



**HUMAN  
SERVICES**



**Bob Ross  
Senior Center  
2219 Babcock Rd.  
San Antonio, TX. 78229  
210-207-5300**

**Monday-Thursday 7am-8pm  
Friday 7am-4pm**


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WE WILL BE ★ closed ★ LABOR DAY</b>	<b>2</b> <b>9:30am OASIS Technology: iPad Basics</b>  <b>10am Seniors in Play (Theater Group)</b>  <b>1:00pm OASIS Technology: Creativity with Word</b>  <b>1pm Chair Volleyball</b>	<b>3</b> <b>9:30am UT Health Visit</b>  <b>9:30am OASIS Technolo- gy: Translation Tools</b>  <b>10am BINGO</b>  <b>1:00pm OASIS Technolo- gy: Google Docs</b>	<b>4</b> <b>PAWS Visit in the morn- ing</b>  <b>9:30am Dancing with Luis and DJ Amber</b>  <b>10:30am Loteria with Luis</b>  <b>1pm Chair Volleyball</b>	<b>5</b> <b>8:30am Easy Crafts</b>  <b>8:45am WellMed Care- giver Presentation: Aging Issues &amp; the Law</b>  <b>10am OATS Technolo- gy: Passwords, Pass- keys and More</b>  <b>10am BINGO</b>
<b>8</b> <b>9:30am UT Health Visit</b>  <b>9:30am Field Trip*: Reservation Required</b>   <b>10am Sharper Minds</b>  <b>10am OATS Technology: Intro to Managing Your Privacy</b>	<b>9</b> <b>9:30am OASIS Technology: iPad Basics</b>  <b>9am Nutrition Education</b>  <b>10am Seniors in Play (Theater Group)</b>  <b>1:00pm OASIS Technology: Creativity with Word</b>  <b>1pm Chair Volleyball</b>	<b>10</b> <b>9:00am Oasis Presentation</b>  <b>9:30am UT Health Visit</b>  <b>9:30am OASIS Technolo- gy: Exploring the Inter- net</b>  <b>10am BINGO</b>  <b>1:00pm OASIS Technolo- gy: Word Basics</b>	<b>11</b> <b>1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</b>   <b>12</b> <b>8:30am Easy Crafts</b>  <b>10am OATS Technolo- gy: Intro to Learning Apps - Language and the Arts</b>  <b>10am BINGO</b>  <b>2:30pm Early Closure</b>	<b>12</b> <b>8:30am Easy Crafts</b>  <b>10am OATS Technolo- gy: Intro to Learning Apps - Language and the Arts</b>  <b>10am BINGO</b>  <b>2:30pm Early Closure</b>
<b>15</b> <b>9:30am UT Health Visit</b>  <b>10am Sharper Minds</b>  <b>10am OATS Technology: Intro to Translation Tools</b>	<b>16</b> <b>9:30am OASIS Technology: iPhone Ba- sics</b>  <b>9:30am Walking with Wellmed (leaving at 9):</b>  <b>10am Seniors in Play (Theater Group)</b>  <b>1:00pm OASIS Technology: Translation Tools:</b>  <b>1pm Chair Volleyball</b>	<b>17</b> <b>9:30am UT Health Visit</b>  <b>9:30am OASIS Technolo- gy: Exploring the Inter- net</b>  <b>9am Financial Exploita- tion Presentation</b>  <b>10am BINGO</b>  <b>1:00pm OASIS Technolo- gy: Word Basics</b>	<b>18</b> <b>9:30am Open House/Fall Resource Fair and Pie Walk</b>   <b>1pm Chair Volleyball</b>	<b>19</b> <b>10am OATS Technolo- gy: Using Voice Assis- tants</b>  <b>10am BINGO</b>  <b>10am WellMed Care- giver Support Group</b>  <b>Cash in your Bob's Bucks</b>
<b>22</b> <b>9:30am UT Health Visit</b>  <b>9:30am Field Trip*: Reservation Required</b>   <b>10am Sharper Minds</b>  <b>10am OATS Technology: Gardening Tech at a Glance</b>	<b>23</b> <b>9:30am OASIS Technology: iPhone Ba- sics</b>  <b>10am Agrilife Series</b>  <b>10am Seniors in Play (Theater Group)</b>  <b>1:00pm OASIS Technology: Exploring Google</b>  <b>1pm Chair Volleyball</b>	<b>24</b> <b>9:30am UT Health Visit</b>  <b>9:30am OASIS Technolo- gy: Exploring the Inter- net</b>  <b>9am Nutrition Education</b>  <b>10am BINGO</b>  <b>1:00pm OASIS Technolo- gy: Word Basics</b>	<b>25</b> <b>9:30am Name that Tune w/ Keith and Luis Rm 155</b>  <b>10:30am Loteria with Luis</b>  <b>2pm National Hispanic Heritage Loteria Celebra- tion</b> 	<b>26</b> <b>8:30am Easy Crafts</b>  <b>9am WellMed Nurse Presentation</b>  <b>10am OATS Technolo- gy: AI All Around</b>  <b>10am BINGO</b>
<b>29</b> <b>10am OATS Technology: Intro to AI</b>  <b>10am Sharper Minds</b>  <b>11am Field Trip*: (leaving at 10:45) Reservation Required</b> 	<b>30</b> <b>9:30am OASIS Technology: Windows 11</b>  <b>10am Agrilife Series:</b>  <b>10am Seniors in Play (Theater Group)</b>  <b>1:00pm OASIS Technology: Exploring Google</b>  <b>1pm Chair Volleyball</b>	<b>*Please make reservations for any trips on the check-in kiosk.</b>  <b>Transportation Schedule is due every Thursday before 12pm</b>	<b>Members must keep all Personal belongings with them at all times.</b>	<b>Calendar subject to change without advance notice.</b>

