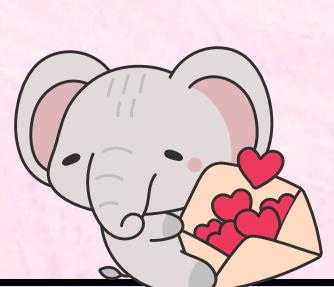
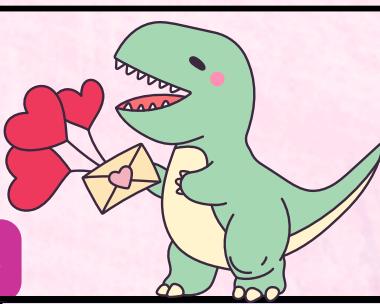
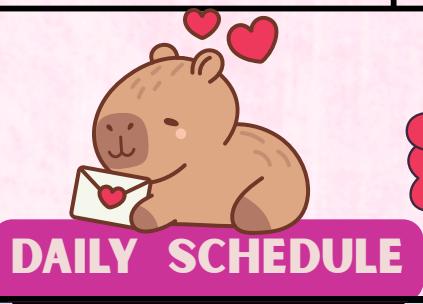




**Robinette Senior
Center 1423 S.
Ellison Dr. Bldg 2
San Antonio, TX.
78245 210-207-3260**

(Note: Calendar subject to change without advance notice)

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:45a-9:30a Morning Walk with Johnny(TBA) 1:30p-3:30p Falls Prevention- Vibrant Works-(DR)	3  9:00a-Field Trip- Memories by the Yard 10:15a-10:30a Nutrition Ed-Heart Health	4 8:30a-10:30a Play Cornhole-(DR) 1:30p-3:30p Falls Prevention- Vibrant Works-(DR)	5 8:15a-9:00a Morning Walk with Johnny(TBA) 12:15p-1:15p Loteria-Jorge(DR)	6 Superbowl Weekend Wear Your Favorite Team T-Shirt or Jersey! or Wear RED for Heart Health month 1:30p-2:30p YouTube Mr. Ballen- Stories-(DR)
9 8:45a-9:30a Morning Walk with Johnny (TBA) 2:00p-3:00p New Member Orient.-(DR)	10  8:45a-Field Trip- Dove Creek Shopping Center 9:00a-11:00a AACOG-Lydia(DR) 12:00p-1:15p The Craft: Design and Paint a Valentine Box(AR)	11 8:00a-10:00a Play Cornhole-(DR) 10:00a-10:30a Volunteer Training-(DR) 11:30a-12:45p The Craft: Design a Valentine's Bag	12 9:30a-12:00p Fresh Produce Market-(DR) 12p-1p BINGO!-(DR)	13 9:00a-11:30a Boot Scootin' Valentines! (Wear Red and Western Outfits)(DR) 1:30p-2:30p Valentine Trivia- Johnny(AR)
16 8:30a-9:15a Morning Walk with Johnny (TBA) 9:30a-10:30a The Craft:Chinese New Year Coloring Pages- Johnny(AR)	17 9:00a-9:30a Wellness Pilot program -Nissa(DR) 9:30a-10:30a The Craft:Chinese New Year Coloring Pages- Johnny(DR)	18 Robinette Spirit Day! Wear Robinette T-Shirts or Teal  8:45a-Field Trip- Rodeo Grounds 1:30p-2:00p Chocolate Dipped Strawberry Demo-Nissa(DR)	19 8:00a-10:00a Play Cornhole-(DR) 8:15a-9:00a Morning Walk with Johnny(TBA) 12:15p-1:15p Loteria-Jorge(DR)	20 9:30a-10:30a SA Foodbank (bring cart and ID)-(Gym) 12:00p-3:00p Movie Time: "The Last Rodeo"-(DR)
23 8:45a-9:30a Morning Walk with Johnny(TBA) 10:15a-10:30a Nutrition Ed-(DR) Heart Health 10:30a-10:45a Health Talk-(DR)	24 9:30a-10:30a New Member Orient.-(DR) 1:30p-2:30p Are you feeling "PUZZLED" today? Let's puzzle!-Johnny (AR)	25 8:00a-10:00a Play Cornhole-(DR) 1:30a-2:30a YouTube-Cowboy Stories (DR)	26 8:15a-9:00a Morning Walk with Johnny(TBA) 10:00a-10:30a Robin Roost store 12p-1p BINGO!-(DR)	27 Today is "Fist Bump Friday!"  8:45a -Field Trip- Health Walk Ingram Mall CENTER WILL CLOSE AT 2:30PM



