



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

Friday 7am-4pm

Monday-Thursday 7am-8pm **SERVICES MONDAY WEDNESDAY THURSDAY FRIDAY** TUESDAY 8:30am Easy Crafts 9:30am OASIS Technolo-PAWS Visit in the morn-*Please make gy: Fitness Apps ing reservations for 8:45am WellMed Careany trips on the 10am BINGO giver Presentation: check-in kiosk. Aging Issues & the 9:30am Dancing with 1:00pm OASIS Technology: Word Basics Luis 10am OATS Technolo-**Transportation** gy: Digital Skills for 10:30am Loteria with Schedule is due Luis **Managing Your Health** every Thursday 5 TO 7 PM 10am BINGO before 12pm ESERVATION REQUIRED 10 9:30am OASIS 9:00am Oasis 8:30am Easy Crafts 9:30am Field Trip*: 1pm Afternoon Commodities/CSFP **Technology: Windows 11** Presentation **Reservation Required** Pick Up - Food Bank 10am OATS Technolo-9:30am OASIS Technolo-10am Agrilife Session **Registered Participants** gy: Digital Skills for gy: Intro to Computers ONLY 10am Seniors in Play 10am BINGO 10am BINGO (Theater Group) 10am OATS Technology: **Digital Skills for Manag-**1:00pm OASIS 1:00pm OASIS Technolo-2:30pm Early ing Your Health **Technology: Google** gy: All About Passwords Closure **Photos** 3:30pm LOS CLASSICOS **DEL RITMO Special Per**formance 13 14 16 9am Changes in 2026 9:30am OASIS Technolo-10am OATS Technology: 9:30am OASIS 8:30am Easy Crafts **Digital Skills for Manag-Technology: Windows 11** gy: Intro to Computers **Medicare Presentation** 8:45am WellMed Careing Your Health 9:30am Walking with 9:30am Produce Presen-10:30am Loteria with giver Presentation 11am Field Trip*: Wellmed (leaving at 9): tation and Market Luis (leaving at 10:45) 10am OATS Technolo-Reservation Required gy: Digital Skills for 10am Agrilife Session **Managing Your Health** 10am Seniors in Play 10am BINGO NO BINGO TODAY (Theater Group) 1:00pm OASIS Technolo-Cash in your Bob's 1:00pm OASIS gy: Introduction to Email **Bucks Technology: Google Photos** 23 9:30am OASIS 9:30am OASIS Technolo-9:30am Name that Tune 8:30am Easy Crafts

9:30am Field Trip*: **Reservation Required**



10am OATS Technology: Digital Skills for Managing Your Health

Technology: Introduction to Email

10am Seniors in Play (Theater Group)

1:00pm OASIS **Technology: Making the Most of Virtual Libraries**

gy: Intro to Computers

9am Nutrition Education

10am BINGO

1:00pm OASIS Technology: Introduction to Email

w/ Keith and Luis Rm 155

10:30am Loteria with Luis



Managing Your Health

9am WellMed Nurse **Presentation**

10am OATS Technoloy: Digital Skills for **Managing Your Health**

10am BINGO

Cash in your Bob's **Bucks**

27 8am Breast Cancer Screening Mobile Unit

8:30am Field Trip*: **Reservation Required**



10am OATS Technology: Digital Skills for Managing Your Health

28

9:30am OASIS **Technology: Introduction** to Email

9:30am Walking with Wellmed (leaving at 9):

10am Seniors in Play (Theater Group)

1:00pm OASIS Technology: Exploring the Internet

29

9am Financial Exploitation Presentation

9:30am OASIS Technology: Intro to Computers

10am BINGO

1:00pm OASIS Technology: Exploring Google

30 9:30am Dancing with

10:30am Loteria with Luis



HALLOWEEN PROM TONIGHT!



31 8:30am Easy Crafts

10am OATS Technology: Digital Skills for **Managing Your Health**

10am BINGO

1pm Halloween Dance



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
- ↑ 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

- 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 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

- > 1:30pm YMCA ZUMBA— Rm 110
- 4:45pm YMCA Line Dance

Friday:

- ♦ 9:00am YMCA Aquatic Exercise—Pool House

- 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).



JOIN US FOR A SPOOKTACULAR
FRIGHT NIGHT ON THURSDAY,
OCTOBER 30 AT 5PM
WE'LL HAVE MUSIC, FOOD, AND
CONTEST FOR SPOOKIEST PROM
ATTIRE

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:

- 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:

- 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 LOS CLASSICOS DEL RITMO
- 1pm Quilting Group Rm 155
- | → 1pm Dominoes Rm 114
- 2pm Kathy's Social Dancers Rm 142

Thursday:

- 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- ♦ 10am Book Club w/ Marilyn Lott Rm 143 Discussing "The Borrowed Life of Fredrick Fife" by Anna Johnston

(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 LOS CLASSICOS DEL RITMO
- ♦ 1pm Dominoes Rm 114

WellMed

- Nurse available Tuesday through Friday8:00 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

