



HUMAN SERVICES

September



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 Senior Center Month!	1 8:30a-10:00a Play Cornhole-(DR) 9:00am-9:30am Wellness Pilot Program - Nissa(DR)	2 9:00a-10:30a Robinette Senior Center Talent Show 12:00p-12:30p Youtube The Day Tripper, “Kerrville”-(DR)	3 8:00a-Field Trip- SAS Shoes 9:00a-9:30a Wellness Pilot Program-Nissa(AR) 12:00p-1:00p Loteria-Jorge(DR)	4 National Wildlife Day Wear Your Favorite Animal T-shirt! 9:30am-10:30am Wildlife Coloring Pages(DR)
7 CENTER CLOSED LABOR DAY HOLIDAY	8 Grandparents Day Celebration w/ Commissioner Rebecca Clay Flores 8:30 am (DR) 12:00p-12:30p Youtube Mr Ballen “Missing 411”(DR)	9 9:30am-10:30am AACOG- Lydia(DR) 9:30a-10:30a New Member Orient.- (DR)	10 9:00a-10:30a Caregiver SOS/Table Jennifer (DR) 12:00p-1:00p BINGO!-JJ(DR)	11 9:00a-Field Trip- Health Walk Wonderland Mall 9:00a-12:00p UTSA Cook Book Workshop-V. Padron(AR)
14 9:30a-10:30a Grandparent’s Day Bragging Rights! Bring a Grandchild’s memento for Show n Tell	15 Hispanic Heritage Month! Sept 15- Oct 15 10:15a-10:30a Nutrition Ed-“Pumpkining Around”(DR)	16 9:00a-10:30a Dieciseis de Septiembre and Open House-(DR) 12:00p-12:30p YouTube Day Tripper, “Helotes”-(DR)	17 8:30a-12:30a Field Trip-Talent Show Semi-Finals- NE Senior Center 12:00p-1:00p Loteria-Jorge(DR)	18 9:30a-10:30a SA Foodbank (bring cart and ID)-(Gym) 12:00p-2:30p Movie Time: “Michael” Rated PG-13 (DR)
21 10:15a-10:30a- Nutrition Ed- “Pumpkining Around”-(DR) 9:00a-10:00a OASIS Class-All About Feral Cat Coalition-Craig(AR) 10:30a-10:45a Nurse Health Talk-(DR)	22 9:00a-10:00a Coffee with Cops-Officer Perez(DR) 2:00p-3:00p New Member Orient.- (DR)	23 9:00a-9:30a Volunteer Training Program- Nissa (DR) 12p-12:30p Youtube Mr Ballen “Her Murder was caught by...”(DR)	24 8:30a-10:00a Play Cornhole-(DR) 12:00p-1:00p BINGO!-JJ(DR)	25 8:30a-12:30a Field Trip-Talent Show Finals- Doris Griffin Senior Center Center Closes at 2:30pm
28 8:30a-10:00a Play Cornhole-(DR) 9:30 am Bilh Haus Art Class Sign-Up	29 9:15a-10:00a Group Crossword Puzzle (DR)	30 10:00a-10:30a Robin Roost Store-(DR)		Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym

Daily Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
8:45a-9:30a Morning Walk -(Gym)	8:00a-11:00a Quilting - Carolina (AR)	8:30a-10:30a Beginning Quilting - Yolanda M.(AR) <i>(Must Know Basic Sewing Machine Skills)</i> <i>**Limited to 8 students**</i>	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)	9:00a-10:00a YMCA Silver Sneakers Ener-Chi -Natalie-(Gym)	8:30a-10:30a Intermediate Quilting Class-Yolanda M.(AR) <i>**Limited to 8 students**</i>	9:00a-9:30a WellMed-Stretch Class- Marivel (Gym)
10:00a-11:00a YMCA-Line Dancing - Inez (Gym)	9:30am-10:45am Sept. 8 and 22 MOGO Health Insurance Agent- Unidad(DR/Hallway)	10:30a-11:15a YWCA Low Impact -Rodney(Gym)	9:00a-10:00a YWCA -Line Dance - Jane (Gym)	9:30a-10:00a How to Use Fitness Equipment (ask at front desk)
10:00a-12:00p ***Parks and Rec*** Shine and Design -Jaz (AR)	10:00a-11:00a YMCA - Yoga- Erma (Gym)	12:00p-2:00p Chair Volleyball-(Gym)	9:00a-11:00a OASIS Computer Class (Topics on Bulletin Board)-William-(CR)	9:45a-10:45 Urban 15 –”A Bailar” -(Gym)
12:00p-1:30p Crochet/Knitting Maria(AR)	11:00a-12:00p Basketball Free Play	1:00p-3:00p Bihl Haus-Beginning Painting–Liz(AR)	10:00a-11:00a YMCA-SS Classic - Natalie (Gym)	12:00p-1:30p Friday Fun Day in The Gym Day
12:30p-1:30p YMCA -Zumba Gold - Robyn (Gym)	12:00p-2:00p Chair Volleyball League Play-(Gym)	Technology Class OATS– 1:30p-2:30p -(CR) 9/2-Exploring Senior PI 9/9- Sm Trips & Tips 9/16-Crowd Funding 9/23-Tech for Aging 9/30-Online Rx Drug	11:00a-12:00p Basketball Free Play	12:00p-2:30p Movie (DR)
12:00p-2:30p KARAOKE With Arturo A. (DR)	1:00p-3:00p Bihl Haus- Beginning Drawing–Liz(AR)		11:00a-12:30p Seniors in Play-Danielle (AR)	 “Michael” Date: 9/18
Technology Class -OATS– 1:30p-2:30p -(CR) 9/7- Cloud StorageCloud Storage 9/14-Messaging AppsMessaging Apps 9/21-Home Health Monitor 9/28-Mobile Health Apps			1:00p-3:00p-OASIS ComputerClass (Topics on Bulletin)-William (CR)	Starring: Jaafar Jackson



