







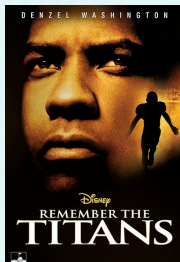


Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Happy New Year! Center Closed!</b>	2 8:30a-10:30a Play Cornhole <b>No Lunch Served Today</b>
5  8:45am Field Trip- San Jose Mission	6 8:15a-9:00a Morning Walk with Johnny (TBA)  1:30p-2:30p The Craft: Build and Paint a New Bird House for the New Year!(AR)	7 8a-10a Play Cornhole-(DR)  10a-10:30a Volunteer Training-(DR)	8 9:30a-10:30a What I Plan Not to Do in the New Year- Words/Coloring Page- Johnny(DR)  12p-1p BINGO!-(DR)	9 9:30a-10:30a Winter Scenes Coloring Pages-Johnny(DR)  9:30a-10:30a Gardopia Garden Class (AR)  9:30a-10:30a B.Y.O.B.P. (Bring Your Own Baby Picture)(DR)
12 8:45a-9:30a Morning Walk with Johnny(TBA)  1:30p-2:30p Classical Music for the Soul. Let's Listen!-Johnny(AR)	13  8:45am-Field Trip- Painted Tree Boutique  10:15a-10:30a Nutrition Ed- New-trition Resolutions! Reading Food Labels	14 9:00a-9:30a Wellness Pilot program -Nissa  10a-10:30a Indentify the baby pictures Quiz-(DR)  12p-1p Vibrant Works- Fall Prevention (DR)	15 9a-10:30a Cafecito con Seniors in Play-HEB  12:15p-1:15p Loteria-Jorge(DR)  2:00p-3:00p New Member Orient.-(DR)	16 9:30a-10:30a SA Foodbank (Gym)  Frozen Meals Given today  1:30p-2:30p YouTube Mr. Ballen- 411 Stories-(DR)
19 <b>Martin Luther King JR. Day Center Closed</b>	20 8a-10a Play Cornhole  8:15a-9:00a Morning Walk with Johnny(TBA)	21 10a-11a Storytellers (DR)  12p-1p Personal Safety Presentation-SAPD-(DR)	22 9:15a-10:30a Straight DominoesTourney (Robinette Members Only)  12p-1p BINGO!-(DR)	23  8:45a -Field Trip -Health Walk Wonderland Mall  <b>CENTER WILL CLOSE AT 2:30PM</b>
26 8:45a-9:30a Morning Walk with Johnny(TBA)  10:15a-10:30a Nutrition Ed- New-trition Resolutions! Reading Food Labels  10:30a-10:45a Health Talk	27 9:30a-10:30a New Member Orient.-(DR)  1:30p-2:30p Who Wants to Teach Cards? Let's Play!(AR)	28  8:45am-Field Trip- TESO Life(Asian Market)  1:30p-2:30p New Year Trivia-Johnny(AR)	29 10a-10:30a Robin Roost store  12:15p-1:15p Loteria-Jorge(DR)	30 8a-10a Play Cornhole  12p-3-p Movie Time Remember the Titains!

DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
9:30a-10:00a WellMed- Stretch Class- Marivel (Gym)	8:00a-10:30a Quilting-Carolina(AR)	8:30a-10:30a Beginning Quilting- Yolanda M. (AR)	9:00a-10:00a YWCA -Line Dance - Jane (Gym)	8:00a-9:00a YMCA -Chair Yoga -Erma (Gym)
10:00a-11:00a YMCA-Line Dancing - Inez (Gym) 12/8-8a-9a	9:00a-10:00a YWCA-Zumba Gold - Jane (Gym)	9:00a-10:00a YMCA Silver Sneakers Ener-Chi -Natalie-(Gym)	9:00a-11:00a Bihl Haus- Beginning Drawing-Liz(AR)	9:30a-10:00a WellMed- Stretch Class- Marivel (Gym)
12:00p-1:30p Crochet/Knitting -Maria (AR) Mostly Spanish.	9:00a-11:00a available: 10/14, 10/28, Medicare Assist. Info/ Table (Hallway)	10:30a-11:15a YWCA Yo-Chi -Nora(Gym)	9:00a-11:00a OASIS Computer Class (Check Flyer for Topics)-William (CR)	9:30a-11:00a Urban 15 -A Bailar-(Gym)
12:30p-1:30p YMCA -Zumba Gold - Robyn (Gym)	10:00a-11:00a YMCA - Yoga- Erma (Gym)	11:30a-12:30p Wednesdays Walkabout-(Gym)	10:00a-11:00a YMCA-SS Classic - Natalie (Gym)	9:30a-10:00a How to Use Fitness Equip- ment (ask at front desk)
Technology Class - OATS-(English) 1:30p-2:30p Rolona-(CR) 1/5-Protect Personal Info online 1/12-Google Drive 1/19-Center Closed 1/26- Google Docs #2	11:00a-12:00p Basketball Free Play	12:00p-2:00p Chair Volleyball- (Gym)	11:00a-12:00p Basketball Free Play	12:00p-1:30p Friday Fun Day in The Gym Day
	12:00p-2:00p KARAOKE With Arturo A. (DR)	1:00p-3:00p Bihl Haus-Beginning Painting-Liz(AR)	12:00p-1:30p Seniors in Play (AR)	1:00p-3:00p Monthly Movie (DR)
	12:00p-2:00p Chair Volleyball-(Gym)	Technology Class OATS-(English) 1:30p-2:30p-Rolona-(CR) 1/7-Virtual Reality 1/14-Fitness apps 1/21-Google Docs #1 1/28- Food Delivery Apps	1:00p-3:00p OASIS Computer Class (Check Flyer for Topics)-William (CR)	 MOVIE Date: 1/30 "Remember the Titians" (2000 Drama)



**WELCOME TO ROBINETTE SENIOR CENTER!**  
**All BexarCounty Resident Seniors 60+ 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



**LUNCH TIME!**

**H.E.A.L. PROGRAM**

(Healthy Eating, Aging, Living)

Join us for a healthy lunch with friends or meet new ones.

**Lunch Ticket Distribution - 8:30am-11:00am(or until 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.

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

**MORE ACTIVITIES!**  
**MORE HOURS!**  
**Senior Services**

**Extended Hours Program**  
**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.



**Health Screenings**

w/ **Nurse Marivel LVN**

Monday, Tuesday, Friday

Office Hours: 8am-3:30pm

(closed for 1 hr lunch)

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

**\*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\***



**RULES of CONDUCT**

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 e-cigarette 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.



