



HUMAN SERVICES



April 2026

Harlandale Nutrition Center
 115 Southcross
 San Antonio TX 78221
 210-924-4771

Staff: Richard Ramos, NSC
 Rickey Harris, Chauffeur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 8:00 Social Hour 9:00 Bingo 11:00 Lunch	2 8:00 Social Hour 9:00 YMCA Chair Yoga 9:30 Easter Party 11:00 Lunch	3 CENTER CLOSED
6 8:00 Social Hour 9:00 Bingo 11:00 Lunch	7 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	8 8:00 Social Hour 9:00 Bingo 11:00 Lunch	9 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	10 8:00 Social Hour 9:00 Bingo 10:30 Luby's Restaurant 11:00 Lunch
13 8:00 Social Hour 9:00 Bingo 11:00 Lunch	14 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	15 8:00 Social Hour 9:00 Bingo 9:30 Food Bank Distribution 11:00 Lunch	16 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria/La Tiendita 11:00 Lunch	17 8:00 Social Hour 9:00 Bingo 9:30 Dollar Tree 11:00 Lunch
20 8:00 Social Hour 9:00 Bingo 11:00 Lunch	21 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	22 8:00 Social Hour 9:00 Bingo 11:00 Lunch	23 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Fiesta & Birthday Party 11:00 Lunch	24 Center Closed
27 8:00 Social Hour 9:00 Bingo 11:00 Lunch	28 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	29 8:00 Social Hour 9:00 Bingo 11:00 Lunch	30 8:00 Social Hour 9:00 YMCA Chair Zumba 10:00 Loteria 11:00 Lunch	

Food Bank

Food Bank will be distributed April 15, 2026 at 10:00 a.m.
 ID CARDS AND BINS REQUIRED

WellMed Nurse

Second Thursday of the month
 8:00 a.m. - 11:00 a.m.

Have lunch with us!

Hot Meals served Monday through Friday
 11:00 a.m. - 12:00 p.m.

In Person Fitness Classes

Tuesdays: 10:00 a.m. YMCA Chair Zumba
 Thursdays: 9:00 a.m. YMCA Chair Yoga

Birthday Celebrations

Juan Ramos 04/22
 Sylvia Ramos 04/26

Esperanza Reyna 04/23



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 115 Southcross
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 Monday - Friday 8 a.m. - 12 p.m.

Free Participation for Older Adults Eligibility Criteria
 At least 60 years old | Ability to take care of personal needs | Have Mental and Physical ability to act independently | May bring and use any personal device



APRIL 2026

Easter Party

Come join us on April 2 at 9:30 a.m. for a joyful Easter Party! Good food, great company, and an egg hunt full of surprises! Come ready to laugh, celebrate, and have an amazing time!

Field Trips

10:30 A.M.
 APRIL 10, 2026
LUBY'S RESTAURANT

9:30 A.M.
 APRIL 17, 2026
DOLLAR TREE

WHAT HAPPENED LAST MONTH



ST. PATRICK'S DAY PARTY