



The Asian American Resource Center (AARC) is proud to announce the launch of **RICE – Recreational and Intergenerational Community Education**, a new program designed to address the intergenerational wellness and education needs of Austin residents, with particular focus on the underserved Asian American community. The new RICE program, which kicked off on June 3, is a comprehensive educational program tailored to needs of seniors, adults and youth.

Rice is more than a simple grain; it represents the foundation of the Asian diet and health. In Sanskrit, the word for rice also carries the meaning “sustainer of the human race.” Rice is a staple food across much of the Asian continent, spanning countries from Japan, China, Korea, Vietnam, India, Pakistan and beyond.

The new RICE program encompasses several components including:

- **Senior Lunch Social**
Free meals for Austin residents ages 60+ every Tuesday, Wednesday and Thursday from 12 to 1 p.m. There is a \$5 meal cost for those who do not meet eligibility requirements. Vegetarian options are available. Limited transportation is available for eligible seniors.
- **Recreational & Wellness Activities**
Including Tai Chi, table tennis, Asian board games, crafts, other. Hula for Health and Yoga coming soon.
- **Continuing Education**
Includes topics such as heart health, diabetes management, lifeskills, computer and technology classes and more.
- **Intergenerational Garden**
Community members of all ages will work on projects together to develop our intergenerational garden that will consist of Asian produce, herbs and flora. Under development, coming fall 2014.

Seniors are also welcome to come early and join in our activities as well as explore the Center before lunch begins. To see a full list of activities, menu calendar and more details, please see our RICE page online or call us at the AARC for registration details.



RICE Senior Lunch Social: FAQs - Frequently Asked Questions

Q: What is RICE Senior Lunch Social?

A: RICE Senior Lunch Social is a new program developed by the Asian American Resource Center to serve hot, prepared, Asian-inspired meals to seniors ages 60+.

Q: Who can participate?

A: All are welcome and invited to attend. However, free meals will only be served to seniors ages 60+ who reside within Austin city limits. There will be a \$5 meal cost for non-eligible participants.

Q: How do I register?

A: You will need to call the AARC at least 5 days before the date you would like to attend to reserve a meal. Before your first meal, we will ask you to complete a form with basic identification and dietary information.

Q: Do you have a waitlist?

No. Occasionally there may be extra meals for walk-ins.

Q: How do I register for transportation to the AARC?

A: Limited transportation to the AARC is available for eligible Senior Lunch Social participants. You must first submit a signed registration form prior to transportation pickup. Transportation RSVP is required 1 to 2 weeks in advance (minimum 7-day and maximum 14-day advance reservation). Once your transportation reservation is confirmed, you will receive a reminder call 1 day before scheduled pickup.

Q: Can I bring a relative using AARC transportation?

No. Transportation is only for eligible Senior Lunch Social participants.

Q: Do you provide ADA accessible transportation?

No, the RICE program does not provide ADA transportation. However, the City of Austin and Capital Metro does have ADA options available. Contact the Austin Parks & Recreation Senior Transportation, 512-974-1464, www.austintexas.gov/department/seniors and Capital Metro, Metro Access Services, 512-389-7501, www.capmetro.org/metroaccess for more information.

Q: What if I need translation/interpretation help?

A: The AARC has multi-lingual staff who may be made available to help you upon request. We will require advance notice to make the necessary arrangements. Please notify the center when you make your advance registration that you would like language assistance.

Q: What kinds of meals will you serve?

A: The RICE program will serve Asian-inspired food, with a focus on healthy ingredients. We have worked with a nutritionist to develop program guidelines on food served. Meals will include a protein, 2 non-starchy vegetable servings, 2 grains/breads/starchy vegetable servings, one fruit serving and beverage. Soup will be served once a week. Please see our menu for details.

Q: Can you accommodate me if I have special dietary needs, allergies, etc.?

A: Yes. We have worked to provide a vegetarian option for every meal day and have a working relationship with the vendor to allow us to reasonably accommodate food allergies. You must RSVP in advance and let us know of your food allergies/special needs.

Q: I am not Asian. Can I participate?

A: Yes! The AARC is a public facility open to everyone. Lunch meals are limited, so please make your reservations early.

Q: What else can I do while at the AARC?

A: The RICE activity rooms includes a ping pong table, board games (including many Asian board games such as mah jong, carom, Go, and more). We also have a free computer lab at the center and free library with books and periodicals in various languages. The AARC also houses rotating exhibits. Participants are also welcome to bring their own arts and crafts projects to work on at the center. For a full activities calendar, visit the AARC RICE page online.