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 Crochet- Yolanda M. (AR)	9:00a-10:00a YWCA -Line Dance - Jane (Gym)	8:00a-8:45a YMCA -Chair Yoga -Erma (Gym)
10:00a-11:00a YMCA-Line Dancing - Inez (Gym)	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)	9:00a-9:30a WellMed-Stretch Class- Marivel (Gym)
12:00p-1:30p Crochet/Knitting -Maria (AR) Mostly Spanish.	Happy Chinese New Year! 26 Fat Tuesday February 17, 2026	10:30a-11:15a YWCA Yo-Chi -Nora(Gym)	9:00a-11:00a OASIS Computer Class (Check Flyer for Topics)-William (CR)	9:30a-10:00a How to Use Fitness Equipment (ask at front desk)
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)	9:45a-10:45a Urban 15 -A Bailar-(Gym)
Technology Class - OATS-(English) 1:30p-2:30p Rolona-(CR) 2/2-Meal Kits Services 2/9-Mindful Apps 2/16-Tech Help Session 2/23-Online Shopping #3	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) 2/4-Mobile Health Apps 2/11-Online Shopping#1 2/18-Online Shopping#3 2/25-Online Shopping#4	1:00p-3:00p OASIS Computer Class (Check Flyer for Topics)-William (CR)	MOVIE Date: 2/20 "The Last Rodeo" (2025) PG

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 Youth Program, 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.



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!

**Superbowl Weekend! Wear Your Favorite Team T-Shirt/Jersey
or wear RED for Heart Health Month Feb. 6th**

Vibrant Works: Falls Prevention Classes Feb. 2nd and 4th 1:30pm-3:30pm

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

Boot Scootin' Valentines! (Wear Red and Western Outfits) Feb 13th 9am-11:30am

Happy Chinese New Year! Year of the Horse! Feb. 17th (What's your Chinese Zodiac Sign?)

SA Food Bank Feb. 20th 9:30am-10:30am (Bring carts and your ID)

**Don't Forget "Fist Bump Friday" is Feb 27th Greet friends and strangers with friendly fist bump!
Please Remember to READ important Information for each Field Trip in February before sign-up!**



February

Barbara "Robbie"

Senior Center

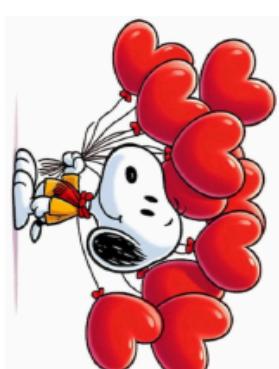
1423 South Ellison Dr. Bldg #2

San Antonio, TX 78245

Monday	Tuesday	Wednesday	Thursday	Friday
2 Silver & Fit Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	3 Tech Class /OATS Elizabeth 4-5pm (CR) GAMES 	4 Tech Class /OATS Elizabeth 4-5pm (CR) Loteria 5-6pm (DR) YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	5 Line Dancing (GM) YMCA-Jane 4pm – 5pm BINGO 5-6pm (DR) 	Room Key (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym
9 Silver & Fit Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	10 Tech Class /OATS Elizabeth 4-5pm (CR) Arts & Crafts 5-6pm (AR) 	11 Tech Class /OATS Elizabeth 4-5pm (CR) BINGO 5-6pm (DR)  YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	12 Line Dancing (GM) YMCA-Jane 4pm – 5pm Loteria 5-6pm (DR)  Marbach Community Meeting 6:00 to 7:30	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.
16 Silver & Fit Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	17 Tech/Class /OATS Elizabeth 4-5pm (CR) GAMES 	18 Tech Class /OATS: Elizabeth 4-5pm (CR) Loteria 5-6pm (DR)  YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	19 Line Dancing (GM) YMCA-Jane 4pm – 5pm BINGO 5-6pm (DR) 	Note: Calendar subject to change without advance notice
23 Silver & Fit Ava (4-5pm) GM ZUMBA (DR) 6:30-7:30pm (Parks)	24 Tech/Class /OATS Elizabeth 4-5pm (CR) Arts & Crafts 5-6pm (AR) 	25 Tech Class /OATS Elizabeth 4-5pm (CR) BINGO 5-6pm (DR) YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)	26 Line Dancing (GM) YMCA-Jane 4pm – 5pm Loteria 5-6pm (DR) 	



