

### WELCOME TO ROBINETTE SENIOR CENTER!

All BexarCountyResident Seniors60+ are eligible to register to be a member. Membership is free!

### **Senior Center Hours**

Monday-Thursday: 7:00am-8:00pm Friday: 7:00am-4:00pm



### NEW MEMBER ORIENTATION (CHECK CALENDAR FOR TIMES)

**MOREACTIVITIES!** MORE HOURS! **Senior Services** 

### **ExtendedHoursProgram** 4pm -8pm.

Remember to sign in after 4pm at Computer Kiosk even if you signed in before 4pm.

### **Fitness Area and Classes**

Please wear appropriate workout attire (i.e. sneakers, gym pants/shorts, etc.) No jeans No Sandals

Only water bottles allowed. Fitness Equipment Orientation Fridays at 9:30am to 10:00am.

\*Shuttle Bus reservations should be made no later than 3:30pm Tuesday, prior to the week for pick up service. See front desk for assistance\*



### **LUNCH TIME!**

### H.E.A.L. PROGRAM

(HealthyEating, Aging,Living)

Join us for a healthy lunch with friends or meet new ones. LunchTicketDistribution - 8:30am-11:00am(oruntil

tickets runout). Lunch is served from 11:00am-12:00pm (while supplies last.) Lunch is on a first come, first served basis. So come early.

Senior lunch time, during Summer YouthProgram,

will change from 12:00pm—1:00pm.

\*NOTE: Meals Cannot be Taken Out of Dining Room. This includes milk and juice!

**Meal Program Requirement: Members Must attend one 15** minute Nutrition Education Class each year.





### Health Screenings

w/ Nurse Marivel LVN

Monday, Tuesday, Friday OfficeHours: 8am-3:30pm (closed for 1 hr lunch)

BloodPressure \*Blood Sugar\* Weight/BMI (body mass index)



- 1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
- 2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age, or disability.
- 3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and ecigarette products) at the Center or grounds.
- 4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the influence.
- 5. Participant should not bring or consume food or beverages in the computer labs.
- 6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
- 7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
- 8. Participants should not steal, destroy or damage property in the Center.
- 9. Only drinks with tops are allowed outside of the Dining Room.
- 10. Hot Meals, as well as juice or milk, are not allowed to be taken home; they must be consumed during lunch hour in the Dining Room.







IMPORTANT CENTER DATES and THINGS to REMEMBER

Please remember to bring your Membership Card at all times to CHECK-IN at the FRONT DESK. You will also need your Membership Card to check-in for lunch in the Dining Room. Hot Meals Cannot beTAKEN OUT of Dining Room. This includes juice and milk.

**EARLY CLOSURE AT 2:30pm every fourth Friday of the Month!** Seniors in Play "Showcase" Dec. 4th 12:00pm-1:00pm

UTSA Cookbook Holiday Edition Dec. 6th 12:00pm -2:00pm

Fresh Produce Market Dec. 9th 9:30am -12:00pm

Rumikub Mini Holiday Tourney (Robinette Members Only) Dec. 11th 9:00am-10:30am

Robin Roost Store Dec. 17th 10:00am-10:30am

Parks and Recreation Hoilday Camp (Youth) on Dec. 22th-23rd and Jan. 2nd-5th SENIORS EAT At 12:00PM Robinette Holiday Breakfast, Music and Sing-a-long (Karaoke Style) Dec. 19<sup>th</sup> 9:30am-10:30am

Selfies with Santa Visit! Dec. 23rd 10:00am-11:00am

Please Remember to READ important Information for each Field Trip in October before sign-up!



