



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



MARCH



(Note: Calendar subject to change without advance notice)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 World Wildlife Day 3-3-26!9:30am-10:30am Color your favorite animal-(DR)</p> <p>10:15a-10:30a Nutrition Ed-The Good, The Bad & The Fats -(DR)</p>	<p>3 8:15a-9:00a Morning Walk w/Johnny(TBA)</p> <p>11:00a-12:30pm Texas South Hearing: Screenings (AR)</p>	<p>4 8:00a-9:00a Play Cornhole-(DR)</p> <p>9:30a-10:30a Fire Safety Presentation-SAFD (DR)</p>	<p>5 8:15a-9:00a Morning Walk w/Johnny(TBA)</p> <p>12:15p-1:15p Loteria-Jorge(DR)</p>	<p>6 National Wear Blue Day! Colon Cancer Awareness 10:15a-Field Trip- Carver Cultural Arts Center-Concert: Turtle Island Quartet</p> <p>12:15p-1:00p Tai Chi Video-(AR)</p>
<p>9 Fresh Produce Market Produce Box SIGN-UP at 9:30am</p> <p>10a-10:30a Volunteer Training-(DR)</p> <p>1:00p-2:00p Nutrition Loteria-Nissa(DR)</p>	<p>10 9:00a-11:00a Tye Dye Tuesday Multi-Generational(Patio)</p> <p>2:00p-3:00p Gut Brain Connectivity-SAFB-Nataly Martinez(DR)</p>	<p>11 Wacky Fruit Wednesday! Wear n Represent your Favorite Fruit! (hat or shirt)</p> <p>9:00am-10:00am Coffee w/Cops-Off.Perez (DR)</p> <p>10:00a-11:00a The Great Pass the Plate Relay Race(DR)</p>	<p>12 Stranger Things Thursday... Wear your T-Shirt Inside Out</p> <p>8a-10a Play Cornhole-(DR)</p> <p>9:00a-Field Trip-La Villita/Hemisphere Plaza Walk</p>	<p>13 Today is "Fist Bump Friday!"</p> <p>9:00a-10:30a Multi-Generational Classic Cornhole Tournament-(DR)</p> <p>1:00p-3:00p Movie Time: "The Unbreakable Boy"-(DR)</p>
<p>16 8:45a-9:30a Morning Walk with Johnny (TBA)</p> <p>1:30p-2:15p Trivia-Celebrating Anything Green-Johnny(AR)</p>	<p>17 9:00a-9:30a Wellness Pilot program -Nissa(DR)</p> <p>9:30a-10:30a The Craft:Color your Lucky Clover-Johnny(DR)</p> <p>2:30p-3:00p Spinach Artichoke Demo-Nissa(DR)</p>	<p>18 8:15a-9:00a Morning Walk with Johnny(TBA)</p> <p>9:30am Sign in Sheet for Fiesta 2026 Art Contest/Pick up contest rules(DR)</p> <p>2:00p-3:00p New Member Orient.-(DR)</p>	<p>19 Robinette Spirit Day! Wear your Robinette T-shirt or wear Teal!</p> <p>8:45a -Field Trip -Tobin Center Tour</p> <p>12:15p-1:15p Loteria-Jorge(DR)</p>	<p>20 9:30a-10:30a SA Foodbank (bring cart and ID)-(Gym)</p> <p>12:00p-1:00p Vernal Equinox Poetry Slam</p>
<p>23 8:45a-9:30a Morning Walk with Johnny(TBA)</p> <p>10:15a-10:30a-Nutrition Ed-The Good, The Bad and The Fats-(DR)</p> <p>10:30a-10:45a Health Talk-(DR)</p>	<p>24 9:00a-Field Trip-HobbyLobby (buy materials for Seasonal Wreaths)</p> <p>10a-12p ACCOG-Lydia(DR)</p> <p>1:30p-2:30p Are you feeling "PUZZLED" today? Let's puzzle!-Johnny (AR)</p>	<p>25 8:00a-10:00a Play Cornhole-(DR)</p> <p>9:30a-10:30a New Member Orient.-(DR)</p> <p>10:00a-10:30a-CPS Presentation, CPS Info Table til 12p-(DR)</p>	<p>26 8:15a-9:00a-Morning Walk with Johnny(TBA)</p> <p>9:00a-10:45a-Make Seasonal Wreaths-(Bring Your Own Materials) Day1- Kim(DR)</p> <p>10:00a-10:30a Robin Roost store-(DR)</p> <p>12p-1p BINGO!-(DR)</p>	<p>27 9:00a-10:45a Make Seasonal Wreaths-(Bring Your Own Materials) Day2-Kim(DR)</p> <p>Center Closes at 2:30pm</p>
<p>30 8:30a-10:30a Play Cornhole-(DR)</p>	<p>31 Center Closed Cesar Chavez Day</p>			

Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30a-10:00a WellMed-Stretch Class- Marivel (Gym) No Class March 9th</p>	<p>8:00a-10:30a Quilting-Carolina(AR) No Class March 10th</p>	<p>8:30a-10:30a Beginning Quilting-Yolanda M. (AR) NO Class March 11th</p>	<p>9:00a-10:00a YWCA -Line Dance - Jane (Gym)</p>	<p>8:00a-8:45a YMCA -Chair Yoga -Erma (Gym)</p>
<p>10:00a-11:00a YMCA-Line Dancing - Inez (Gym)</p>	<p>9:00a-10:00a YWCA-Zumba Gold - Jane (Gym)</p>	<p>9:00a-10:00a YMCA Silver Sneakers Ener-Chi -Natalie-(Gym)</p>	<p>9:00a-11:00a Bihl Haus-Beginning Drawing-Liz(AR)</p>	<p>9:00a-9:30a WellMed-Stretch Class- Marivel (Gym)</p>
<p>12:00p-1:30p Crochet/Knitting -Maria (AR) Mostly Spanish. No Class March 9th</p>	<p>March 17th HAPPY ST. PATRICK'S DAY Wear Green Day!</p>	<p>10:30a-11:15a YWCA Low Impact-Rodney-(Gym)</p>	<p>9:00a-11:00a OASIS Computer Class (Check Flyer for Topics)-William (CR)</p>	<p>9:30a-10:00a How to Use Fitness Equipment (ask at front desk)</p>
<p>12:30p-1:30p YMCA -Zumba Gold - Robyn (Gym)</p>	<p>10:00a-11:00a YMCA -Yoga- Erma (Gym)</p>	<p>11:30a-12:30p Wednesdays Walkabout-(Gym)</p>	<p>10:00a-11:00a YMCA-SS Classic - Natalie (Gym)</p>	<p>9:45a-10:45a Urban 15 -A Bailar-(Gym)</p>
<p>Technology Class -OATS-(English) 1:30p-2:30p Rolona-(CR)</p> <p>3/2-Online Shopping #5 3/9-Online Shopping #7 3/16-Online Shopping #9 3/23-Graduation 3/30-Remove AntiVirus/Malware</p>	<p>11:00a-12:00p Basketball Free Play</p>	<p>12:00p-2:00p Chair Volleyball-(Gym)</p>	<p>11:00a-12:00p Basketball Free Play</p>	<p>12:00p-1:30p Friday Fun Day in The Gym Day</p>
	<p>12:00p-2:00p KARAOKE With Arturo A. (DR)</p>	<p>1:00p-3:00p Bihl Haus-Beginning Painting-Liz(AR)</p>	<p>12:00p-1:30p Seniors in Play (AR)</p>	<p>1:00p-3:00p Monthly Movie (DR)</p>
	<p>12:00p-2:00p Chair Volleyball League Play-(Gym)</p>	<p>Technology Class OATS-(English) 1:30p-2:30p Rolona-(CR)</p> <p>3/4-Online Shopping #6 3/11-Online Shopping #8 3/18-Online Shopping#10 3/25-GMail Tips/Tricks</p>	<p>1:00p-3:00p OASIS Computer Class (Check Flyer for Topics)-William (CR)</p>	<p>MOVIE Date: 2/13 "The Unbreakable Boy" (2025) PG</p>

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



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!

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 water in cups and tumblers with lids as well as water bottles with caps 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!

Colon Cancer Awareness Month

Happy National Nutrition Month!

Fire Safety Presentation, SAFD March 4th 9:30am-10:30am

Parks and Recreation Youth Camp Begins March 9th thru 13th

Senior Lunch will be at 12 noon til 1:00pm from March 9th thru the 13th.

Multi-Generational Activity: March 10th, Tye-Dye Tuesday Bring your own T-Shirt to Dye for!