February 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
Smothered Popcorn Chicken [1/7] over Creamy Mashed Potatoes [1/7] ♦ Parslied Peas & Carrots [1/0] ♦ Sweet Corn [1/8] ♦ Diced Pears [1/7] ♦ 2% Milk [1/2] ♦	Conchitas con Carne [2/2] Squash & Pepper Medley [4] ♦ Seasoned Carrot Coins [7] ♦ Cornbread Loaf [2/9] ♦ Fresh Orange [1/7] ♦ 2% Milk [1/2] ♦	Classic Chicken Parmesan [1/4] Garlic Buttered Penne Pasta [2/1] ♦ Italian Vegetable Medley [1/2] ♦ Sliced Wheat Bread [1/4] ♦ Grapes [1/1] ♦ 2% Milk [1/2] ♦	Homestyle Meatloaf [8] w/ Savory Rice Pilaf [2/2] ♦ Broccoli & Cheddar Mac n' Cheese [2/3] Mixed Vegetable Medley [1/2] ♦ Ketchup x 2 [4] ♦ Apple Slices [7/7] ♦ 2% Milk [1/2] ♦	Oven Baked Chicken Tenders [1/6] California Veggie Medley [7] ♦ Seasoned Green Beans [6] ♦ Whole Grain Roll [1/2] ♦ Banana [2/6] ♦ 2% Milk [1/2] ♦
675 calories/41 g protein	705 calories/48 g protein	675 calories/42 g protein	635 calories/29 g protein	660 calories/42 g protein
2/9/2026	2/10/2026	2/11/2026	2/12/2026	2/13/2026
Savory Turkey Chili [1/0] over Sweet Cornbread Bowl [3/3] California Veggie Medley [7] ♦ Corn [1/8] ♦ Cookie [2/2] ♦ 2% Milk [1/2] ♦	Cilantro Lime Chicken [3] over Steamed Brown Rice [2/2] ♦ Roasted Corn & Black Beans [1/7] ♦ Ranchero Sauce [6] Tortilla Chips [1/8] ♦ Mandarin Oranges [1/6] ♦ 2% Milk [1/2] ♦	Cheesy Beef Cavatappi [2/4] Dilled Baby Carrots [7] ♦ Seasoned Brussel Sprouts [7] ♦ Raisins [3/0] ♦ 2% Milk [1/2] ♦	General Tso's Chicken [2/5] over Vegetable Fried Rice [2/3] ♦ Steamed Edamame Dumplings [1/2] ♦ Green Beans & Carrot Medley [6] ♦ Diced Peaches [1/4] ♦ 2% Milk [1/2] ♦	Hearty Beef & Vegetable Stew [1/1] ♦ Seasoned Green Beans [6] ♦ Chuckwagon Corn [1/4] ♦ Whole Wheat Crackers [3/0] Banana [2/6] ♦ 2% Milk [1/2] ♦
720 calories/34 g protein	730 calories/35 g protein	670 calories/34 g protein	630 calories/29 g protein	640 calories/29 g protein
2/16/2026	2/17/2026	2/18/2026	2/19/2026	2/20/2026
