



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

Friday 7am-4pm

Monday-Thursday 7am-8pm **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** 6 9:30am OASIS PAWS Visit in the morn-8:30am Easy Crafts 9:30am Field Trip*: 9:30am OASIS Technolo-Technology: Accessibility gy: Intro to Computers **Reservation Required** ing Setting 10am OATS Technolo-10am BINGO gy: Digital Skills for **Managing Your Health** 9:30am Walking with Graduation Wellmed 9:30am Dancing with Luis w/DJ Amber **10am Nutrition Education** 10am BINGO 10am OATS Technology: **Digital Skills for Manag-**10:30am Loteria with ing Your Health 10am Seniors in Play 1:00pm OASIS Technolo-Luis (Theater Group) gy: Exploring Google 1:00pm OASIS **Technology: Exploring the** Internet 10 12 13 9:30am Field Trip*: 9:00am Oasis 1pm Afternoon 8:30am Easy Crafts CLOSED **Commodities/CSFP Reservation Required** Presentation Pick Up - Food Bank 9am WellMed Nurse **Registered Participants** 9:30am OASIS Technolo-**Presentation** gy: Intro to Computers **ONLY** 10am OATS Technolo-10am BINGO gy: Tips for Being 10am OATS Technology: **News Savvy Online** Al & Disinformation 1:00pm OASIS Technolo-**VETERAN'S** gy: Exploring Google 10am BINGO 2:30pm Early Closure

10am OATS Technology: Passwords, Passkeys, and More

11am Field Trip*: (leaving at 10:45) **Reservation Required**



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9:30am OASIS **Technology: Streaming** Services, E-Readers & more

9:30am Walking with Wellmed

10am Seniors in Play (Theater Group)

1:00pm OASIS **Technology: Exploring the** Internet

10am Name that Tune w/ Keith and Luis Rm 155

9:30am OASIS Technology: Streaming Services, E-Readers & More

10am BINGO

1:00pm OASIS Technology: Accessibility Settings

11:15am Thanksgiving **Lunch with CD8 Reservation Required**



9:30am Field Trip*: Reservation Required

10am OATS Technology: Intro to Nextdoor

25 10am Seniors in Play (Theater Group)

10am Crafting with Luis RESERVATION REQUIRED



26 9am Nutrition Education

10am BINGO

12:30pm Birthday Celebration



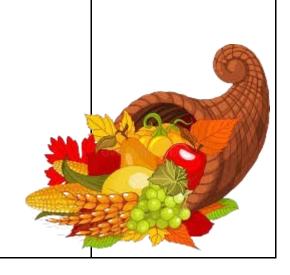


*Please make reservations for any trips on the check-in kiosk.

Transportation Schedule is due every Thursday before 12pm

Members must keep all **Personal** belongings with them at all times.

Calendar subject to change without advance notice.



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
- 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
- ♦ 11:00am YMCA Aquatic Exercise—Pool House

- ♦ 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
- 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

- ♦ 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 ON US ON THURSDAY, NOVEMBER 20TH FOR A SPECIAL THANKSGIVING LUNCHEON HOSTED BY COUNCIL DISTRICT 8 OFFICE



Volunteer Led Activities

Monday:

- 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118
 -9:30am Beginning Quilting
- 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
 -9:30am Advanced Sewing
- 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)
- ♦ 12:15pm Karaoke Dining Rm
- ♦ 12:30pm Los Clasicos del Ritmo
- ♦ 1pm Quilting Group Rm 155
- ♦ 1pm Dominoes Rm 114
- 2pm Kathy's Social Dancers Rm 142

Thursday:

- - 9am Beginner Classes
 - -10am Beginner Knitting
- 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
- 10am Book Club w/ Marilyn Lott Rm 143 Discussing "The Seamstress of Sardinia" by Bianca Pitzorno (1st

Thursday of the month)

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 Friday 8:00 am to 3:30 pm
- Caregiver SOS Specialist available Fridays in the Conference Room

Agent with Texas Medicare Solutions

Wednesdays from 9 am to 12 pm with Abigail Hilliard

Bihl Haus Art Classes on MONDAYS

- 9:30am-11:30am Beginning Drawing Rm 155
- ↑ 12:30pm-2:30pm Beginning Painting- Rm 155

WE WILL BE CLOSED ON THE FOLLOWING DAYS:

- NOVEMBER 11 VETERAN'S DAY
- NOVEMBER 21 STAFF TRAINING
- NOVEMBER 27 & 28 THANKSGIVING

FROZEN MEALS WILL BE DISTRIBUTED BEFORE CLOSURES





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

Monday-Thursday 4pm-8pm

SERVICES	Exte	nded Hours	Mor	iday-i nursday 4pm-8pm
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:00pm MOVIE Butch Cassidy and The Sundance Kid 4:00pm MOVIE Macario 5:30pm YMCA Zumba GOLD	4 3:30pm Jeopardy 4:00pm Bingo 5:30pm YMCA Chair Yoga	5 3:30pm Karaoke 4pm Loteria 4:45pm YMCA Strength & Cardio	4:45PM YMCA Line Dance 6pm Jeopardy	NO EXTENDED HOURS PROGRAM
10 4:00pm MOVIE The Way We Were 5:30pm YMCA Zumba GOLD	CLOSED VETERAN'S DAY **********	12 3:30pm Karaoke 4:45pm YMCA Strength & Cardio	4:45PM YMCA Line Dance 6pm Jeopardy	NO EXTENDED HOURS PROGRAM
17 4:00pm MOVIE The First Wives Club 5:30pm YMCA Zumba GOLD	18 3:30pm Jeopardy 4:00pm Bingo 5:30pm YMCA Chair Yoga	19 3:30pm Karaoke 4:45pm YMCA Strength & Cardio	3:30pm Los Clasicos del Ritmo Perfomance NO BINGO 4:45PM YMCA Line Dance	SORRY WERE CLOSED For STAFF TRAINING
25 4:00pm MOVIE And So It Goes AND SO IT GOES 5:30pm YMCA Zumba GOLD	26 3:30pm Jeopardy 4:00pm Bingo 5:30pm YMCA Chair Yoga	27 3:30pm Karaoke 4:45pm YMCA Strength & Cardio	THANK	EBER 27 & 28 SGIVING
*Please make reservations for any trips on the check-in kiosk.	Members must keep all Personal	Calendar subject to change without		

Transportation Schedule is due every Thursday before 12pm belongings with them at all times.

without advance notice.