### December December Evening Calendar

Robinette Senior Center 1423 S. Ellison Dr. Bldg 2 San Antonio, TX. 78245 210-207-3260 Evening Hours 4-8PM

HUMAN SERVICES CITY OF SAN ANTONIO	Evening	Calellual	Evening Hours 4-8PM
Monday	Tuesday	Wednesday	Thursday
SILVER AND FIT (CIRCUIT STYLE) YMCA (GYM) 4-5PM  ZUMBA (DR) 6:30-7:30PM (PARKS)	Tech Class/Oats Safe Online Shopping Series -Elizabeth 4-5pm (CR)  Arts & Crafts 5-6pm (AR)	3 Tech Class/Oats Safe Online Shopping Series -Elizabeth 4-5pm (CR)  Bingo 5-6pm (DR)  YOGA Sculpt 6:30-7:30 pm (Parks) (Gym)	Line Dancing (GYM) YMCA-Jane 4pm- 5pm  Loteria 5-6pm (DR)
SILVER AND FIT (CIRCUIT STYLE) YMCA (GYM) 4-5PM ZUMBA (DR) 6:30-7:30PM (PARKS)	Games	10 Tech Class/Oats Safe Online Shopping Series -Elizabeth 4-5pm (CR) Loteria 5-6pm (DR)  YOGA Sculpt 6:30-7:30 pm (Parks) (Gym)	Line Dancing (GYM) YMCA-Jane 4pm- 5pm  Bingo 5-6pm
SILVER AND FIT (CIRCUIT STYLE) YMCA (GYM) 4-5PM  ZUMBA (DR) 6:30-7:30PM (PARKS) Holiday Hat Day	Tech Class/Oats Safe Online Shopping Series -Elizabeth 4-5pm (CR)  WEATER  MOVIE TIME: A Christmas Story 5-6:30 PM	17 Tech Class/Oats Safe Online Shopping Series -Elizabeth 4-5pm (CR) Bingo 5-6pm(DR)  YOGA Sculpt 6:30-7:30 pm (Parks) (Gym)  RobinRoost Store 6-7pm  Wear  Your Holiday Socks	Line Dancing (GYM) YMCA-Jane 4pm- 5pm  Loteria 5-6pm (DR)  Bring your Favorite Ornament
SILVER AND FIT (CIRCUIT STYLE) YMCA (GYM) 4-5PM  ZUMBA (DR) 6:30-7:30PM (PARKS)	Games	CLOSED HAA HOL	CLOSED DAYS
	30 5ED	31 CLOSED	tappy Vew Year