Coffee With Cops with Officer Perez March 11th at 9:00am-10:00am

Multi-Generational Activity: Pass the Plate Relay Race March 11th at 10:00am-11:00am

Multi-Generational: Classic Cornhole Tournament March 13th, 9:00am-10:30am

San Antonio Food Bank Distribution (Bring Cart and ID) March 20th at 9:30am-10:30am

CPS Presentation and info table March 25th at 10:00am-12:00pm



Barbara "Robbie"
Senior Center
 1423 South Ellison Dr. Bldg #2
 San Antonio, TX 78245

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Silver & Fit (GYM) Ava 4-5pm</p> <p>Eight Ball Pool Game Hour 5-6pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>3 Tech Class / OATS -Elizabeth 4-5pm (CR)</p> <p>Arts & Crafts 5-6pm (AR) Jewelry making</p> 	<p>4 Tech Class / OATS -Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>5 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm</p>  <p>Eight Ball Pool Game Hour 6-7pm</p>	<p>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.</p>
<p>2 Silver & Fit (GYM) Ava 4-5pm</p> <p>Cornhole game 5-6pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>10 Tech Class / OATS -Elizabeth 4-5pm (CR)</p> <p>FIELD TRIP LEAVING @4pm</p> 	<p>11 Tech Class / OATS More Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>12 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p>  <p>Eight Ball Pool Game Hour 6-7pm</p>	<p>Note: Calendar subject to change without advance notice</p>
<p>16 Silver & Fit (GYM) Ava 4-5pm</p> <p>Eight Ball Pool Game Hour 5-6pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>17 Tech Class / OATS -Elizabeth 4-5pm (CR)</p> <p>Coloring / Word Puzzle Sheets (AR) 5-6pm</p> <p>Trivia Game Hour 6-7pm</p>	<p>18 Tech Class / OATS: Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>19 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p>  <p>Eight Ball Pool Game Hour 6-7pm</p>	<p>Room Key (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym</p>
<p>23 Silver & Fit (GYM) / Ava 4-5pm</p> <p>Eight Ball Pool Game Hour 5-6pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>24 Tech Class / OATS Elizabeth 4-5pm (CR)</p> <p>LEAVING @3:15PM</p> 	<p>25 Tech Class / OATS Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>26 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p>  <p>Trivia Game Hour 6-7pm Robin RoostStore 4-5PM</p>	
<p>30 Silver & Fit (GYM) / Ava 4-5pm</p> <p>Cornhole game 5-6pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>31</p> <div style="border: 2px solid red; padding: 5px; text-align: center;"> <p>Holiday Center Closed</p> </div>			