November 2025





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	gend		660 calories/38 g protein	2% Milk [12] ♥	Diced Peaches [14]♥	Buttermilk Biscuit [27]	Corn [18]♥	Broccoli w/ Red Peppers [5] ♥	Chicken Noodle Casserole [18]	11/24/2025	615 calories/32 g protein		2% Milk [12] V	Annieron [14]	Mixed Vegetable Medley [12]	Dandied Cantiflower Floreto [Ale	Savory Turkey Chili [10]	11/17/2025	675 calories/41 g protein		2% Milk [12] ♥	Diced Pears [18]	Sweet Corn [18]	Parslied Peas & Carrots [10]	Smothered Popcorn Chicken [17]▼ over Creamy Mashed Potatoes [17]▼	11/10/2025	635 calories/31 g protein	2% Milk [12] 🛡	Mixed Fruit [16]♥	Whole Grain Roll [12] ♥	Mixed Vegetable Medley [12] ♥	Roasted Red Potatoes [15]♥	Steak Pizzaiola [11]	11/3/2025	MONDAY	Alamo Area Council Of Governments
=Meatless Meal (may contain eggs and/or dairy)	[g of carbs]; ▼= 140mg sodium or less per serving; *= contains nuts; B	Meals served with choice of 2% milk or apple	655 calories/29 g protein	2%Milk [12] ♥	Mandarin Oranges [16] ♥	Mild Salsa [3]♥	Charro Beans [18]	Spanish Rice [23] ♥	Beef Tamales[24]	11/25/2025	675 calories/45 g protein	2% Milk [12] ♥	Diced Mango [17]	Tortilla Chine [18]	Ranchero Sance [6]	Reacted Corn & Plack Rooms [17]	Cilantro Lime Chicken [3]	11/18/2025	705 calories/47 g protein						VETERAN'S DAY - HEAL HOLIDAY Conchitas con Carne [22]	11/11/2025	675 calories/35 g protein	2% Milk [12] ♥	Mild Salsa [3]♥	Fresh Orange [17] ♥	Roasted Corn & Green Beans [15]♥	Spanish Rice [23] ♥	Chicken Empanadas [31]	11/4/2025	TUESDAY	
	SOLD = in tray, Italic = Outside of Tray	e juice. For more information call 210-207-7172. Menu subject	930 calories/47 g protein	2% Milk [12] ♥	Pumpkin Pie [56]	Whole Grain Roll [12]♥	Seasoned Green Beans [6]♥	Creamy Mashed Potatoes [17]♥	Smothered Turkey & Dressing [33]	11/26/2025	710 calories/36 g protein		2% Milk [12] •	Rangua [76]	Whole Grain Roll [12] ♥	Concerned Removal Convents [7]	Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7]	11/19/2025	675 calories/42 g protein		2% Milk [12] ♥	Grapes [11]♥	Wheat Bread [14]	Italian Vegetable Medley [12]	Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21]♥	11/12/2025	660 calories/35 g protein	2% Milk [12] ♥	Wheat Bread [14] ♥	Cinnamon Spiced Peaches [26] ♥	Broccoli w/ Red Peppers [5] ♥	over Rotini Pasta [21] ♥	Beef Stroganoff Meatballs [6]	11/5/2025	WEDNESDAY	
		to change based on product availability.	635 calories/30 g protein	Raisins [30] ▼ 2% Milk [12] ▼	Wheat Bread [14] ♥	Pea	Roasted sweet Potatoes [14] ♥	Traditional Swiss Steak [8]	THANKSGIVING - HEAL HOLIDAY	11/27/2025	660 calories/30 g protein	2% Milk [12] ♥	Fresh Orange [17] V	Forting Cookin [4]	Green Beans & Carrot Medley [614	Steamed Edamana Dumplings [12] &	General Tso's Chicken [25]	11/20/2025	635 calories/29 g protein	2% Milk [12] ♥	Banana [26]	Whole Grain Roll [12] ♥	Seasoned Green Beans [6]	California Vegetable Medley [7]	Homestyle Meatloaf [8] w/ Savory Rice Pilaf [22]♥	11/13/2025	675 calories/33 g protein	2% Milk [12] ▼	Raisins [30] ♥	Fortune Cookie [4]♥	Gingered Carrots [10]♥	Vegetable Fried Rice [23] 🗸	Honey Garlic Glazed Chicken [18]	11/6/2025	THURSDAY	i hanksgiving!
			680 calories/42 g protein			Mixed V	Broccoli & Cheddar Mac n' Cheese [23]	Oven Baked Chicken Tenders [16]	THANKSGIVING - HEAL HOLIDAY	11/28/2025	690 calories/32 g protein		2% Milk [12]	Amila Slicas [7]	Wheat Bread[]4]	Southour Stale Olars [0]	Country Fried Steak [27]	11/21/2025	660 calories/33 g protein	2% Milk [12] ♥	Apple Slices [7]♥	Ketchup [2]♥	Tartar Sauce [1]	Mixed Vegetable Medley [12]	Breaded Pollock Nuggets [25] Sweet Potato Tots [20]	11/14/2025	635 calories/37 g protein	2% Milk [12] ♥	Banana [26]	Whole Grain Roll [12] ♥	Chuckwagon Corn [14]♥	Winter Vegetable Medley [7]♥	Turkey Shepherd's Pie [22]	11/7/2025	FRIDAY	Healthy Eating, Aging, Living