# December 2025





		COMMINS THUS, DOLLD - III (13), MARC - Outstake of Tray	g or caros], v = 1+omg somm or less per serving, - comains	Legenia
	Menu subject to change based on product availability.	1,1	Meals served with choice of 2% milk or apple	Torond
640 calories/29 g protein	720 calories/34 g protein	670 calories/34 g protein	675 calories/45 g protein	630 calories/29 g protein
Country Fried Steak [27] Garlic Mashed Potatoes [17] Southern Style Okra [9]  Applesance [14] 2% Milk [12]	Savory Turkey Chili [10] over Sweet Cornbread Bowl[33] California Veggie Medley [7]  Corn [18]  Cookie [22]   2% Milk [12]	Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7]  Seasoned Brussel Sprouts [7]  **Raisins [30] **  2% Milk [12] **  FROZEN	over Steamed Brown Rice [22]   Roasted Corn & Black Beans [17]   Ranchero Sauce [6]  Tortilla Chips [18]   Mandarin Oranges [16]   2% Milk [12]	General Tso's Chicken [25]  over Vegetable Fried Rice [23]♥  Steamed Edamame Dumplings [12] ♥  Green Beans & Carrot Medley [6]♥  Diced Peaches [14]♥  2% Milk [12] ♥
WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY
670 calories/33 g protein	765 calories/33 g protein	620 calories/40 g protein	705 calories/48 g protein	675 calories/41 g protein
Breaded Pollock Nuggets [25]  Sweet Potato Tots [20]  Mixed Vegetable Medley [12]  Martar Sauce [1]  Applesauce [14]  2% Milk [12]		Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21]♥  Italian Vegetable Medley [12]♥  Diced Peaches [14] ♥  2% Milk [12] ♥	Seasoned Carrot Coins [7]  Squash & Pepper Medley [4]  Cornbread Loaf [29]  Fresh Orange [17]  2% Milk [12]	over Creamy Mashed Potatoes [17]  Parshed Peas & Carrots [10]  Sweet Corn [18]  Diced Pears [18]  2% Milk [12]
WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY	WINTER BREAK - HEAL HOLIDAY	Conchitas con Carne [22]	Smothered Popcorn Chicken [17]
635 calories/37 g protein	675 calories/33 g protein	660 calories/35 g protein	675 calories/35 g protein	635 calories/31 g protein
Turkey Shepherd's Pie [22] Winter Vegetable Medley [7]♥ Chuckwagon Corn [14]♥ Whole Grain Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥	Honey Garlic Glazed Chicken [18]  Vegetable Fried Rice [23] ♥  Gingered Carrots [10]♥  Fortune Cookie [4]♥  Raisins [30] ♥  2% Milk [12] ♥	Beef Stroganoff Meatballs [6] over Buttered Bow Tie Pasta [21] ♥ Broccoli w/ Red Peppers [5] ♥ Cinnamon Spiced Peaches [26] ♥ Wheat Bread [14] ♥ 2% Milk [12] ♥	Chicken Empanadas [31] Spanish Rice [23] ▼ Roasted Corn & Green Beans [15]▼ Fresh Orange [17] ▼ Mild Salsa [3]▼ 2% Milk [12] ▼	Steak Pizzaiola [11] Roasted Red Potatoes [15]♥ Mixed Vegetable Medley [12] ♥ Whole Grain Roll [12] ♥ Mixed Fruit [16]♥ 2% Milk [12] ♥
685 calories/36 g protein 12/19/2025	620 calories/31 g protein <b>~ 12/18/2025</b>	700 calories/30 g protein 12/17/2025	730 calories/35 g protein 12/16/2025	685 calories/39 g protein 12/15/2025
BBQ Glazed Chicken [15] Roasted Sweet Potatoes [14]♥ Peas & Pearl Onions[10]♥ Combread Loaf [29] ♥ Banana [26] ♥ 2% Milk [12] ♥	Personal Cheese Pizza [26] Mixed Vegetable Medley [12]♥ Cauliflower Florets [4]♥ Garlic Bread [14]♥ Apple Slices [8]♥ 2% Milk [12] ♥	Lemon Buttered Alaskan Pollock [13]  Mac n' Cheese [22]  Stewed Tomatoes [8]  Whole Grain Roll [12] \\  Tartar Sauce[1] \\  Grapes [11] \\  2% Milk [12] \\	Beef Enchiladas [30] Cilantro Lime Rice [24] Refried Beans [24]♥ Fresh Orange [17] ♥ 2% Milk [12] ♥	Chicken a la King [9] over a Buttermilk Biscuit [28] California Veggie Medley [7]   Corn [18]   Raisins [30]   2% Milk [12]
725 calories/37 g protein	710 calories/37 g protein	690 calories/33 g protein	640 calories/39 g protein	725 calories/31 g protein
Seasoned Potato Wedges [19]  Seasoned Potato Wedges [19]  BBQ Baked Beans [30]  WG Hamburger Bun [23]  Lettuce/Tomato/Onion Garnish [4]  Ketchup & Mustard [2]  Apple Slices [8]  2% Milk [12]   **  **  **  **  **  **  **  **  **	Coconut Rice [29]\(\nbegin{align*} \text{Coconut Rice [29]\(\nbegin{align*} \text{Mixed Vegetable Medley [12]\(\nbegin{align*} \text{Whole Grain Roll [12]\(\nbegin{align*} \text{Banana [26]\(\nbegin{align*} \text{Vegetable Milk [12]\(\nbegin{align*} \text{Vegetable Medley [1]\(\nbegin{align*} \te	Winter Vegetable Medley [7]   Candied Carrots [10]   Sliced Bread[14]   Grapes [11]   2% Milk [12]	Roasted Corn & Black Beans [17]   Seasoned Green Beans [6]   Lettuce & Tomatoes [3]   Sour Cream [1]   Fresh Orange [17]   2% Milk [12]	Cheesy Scalloped Potatoes [22] Parslied Peas & Carrots [10]   Combread Loaf [29]   Diced Pears [18]   2% Milk [12]
Flame Crilled Choesehunger [2]	Cailled Alcha Dincannle Chicken [17]	Three Choose Manicotti [27]	Turbon Too I poded Betet Stime [27]	Calichum: Steal: [7]
FKIDAY	12/1/2028	WEDNESDAY	10/ESDAY	12/1/2025 YAQNOM
Healthy Eating, Aging, Living		4		Of Governments