Bihl Haus Art Classes on MONDAYS

- ♦ 9:30am-11:30am Beginning Drawing & Painting Rm 155



10/7 - Mindful Walking/Thought Surfing 10/14 Be Kind to your Mind/Mindful Laughter

NO HEAL MEAL PROGRAM AVAILABLE ON OCTOBER 17

FROZEN MEAL DISTRIBUTED ON OCTOBER 16

BUSY BEES

OCTOBER WEEKLY SCHEDULE
Monday OR Tuesday
Beginning Sewing - 9:30 am
Wednesday
Beginning Crochet - 10am
Thursday
Tunisian Crochet - 10am
Thursday
Handmade Ornaments - 9am



5:30pm YMCA Zumba GOLD



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

Monday-Thursday 4pm-8pm

THURSDAY | 30 | OCTOBER 5 TO 7 PM

RESERVATION REQUIRED

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SEKVICES	□ Xle	<u>naea Hours</u>		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Members must keep all Personal belongings with them at all times.	subject to change without	1 3:30pm Karaoke 4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	4:45PM YMCA Line Dance	NO EXTENDED HOURS PROGRAM
4:30pm MOVIE October Kiss 4:30pm MOVIE Que Te Ha Dado Esa Mujer 5:30pm YMCA Zumba GOLD	7 4:00pm Bingo 5:30pm YMCA Chair Yoga	8 3:30pm Karaoke 4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee 6pm Animal Care Services Meeting	9 4:00pm Specialty Bingo 4:45PM YMCA Line Dance	NO EXTENDED HOURS PROGRAM
13 4:30pm MOVIE Backdraft 5:30pm YMCA Zumba GOLD	14 4:00pm Bingo 5:30pm YMCA Chair Yoga	15 3:30pm Karaoke 4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	16 4pm Changes in 2026 Medicare Presentation 5:00pm Specialty Bingo 4:45PM YMCA Line Dance	NO EXTENDED HOURS PROGRAM
20 4:30pm MOVIE Miss You Already TO THE BARRINGE ALREADY 5:30pm YMCA Zumba GOLD	21 4:00pm Bingo 5:30pm YMCA Chair Yoga	22 3:30pm Karaoke 4:45pm YMCA Strength & Cardio 5:30pm Bunco/Yahtzee	4:45PM YMCA Line Dance	NO EXTENDED HOURS PROGRAM
27 4:30pm MOVIE It's The Great Pumpkin, Charlie Brown Tys The Great Pumpkin, Charlie Brown 5:30pm YMCA Zumba	28 4:00pm Bingo 5:30pm YMCA Chair Yoga	29 3:30pm Karaoke 4:45pm YMCA Strength & Cardio	THURSDAY 30 OCTOBER 5 TO 7 PM	NO EXTENDED HOURS PROGRAM

