



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1  Men's Mental Health Awareness Month-(AR)</p> <p>Summer Youth Camp Begins. Senior Lunch is at 12pm.</p>	<p>(Note: Calendar subject to change without advance notice)</p>			<p>5 Rockstar Day! Wear your favorite Rock T-shirt!</p> <p> 8:45a-Field Trip-Stinson Texas Air Museum(Cost=\$4)</p>
<p>8 9:30a-10:30a Heat Health-SAMetro Health-Janet (DR)_</p> <p>11:00a-12:00pm Learn Game of the Month"Spite &amp; Malice Card-JJ-(AR)</p>	<p>9  9:15a-Field Trip-Health Walk Wonderland Mall</p> <p>9:30am-11:00am AACOG-Lydia (Hallway)</p> <p>10a-10:30a Volunteer Training-(DR)</p>	<p>10 8a-10a Play Cornhole-(DR)</p> <p>1p-1:30p Day Tripper, "Corpus" S4E7"-(DR)</p> <p>2p-3p Via Info Presentation-Andrew(DR)</p>	<p>11 9:00a-10:30a Caregiver SOS/Table Jennifer (DR)_</p> <p>1p-2p Loteria-Jorge(DR)</p> <p>1:00p-3:00p MetroHealth Diabetes Garage-(AR)</p> <p> 9:15a-Field Trip -SA AfricanAmerican C.A.M.</p>	<p>12 Sports Jersey/T-Shirt Day! Wear your favorite Sports Shirt!</p>
<p>15  Step-Up Elder Abuse Multi-Generational-Normoyle</p> <p>9:00a-10:00a OASIS Class-Hydration(Craig)(AR)</p> <p>2:00p-3:00p New Member Orient.-(DR)</p>	<p>16  9:15a-Field Trip-Santikos Theater Morning Movie</p> <p>9:30am-10:30am Financial Presentation-Deborah(DR)</p> <p>1p-2p Father's Day BINGO!-JJ(DR)</p>	<p>17 8a-10a Play Cornhole-(DR)</p> <p>10:15a-10:30a Nutrition Ed- "Eat, Sleep, Nutrition, Repeat" (DR)</p> <p>1p-1:30p Day Tripper, "Corpus, Take 2"-(DR)</p>	<p>18  8:45a-Field Trip- Men's Father Day Trip Pin Stack Bowling COST : \$6.00</p> <p>1:00p-3:00p MetroHealth Diabetes Garage-(AR)</p>	<p>19 <b>Center Closed for Juneteenth Holiday</b></p>
<p>22  8:45a-Field Trip-KC Dollar</p> <p>10:15a-10:30a-Nutrition Ed- "Eat, Sleep, Nutrition, Repeat"-(DR)</p> <p>10:30a-10:45a Nurse Health Talk-(DR)</p>	<p>23 11:00a-12:00p The Craft: Decorate Sm Summer Wooden Box(AR)</p> <p>1p-1:30p Day Tripper, "Galveston" S2E8"-(DR)</p>	<p>24 8:00a-10:00a Play Cornhole-(DR)</p> <p>1p-2p Multi-Generational Summer Time Spelling Bee!(DR)</p>	<p>25 9:00a  Field Trip-Bexar County Urban Farm</p> <p>1p-2p Loteria-Jorge(DR)</p> <p>2:00p-3:00p Diabetes Management, SAFB-Sylvia(DR)</p>	<p>26 9:30a-10:30a SA Foodbank (bring cart and ID)-(Gym)</p> <p>12:50p-2:30p Movie Time: "A Dog's Way Home"(2019) (DR)</p> <p><b>Center Closes at 2:30pm</b></p>
<p>29 8a-10a Play Cornhole-(DR)</p> <p>9:30a-10:30a New Member Orient(DR)</p> <p>10a-10:30a Robin Roost store-(DR)</p>	<p>30 9:00a-12:00p Fresh Produce Market!-(DR)</p>			

### Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30a-10:00a WellMed-Stretch Class- Marivel (Gym)</p>	<p>9:00a-10:00a YWCA-Zumba Gold - Jane (Gym)</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>9:30am-10:45am June 2, 16, and 30 MOGO Health Insurance Agent-Unidad(DR/Hallway)</p>	<p>9:00a-10:00a YMCA Silver Sneakers Ener-Chi -Natalie-(Gym)</p>	<p>9:00a-11:00a OASIS Computer Class (Topics on Bulletin Board)-William-(CR)</p>	<p>9:00a-9:30a WellMed-Stretch Class- Marivel (Gym)</p>
		<p>10:30a-11:15a YWCA Low Impact -Rodney(Gym)</p>	<p>10:00a-11:00a YMCA-SS Classic - Natalie (Gym)</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>12:30p-2:00p Chair Volleyball-(Gym)</p>	<p>11:00a-12:00p Basketball Free Play</p>	<p>9:45a-10:45a Urban 15 -"A Bailar"-(Gym)</p>
<p>Technology Class -OATS-(English) 1:30p-2:30p Davin-(CR)</p> <p>6/1- Explore Senior Planet 6/8-A.I. 1/10 6/15-A.I. 3/10 6/22-A.I. 5/10 6/29-A.I. 7/10</p>	<p>11:00a-12:00p Basketball Free Play</p>	<p>1:00p-3:00p Bihl Haus-Beginning Painting-Liz(AR)</p>	<p>11:00a-12:30p Seniors in Play-Danielle (AR)</p>	<p>1:00p-2:00p Friday Fun Day in The Gym Day</p>
<p>1:00p-2:30p KARAOKE With Arturo A. (DR)</p>	<p>12:30p-2:00p Chair Volleyball League Play-(Gym)</p>	<p>Technology Class OATS-(English) 1:30p-2:30p Davin-(CR)</p> <p>6/3-Booking Ride w/Lift 6/10-A.I. 2/10 6/17-A.I. 4/10 6/24-A.I. 6/10</p>	<p>1:00p-3:00p OASIS Computer Class (Topics on Bulletin)-William (CR)</p>	<p>1:00p-3:00p Movie (DR)</p>
	<p>1:00p-3:00p Bihl Haus-Beginning Drawing-Liz(AR)</p>			<p>MOVIE Date: 6/26 A Dog's Way Home" (2019)</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!**

