

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 begins September 21st. 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



everybody



Legend: [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)

AUGUST 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
8/3	Breaded Chicken Drumstick [10] BBQ Baked Beans [30] California Vegetable Medley [7] ♥ WG Sliced Bread [13] ♥ Applesauce [14] ♥ 2% Milk [12] ♥	8/4	Turkey Kielbasa with Peppers & Onions [8] Buttered Parsley Potatoes [19] ♥ Seasoned Carrot Coins [7] ♥ Hot Dog Bun [23] Ketchup & Mustard [2] ♥ Orange [17] ♥ 2% Milk [12] ♥	8/5	Chicken Cacciatore [17] Garlic Buttered Penne Pasta [21] ♥ Italian Vegetable Medley [12] ♥ WG Sliced Bread [13] ♥ Parmesan Cheese [1] ♥ Grapes [11] ♥ 2% Milk [12] ♥	8/6	Carne Guisada [3] ♥ over Spanish Rice [24] ♥ Charro Beans [19] Corn & Squash Medley [9] ♥ WG Dinner Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥	8/7	Country Chicken Fried Chicken [19] Garlicky Mashed Potatoes [17] ♥ Garden Vegetable Medley [12] ♥ Cornbread Loaf [29] ♥ Apple Slices [7] ♥ 2% Milk [12] ♥
	635 calories/ 34 grams protein		630 calories/ 31 grams protein		660 calories/ 39 grams protein		665 calories/ 41 grams protein		750 calories/ 36 grams protein
8/10	French Onion Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Brown Sugar Glazed Carrots [10] ♥ WG Sliced Bread [13] ♥ Peaches in Strawberry Gel [24] ♥ 2% Milk [12] ♥	8/11	Southwest Turkey Pasta Skillet [18] Parslied Peas & Carrots [9] ♥ Seasoned Sweet Corn [18] ♥ WG Dinner Roll [12] ♥ Orange [17] ♥ 2% Milk [12] ♥	8/12	Teriyaki Glazed Beef Meatballs [30] over Vegetable Fried Rice [23] ♥ Steamed Edamame Dumplings [12] ♥ Broccoli Florets with Red Peppers [5] ♥ Fortune Cookie [4] ♥ Grapes [11] ♥ 2% Milk [12] ♥	8/13	Carolina Gold Chicken Sandwich [12] Herb Roasted Red Potatoes [15] ♥ Southern Style Green Beans [7] ♥ WG Hamburger Bun [23] Lettuce, Tomato, Onion [4] ♥ Banana [26] ♥ 2% Milk [12] ♥	8/14	10-Grain Breaded Pollock [21] Cheesy Orzo with Broccoli [23] Garden Vegetable Medley [12] ♥ WG Sliced Bread [13] ♥ Tartar Sauce [1] ♥ Apple Slices [7] ♥ 2% Milk [12] ♥
8/17	Breaded Lemon Chicken Piccata [14] Garlic & Herb Buttered Pasta [21] ♥ Italian Vegetable Medley [12] ♥ WG Dinner Roll [12] ♥ Mixed Fruit [16] ♥ 2% Milk [12] ♥	8/18	Three Cheese Manicotti [38] Seasoned Brussels Sprouts [7] ♥ Dilled Carrot Coins [7] ♥ WG Sliced Bread [13] ♥ Parmesan Cheese [1] ♥ Orange [17] ♥ 2% Milk [12] ♥	8/19	Smoky Chicken Tinga Bowl [8] with Steamed Brown Rice [22] ♥ Corn & Black Bean Fiesta [17] ♥ Ranchero Sauce [6] Tortilla Chips [18] ♥ Grapes [11] ♥ 2% Milk [12] ♥	8/20	Rich & Savory Beef Burgundy [8] ♥ Classic Rice Pilaf [22] ♥ Garlicky Asparagus [4] ♥ Buttermilk Biscuit [27] Banana [26] ♥ 2% Milk [12] ♥	8/21	BBQ Glazed Meatloaf [18] Roasted Sweet Potatoes [14] ♥ Seasoned Green Beans [6] ♥ Cornbread Loaf [29] ♥ Apple Slices [7] ♥ 2% Milk [12] ♥
6670 calories/ 38 grams protein	645 calories/ 39 grams protein	670 calories/ 33 grams protein	745 calories/ 34 grams protein	660 calories/ 36 grams protein	735 calories/ 47 grams protein	655 calories/ 31 grams protein			
8/24	Breaded Steak Fingers [15] with Whipped Potatoes [17] ♥ Garden Vegetable Medley [12] ♥ Peppery Country Gravy [8] WG Dinner Roll [12] ♥ Cinnamon Applesauce [14] ♥ 2% Milk [12] ♥	8/25	Chicken & Cheese Tamales [25] Spanish Rice [24] ♥ Refried Beans [24] ♥ Mild Salsa [3] ♥ Orange [17] ♥ 2% Milk [12] ♥	8/26	Hearty Beef Stroganoff [17] Parslied Peas with Pearl Onions [10] ♥ Buttered Baby Carrots [10] ♥ WG Sliced Bread [13] ♥ Grapes [11] ♥ 2% Milk [12] ♥	8/27	Creamy Dijon Chicken [14] Cheesy Scalloped Potatoes [22] Green Beans with Turkey Bacon [7] ♥ WG Dinner Roll [12] ♥ Banana [26] ♥ 2% Milk [12] ♥	8/28	Lemon Buttered Pollock [13] Creamy Shells & Cheese [22] Broccoli Normandy [7] ♥ WG Dinner Roll [12] ♥ Tartar Sauce [1] ♥ Apple Slices [7] ♥ 2% Milk [12] ♥
6680 calories/ 27 grams protein	705 calories/ 34 grams protein	705 calories/ 34 grams protein	655 calories/ 32 grams protein	695 calories/ 37 grams protein	685 calories/ 31 grams protein				
9/31	Sweet & Tangy Tangerine Chicken [26] with Fluffy Sesame Brown Rice [22] ♥ Vegetable Spring Rolls [13] Stir-Fry Vegetable Medley [5] ♥ Fortune Cookie [4] ♥ Diced Peaches [14] ♥ 2% Milk [12] ♥	9/1	Personal Cheese Pizza [28] Parslied Peas & Carrots [9] ♥ Seasoned Sweet Corn [18] ♥ Buttery Garlic Bread [14] ♥ Orange [17] ♥ 2% Milk [12] ♥	9/2	Italian Beef Cavatappi [33] Broccoli & Cauliflower Medley [7] ♥ Honey Glazed Carrots [14] ♥ WG Dinner Roll [12] ♥ Parmesan Cheese [1] ♥ Grapes [11] ♥ 2% Milk [12] ♥	9/3	BBQ Smoked Brisket [12] ♥ Rosemary Roasted Potatoes [15] ♥ Southern Style Okra [8] ♥ WG Sliced Bread[13] ♥ Banana [26] ♥ 2% Milk [12] ♥	9/4	Savory Turkey Chili with Beans [10] over a Sweet Cornbread Bowl [33] California Vegetable Medley [7] ♥ Southern Succotash [20] ♥ Apple Slices [7] ♥ 2% Milk [12] ♥
385 calories/ 29 grams protein	700 calories/ 34 grams protein	695 calories/ 31 grams protein	705 calories/ 40 grams protein	660 calories/ 31 grams protein					