Chicken Noodle Casserole [1/8] Seasoned Broccoli Florets [5] ♦ Corn [1/8] ♦ Buttermilk Biscuit [2/7] Diced Peaches [1/4] ♦ 2% Milk [1/2] ♦	Beef Tamales [2/4] Spanish Rice [2/3] ♦ Charro Beans [1/8] Mild Salsa [3] ♦ Mandarin Oranges [1/6] ♦ 2% Milk [1/2] ♦	Three Cheese Manicotti [3/7] Winter Vegetable Medley [7] ♦ Candied Carrots [1/0] ♦ Sliced Bread [1/4] ♦ Grapes [1/1] ♦ 2% Milk [1/2] ♦	General Tso's Chicken [2/5] over Vegetable Fried Rice [2/3] ♦ Steamed Edamame Dumplings [1/2] ♦ Green Beans & Carrot Medley [6] ♦ Diced Peaches [1/4] ♦ 2% Milk [1/2] ♦	Hearty Beef & Vegetable Stew [1/1] ♦ Seasoned Green Beans [6] ♦ Chuckwagon Corn [1/4] ♦ Whole Wheat Crackers [3/0] Banana [2/6] ♦ 2% Milk [1/2] ♦
660 calories/38 g protein	655 calories/29 g protein	650 calories/33 g protein	630 calories/29 g protein	640 calories/29 g protein
2/23/2026	2/24/2026	2/25/2026	2/26/2026	2/27/2026
Salisbury Steak [7] Cheesy Scalloped Potatoes [2/2] Parslied Peas & Carrots [1/0] ♦ Cornbread Loaf [2/9] ♦ Diced Pears [1/8] ♦ 2% Milk [1/2] ♦	Turkey Taco Loaded Potato Skins [2/7] Roasted Corn & Black Beans [1/7] ♦ Seasoned Green Beans [6] ♦ Lettuce & Tomatoes [3] ♦ Sour Cream [1] ♦ Fresh Orange [1/7] ♦ 2% Milk [1/2] ♦	Garlic & Herb Smothered Chicken [1/2] Maple Roasted Sweet Potatoes [1/9] ♦ Peas & Pearl Onions [1/0] ♦ Garlic Bread [1/4] ♦ Grapes [1/1] ♦ 2% Milk [1/2] ♦	Grilled Aloha Pineapple Chicken [1/7] Coconut Rice [2/9] ♦ Mixed Vegetable Medley [1/2] ♦ Whole Grain Roll [1/2] ♦ Banana [2/6] ♦ 2% Milk [1/2] ♦	QUARTERLY TRAINING-HEAL HOLIDAY Garden Burger w/ Cheese [7] Seasoned Potato Wedges [1/9] ♦ BBQ Baked Beans [3/0] Whole Grain Hamburger Bun [2/3] Lettuce, Tomato, Onion Garnish [4] ♦ Ketchup and Mustard [2] ♦ Apple Slices [7/7] ♦ 2% Milk [1/2] ♦
725 calories/31 g protein	640 calories/39 g protein	635 calories/36 g protein	710 calories/37 g protein	745 calories/42 g protein
Legend	<i>Meals served with choice of 2% milk or apple juice. For more information call 210-207-7772. Menu subject to change based on product availability.</i>			
Comments	<p>[g of carbs]; ♦=140mg sodium or less per serving; *=contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray</p> <p>=Meatless Meal (may contain eggs and/or dairy)</p> <p>1. Total daily calories and grams of protein include the meal, side items and 2% milk as beverage of choice.</p> <p>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</p>			