**Men's Mental Health Awareness Month!**

**Parks and Recreation Youth Camp Begins June 1st**

**Senior Lunch will be at 12 noon til 1:00pm from March June 1st thru the July 24th.**

**Seniors in Play Showcase June 4<sup>th</sup>, 10:00am-11:00am**

**San Antonio Metro-Health Presentation on Heat Health June 8th, 9:30am-10:30am**

**OASIS Class on Hydration June 15<sup>th</sup>, 9:00am-10:00am**

**San Antonio Food Bank Distribution (Bring Cart and ID) June 18th, at 9:30am-10:30am**

**Multi-Generational Summer Time Spelling Bee June 24<sup>th</sup>, 1:00pm-2:00pm**



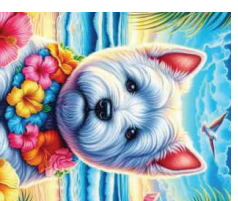
**HUMAN SERVICES**



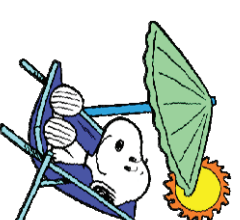
# Evening Programming

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>1</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>2</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Jewelry Making Class 5-6 pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>3</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Card Games 6-8pm</p> <p>Loteria 5-6pm (DR)</p>	<p><b>3</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</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><b>8</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>9</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>NHSD - Meeting: Affordable Housing (DR) 5:30 - 7:30pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>10</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>11</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>Loteria 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</p>		<p><b>NOTE:</b> CALENDAR SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE.</p>
<p><b>15</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>16</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>CRAFTS w Carmen 5-6 pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>17</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Loteria 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>18</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</p>		
<p><b>22</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>23</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>8- Ball Pool 5-6pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>24</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>25</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>Loteria 5-6pm (DR)</p>	<p>Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym</p>	
<p><b>29</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Cornhole (DR) 5-6 pm</p> <p>10a-10:30a Robin Roost store-(DR)</p>	<p><b>30</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>CRAFTS w/Carmen (AR)-5-6 pm</p> <p>Table Games (LOBBY) 6-8pm</p>				



