facility's regular business hours.

If you are unable to reserve a meal, you are still welcome to come to the AARC and participate in any of the senior programs and recreational activities that occur around the meal time. Complimentary tea and coffee is served before lunch. Participants, who use our shuttle service, are prioritized due to their limited access to personal or public transportation.

Arrival Check-in & Walk-in Waitlist

Upon arrival to the AARC for the Senior Lunch Social, please check-in with AARC staff in the foyer to get your meal ticket. First time participants will have their picture taken to make an ID pass. Senior Lunch Social meal time begins promptly at 11:30am. Participants must arrive by 12:00pm to receive their meals.

After 12:00pm, any unclaimed meals will be distributed to walk-in participants on a first come, first served basis. Walk-in waitlist begins at 9am on meal days. Please make sure you tell our front desk attendant you want to be added to the waitlist upon arrival since AARC staff will distribute according to the order on our list.

Accommodation for Dietary Needs

The RICE Program provides Asian-inspired meals with a focus on healthy ingredients. AARC staff worked with a nutritionist to develop dietary and nutritional guidelines for food served by our vendors. Meals include a protein, at least one non-starchy vegetable servings, one grains/breads/starchy vegetable serving, one fruit serving and a beverage.

Please see our monthly menu posted on our website at <http://www.austintexas.gov/page/senior-programs> for details. Vegetarian options are available on all days meals are served. Please inform AARC staff if you need a

vegetarian lunch when you reserve your meal. Also inform staff about any food allergies or other special needs to allow for reasonable accommodation.

Senior Transportation for Eligible Senior Lunch Social Participants

Limited congregate pickup for 3 or more eligible Senior Lunch Social participants to the AARC is available. Please consult with our monthly schedule to check our route options. Extraterritorial jurisdictions in the Austin area are not eligible for transportation. We have one passenger van that seats up to 11 passengers per trip and is not wheel-chair accessible. Participants riding the AARC shuttle to the Senior Lunch Social may not bring others in the van with them unless they are registered participants who have reserved a meal. Participants must be able to enter and exit the van without assistance.

Transportation reservations are made along with meal reservations. For questions about which route may best suit your needs, please call our main line at 512-974-1700.

Other Senior Activities at the AARC

The RICE Program activity rooms include table tennis, Go (weiqi), chess, checkers, mahjong, mancala, Go. Stop!, hanafuda, Sudoku, carrom, brain games, karaoke, computer basics, etc. We also have a free computer lab and library with books and periodicals in various languages. The AARC also houses rotating art and history exhibits. Participants are welcome to bring their own arts and crafts projects to work on at the center. Wellness classes, including Tai Chi, Yoga, fitness videos, health education, and other topics are regularly available. For a full activities calendar, visit the [AARC Senior Programs](http://www.austintexas.gov/page/senior-programs) webpage online at www.austintexas.gov/page/senior-programs.

Multilingual Support Availability

AARC staff members speak a variety of languages. You can call our main line at (512) 974-1700 for assistance. Please note that our multilingual staff may only be accessible by phone during certain times due to scheduling and availability.

Rani Arni (Hindi हिन्दी, Telugu తెలుగు, Urdu اردو) Recreation Programs Specialist
Melody Chang (Mandarin Chinese 普通話) Administrative Assistant
Victoria Tran (Vietnamese Tiếng Việt) Administrative Specialist

Austin Senior Congregate Meals

In addition to the AARC's Senior Lunch Social, the City of Austin Parks and Recreation Department welcomes Meals on Wheels and More as our partner for the delivery of congregate meals to eight (8) recreation, neighborhood and senior activity centers throughout Austin 5 days a week. The Senior Congregate Meals Program is open to anyone 60 years of age or older. The meals are at the suggested Client Share donation of \$1.00 to \$3.00 but no contribution is required. In addition to lunch, participants share social and recreational activities and receive additional benefits such as nutrition education, health and welfare counseling and information and referral services. Locations include:

- Alamo Recreation Center, 2100 Alamo Street, Tel: (512) 974-5680
- Conley-Guerrero Senior Activity Center, 808 Nile Road, Tel: (512) 978-2660
- Dove Springs Recreation Center, 5801 Ainez Dr, Tel: (512) 447-5875
- Gus Garcia Recreation Center, 1201 East Rundberg, Tel: (512) -339-0016
- Metz Recreation Center, 2407 Canterbury Street, Tel: (512) -478-8716
- South Austin Neighborhood Center-Durwood, 2508 Durwood, Tel: (512) 972-6840
- South Austin Senior Activity Center, 3911 Manchaca Road, Tel: (512) 448-0787
- Virginia Brown Recreation Center, 7500 Blessing Avenue, Tel: (512) 974-7865

For more information regarding the Congregate Meal Program, call (512) 476-6325. For inquiries about senior adult recreation and social activities, call (512) 974-3903.

Austin Senior Activity Centers

Traditional recreation activities are offered specifically for seniors at the Parks and Recreation Department's three senior activity centers listed below. Additionally, the other recreation centers and the Dougherty Arts Center offer many programs for adults and seniors.

- Conley-Guerrero Senior Activity Center 808 Nile Street, TX 78702, Tel: (512) 978-2660
- Senior Activity Center – Lamar 2874 Shoal Crest Ave., TX 78705, Tel: (512) 474-5921
- South Austin Senior Activity Center 3911 Manchaca Road., TX 78704, Tel: (512) 448-0787

Other Senior Transport Options

[Austin Parks & Recreation Senior Transportation](#) can provide shuttle rides to the AARC for \$3/each way. Contact them at (512) 974-1464 for more information about services. The Reserve-a-Ride and Errands (non-medical) service for seniors over age 60 is provided Monday through Friday, 8:00am-5:00pm and service is curb to curb with assistance provided when needed.

[Drive A Senior](#) is a local non-profit that connects Austin area volunteer drivers with seniors who need rides. Seniors must be non-driving or limited driving, over age 60, and within the boundaries of one of their service areas. Seniors must be able to walk on their own or with walkers and canes. Visit volunteerdriiving.com to find the contact information for your service area.

ADA Accessible Transportation

The City of Austin and Capital Metro have wheelchair accessible and ADA transportation options available. Contact the [Austin Parks & Recreation Senior Transportation](#), (512) 974-1464, and [Capital Metro, Metro Access Services](#), (512) 389-7501, for more information.

Accessibility

The City of Austin is proud to comply with the Americans with Disability Act. The AARC facility and parking lot are ADA compliant and accessible. Should you require additional assistance with the use of the facility, please contact the AARC at (512) 974-1700.