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.

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 in each menu item in brackets. It is generally recommended that meals consist of 45-75 g of carbohydrates.





HUMAN SERVICES

August Evening Programming

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Silver & Fit (GM) Jeanie 4-5pm Karaoke 4:30-6 PM Table Games 6-8PM	4 Crafts with Carmen Class (AR) 4-5:30 PM MOVIE NIGHT (DR) Book Club 6-8pm	5 Tech Class /OATS (CR) Elizabeth 4-5pm Loteria 5-6pm (DR) Card Games 6-8pm	6 Line Dancing (GM) YMCA Jane 4-5pm BINGO 5-6pm (DR) Table Games (LOBBY) 6-8pm	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.
10 Silver & Fit (GM) Jeanie 4-5pm Karaoke 4:30-6 PM Table Games 6-8PM	11 Cornhole (DR) 5-6 pm Table Games (LOBBY) 6-8pm	12 Tech Class /OATS (CR) Elizabeth 4-5pm BINGO 5-6pm (DR) YOGA Sculpt/PARKS (GM) 6:30— 7:30pm	13 Line Dancing (GM) YMCA Jane 4-5pm Loteria 5-6pm (DR) Table Games (LOBBY) 6-8pm	
17 Silver & Fit (GM) Jeanie 4-5pm CORNHOLE (DR) 4-5 PM Karaoke 4:30-6 PM 8-Ball Pool 5-6PM Table Games 6-8PM	18 CRAFTS w Carmen 4:30-6 pm Loteria 6-7pm (DR) Table Games (LOBBY) 7-8pm	19 Tech Class /OATS (CR) Elizabeth 4-5pm COSA: Budget Town Hall 6:30- 8pm YOGA Sculpt/PARKS (GM) 6:30— 7:30pm	20 Line Dancing (GM) YMCA Jane 4-5pm BINGO 5-6pm (DR) Table Games (LOBBY) 6-8pm	
24 Silver & Fit (GM) Jeanie 4-5pm Karaoke 4:30-6 PM Table Games (LOBBY) 6:30-8pm	25 8-Ball Pool 5-6PM Table Games (LOBBY) 6-8pm MOVIE NIGHT (DR) 6-8 PM Summer Camp	26 Tech Class /OATS (CR) Elizabeth 4-5pm BINGO 5-6pm (DR) YOGA Sculpt/PARKS (GM) 6:30— 7:30pm	27 Line Dancing (GM) YMCA Jane 4-5pm Loteria 5-6pm (DR) Robinette Store 6-7 pm (DR)	Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym
31 Silver & Fit (GM) Jeanie 4-5pm Karaoke 4:30-6 PM				