# June 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6/1/2026</p> <p>Breaded Steak Fingers [15]▼ with Whipped Potatoes [17]▼ Garden Vegetable Medley [12]▼ Peppery Country Gravy [8] Whole Grain Roll [12]▼ Applesauce [14]▼ 2% Milk [12]▼</p> <p>680 calories/27 g protein</p>	<p>6/2/2026</p> <p>Chicken &amp; Cheese Tamales [25] Spanish Rice [24]▼ Retired Beans [24]▼ Mild Salsa [3]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>705 calories/34 g protein</p>	<p>6/3/2026</p> <p>Hearty Beef Stroganoff [17] Parslied Peas &amp; Pearl Onions [10]▼ Buttered Baby Carrots [10]▼ WG Sliced Bread [13]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>655 calories/32 g protein</p>	<p>6/4/2026</p> <p>Creamy Dijon Chicken [14] Cheesy Scalloped Potatoes [22] Green Beans w/ Turkey Bacon [7]▼ Whole Grain Roll [12]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>695 calories/37 g protein</p>	<p>6/5/2026</p> <p>Lemon Buttered Pollock [13] Creamy Shells &amp; Cheese [22] Broccoli Normandy [7]▼ Whole Grain Roll [12]▼ Tartar Sauce [1]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>685 calories/31 g protein</p>
<p>6/8/2026</p> <p>Italian Beef Cavatappi [33] Winter Vegetable Medley [7]▼ Honey Glazed Carrots [14]▼ Whole Grain Roll [12]▼ Parmesan Cheese [1]▼ Mixed Fruit [16]▼ 2% Milk [12]▼</p> <p>720 calories/32 g protein</p>	<p>6/9/2026</p> <p>Sweet &amp; Tangy Tangerine Chicken [26] w/ Fluffy Sesame Brown Rice [22]▼ Vegetable Filled Spring Rolls [13] Stir-Fry Vegetable Medley [5]▼ Fortune Cookie [4]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>695 calories/30 g protein</p>	<p>6/10/2026</p> <p>Savory Turkey Chili w/ Beans [10] over a Sweet Cornbread Bowl [33] California Vegetable Medley [7]▼ Southern Succotash [20]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>675 calories/32 g protein</p>	<p>6/11/2026</p> <p>Smoked BBQ Brisket [12] Rosemary Roasted Potatoes [15]▼ Southern Style Okra [8]▼ WG Sliced Bread [13]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>685 calories/35 g protein</p>	<p>6/12/2026</p> <p><b>QUARTERLY TRAINING-HEAL HOLIDAY</b></p> <p>Personal Cheese Pizza [28] Parslied Peas &amp; Carrots [9]▼ Seasoned Sweet Corn [18]▼ Garlic Bread [14]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>660 calories/32 g protein</p>
<p>6/15/2026</p> <p>Old-Fashioned Swiss Steak [11] Bow Tie Skillet Alfredo [22] Seasoned Brussels Sprouts [7]▼ Whole Grain Roll [12]▼ Diced Pears [18]▼ 2% Milk [12]▼</p> <p>650 calories/32 g protein</p>	<p>6/16/2026</p> <p>Creamy Chicken &amp; Veggie Pasta [22] Seasoned Sweet Corn [18]▼ Herbed Green Beans [6]▼ Buttermilk Biscuit [27] Orange [17]▼ 2% Milk [12]▼</p> <p>695 calories/30 g protein</p>	<p>6/17/2026</p> <p>Flame Grilled Cheeseburger [3] Seasoned Potato Wedges [23]▼ Mixed Vegetable Medley [12]▼ WG Hamburger Bun [23] Lettuce/Tomato/Onion Garnish [4]▼ Ketchup &amp; Mustard [2]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>675 calories/36 g protein</p>	<p>6/18/2026</p> <p>Creole Style Smothered Chicken [11] Red Beans &amp; Rice [25]▼ Chuckwagon Corn [14]▼ WG Sliced Bread [13]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>670 calories/35 g protein</p>	<p>6/19/2026</p> <p><b>JUNETEENTH-HEAL HOLIDAY</b></p> <p>Homestyle Meatloaf [6] w/ Whipped Potatoes [17]▼ Peas w/ Pearl Onions [10]▼ Parslied Carrots [7]▼ Cornbread Loaf [29]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>690 calories/30 g protein</p>
<p>6/22/2026</p> <p>10 Grain Breaded Pollock [21] Cheesy Orzo w/ Broccoli [23] Garden Vegetable Medley [12]▼ WG Sliced Bread [13]▼ Tartar Sauce [1]▼ Applesauce [14]▼ 2% Milk [12]▼</p> <p>700 calories/34 g protein</p>	<p>6/23/2026</p> <p>Kielbasa w/ Peppers &amp; Onions [8] Buttered Parsley Potatoes [19]▼ Seasoned Carrots [7]▼ Hot Dog Bun [23] Ketchup &amp; Mustard [2]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>635 calories/31 g protein</p>	<p>6/24/2026</p> <p>Chicken Cacciatore [17] Garlic Buttered Penne Pasta [21]▼ Italian Vegetable Medley [12]▼ WG Sliced Bread [13]▼ Parmesan Cheese [1]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>660 calories/39 g protein</p>	<p>6/25/2026</p> <p>Carne Guisada [3]▼ over Spanish Rice [24]▼ Charro Beans [19] Corn &amp; Squash Medley [9]▼ Whole Grain Roll [12]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>665 calories/41 g protein</p>	<p>6/26/2026</p> <p>Country Chicken Fried Chicken [19] Garlic Mashed Potatoes [17]▼ Garden Vegetable Medley [12]▼ Cornbread Loaf [29]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>750 calories/36 g protein</p>
<p>6/29/2026</p> <p>French Onion Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Brown Sugar Glazed Carrots [10]▼ WG Sliced Bread [13]▼ Peaches in Strawberry Gelatin [24]▼ 2% Milk [12]▼</p> <p>660 calories/27 g protein</p>	<p>6/30/2026</p> <p>Southwest Turkey Pasta Skillet [18] Parslied Peas &amp; Carrots [9]▼ Seasoned Sweet Corn [18]▼ Whole Grain Roll [12]▼ Orange [17]▼ 2% Milk [12]▼</p> <p>645 calories/39 g protein</p>	<p>7/1/2026</p> <p>Teriyaki Glazed Meatballs [11] over Vegetable Fried Rice [23]▼ Steamed Edamame Dumplings [12]▼ Broccoli Florets w/ Red Peppers [5]▼ Fortune Cookie [4]▼ Grapes [11]▼ 2% Milk [12]▼</p> <p>660 calories/33 g protein</p>	<p>7/2/2026</p> <p>Carolina Gold Chicken Sandwich [12] Herb Roasted Red Potatoes [15]▼ Southern Style Green Beans [7]▼ WG Hamburger Bun [23] Lettuce, Tomato, Onion Garnish [4]▼ Banana [26]▼ 2% Milk [12]▼</p> <p>655 calories/36 g protein</p>	<p>7/3/2026</p> <p><b>FOURTH OF JULY-HEAL HOLIDAY</b></p> <p>Breaded Chicken Drumstick [10] BBQ Baked Beans [30] California Vegetable Medley [7]▼ WG Sliced Bread [13]▼ Cookie [22]▼ Apple Slices [7]▼ 2% Milk [12]▼</p> <p>745 calories/36 g protein</p>