Instructor Led Fitness Classes RESERVATION REQUIRED
Monday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 9:30am YMCA Tai Chi—Rm 110 ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 1:00pm YWCA ZUMBA Gold—Rm 142 ◇ 1:30pm YMCA Strength & Cardio—Rm 110 ◇ 2:00pm YWCA Aquatic Exercise—Pool House ◇ 5:30pm YMCA Zumba GOLD
Tuesday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Strength & Cardio—Rm 142 ◇ 1:30pm YMCA ZUMBA—Rm 110 ◇ 1:30pm YWCA Wellness Dance—Rm 142 ◇ 5:30pm YMCA Chair Yoga
Wednesday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 9:30am YMCA Chair Yoga—Rm 142 ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YWCA Sit and Stretch—Rm 142 ◇ 11:00am YMCA ZUMBA Gold—Rm 110 ◇ 1:00pm YWCA Aquatic Fitness—Pool House ◇ 1:30pm YMCA Muscle and Mind—Rm 110 ◇ 4:45pm YMCA Strength & Cardio
Thursday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YWCA Aquatic Fitness—Pool House ◇ 10:15am YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YMCA ZUMBA— Rm 110 ◇ 1:30pm YWCA Wellness Dance—Rm 142 ◇ 4:45pm YMCA Line Dance
Friday: ◇ 8:00am YMCA Aquatic Exercise—Pool House ◇ 9:00am YMCA Aquatic Exercise—Pool House ◇ 10:00am YMCA Aquatic Exercise—Pool House ◇ 11:00am YMCA Aquatic Exercise—Pool House ◇ 10:15am YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YMCA Strength & Cardio—Rm 110 ◇ 1:30pm YWCA Cardio Dance—Rm 142

HAVE LUNCH WITH US!

Hot Meals are served Monday through Friday from 11:15am-12:30pm in the Nutrition Area.

Meal tickets can be picked up between 8:00am-11:00am (or until all tickets have been issued out).



SHOPPING TRIP RULES

- Members are only allowed to have 2 shopping bags with them.
- Keep track of time to ensure a timely store departure.
- Purchases must be kept with you at all times while at the center; not responsible for lost or stolen items.


Volunteer Led Activities
Monday: ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110 ◇ 1pm Dominoes Rm 114
Tuesday: ◇ 7am-12pm Busy Bees Sewing & more w/ Vickie Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry
Wednesday: ◇ 7am-1pm Busy Bees Sewing & more w/ Lupe Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan & Xu Lan Ruan Rm 110 ◇ 9am Gentle Hands Rm 143 w/ Mari Elena (2nd & 4th Wednesday of the month) ◇ 10am Beginner Tai Chi Rm 110 w/ Ah-Hsueh Sprayberry ◇ 12:15pm Karaoke Dining Rm ◇ 12:30pm Line Dancing Rm 110 (RESERVATION REQUIRED) ◇ 12:30pm Grupo Musical ◇ 1pm Quilting Group Rm 155 ◇ 1pm Dominoes Rm 114 ◇ 2pm Kathy’s Social Dancers Rm 142
Thursday: ◇ 7am-1pm Busy Bees Sewing & more w/ Lupe Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing “Tom Lake” by Ann Patchett (1st Thursday of the month) ◇ 10am Guitar Class Rm 141 w/Meide
Friday: ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 12:30pm Grupo Musical ◇ 1pm Dominoes Rm 114
WellMed
◇ Nurse available Tuesday through Friday 8:00 am to 3:30 pm ◇ Caregiver SOS Specialist available Fridays in the Conference Room
Agent with Texas Medicare Solutions
Wednesdays at 9 am with Abigail Hilliard
Bihi Haus Art Classes on <u>MONDAYS</u>
◇ 9:30am-11:30am Beginning Drawing & Painting - Rm 155 ◇ 12:30pm-2:30pm Mixed Media - Rm 155



