



January



Robinette Senior Center 1423 S. Ellison Dr. Bldg 2 San Antonio, TX. 78245 210-207-3260

(Note: Calendar subject to change without advance notice)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Happy New Year! Center Closed!	2 8:30a-10:30a Play Cornhole No Lunch Served Today
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 Identify 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 Martin Luther King JR. Day Center Closed	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 CENTER WILL CLOSE AT 2:30PM
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 Titans!

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)-Wlliam (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)-Wlliam (CR)	MOVIE Date: 1/30 "Remember the Titians" (2000 Drama)

WELCOME TO ROBINETTE SENIOR CENTER!

All Bexar County 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



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.

*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

(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.



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)



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!



JANUARY

Barbara "Robbie"
Senior Center

1423 South Ellison Dr. Bldg #2
San Antonio, TX 78245

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HOLIDAY 	Room Key (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym
5 Silver & Fit Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	6 Tech Class /OATS Elizabeth 4-5pm (CR) Arts & Crafts 5-6pm (AR) 	7 Tech Class /OATS 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 Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	13 Tech Class /OATS Elizabeth 4-5pm (CR) KAROKE 5-6pm (DR) 	14 Tech Class /OATS: 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 /OATS Elizabeth 4-5pm (CR) GAMES  HNA MEETING 7-8PM (DR)	21 Tech Class /OATS 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) 	
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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.



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