*Should auld acquaintance  
be forgot,  
And never brought to  
mind?*



**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 be TAKEN OUT of  
Dining Room. This includes juice and milk.

**EARLY CLOSURE AT 2:30pm every fourth Friday of the Month!**

**No Lunch Served on Jan. 2nd 8:45am**

**Bring Your Own Baby Pictures Jan. 9th 9:30am -10:30am**

**Vibrant Works Presentation: Falls Prevention Jan. 14th 12:00pm-1:00pm**

**SA Food Bank Jan. 16th 9:30am-10:30am (Bring carts and your ID)**

**San Antonio Police Department Presentation: Personal Safety Jan. 21st 12pm-1:00pm**

**Straight Dominoes Tournament (Robinette Members only) Jan. 22nd 9:15am-10:30am**

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



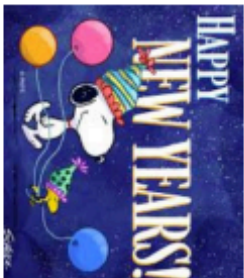

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HOLIDAY 	Room Key (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym
5 Silver & Fit Ara (4-5pm) GM  ZUMBA (DR) 6:30-7:30pm (Parks)	6 Tech Class /OAT S Elizabeth 4-5pm (CR)  Arts & Crafts 5-6pm (AR) 	7 Tech Class /OAT S Elizabeth 4-5pm (CR)  BINGO 5-6pm (DR)   YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	8 Line Dancing (GM) YMCA-Jane 4pm – 5pm  Loteria 5-6pm (DR) 	The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.
12 Silver & Fit Ara (4-5pm) GM  ZUMBA (DR) 6:30-7:30pm (Parks)	13 Tech/Class /OAT S Elizabeth 4-5pm (CR)  KAROE 5-6pm (DR) 	14 Tech Class /OAT S: Elizabeth 4-5pm (CR)  Loteria 5-6pm (DR)   YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	15 Line Dancing (GM) YMCA-Jane 4pm – 5pm  BINGO 5-6pm (DR) 	Note: Calendar subject to change without advance notice
19 HOLIDAY 	20 Tech/Class /OAT S Elizabeth 4-5pm (CR)  GAMES   HNA MEETING 7-8PM (DR)	21 Tech Class /OAT S Elizabeth 4-5pm (CR)  BINGO 5-6pm (DR)   YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	22 Line Dancing (GM) YMCA-Jane 4pm – 5pm  Loteria 5-6pm (DR) 	
26 Silver & Fit Ara (4-5pm) GM  ZUMBA (DR) 6:30-7:30pm (Parks)	27 Tech Class /OAT S Elizabeth 4-5pm (CR)  Arts & Crafts 5-6pm (AR) 	28 Tech Class /OAT S Elizabeth 4-5pm (CR)  Loteria 5-6pm (DR)   YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	29 Line Dancing (GM) YMCA-Jane 4pm – 5pm  BINGO 5-6pm (DR) 	