March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3/2/2026</p> <p>Chicken a la King [9] over a Buttermilk Biscuit [28] California Vegetable Medley [7] Corn [18]▼ Mixed Fruit [16]▼ 2% Milk [12]▼</p> <p>635 calories/39 g protein</p>	<p>3/3/2026</p> <p>Beef Enchiladas [30] Chantro Lime Rice [24] Refried Beans [24]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>690 calories/33 g protein</p>	<p>3/4/2026</p> <p>Turkey Shepherd's Pie [22] Winter Vegetable Medley [7]▼ Chuckwagon Corn [14]▼ Whole Grain Roll [12]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>635 calories/37 g protein</p>	<p>3/5/2026</p> <p>BBO Glazed Grilled Chicken [15] Roasted Sweet Potatoes [14]▼ Peas & Pearl Onions [10]▼ Cornbread Loaf [29]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>630 calories/34 g protein</p>	<p>3/6/2026</p> <p>Personal Cheese Pizza [26] Mixed Vegetable Medley [12]▼ Cauliflower Florets [4]▼ Garlic Bread [14]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>660 calories/33 g protein</p>
<p>3/9/2026</p> <p>Steak Pizzola [11] Roasted Red Potatoes [15]▼ Mixed Vegetable Medley [12]▼ Whole Grain Roll [12]▼ Diced Peaches [14]▼ 2% Milk [12]▼</p> <p>675 calories/31 g protein</p>	<p>3/10/2026</p> <p>Chicken Empanadas [31] Spanish Rice [23]▼ Roasted Corn & Green Beans [15]▼ Orange [17]▼ Mild Salsa [3]▼ 2% Milk [12]▼</p> <p>675 calories/35 g protein</p>	<p>3/11/2026</p> <p>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]▼</p> <p>660 calories/35 g protein</p>	<p>3/12/2026</p> <p>Honey Garlic Glazed Chicken [27] Vegetable Fried Rice [23]▼ Gingered Carrots [10]▼ Fortune Cookie [4]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>635 calories/33 g protein</p>	<p>3/13/2026</p> <p>Lemon Buttered Alaskan Pollock [13] Creamy Mac n' Cheese [22] Stewed Tomatoes [8] Whole Grain Roll [12]▼ Tartar Sauce [1]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>685 calories/30 g protein</p>
<p>3/16/2026</p> <p>Smothered Popcorn Chicken [17] over Creamy Mashed Potatoes [17]▼ Parshled Peas & Carrots [10]▼ Sweet Corn [18]▼ Diced Peas [18]▼ 2% Milk [12]▼</p> <p>675 calories/41 g protein</p>	<p>3/17/2026</p> <p>Hearty Beef & Vegetable Stew [11]▼ Seasoned Green Beans [6]▼ Chuckwagon Corn [14]▼ Whole Wheat Crackers [30] Cookie [22]▼ Mandarin Oranges [16]▼ 2% Milk [12]▼</p> <p>675 calories/37 g protein</p>	<p>3/18/2026</p> <p>Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21]▼ Italian Vegetable Medley [12]▼ Sliced Wheat Bread [14]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>660 calories/35 g protein</p>	<p>3/19/2026</p> <p>Homestyle Meatloaf [8] w/ Savory Rice Pilaf [22]▼ California Veggie Medley [7]▼ Seasoned Green Beans [6]▼ Whole Grain Roll [12]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>635 calories/29 g protein</p>	<p>3/20/2026</p> <p>Tuna Salad Sandwich [2] Italian Pasta Salad [20] Chilled Three Bean Medley [19] W/G Hamburger Bun [23] Apple Slices [7]▼ 2% Milk [12]▼</p> <p>660 calories/37 g protein</p>
<p>3/23/2026</p> <p>Savory Turkey Chili [10] over Sweet Cornbread Bowl [33] Parshled Cauliflower Florets [4]▼ Mixed Veggie Medley [12]▼ Appleauce [14]▼ 2% Milk [12]▼</p> <p>615 calories/32 g protein</p>	<p>3/24/2026</p> <p>Chantro Lime Chicken [3] over Steamed Brown Rice [22]▼ Roasted Corn & Black Beans [17]▼ Ranchero Sauce [6] Tortilla Chips [18]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>650 calories/44 g protein</p>	<p>3/25/2026</p> <p>Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7]▼ Seasoned Brussel Sprouts [7]▼ Whole Grain Roll [12]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>710 calories/36 g protein</p>	<p>3/26/2026</p> <p>General Tso's Chicken [25] over Vegetable Fried Rice [23]▼ Steamed Edamame Dumplings [12]▼ Green Beans & Carrot Medley [6]▼ Fortune Cookie [4]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>660 calories/30 g protein</p>	<p>3/27/2026</p> <p>Three Cheese Manicotti [37] Winter Vegetable Medley [7]▼ Candied Carrots [10]▼ Sliced Bread [14]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>675 calories/33 g protein</p>
<p>3/30/2026</p> <p>Chicken Noodle Casserole [18] Broccoli Florets w/ Red Peppers [5]▼ Corn [18]▼ Buttermilk Biscuit [27] Diced Peaches [14]▼ 2% Milk [12]▼</p> <p>660 calories/38 g protein</p>	<p>3/31/2026</p> <p>CEASAR CHAVEZ DAY - HEAL HOLIDAY</p> <p>Beef Tamales [24] Spanish Rice [23]▼ Charro Beans [18] Mild Salsa [3]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>655 calories/30 g protein</p>	<p>4/1/2026</p> <p>Oven Baked Chicken Tenders [16] Broccoli & Cheddar Mac n' Cheese [23] Mixed Vegetable Medley [12]▼ Ketchup x 2 [4]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>730 calories/44 g protein</p>	<p>4/2/2026</p> <p>Conchitas con Carne [22] Squash & Pepper Medley [4]▼ Seasoned Carrot Coins [7]▼ Cornbread Loaf [29]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>665 calories/46 g protein</p>	<p>4/3/2026</p> <p>Country Fried Steak [27] Garlic Mashed Potatoes [17]▼ Southern Style Okra [9]▼ Sliced Bread [14]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>705 calories/32 g protein</p>

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; **BOLD** = in tray. *Italic* = Outside of Tray

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

Legend

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.

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