9/23 - Begin with the Breath  
9/30 Mindful Eating

CENTER CLOSED  
SEPTEMBER 1ST

FROZEN MEAL DISTRIBUTED ON  
AUGUST 29TH



9am September 8 Learn Your Machine  
Get supply list from Busy Bees - class limit 6

10am September 15 Make fall orna-  
ments for center tree - class limit 10

10am September 22 Make fall orna-  
ments for center tree - class limit 10





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Monday-Thursday 4pm-8pm

Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>WE WILL BE</div> <div>★ closed ★</div> <div>LABOR DAY</div>	<div>2</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div>	<div>3</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength &amp; Cardio</div> <div>5:30pm Bunco/Yahtzee</div>	<div>4</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>5</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>8</div> <div>4:30pm MOVIE Cesar Chavez</div> <div></div> <div>4:30pm MOVIE A Toda Maquina</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>5</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div>	<div>6</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength &amp; Cardio</div> <div>5:30pm Bunco/Yahtzee</div>	<div>7</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>8</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>15</div> <div>4:30pm MOVIE Dolores</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>16</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div>	<div>17</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength &amp; Cardio</div> <div>5:30pm Bunco/Yahtzee</div>	<div>18</div> <div>4:00am Open House/Fall Resource Fair and Pie Walk</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>19</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>22</div> <div>4:30pm MOVIE Willie Velasquez: Your Vote is Your Voice</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>23</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div>	<div>24</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength &amp; Cardio</div> <div>5:30pm Bunco/Yahtzee</div>	<div>25</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>22</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>29</div> <div>4:30pm MOVIE Me llamo Celia Cruz My Name is Celia Cruz</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>30</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div>	<div>*Please make reservations for any trips on the check-in kiosk.</div> <div>Transportation Schedule is due every Thursday before 12pm</div>	<div>Calendar subject to change without advance notice.</div>	<div>Members must keep all Personal belongings with them at all times.</div>