WELCOME TO ROBINETTE SENIOR CENTER!
All BexarCountyResident Seniors60+ 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
(HealthyEating, Aging,Living)

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

LunchTicketDistribution - 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.
***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)

MOREACTIVITIES!
MORE HOURS!
Senior Services

ExtendedHoursProgram
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, No Barefeet

Only water bottles allowed. Fitness Equipment Orientation Fridays at 9:30am to 10:00am.



Health Screenings

w/ **Nurse Marivel LVN**

Monday, Tuesday, Friday

OfficeHours: 8am-3:30pm

(closed for1 hr lunch)

BloodPressure *Blood Sugar*
Weight/BMI (body mass index)

Shuttle Bus reservations should be made no later than 1:00pm 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 ori-entation, 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 outside the dining room.
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 cups and travel mugs with tops as well as bottled water 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 beTAKEN OUT of Dining Room. This includes juice and milk.

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

SAFoodBank Diabetes Management Class Aug. 6th and 13th 2:00pm-3:00pm

Robinette Members Book Swap Aug. 12th 12:30pm –1:30pm

Field Trip (by Reservation) -UT Institute of Texan Cultures (COST \$5.00) Aug. 13th 8:45am sign-in

OASIS Class Public Library Bibliotech-Craig- Dining Room Aug.17th 9:00am-10:00am

Movie: “Song Sung Blue”-Starring Hugh Jackman and Kate Hudson-Dining Room-Aug 21st, 12:00pm-2:30pm

Robinette Members only “End of Summer Picnic” Aug. 28th, 9:00am-10:30am

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



(Note: Calendar subject to change without advance notice)

Monday	Tuesday	Wednesday	Thursday	Friday
3 8a-10a Practice Cornhole-(DR) Remember to Stay Hydrated this month!!	4 9:30am-10:30am AACOG-Lydia(DR) 9:00a-10:00a Coloring Pages and music(AR)	5 7:15a -Field Trip -Toyota Plant Tour 12:00am-12:30am YouTube-Mr Ballin Stories(DR)	6 10a-12p COSA -Sustainability Climate Ready-Patricia (DR) 1:00p-2:00p Loteria-Jorge(DR) 2p-3p Diabetes Management, SAFB-Sylvia(DR)	7 8a-10a Practice Cornhole-(DR) 9:30a-10:30a Volunteer SAVES Program Meeting- Katherine- DR 12:00pm-12:45pm Let's Dance(DR)
10 8a-10a Practice Cornhole-(DR) 10:00a-11:00a Learn Game of the Month "Texas Hold'em" -JJ-(AR)	11 9a-12p Survey Pop-Up: Sucessfully Aging and Living in San Antonio-COSA -(DR 2p-3p New Member Orient.(DR)	12 9:30a-10:30a Weaving Pot Holders-Yolanda-(AR) (7 students per 15 min session) 12:30pm-1:30pm The Book Swap (Bring approved book to trade)(DR)	13 8:45a-Field Trip- UT Institute of Texan Cultures-Cost \$5 1p-2p BINGO!-JJ(DR)	14 8a-10a Practice Cornhole-(DR) 9:30am-10:30am Play cards-Social Time(DR) 12:00p-12:30p The DayTripper-"Lulling" S1E4 (DR)
17 9:00a-10:00a-OASIS Class-Public Library Bibliotech-Craig(AR) 10:15a-10:30a-Nutrition Ed.-"Fermentation is a Big Dill"-Nissa(DR) 10:30a-10:45a Health Talk-Nurse Marivel-(DR)	18 9:30a-10:30a-Education on Fraud-Elder Financial Security Program Presentation-Deborah(DR) 12:10p-12:45p Hot August Night Trivia!-(AR)	19 9:00a-9:30a Wellness Pilot program -Nissa 9:00a-10:00a Coloring Pages and music(AR) 12:00am-12:30am YouTube-Mr Ballin Stories(DR)	20 8a-10a Practice Cornhole-(DR) 8:15a Field Trip- City Hall "National Senior Citizens Day" 1:00p-2:00p Loteria-Jorge(DR)	21 8:45a Field Trip- World Hertiage Museum 9:30a-10:30a SA Food Bank (Bring Cart and ID)(DR/Gym) 12:00p-2:30p-Movie Time-"Song Sung Blue"2025-(DR)
24 8a-10a Practice Cornhole-(DR) 10:15a-10:30a-Nutrition Ed.-"Frementation is a Big Dill"-Nissa(DR) 12:00p-1:00p Dominoes Play(DR)	25 9:00a-12:00p Fresh Produce Market!- (Same list from Previous Month)(DR) 9:30a-10:30a New Member Orient.(DR)	26 9:00a-10:00a The Craft-Fun making Friendship Bracelets(AR) 12:00p-12:30p The DayTripper-"Fredericksburg"S1E5(DR)	27 8a-10a Practice Cornhole-(DR) 8:45a-Field Trip- Spare Parts (recyled crafts store) 1p-2p BINGO!-JJ(DR) 2:00p-3:00p Diabetes Management,SAFB-Sylvia(DR)	28 11 am - 1 pm End of Summer! Robinette Members Picnic! Center Closes@ 2:30p
31 10a-10:30a Robin Roost store 12:00p-1:00p Rumikub(DR)	Sign up for Talent Show		Sept 3rd Robinette Talent Show Competition 9:30 am	Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym