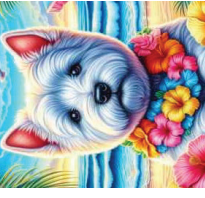
[g of carbs] ▼ = 140mg sodium or less per serving. \* = contains nuts. **BOLD** = in tray. *Italic* = Outside of Tray

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.**

☑ = 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



# Junio 2026



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
<p>6/1/2026</p> <p>Tiras de Filete Empanadas [15] con Puré de Papa [17]♥ Mezcla de Verduras [12]♥ Salsa Campestre [8] Panecillo [12] ♥ Puré de Manzana [14]♥ 2% Leche [12]♥</p> <p>680 calorías/27 g proteína</p> <p>6/8/2026</p> <p>Cavatappi con Carne [33] Mezcla de Verduras de Invierno [7]♥ Zanahorias Glaseadas con Miel [14]♥ Panecillo [12] ♥ Queso Parmesano [1]♥ Mezcla de Frutas [16] ♥ 2% Leche [12] ♥</p> <p>720 calorías/32 g proteína</p> <p>6/15/2026</p> <p>Filete Suizo [11] Pasta con Salsa Alfredo [22] Coles de Bruselas Sazonadas [7]♥ Panecillo [12] ♥ Peras Cortadas en Dados [18]♥ 2% Leche [12] ♥</p> <p>650 calorías/32 g proteína</p> <p>6/22/2026</p> <p>Abadejo Empanado con 10 Cereales [21] Orzo con Queso y Brócoli [23] Mezcla de Verduras [12] ♥ Rebanada de Pan [13] ♥ Salsa Tártara [1] ♥ Puré de Manzana [14]♥ 2% Leche [12] ♥</p> <p>700 calorías/34 g proteína</p> <p>6/29/2026</p> <p>Filete Salisbury con Cebolla [7] Papas Gratinadas [22] Zanahorias Glaseadas [10]♥ Rebanada de Pan [13]♥ Duraznos en Gelatina de Fresa [24]♥ 2% Leche [12] ♥</p> <p>660 calorías/27 g proteína</p>	<p>6/2/2026</p> <p>Tamales de Pollo y Queso [25] Arroz Español [24] ♥ Frijoles Refritos [24]♥ Salsa [3]♥ Naranja [17] ♥ 2% Leche [12]♥</p> <p>705 calorías/34 g proteína</p> <p>6/9/2026</p> <p>Pollo a la Mandarina [26] con Arroz Esponjoso al Sésamo [22]♥ Rollitos de Primavera de Verduras [13] Mezcla de Verduras [5]♥ Galleta de la Fortuna [4]♥ Naranja [17] ♥ 2% Leche [12] ♥</p> <p>695 calorías/30 g proteína</p> <p>6/16/2026</p> <p>Pasta Cremosa con Pollo y Verduras [22] Elote Sazonado [18]♥ Ejotes Verdes con Hierbas [6]♥ Panecillo [27] Naranja [17] ♥ 2% Leche [12] ♥</p> <p>710 calorías/40 g proteína</p> <p>6/23/2026</p> <p>Kielbasa con Pimientos y Cebollas [8] Papas con Mantequilla y Perejil [19]♥ Rodajas de Zanahoria Sazonadas [7]♥ Pan de Hot Dog [23] Ketchup y Mostaza [2]♥ Naranja [17] ♥ 2% Leche [12] ♥</p> <p>635 calorías/31 g proteína</p> <p>6/30/2026</p> <p>Pasta al Estilo del Suroeste con Pavo [18] Chicharos y Zanahorias [9]♥ Elote Sazonado [18]♥ Panecillo [12] ♥ Naranja [17] ♥ 2% Leche [12] ♥</p> <p>645 calorías/39 g proteína</p>	<p>6/3/2026</p> <p>Stroganoff de Ternera [17] Chicharos y Cebolla [10]♥ Zanahorias con Mantequilla [10]♥ Rebanada de Pan [13]♥ Uvas [11]♥ 2% Leche [12] ♥</p> <p>655 calorías/32 g proteína</p> <p>6/10/2026</p> <p>Chili de Pavo con Frijoles [10] sobre Pan de Maíz [33] Mezcla de Verduras de California [7] ♥ Succotash Sureño [20]♥ Uvas [11]♥ 2% Leche [12] ♥</p> <p>675 calorías/32 g proteína</p> <p>6/17/2026</p> <p>Hamburguesa con Queso a la Parrilla [3] Gajos de Papas Sazonadas [23]♥ Mezcla de Verduras [12]♥ Pan de Hamburguesa [23] Lechuga, Tomate, Cebolla [4]♥ Ketchup y Mostaza [2]♥ Uvas [11]♥ 2% Leche [12] ♥</p> <p>750 calorías/36 g proteína</p> <p>6/24/2026</p> <p>Pollo a la Cacciatore [17] Pasta Penne con Mantequilla de Ajo [21]♥ Mezcla de Verduras a la Italiana [12]♥ Rebanada de Pan [13]♥ Queso Parmesano [1]♥ Uvas [11]♥ 2% Leche [12] ♥</p> <p>660 calorías/39 g proteína</p> <p>7/1/2026</p> <p>Albóndigas Glaseadas al Teriyaki [11] sobre Arroz Frito con Verduras [23] ♥ Empanadillas al Vapor [12] ♥ Brócoli con Pimientos Rojos [5] ♥ Galleta de la Fortuna [4]♥ Uvas [11]♥ 2% Leche [12] ♥</p> <p>660 calorías/33 g proteína</p>	<p>6/4/2026</p> <p>Poll a la Dijon Cremosa [14] Gratinado de Papas [22] Ejote Verdes con Tocino de Pavo [7] ♥ Panecillo [12] ♥ Plátano [26] ♥ 2% Leche [12] ♥</p> <p>695 calorías/37 g proteína</p> <p>6/11/2026</p> <p>Pechuga de Ternera con Salsa Barbaoco [12] Papas Asadas al Romero [15] ♥ Okra al Estilo Sureño [8]♥ Rebanada de Pan [13]♥ Plátano [26] ♥ 2% Leche [12] ♥</p> <p>685 calorías/35 g proteína</p> <p>6/18/2026</p> <p>Pollo a la Creolla [11] Frijoles Rojos con Arroz [25]♥ Maíz con Pimientos y Cebollas [14]♥ Rebanada de Pan [13]♥ Plátano [26] ♥ 2% Leche [12] ♥</p> <p>670 calorías/35 g proteína</p> <p>6/25/2026</p> <p>Carne Guisada [3]♥ sobre Arroz Español [24]♥ Frijoles Charros [19] Mezcla de Maíz y Calabazas [9]♥ Panecillo [12] ♥ Plátano [26] ♥ 2% Leche [12] ♥</p> <p>665 calorías/41 g proteína</p> <p>7/2/2026</p> <p>Sándwich de Pollo Carolina Gold [12] Papas Rojas Asadas con Hierbas [15] ♥ Ejote Verdes al Estilo Sureño [7]♥ Pan de Hamburguesa [23] Lechuga, Tomate, Cebolla [4]♥ Plátano [26] ♥ 2% Leche [12] ♥</p> <p>655 calorías/36 g proteína</p>	<p>6/5/2026</p> <p>Pescado al Limón y Mantequilla [13] Conchas con Queso Cremoso [22] Mezcla de verduras de Normandía [7] ♥ Panecillo [12] ♥ Salsa Tártara [1] ♥ Rebanadas de Manzanas [7]♥ 2% Leche [12] ♥</p> <p>685 calorías/31 g proteína</p> <p>6/12/2026</p> <p>QUARTERLY TRAINING –DÍA DE SANACIÓN</p> <p>Pizza Individual de Queso [28] Chicharos y Zanahorias [9]♥ Elote Sazonado [18]♥ Pan de Ajo [14]♥ Rebanadas de Manzanas [7]♥ 2% Leche [12] ♥</p> <p>660 calorías/32 g proteína</p> <p>6/19/2026</p> <p>JUNETEENTH –DÍA DE SANACIÓN</p> <p>Pastel de Carne [6] con Puré de Papa [17]♥ Chicharos con Cebollitas [10]♥ Zanahorias con Perejil [7]♥ Pan de Maíz [29] ♥ Rebanadas de Manzanas [7]♥ 2% Leche [12] ♥</p> <p>690 calorías/30 g proteína</p> <p>6/26/2026</p> <p>Pollo Frito con Pollo [19] Puré de Papa al Ajo [17]♥ Mezcla de Verduras [12]♥ Pan de Maíz [29] ♥ Rebanadas de Manzanas [7]♥ 2% Leche [12] ♥</p> <p>750 calorías/36 g proteína</p> <p>7/3/2026</p> <p>DÍA DE LA INDEPENDENCIA -DÍA DE SANACIÓN</p> <p>Muselo de Pollo Empanado [10] Frijoles Horneados con Salsa Barbaoco [30] Mezcla de Verduras de California [7] ♥ Rebanada de Pan [13]♥ Galleta de Azúcar [22]♥ Rebanadas de Manzanas [7]♥ 2% Leche [12] ♥</p> <p>745 calorías/36 g proteína</p>