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025
LABOR DAY - HEAL HOLIDAY				
Grilled Chicken Marsala [6] Whipped Sweet Potatoes [29]▼ Herbed Green Peas [12]▼ Whole Grain Roll [13]▼ Diced Peas [17]▼ 2% Milk [12] ▼	Sweet & Sour Meatballs [23] over Sesame Rice [22]▼ Steamed Dumplings [12]▼ Broccoli w/ Red Peppers [5]▼ Fortune Cookie [4]▼ Orange[17] ▼ 2% Milk [12] ▼	Cheese Filled Pizza Bites [48] Homemade Marinara Sauce [9] Mixed Vegetable Medley [13]▼ Grapes [11]▼ 2% Milk [12] ▼	Shepherd's Pie [22] Winter Vegetable Medley [7]▼ Seasoned Sweet Corn [18]▼ Whole Grain Roll [13]▼ Banana [26] ▼ 2% Milk [12] ▼	Chicken al Pastor [8]▼ over Steamed Brown Rice [22]▼ Roasted Corn & Black Beans [17]▼ Ranchero Sauce [5] Tortilla Chips [18]▼ Apple Slices [8]▼ 2% Milk [12] ▼
655 calories/35 g protein	730 calories/36 g protein	675 calories/30 g protein	720 calories/37 g protein	675 calories/46 g protein
9/8/2025	9/9/2025	9/10/2025	9/11/2025	9/12/2025
BBQ Smoked Brisket [11] Rosemary Roasted Potatoes [19] ▼ Seasoned Green Beans [7] ▼ Wheat Bread [14] ▼ Diced Peaches [14]▼ 2% Milk [12] ▼	Chicken Parmigiana [19] Garlic Buttered Penne [22] ▼ Parshied Peas & Carrots[10] ▼ Whole Grain Roll [13] ▼ Orange[17] ▼ 2% Milk [12] ▼	Beef Tamales[24] Spanish Rice [24] ▼ Zesty Black Beans [20] Mild Salsa [5] Grapes [11]▼ 2% Milk [12] ▼	Chicken Tenders [16] Mac n' Cheese [23] Mixed Vegetable Medley [13] ▼ Ketchup [6] ▼ Banana [26] ▼ 2% Milk [12] ▼	Salisbury Steak [7] Roasted Sweet Potatoes [14]▼ Seasoned Brussels Sprouts [7]▼ Buttermilk Biscuit [27] Apple Slices [8]▼ 2% Milk [12] ▼
665 calories/35 g protein	695 calories/44 g protein	640 calories/30 g protein	725 calories/44 g protein	640 calories/30 g protein
9/15/2025	9/16/2025	9/17/2025	9/18/2025	9/19/2025
Teriyaki Beef & Broccoli [9] over Steamed Brown Rice [22]▼ Vegetable Spring Rolls [13] Ginger Glazed Carrots [7]▼ Fortune Cookie [4]▼ Mixed Fruit [16]▼ 2% Milk [12]▼	Turkey Chili Cornbread Bowl [44] Mixed Vegetable Medley [13]▼ Cauliflower Florets [4]▼ Orange [17]▼ 2% Milk [12]▼	Chicken Fried Chicken [15] Garlic Mashed Potatoes [17]▼ Southern Style Okra [9]▼ Cornbread Loaf [29]▼ Grapes [11]▼ 2% Milk [12]▼	Beef Stroganoff [17] Italian Vegetable Medley [13]▼ Herbed Green Peas [12]▼ Whole Grain Roll [13]▼ Banana [26]▼ 2% Milk [12]▼	Chicken Enchiladas [32] Cilantro Lime Rice [24] Refried Beans [24]▼ Apple Slices [8]▼ 2% Milk [12] ▼
635 calories/36 g protein	640 calories/36 g protein	715 calories/35 g protein	640 calories/44 g protein	695 calories/34 g protein
9/22/2025	9/23/2025	9/24/2025	9/25/2025	9/26/2025
Homestyle Meatloaf [8] with Mashed Potatoes [17] ▼ Seasoned Brussels Sprouts [7]▼ Sweet Corn [18] ▼ Wheat Bread [14] ▼ Diced Peas [17]▼ 2% Milk [12] ▼	King Ranch Chicken [15] Herbed Green Beans [7] ▼ Carrot Coins [8]▼ Tortilla Chips [18]▼ Orange [17] ▼ 2% Milk [12] ▼	Three Cheese Lasagna [39] Buttery Garlic Knot [18] ▼ Winter Vegetable Medley [7] ▼ Grapes [11]▼ 2% Milk [12] ▼	Smothered Chicken [12] Cornbread Dressing [25] Normandy Vegetable Medley [7] ▼ Whole Grain Roll [13] ▼ Banana [26] ▼ 2% Milk [12] ▼	Flame Grilled Cheeseburger [2] Roasted Potato Wedges [19]▼ Mixed Vegetable Medley [13]▼ Wg Hamburger Bun [23] Lettuce/Tomato/Onion Garnish [4]▼ Ketchup and Mustard [2] Apple Slices [8]▼ 2% Milk [12] ▼
640 calories/33 g protein	630 calories/41 g protein	625 calories/34 g protein	675 calories/40 g protein	635 calories/33 g protein
9/29/2025	9/30/2025	10/1/2025	10/2/2025	10/3/2025
BBQ Glazed Chicken [11] Mac n Cheese [23] Southern Style Green Beans [8] ▼ Cornbread Loaf [29] ▼ Diced Peaches [14]▼ 2% Milk [12] ▼	Lemon Buttered Pollock [13] Creamy Alfredo Noodles [25] Parshied Peas & Carrots [10] ▼ Whole Grain Roll [13] ▼ Tartar Sauce[1] ▼ Fresh Orange [17] ▼ 2% Milk [12] ▼	Tangerine Chicken [26] over Vegetable Fried Rice [24] ▼ Steamed Dumplings [12] ▼ Broccoli w/ Red Peppers [5]▼ Fortune Cookie [4]▼ Grapes [11]▼ 2% Milk [12] ▼	Swiss Steak [11] Scalloped Potatoes [22] Mixed Vegetable Medley [13]▼ Wheat Bread [14] ▼ Banana [26] ▼ 2% Milk [12] ▼	Glazed Chicken Drumstick [2] Vegetarian Baked Beans [24]▼ Corn [14]▼ Buttermilk Biscuit [27] Apple Slices [8]▼ 2% Milk [12] ▼
725 calories/35 g protein	775 calories/36 g protein	630 calories/30 g protein	680 calories/33 g protein	690 calories/38 g protein
For more information call 210-207-7172. Menu subject to availability and change without notice.				
Legend	[g of carbs], ▼= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, Italic = Outside of Tray			
	🍽️ =Mealless Meal (may contain eggs and/or dairy)			
Comments	1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (g) of carbs per serving is listed beside each menu item in brackets [ ]. It is recommended that meals consist of 45-75 g of carbohydrates.			