DAILY SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:45a-9:30a Walking Walking Walking -(Gym)	8:00a-10:30a Quilting-Carolina(AR)	9:00a-10:00a YMCA-Silver Sneakers Ener-Chi-Natalie(Gym)	8:15a-9:00a Walk n Stroll! (Gym)	8:00a-8:45a YMCA -Chair Yoga - Erma (Gym)
9:30a-10:00a WellMed Stretch Class- Marivel(Gym)	9:00a-10:00a YWCA-Zumba Gold -Jane(Gym)	10:30a-11:15a YWCA-Low Impact -Rodney(Gym)	9:00a-10:00a YWCA-Line Dance -Jane(Gym)	9:00a-9:30a WellMed-Stretch Class- Marivel (Gym)
10:00a-11:00a YMCA-Line Dancing- Inez(Gym)	9:30a-10:45a MOGO Health Insurance Agent-Unidad (DR/Hallway) 8/11 8/25		9:00a-11:00a OASIS-Computer Class-William(CR) (Topics posted on Bulletin Board)	9:30a-10:00a How to Use Fitness Equip-ment (ask at front desk)
12:00p-1:30p Crochet/Knitting- Maria(AR)	10:00a-11:00a YMCA-Chair/Floor Yoga-Natalie (Gym)	12:00p-2:00p Chair Volleyball-Coached League Play(Gym)	10:00a-11:00a YMCA-SS Classic- Natalie(Gym)	9:45a-10:45a Urban 15 -A Bailar-(Gym) No Class Aug 21st and 28th
12:30p-1:30p YMCA-Zumba Gold- Robyn(Gym)	11:00a-12:00p Basketball Free Play	1:00p-3:00p Bihl Haus-Beginning Painting-Liz(AR)	11:00a-12:00p Basketball Free Play	12:00p-1:30p Friday Fun Day in The Gym Day
12:00p-2:00p Karaoke- Arturo A.(DR)	12:00p-2:00p Chair Volleyball-Coached League Play(Gym)	1:30p-2:30p OATS-Technology Class- Rolona(CR) 8/5 8/12 8/19 8/26	12:00p-1:30p Seniors in Play- Danielle-(AR)	MOVIE TIME: Aug 21st, 12:00p-2:30p "Song Sung Blue"- 2025(DR)
1:30p-2:30p OATS-Technology Class- Rolona(CR) 8/3-Intro Manage Privacy 8/10-VNPs 8/17-Podcasts 8/24-Mindful Apps 8/31-Intro to Sell Online	1:00p-3:00p Bihl Haus-Beginning Drawing-Liz(AR)		1:00a-3:00a OASIS-ComputerClass- William(CR) (topics are posted on Bulletin Board)	 Starring: Hugh Jackman Kate Hudson