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

☹ = comida amigable para los pescadores

1. Las calorías y proteínas diarias incluyen la comida completa, los acompañamientos y la leche al 2%.

2. Para quienes controlan su consumo de carbohidratos, la cantidad (gramos) de carbohidratos por porción aparece al lado de cada elemento del menú, entre paréntesis. Se recomienda que las comidas consten de 45 a 75 gramos de carbohidratos.

### Leyenda

### Comentarios

# 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**





**HUMAN SERVICES**



# Evening Programming

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>2</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Jewelry Making Class 5-6 pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>3</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Card Games 6-8pm</p> <p>Loteria 5-6pm (DR)</p>	<p><b>3</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</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><b>8</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>9</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>NHSD - Meeting: Affordable Housing (DR) 5:30 - 7:30pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>10</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>11</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>Loteria 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</p>	<p>NOTE: CALENDAR SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE.</p>
<p><b>15</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>8- Ball Pool 5-6pm</p>	<p><b>16</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>CRAFTS w Carmen 5-6 pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>17</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>Loteria 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>18</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>Table Games (LOBBY) 6-8pm</p>	<p>Juneteenth Holiday</p>
<p><b>22</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>23</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>8- Ball Pool 5-6pm</p> <p>Table Games (LOBBY) 6-8pm</p>	<p><b>24</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>BINGO 5-6pm (DR)</p> <p>YOGA Sculpt/PARKS (GM) 6:30—7:30pm</p>	<p><b>25</b> Line Dancing (GM) YMCA Jane 4-5pm</p> <p>Loteria 5-6pm (DR)</p>	<p>Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym</p>
<p><b>29</b> Silver &amp; Fit (GM) Jeanie 4-5pm</p> <p>Cornhole (DR) 5-6 pm</p> <p>10a-10:30a Robin Roost store-(DR)</p>	<p><b>30</b> Tech Class /OATS (CR) Elizabeth 4-5pm</p> <p>CRAFTS w/Carmen (AR)-5-6 pm</p> <p>Table Games (LOBBY) 6-8pm</p>			