HUMAN SERVICES



Evening Programming

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Crafts with Carmen Class (AR) 4-5:30 PM MOVIE NIGHT (DR) 5-7 PM Nacho Libre	2 Tech Class /OATS (CR) Elizabeth 4-5pm Loteria 5-6pm (DR) Card Games 6-8pm YOGA Sculpt/PARKS (GM) 6:30—7:30pm	3 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.
7 HAPPY LABOR DAY CENTER CLOSED	8 Coloring w Carmen 4-5 pm (AR) MOVIE NIGHT (DR) 5-7 PM Selena	9 Tech Class /OATS (CR) Elizabeth 4-5pm BINGO 5-6pm (DR) YOGA Sculpt/PARKS (GM) 6:30—7:30pm	10 Line Dancing (GM) YMCA Jane 4-5pm Loteria 5-6pm (DR) Table Games (LOBBY) 6-8pm	NOTE: CALENDAR SUBJECT TO CHANGE WITHOUT ADVANCED NOTICE.
14 Silver & Fit (GM) Jeanie 4-5pm CORNHOLE (DR) 5-6 PM 8-Ball Pool 5-6PM Karaoke 6-8PM	15 CRAFTS w Carmen 4-5pm (AR) Neighborhood Housing Association Meeting @ 7pm-8pm (DR)	16 Tech Class /OATS (CR) Elizabeth 4-5pm OPEN HOUSE Bring a Friend Special Loteria-Let’s Make Nachos YOGA Sculpt/PARKS (GM) 6:30—7:30pm	17 Line Dancing (GM) YMCA Jane 4-5pm BINGO 5-6pm (DR) Table Games (LOBBY) 6-8pm	
21 Silver & Fit (GM) Jeanie 4-5pm Karaoke 4:30-6 PM Table Games (LOBBY) 6:30-8pm	22 8-Ball Pool 5-6PM Table Games (LOBBY) 6-8pm MOVIE NIGHT (DR) 5-7 PM La Bamba	23 Tech Class /OATS (CR) Elizabeth 4-5pm BINGO 5-6pm (DR) YOGA Sculpt/PARKS (GM) 6:30—7:30pm	24 Line Dancing (GM) YMCA Jane 4-5pm Loteria 5-6pm (DR) Table Games 6-8PM	
28 Silver & Fit (GM) Jeanie 4-5pm 8-Ball Pool 5-6PM Karaoke 6-8 PM	29 Word Search 4-5 PM (LOBBY) MOVIE NIGHT (DR) 5-7PM Tortilla Soup	30 Tech Class /OATS (CR) Elizabeth 4-5pm BINGO 5-6pm (DR) YOGA Sculpt/PARKS (GM) 6:30—7:30pm Robinette Store 6-7 pm (DR)		Room Key: (DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym

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)



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, No Bare Feet
Only water bottles allowed.
Fitness Equipment Orientation Fridays
at 9:30am to 10:00am.

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.

***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)

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 outside of 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 lids 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 be TAKEN OUT of Dining Room. This includes juice and milk.

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

Labor Day Holiday Senior Center Closed Sept. 7th.

UTSA Cookbook Workshop Sept. 11th, 9:30a-10:30a

Grandparents Day Bragging Rights, Sept. 14th, 9:30am-10:30am

Hispanic Heritage Month Sept. 15th to Oct. 15th.