# January 2026



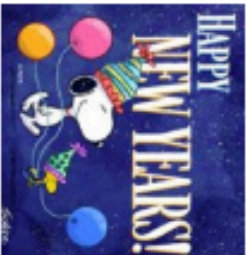
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1/1/2026		1/2/2026	
						WINTER BREAK- HEAL HOLIDAY		WINTER BREAK- HEAL HOLIDAY	
1/5/2026		1/6/2026		1/7/2026		1/8/2026		1/9/2026	
Chicken Noodle Casserole [18] Seasoned Broccoli Florets [5] ▼ Corn [18] ▼ Buttermilk Biscuit [27] Diced Peaches [14] ▼ 2% Milk [12] ▼ 660 calories/38 g protein		Beef Enchiladas [30] Cilantro Lime Rice [24] Refried Beans [24] ▼ Fresh Orange [17] ▼ 2% Milk [12] ▼ 730 calories/35 g protein		Garlic & Herb Smothered Chicken [12] Maple Roasted Sweet Potatoes [19] ▼ Peas & Pearl Onions [10] ▼ Garlic Bread [14] ▼ Grapes [11] ▼ 2% Milk [12] ▼ 635 calories/36 g protein		Hearty Beef & Vegetable Stew [11] ▼ Seasoned Green Beans [6] ▼ Chuckwagon Corn [14] ▼ Whole Wheat Crackers [30] Banana [26] ▼ 2% Milk [12] ▼ 650 calories/36 g protein		Oven Baked Chicken Tenders [16] Broccoli & Cheddar Mac n' Cheese [23] Mixed Vegetable Medley [12] ▼ Ketchup x 2 [4] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼ 660 calories/42 g protein	
1/12/2026		1/13/2026		1/14/2026		1/15/2026		1/16/2026	
Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Parslled Peas & Carrots [10] ▼ Cornbread Loaf [29] ▼ Diced Pears [18] ▼ 2% Milk [12] ▼ 725 calories/31 g protein		Turkey Taco Loaded Potato Skins [27] Roasted Corn & Black Beans [17] ▼ Seasoned Green Beans [6] ▼ Lettuce & Tomatoes [3] ▼ Sour Cream [1] ▼ Fresh Orange [17] ▼ 2% Milk [12] ▼ 640 calories/39 g protein		Three Cheese Manicotti [37] Winter Vegetable Medley [7] ▼ Candied Carrots [10] ▼ Sliced Bread [14] ▼ Grapes [11] ▼ 2% Milk [12] ▼ 690 calories/33 g protein		Grilled Aloha Pineapple Chicken [17] Coconut Rice [29] ▼ Mixed Vegetable Medley [12] ▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼ 710 calories/37 g protein		Flame Grilled Cheeseburger [2] Seasoned Potato Wedges [19] ▼ BBQ Baked Beans [30] WG Hamburger Bun [23] Lettuce/Tomato/Onion Garnish [4] ▼ Ketchup and Mustard [2] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼ 725 calories/37 g protein	
1/19/2026		1/20/2026		1/21/2026		1/22/2026		1/23/2026	
MILK- HEAL HOLIDAY Chicken a la King [9] over a Buttermilk Biscuit [28] California Vegetable Medley [7] ▼ Corn [18] ▼ Raisins [30] ▼ 2% Milk [12] ▼ 685 calories/39 g protein		Beef Tamales[24] Spanish Rice [23] ▼ Charro Beans [18] Mild Salsa [3] ▼ Mandarin Oranges [16] ▼ 2% Milk [12] ▼ 655 calories/29 g protein		Lemon Buttered Alaskan Pollock [13] Creamy Mac n' Cheese [22] Stewed Tomatoes [8] Whole Grain Roll [12] ▼ Tartar Sauce[1] ▼ Grapes [11] ▼ 2% Milk [12] ▼ 700 calories/30 g protein		Personal Cheese Pizza [26] Mixed Vegetable Medley [12] ▼ Cauliflower Florets [4] ▼ Garlic Bread [14] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼ 620 calories/31 g protein		BBQ Glazed Grilled Chicken [15] Roasted Sweet Potatoes [14] ▼ Peas & Pearl Onions [10] ▼ Cornbread Loaf [29] ▼ Banana [26] ▼ 2% Milk [12] ▼ 685 calories/36 g protein	
1/26/2026		1/27/2026		1/28/2026		1/29/2026		1/30/2026	
Steak Pizzaiola [11] Roasted Red Potatoes [15] ▼ Mixed Vegetable Medley [12] ▼ Whole Grain Roll [12] ▼ Mixed Fruit [16] ▼ 2% Milk [12] ▼ 635 calories/31 g protein		Chicken Empanadas [31] Spanish Rice [23] ▼ Roasted Corn & Green Beans [15] ▼ Fresh Orange [17] ▼ Mild Salsa [3] ▼ 2% Milk [12] ▼ 675 calories/35 g protein		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] ▼ 660 calories/35 g protein		Honey Garlic Glazed Chicken [27] Vegetable Fried Rice [23] ▼ Gingered Carrots [10] ▼ Fortune Cookie [4] ▼ Grapes [11] ▼ 2% Milk [12] ▼ 635 calories/33 g protein		Turkey Shepherd's Pie [22] Winter Vegetable Medley [7] ▼ Chuckwagon Corn [14] ▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼ 635 calories/37 g protein	
Legend		Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability.							
[g of carbs]; ▼= 140mg sodium or less per serving; * = contains nuts; <b>BOLD</b> = in tray; <i>Italic</i> = Outside of Tray		 =Meatless Meal (may contain eggs and/or dairy)							
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							