5:30pm Bunco/Yahtzee





October 2025





Of Governments	CALIFORNIA CONTRACTOR OF THE PARTY OF THE PA			Healthy Eating, Aging, Living
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/29/2025	9/30/2025	10/1/2025	10/2/2025	10/3/2025
BBQ Glazed Chicken [11]	Lemon Buttered Alaskan Pollock [13]	Tangerine Chicken [26]	Swiss Steak [11]	Glazed Chicken Drumstick [2]
Mac n' Cheese [23]	Creamy Alfredo Noodles [25]	over Vegetable Fried Rice [24] ▼	Cheesy Scalloped Potatoes [22]	Vegetarian Baked Beans [24]▼
Southern Style Green Beans [8] ♥ Cornbread Loaf [29] ♥	Parshed Peas & Carrots [10] ▼ Whole Grain Roll [12] ▼	Steamed Edamame Dumplings [12]	Mixed Vegetable Medley [12]♥ Wheat Bread [14] ♥	Chuckwagon Corn [14]♥ Buttermilk Biscuit [27]
Diced Peaches [14]	Tartar Sauce[]]	Forting Cookie [4]	Ranana [26] •	Apple Slices [8]
2% Milk [12] ▼	Fresh Orange [17]	Grapes [11]	5anana [20] ▼ 2% Milk [12] ▼	Apple suces [6]▼ 2% Milk [12] ▼
	270 Mary [12]	7.0 Min [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
10/6/2025	10/7/2025	10/8/2025	10/9/2025	10/10/2025
Chicken Fried Steak [35]	Cilantro Lime Seasoned Chicken [3]	Cheesy Beet Cavatappi [24]	Savory Turkey Chih [10]	General Iso's Chicken [25]
Garlic Mashed Potatoes [18]♥ Southern Style Okra [9]♥	over Steamed Brown Rice [22]♥ Roasted Corn & Black Beans [17]♥	Dilled Baby Carrots [7]♥ Brussel Sprouts [7]♥	over Sweet Cornbread Bowl[33] Parslied Cauliflower Florets [4]▼	over Vegetable Fried Rice [23]♥ Steamed Edamame Dumplings [12] ♥
Sliced Bread[13]	Ranchero Sauce [6]	Whole Grain Roll [12] ♥	Mixed Vegetable Medley [12]	Green Beans & Carrot Medley [6]♥
Applesauce [14]▼	Tortilla Chips [18] ♥	Grapes [11]▼	Banana [26] ♥	Fortune Cookie [4]♥
2% Milk [12]▼	Diced Mango [17]▼ 2% Milk [12]▼	2% Milk [12] ▼	2% Milk [12] ▼	Fresh Orange [17] ▼ 2% Milk [12] ▼
710 calories/31 or protein	675 calorise/A5 a protein	655 calories/3/1 o protein	665 calorise/34 a protein	660 calories/30 g protein
10/13/2025	10/1//025	10/15/2025	10/16/2025	10/17/2025
Chicken Needle Controls [18]	10/14/2025	Carlie & Work Smothand Chiefra [12]		OHABTERI V TRAINING HEAT HOLINAV
Chicken Noodle Casserole [18] Broccoli w/ Red Peppers [5] ▼	Beef Tamales[24] Spanish Rice [23] ♥	Garlic & Herb Smothered Chicken [12] Maple Roasted Sweet Potatoes [19]▼	Hearty Beef & Vegetable Stew [11]▼ Seasoned Green Beans [6]▼	QUARTERLY TRAINING - HEAL HOLIDAY Oven Baked Chicken Tenders [16]
Corn [18]▼	Charro Beans [18]	Peas & Pearl Onions [10]♥	Chuckwagon Corn [14]▼	Broccoli & Cheddar Mac n' Cheese [23]
Discal Bosches [14]	Mila saisa [3]	Garac Bread [14]	Whole Wheat Crackers [50]	Mixed vegetable Medley [12]
2% Milk [12] ▼	2% Milk [12] ▼	Grapes [11]	2% Milk [12]	Apple Slices [8]
		2% Milk [12] ▼		2% Milk [12] ▼
660 calories/38 g protein	655 calories/30 g protein	765 calories/38 g protein	650 calories/36 g protein	665 calories/42 g protein
10/20/2025	10/21/2025	10/22/2025	10/23/2025	10/24/2025
Salisbury Steak [7]	Turkey Taco Loaded Potatoes [27]	Three Cheese Manicotti [37]	Grilled Aloha Pineapple Chicken [15]	Flame Grilled Cheeseburger [2]
Cheesy Scalloped Potatoes [22]	Turkey 1aco Loaded Potatoes [27] ▼ Roasted Corn & Black Beans [17] ▼	Times Cheese Manicotti [37] Winter Vegetable Medley [7] ▼	Coconut Rice [29]	Seasoned Potato Wedges [19]
Combread Loaf [29]	Shredded Lettuce & Diced Tomatoes [3]	Sliced Bread[13]	Whole Grain Roll [12] ▼	WG Hamburger Bun [23]
Diced Pears [18]♥ 2% Milk [12] ♥	Sour Cream [1]♥ Diced Mango [17]♥	Grapes [11]▼ 2% Milk [12] ▼	Banana [26] ◀ 2% Milk [12] ◀	Lettuce/Tomato/Onion Garnish [4]▼ Ketchup and Mustard [2]▼
and seems from a	2% Milk [12] ▼	the second second second	The Tanana Tanah	Apple Slices [8]
		•		270 MAIN [112] V
725 calories/31 g protein	635 calories/38 g protein	690 calories/33 g protein	700 calories/37 g protein	725 calories/37 g protein
10/27/2025	10/28/2025	10/29/2025	10/30/2025	10/31/2025
Chicken a la King [9]	Beef Enchiladas [30]	Lemon Buttered Alaskan Pollock [13]	Personal Cheese Pizza [26]	Smoked BBQ "BOO"sket [13]
over a Buttermilk Biscut [28] Broccoli w/ Red Peppers [5] ♥	Chantro Lime Rice [24] Refried Beans [24]▼	Mac n' Cheese [23] California Vegetable Medley [7] ♥	Mixed Vegetable Medley [12] Brussel Sprouts [7]	"Scream" Beans & Carrot Medley [6] ▼
Corn [18]	Fresh Orange [17]	Whole Grain Roll [12] ▼	Garlic Bread [14]▼	Sliced Bread [12] ▼
Raisins [30]	2% Milk [12] •	Tartar Sauce[1] ▼	Banana [26] ♥	Cookie[22]▼
2% Milk [12] ▼		Grapes [11]♥	2% Milk [12] ♥	Apple Slices [8]
		2% Milk [12] ▼	1	2% Milk [12] • Wall away
680 calories/40 g protein	730 calonies/35 g protein	700 calories/31 g protein	710 calones/35 g protein	745 calories/34 g protein
	Meals served with choice of 2% milk or app	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.	ect to change based on product availability.	•
Legend	[g of carbs]; ♥= 140mg sodium or less per serving; * = contain	= contains muts; BOLD = in tray, Italic = Outside of Tray		
t of the second	[S or cares], 17 aroung sometimes or any per serving, serving	a man, a value — m may, andre — veneme vy a my		

Comments

1. Total daily calonies 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

=Meatless Meal (may contain eggs and/or dairy)