Comments

1. Total daily calories and grams of protein include the meal, side items and 2% milk as beverage of choice.

2. For those watching their carbohydrate intake, the amount of [grams] of carbs per serving is listed beside each menu item in brackets. It is generally recommended that meals consist of 45-75 g of carbohydrates

=Meatless Meal (may contain eggs and/or dairy)





Guisantes y zanahorias con perejil [10] ♥

Pan de maiz [29] 🛡

Lechuga rallada y tomates cortados en cubitos [3]♥

Naranja fresca [17] ♥

2% leche [12] ♥

Crema agria [1]♥

Elote tostado y frijoles negros [17]♥ Papas rellenas de tacos de pavo [27]

Ejotes sazonadas [6]♥

Peras cortadas en cubitos [18]♥

2% leche [12] ♥

Papas gratinadas con queso [22]

Filete Salisbury[7]

sobre una galleta de suero de leche [28] Mezcla de verduras de California[7] ♥

Arroz con cilantro y limón [24] Frijoles Refritos [24]♥

Naranja fresca [17] ♥

2% leche [12] ♥

Enchiladas de carne [30] 640 calorías/39 g proteína 12/9/2025

Elote [18]♥

Pollo a la King [9]

725 calorías/31 g proteina



## Diciembre 2025

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VIERNES
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Leyenda

Comentarios

1. Jugo de manzana fortificado 120 calorias, 0 g de proteina, 28 g de CHO y 25 mg de sodio. 2. Para aquellos que controlan su consumo de carbohidratios, la cantidad (grams parentesis []. Se recominda que las comidas consten de 45 a 75 gramos de carbohidratos, mentras que la merienda conste de 15 a 30 gramos de carbohidratos.

[gramos de carbohidratos]; ♥= 140mg de sodio o menos por porcion; \* = contiene nuecess; NEGRITA = en bandeja, Cursiva = fuera de la bandeja

Para mas informacion llame al 210-207-7172. Menu sujeto a disponibilidad y cambio sin previo aviso

670 calorias/34 g proteina

720 calorías/34 g proteina

640 calorías/29 g proteina

de carbohidratos por porcion aparece al lado de cada elemento del menu entre

=comida amigable para los pescadores

Comida Congelada

Albóndigas de edamame al vapor[12] ♥

Mezcla de ejotes y zanahorias [6]♥

Melocotones en cubitos [14]♥
2% leche [12] ♥

630calorías /29 g proteina

sobre arroz frito con verduras [23]♥

Pollo de General Tso's [25]

Pollo sazonado con cilantro y limón [3]

VACACIONES DE INVIERNO

705 calorías/48 g proteína

Elote tostado y frijoles negros [17]♥

Salsa ranchera [6]

Naranjas Mandarinas [16] 🛡

2% leche [12] ♥

Tortillas fritas [18] ♥

675 calorias/45 g proteina

sobre arroz integral al vapor [22]♥

VACACIONES DE INVIERNO

675 calorías/41 g proteína

Guisantes y zanahorias con perejil [10] ♥

Elote [18]♥

Pollo Popcorn con salsa [17]

Puré de Papas [17]♥

Zanahorias sazonadas [7] V Calabaza y pimientos [4]♥

Naranja fresca [17] ♥

2% leche [12] ♥

Pan de maiz [29] 🛡

Conchitas con Carne [22]

675 calorías/35 g proteína

635 calorías/31 g proteína

Papas rojas asadas [15]♥ Mezcla de verduras [12]♥

Elote tostado y frijoles verdes [15]♥

Airoz español [23] ♥

Naranja fresca [17] ♥
Salsa suave [3]♥

2% leche [12] ♥

Empanadas de Pollo [31]

730 calorías/35 g proteina

Pizzaiola de filete [11]

685 calorías/39 g proteina

2% leche [12] ♥ Pasas [30]♥

Panecillo integral [12] ♥
Fruta mixta [16] ♥

2% leche [12] ♥

Peras cortadas en cubitos [18]♥

2% leche [12] ♥