Febrero 2026



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
Pollo Rebozado con Salsa [17] sobre Puré de Patatas Cremoso [17]♦ Chicharos y Zanahorias [10]♦ Elote [18]♦ Peras Cortadas en Cubitos [18]♦ 2% Leche [12]♦ 675 calorías/41 g proteína	Conchinitas con Carne [22] Zanahorias Cortadas en Rodajas [7]♦ Mezcla de Calabazas [4]♦ Pan de Maíz [29]♦ Naranja [17]♦ 2% Leche [12]♦ 705 calorías/48 g proteína	Pollo a la Parmesana [14] Pasta con Mantequilla de Ajo [21]♦ Mezcla de Verduras altalanas [12]♦ Rebanaada de Pan [14]♦ Uvas [11]♦ 2% Leche [12]♦ 675 calorías/42 g proteína	Pastel de Carne Casero [8] con Arroz Pilaf [22]♦ Mezcla de Verduras de California [7]♦ Ejotes Verdes [6]♦ Panecillo [12]♦ Plátano [26]♦ 2% Leche [12]♦ 635 calorías/29 g proteína	Filetes de Pollo [16] Macarrones con Queso y Brócoli [23] Mezcla de Verduras de California [7]♦ Rebanaadas de Manzanas [7]♦ 2% Leche [12]♦ 660 calorías/42 g proteína
Chili de Pavo [10] sobre Pan de Maíz [33] Parsiled Floretes de Coliflor [4]♦ Mezcla de Vegetales [12]♦ Puré de Manzana [4]♦ 2% Leche [12]♦ 615 calorías/32 g proteína	Pollo al Cilantro y Lluna [3] sobre Arroz Integral al Vapor [22]♦ Maíz Asado y Frijoles Negros [17]♦ Salsa Ranchero [6]♦ Chips de Tortilla [7/8]* Uvas [11]♦ 2% Leche [12]♦ 650 calorías/44 g proteína	Cavatappi con Carne y Queso [24] Zanahorias con Eneldo [7]♦ Coles de Bruselas Sazonadas [7]♦ Panecillo [12]♦ Plátano [11]♦ 2% Leche [12]♦ 710 calorías/36 g proteína	Pollo de General Tso's [25] sobre Arroz Frito con Verduras [23]♦ Empanadillas al Vapor [12]♦ Ejotes y Zanahorias [6]♦ Galleta de la Fornua [4]♦ Naranja [17]♦ 2% Leche [12]♦ 660 calorías/30 g proteína	Filete Frito al Estilo Campesino [27] Puré de Papas con Ajo [17]♦ Okra y Tomates [9]♦ Rebanaada de Pan [14]♦ Galleta de Azúcar [22]♦ Rebanaadas de Manzanas [7]♦ 2% Leche [12]♦ 820 calorías/34 g proteína
Cazuela de Pollo con Fideos [18] Brócoli con Pimientos Rojos [5]♦ Elote [18]♦ Galleta de Sueno de Leche [27]♦ Duraznos Cortados en Cubitos [14]♦ 2% Leche [12]♦ 660 calorías/38 g proteína	Tamales de Carne [24] Arroz Espanío [5]♦ Frijoles Charros [18]♦ Salsa [3]♦ Naranja [17]♦ 2% Leche [12]♦ 655 calorías/30 g proteína	Tamalotti en Salsa Roja [37] Mezcla de Brócoli y Coliflor [7]♦ Zanahorias Glaseadas [10]♦ Rebanaada de Pan [14]♦ Uvas [11]♦ 2% Leche [12]♦ 690 calorías/33 g proteína	Carne de Res y Guiso de Verduras [11]♦ Ejotes Verdes [6]♦ Elote con Pimientos y Cebollas [14]♦ Galletas Saladas [30]♦ Plátano [26]♦ 2% Leche [12]♦ 650 calorías/36 g proteína	Nuggets de Pescado Empanados [25] Bocaditos de Boniato [20]♦ Mezcla de Verduras [12]♦ Salsa Tártara [7]♦ Ketchup [7]♦ Rebanaadas de Manzanas [7]♦ 2% Leche [12]♦ 660 calorías/33 g proteína
Filete Salsbury [7] Papas con Queso [22]♦ Chicharos y Zanahorias [10]♦ Pan de Maíz [29]♦ Peras Cortadas en Cubitos [18]♦ 2% Leche [12]♦ 725 calorías/31 g proteína	Papas Relleenas de Pavo [27] Elote Asado y Frijoles Negros [17]♦ Ejotes Verdes [6]♦ Lechuga y Tomate [3]♦ Crema Agria [1]♦ Naranja [17]♦ 2% Leche [12]♦ 640 calorías/39 g proteína	Pollo Guisado con Ajo y Hierbas [12] Camotes Asados [19]♦ Guisantes y Cebollas [10]♦ Pan de Ajo [14]♦ Uvas [11]♦ 2% Leche [12]♦ 635 calorías/36 g proteína	Pollo Glaseado con Piña a la Parrilla [17] Arroz con Coco [29]♦ Mezcla de Vegetales [12]♦ Panecillo [12]♦ Plátano [26]♦ 2% Leche [12]♦ COMIDA CONGELADA	QUARTERLY TRAINING- HEAL HOLIDAY Hamburguesa con Queso a la Parrilla [7] Papa Gajo Sazonadas [19]♦ Frijoles al horno [30] Pan de hamburguesa integral [23]♦ Lechuga/Tomate/Cebolla [4]♦ Catsup y Mostaza [2]♦ Rodajas de manzana [7]♦ 2% Leche [12]♦ 745 calorías/42 g proteína
Leyenda	Comidas servidas con opción de leche al 2% o jugo de manzana. Para más información llame al 210-207-7172. Menú sujeto a cambios según disponibilidad del producto. [gramos de carbohidratos]; ♦ = 140mg de sodio o menos por porción; * = contiene níquel; NEGRITA = en bandeja, Cursiva = fuera de la bandeja ♦ = comida amigable para los pescadores			
Comentarios	1. Jugo de manzana fortificado 120 calorías, 0 g de proteína, 28 g de CHO y 25 mg de sodio. 2. Para aquellos que controlan su consumo de carbohidratos, la cantidad [gramos de carbohidratos por porción] aparece al lado de cada elemento del menú entre parentesis []. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos, mientras que la merienda conste de 15 a 30 gramos de carbohidratos.			

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.

Barbara "Robbie" Robinette
Community and Senior Center

Robinette Senior Center
Welcome to
1423 S. Ellison
210.207.3260