# Enero 2026



LUNES		MARTES		MIÉRCOLES		JUEVES		VIERNES	
						1/1/2026		1/2/2026	
						VACACIONES DE INVIERNO- HEAL Día Festivo		VACACIONES DE INVIERNO- HEAL Día Festivo	
						Chili de Pavo [10] sobre Pan de Maiz Dulce [33] Mezcla de Verduras [7]▼ Elote [18]▼ Galleta [22]▼ 2% leche [12] ▼		Filete de bistec frío [27] Puré de Papas al Ajo [17]▼ Okra y Tomates [9]▼ Puré de manzana [14] ▼ 2% leche [12] ▼	
		Comida Congelada		Comida Congelada		Comida Congelada		Comida Congelada	
1/5/2026		1/6/2026		1/7/2026		1/8/2026		1/9/2026	
Cazuela de pollo con fideos [18] Floretes de Brocoli [5] ▼ Elote [18]▼ Galleta de suero de leche [27] Melocotones en cubitos [14]▼ 2% leche [12] ▼		Echadas de carne [30] Arroz con cilantro y limón [24] Frijoles refritos [24]▼ Naranja fresca [17] ▼ 2% leche [12] ▼		Pollo sofocado con ajo y hierbas [12] Carnotes asadas con arroz [19]▼ Guisantes y cebollas perladas [10]▼ Pan de ajo [14]▼ Uvas [11]▼ 2% leche [12] ▼		Estofado de ternera y verduras [11]▼ Elotes Verdes [6]▼ Elote con pimientos [14]▼ Galletas integrales [30] Plátano [26] ▼ 2% leche [12] ▼		Tiras de pollo al horno [16] Macarrones con queso y brocoli y queso cheddar [23] Mezcla de Verduras [12] ▼ Ketchup x 2 [4] ▼ Rodajas de manzana [7]▼ 2% leche [12] ▼	
660 calorías/38 g proteína		730 calorías/35 g proteína		635 calorías/36 g proteína		650 calorías/36 g proteína		660 calorías/42 g proteína	
1/12/2026		1/13/2026		1/14/2026		1/15/2026		1/16/2026	
Filete Salisbury[7] Papas gratinadas con queso [22] Guisantes y zanahorias con perejil [10] ▼ Pan de maíz [29] ▼ Perras cortadas en cubitos [18]▼ 2% leche [12] ▼		Papas rellenas de tacos de pavo [27] Elote tostado y frijoles negros [17]▼ Ejotes Verdes [6]▼ Lechuga y tomates [3]▼ Crema agria [1]▼ Naranja fresca [17] ▼ 2% leche [12] ▼		Manicotti de tres quesos [37] Mezcla de verduras de invierno [7] ▼ Zanahorias confitadas [10] ▼ Pan de molde [14]▼ Uvas [11]▼ 2% leche [12] ▼		Pollo a la parrilla con piña [15] Arroz con coco[29]▼ Mezcla de Verduras [7]▼ Panecillo integral [12] ▼ Plátano [26] ▼ 2% leche [12] ▼		Hamburguesa con queso a la parrilla [2] Papas gajo sazonadas[19]▼ Frijoles al horno [30] Pan de hamburguesa integral [23] Lechuga/Tomate/Cebolla [4]▼ Catsup y Mostaza [2]▼ Rodajas de manzana [8]▼ 2% leche [12] ▼	
725 calorías/31 g proteína		640 calorías/39 g proteína		690 calorías/33 g proteína		710 calorías/37 g proteína		725 calorías/37 g proteína	
1/19/2026		1/20/2026		1/21/2026		1/22/2026		1/23/2026	
MILK- HEAL Día Festivo		Tamales de Res[24] Arroz español[23] ▼ Frijoles charros [18] Salsa suave [3]▼ Naranjas Mandarinas [16] ▼ 2% leche [12] ▼		Abadejo de Alaska con mantequilla de limón[13] Macarrones con queso [23] Tomates guisados [8] Panecillo integral [12] ▼ Salsa tártara[1] ▼ Uvas [11]▼ 2% leche [12] ▼		Pizza de queso [26] Mezcla de Verduras [12]▼ Floretes de Coliflor [4]▼ Pan de ajo [14] ▼ Rodajas de manzana [8]▼ 2% leche [12] ▼		Pollo a la parrilla [11] Carnotes asadas [14]▼ Guisantes y cebollas perladas [10]▼ Pan de maíz [29] ▼ Plátano [26] ▼ 2% leche [12] ▼	
Comida Congelada		Comida Congelada		Comida Congelada		Comida Congelada		Comida Congelada	
685 calorías/39 g proteína		655 calorías/29 g proteína		700 calorías/30 g proteína		620 calorías/31 g proteína		685 calorías/36 g proteína	
1/26/2026		1/27/2026		1/28/2026		1/29/2026		1/30/2026	
Pizzaiola de filete [11] Papas rojas asadas [15]▼ Mezcla de Verduras [12]▼ Panecillo integral [12] ▼ Fruta mixta [16] ▼ 2% leche [12] ▼		Empanadas de Pollo [31] Arroz español[23] ▼ Elote tostado y frijoles verdes [15]▼ Naranja fresca [17] ▼ Salsa suave [3]▼ 2% leche [12] ▼		Stroganoff de res [6] Pasta con mantequilla en forma de lazo [21] ▼ Brócoli con pimientos rojos [5] ▼ Melocotones con canela [26] ▼ Pan de trigo [14] ▼ 2% leche [12] ▼		Pollo glaseado con miel y ajo [27] Arroz frito con verduras [23] ▼ Zanahorias con jengibre [10]▼ Galleta de la fortuna [4]▼ Uvas [11]▼ 2% leche [12] ▼		Pastel de pastor de pavo [22] Mezcla de Verduras de Invierno [7]▼ Elote con pimientos [14]▼ Panecillo integral [12] ▼ Plátano [26] ▼ 2% leche [12] ▼	
635 calorías/31 g proteína		675 calorías/35 g proteína		660 calorías/35 g proteína		635 calorías/33 g proteína		635 calorías/37 g proteína	