Dieciseis de Septiembre and Open House, Sept. 16th, 9:00am-10:30am

Field Trip-Talent Show Semi-Finals-NE Senior Center Sept. 17th, 8:30 am

Coffee with Cops-Officer Perez Sept 22nd, at 9:00am-10:00am

Field Trip-Talent Show Finals- Doris Griffin Senior Center, Sept. 25th. 8:30a-12:30a



SEPTEMBER 2026

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)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/31 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] 685 calories/ 29 grams protein	9/1 Personal Cheese Pizza [28] Parslied Peas & Carrots [9] Seasoned Sweet Corn [18] Buttery Garlic Bread [14] Orange [17] 2% Milk [12] 700 calories/ 34 grams protein	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] 695 calories/ 31 grams protein	9/3 BBQ Smoked Brisket [12] Rosemary Roasted Potatoes [15] Southern Style Okra [8] WG Sliced Bread [13] Banana [26] 2% Milk [12] 705 calories/ 40 grams protein	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] 660 calories/ 31 grams protein
9/7 LABOR DAY - HEAL HOLIDAY Old-Fashioned Swiss Steak [11] Bow-Tie Skillet Alfredo [22] Seasoned Brussels Sprouts [7] WG Dinner Roll [12] Diced Pears [18] 2% Milk [12] 650 calories/ 32 grams protein	9/8 Creamy Chicken & Veggie Pasta [22] Seasoned Sweet Corn [18] Herbed Green Beans [6] Buttermilk Biscuit [27] Mandarin Orange [16] 2% Milk [12] 710 calories/ 39 grams protein FROZEN MEAL	9/9 Homestyle Meatloaf [6] with Whipped Potatoes [17] Peas with Pearl Onions [10] Parslied Carrots [7] Cornbread Loaf [29] Grapes [11] 2% Milk [12] 700 calories/ 30 grams protein	9/10 Creole Style Smothered Chicken [11] Red Beans & Rice [25] Chuckwagon Corn [14] WG Sliced Bread [13] Banana [26] 2% Milk [12] 670 calories/ 35 grams protein	9/11 Flame-Grilled Cheeseburger [3] Seasoned Potato Wedges [23] Mixed Vegetable Medley [12] WG Hamburger Bun [23] Lettuce, Tomato, Onion [4] Ketchup & Mustard [2] Apple Slices [7] 2% Milk [12] 735 calories/ 36 grams protein
9/14 Oven Baked Chicken Drumstick [10] BBQ Baked Beans [30] California Vegetable Medley [7] WG Sliced Bread [13] Mixed Berry Applesauce [14] 2% Milk [12] 635 calories/ 34 grams protein	9/15 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] 630 calories/ 31 grams protein	9/16 Chicken Cacciatore [17] Garlic Buttered Penne Pasta [21] Italian Vegetable Medley [12] WG Sliced Bread [13] Parmesan Cheese [1] Grapes [11] 2% Milk [12] 660 calories/ 36 grams protein	9/17 Carne Guisada [3] over Spanish Rice [24] Charro Beans [19] Corn & Squash Medley [9] WG Dinner Roll [12] Banana [26] 2% Milk [12] 665 calories/ 41 grams protein	9/18 Country Chicken Fried Chicken [19] Garlicky Mashed Potatoes [17] Garden Vegetable Medley [12] Cornbread Loaf [29] Apple Slices [7] 2% Milk [12] 750 calories/ 36 grams protein
9/21 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] 660 calories/ 27 grams protein	9/22 Southwest Turkey Pasta Skillet [18] Parslied Peas & Carrots [9] Seasoned Sweet Corn [18] WG Dinner Roll [12] Orange [17] 2% Milk [12] 645 calories/ 39 grams protein	9/23 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] 745 calories/ 34 grams protein	9/24 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] 655 calories/ 36 grams protein	9/25 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] 680 calories/ 34 grams protein
9/28 Breaded Lemon Chicken Piccata [14] Garlic & Herb Buttered Pasta [21] Italian Vegetable Medley [12] WG Dinner Roll [12] Mixed Fruit [16] 2% Milk [12] 670 calories/ 38 grams protein	9/29 Three Cheese Manicotti [38] Seasoned Brussels Sprouts [7] Dilled Carrot Coins [7] WG Sliced Bread [13] Parmesan Cheese [1] Orange [17] 2% Milk [12] 670 calories/ 33 grams protein	9/30 Smoky Chicken Tinga Bowl [8] with Steamed Brown Rice [22] Corn & Black Bean Mix [17] Ranchero Sauce [6] Tortilla Chips [18] Grapes [11] 2% Milk [12] 660 calories/ 36 grams protein	10/1 Rich & Savory Beef Burgundy [8] Classic Rice Pilaf [22] Garlicky Asparagus [4] Buttermilk Biscuit [27] Banana [26] 2% Milk [12] 735 calories/ 47 grams protein	10/2 BBQ Glazed Meatloaf [18] Roasted Sweet Potatoes [14] Seasoned Green Beans [6] Cornbread Loaf [29] Apple Slices [7] 2% Milk [12] 655 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.



										

MONTH YEAR						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

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**