# Frequently asked Questions

## **-Do I have to attend orientation before participating?**

No, but all members (**new** or from **another** center) must attend orientation at their earliest convenience.

## **-Do I have to pay for anything?**

No, membership, registration and all programs are free. The only exceptions are some field trips (Zoo, planetarium or movies).

## **-What is the difference between Produce Market and Food Bank?**

Food Bank is an assistance program one must fill out an application (see nutritionist) and be approved for, must show proof of income, (happens once a month)

Produce Market is a class one must attend to receive one of the limited quantities of the free produce box. you only need to sign up at the front desk, provided there is still availability. (no set schedule) Priority is given to HEAL Meal participants.

## **-How do I get a meal?**

Present your member ID at the table in the Dining Room for a lunch ticket.

## **-How do I sign up for field trips?**

Field Trip sign ups become available the first Monday (or the next working day if closed)of every Month.

## **-How can I be a volunteer?**

Every volunteer must submit a volunteer application with the nutritionist.

## **-Where can I store my things?**

We do not have a designated space for locking up personal items. Please come to the center only with what you will need during your time here.

## **-What services does the nurse offer?**

Health Screenings (Blood Pressure, Blood Glucose, Weight/BMI)  
Monthly Health Talk  
Weekly Stretching Class

## **-How do I sign up for the Art Classes?**

Art Classes are 12 weeks long and are limited to 12 students per class. Next registration is December 17th & 18th . Please only register if you plan on committing to a semester of art classes.

## **-Can we save or print in the computer lab?**

No, the computer lab is not set up with a printer. The front desk will not print for you.

## **-Can I take my hot meal home with me?**

The hot meal served in the center should only be consumed in the dining room. Hot or Cold items may not leave the Dining Room.



# Welcome to

# Robinette Senior Center

**1423 S. Ellison  
210.207.3260**