	Meatless Meal (may contain eggs and/or dairy)	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)		660 calories/38 g protein 655 calories/29 g 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. [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)	2% Milk [12] ▼ 2% Mi	Diced Peaches [14]▼ 2% Milk [12] ▼ 2% Milk [12] ▼ 2% Milk [12] ▼ 650 calories/38 g protein Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menn subject to change based on product availability. [g of carbs]: ▼ 140mg sodium or less per serving. * = contains nuts; BOLD = in tray, Italic = Outside of Tray Meal Served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menn subject to change based on product availability.	Buttermilk Biscuit [27] Mild Salsa [3]♥ Diced Peaches [14]♥ 2% Milk [12] ♥ 2% Milk [12] ♥ 660 calories/38 g protein Meads served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability. Peas & Pearl Onions[10]♥ Mild Salsa [3]♥ Wheat Bread [14] ♥ Raisins [30] ♥ 2% Milk [12] ♥ 2% Milk	Corn [18]▼ Buttermilk Biscuit [27] Diced Peaches [14]▼ Diced Peaches [14]▼ 2% Milk [12]▼ Mandarin Oranges [16]▼ Peas & Pearl Onions[10]▼ Mandarin Oranges [16] ▼ 2% Milk [12]▼ 2% Milk [12]▼ 650 calories/38 g 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. [g of carbs]: ▼ 140mg sodium or less per serving. * = contains nuts, BOLD = in tray, Italic = Outside of Tray Charro Beans [6]♥ Roasted sweet Potatoes [14] ▼ Peas & Pearl Onions[10]▼ Meat Bread [14] ▼ Raisins [30] ▼ Raisins [30] ▼ Raisins [30] ▼ Raisins [30] ▼ No Calories/30 g protein 2% Milk [12] ▼ No Calories/30 g protein 635 c	Broccoli w/ Red Peppers [5] ▼ Spanish Rice [23] ▼ Creamy Mashed Potatoes [17]▼ Charro Beans [18]	Chicken Noodle Casserole [18] Beef Tamales [24] Broccoli w/ Red Peppers [5] ▼ Corn [18]♥ Buttermilk Biscutt [27] Diced Peaches [14]♥ 2% Milk [12]♥ 660 calories/38 g protein Meals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menn subject to change based on product availability. Buttermilk Biscutt [27]	Chicken Noodle Casserole [18] Broccoli w Red Peppers [5] ▼ Corn [18] ▼ Charro Beans [18] Buttermilk Bizenti [27] Diced Peaches [14] ▼ 2% Milk [12] ▼ 660 calories 38 g protein Maals served with choice of 2% milk or apple juice. For more information call 210-207-7172. Menu subject to change based on product availability. 11/26/2025	615 calories/32 g protein 1124/0025 Chicken Noodle Casserole [18] Broccoli w/ Red Peppers [5] ▼ Corn [18] Buttermilk Biscuit [27] Diced Peaches [14]▼ 2% Milk [12] ▼ 660 calories/38 g protein Meads served with choice of 2% milk or apple jucea. For more information call 210-207-7172. Menu subject to change based on product availability. 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1126/2025 1226	615 calories/32 g protein 616 calories/32 g protein 617 calories/32 g protein 618 calories/32 g protein 618 calories/32 g protein 619 calories/32 g protein 6117 calories/32 g protein 600 calories/32 g protein	276 Milk [12]	Applesance [14] \times Torrilla Chips [18] \times Banana [26] \times Fest Orange [17] \times 2% Milk [12] \times Presh Orange [17] \times Presh Orange [17] \times Presh Orange [17] \times 2% Milk [12] \times Presh Orange [17] \tim	Alized Vegethels Medley [12] Ranche of Sance [6] Finds Craim Roll [12] Green Beans & Carrol Medley [6] Appleasure [14] Tortilla Chips [18] Ranche of Sance [6] Appleasure [14] Tortilla Chips [18] Ranche of Sance [6] Appleasure [14] Tortilla Chips [18] Ranche of Sance [6] Appleasure [14] Tortilla Chips [18] Ranche of Sance [17] Alized Vegethels Medley [17] Tortilla Chips [18] Ranche of Sance [17] Alized Vegethels Medley [17] Tortilla Chips [18] Fortune Cooke [4] Alized Vegethels Medley [17] Tortine Cooke [4] Alized Vegethels Medley [18] Fortune Cooke [4] Alized Vegethels Medley [18] Tortine Cooke [4] Alized Vegethels Medley [18] Tortine Cooke [4] Alized Vegethels Medley [18] Tortine Cooke [18] Beef Tamales [24] Smothered Turkey & Dressing [33] THANKSGVING- HEAL HOLDAY Borcoll W Red Pepers [5] Charm Seass [18] Seasoned Green Beans [6] Beef Tamales [18] Smothered Turkey & Dressing [33] THANKSGVING- HEAL HOLDAY Borcoll W Red Pepers [5] Thanks GVING- HEAL HOLDAY Borcoll W Red Pepers [5] Thanks GVING- HEAL HOLDAY Borcoll W Red Pepers [5] Thanks GVING- HEAL HOLDAY Borcoll W Red Pearl Onions [10] Thanks GVING- HEAL HOLDAY Borcoll W Red Pearl Onions [14] Peas & Pearl Onions [10] Borcoll W Red Pearl Onions [14] Peas & Pearl Onions [10] Diced Peaches [14] Peas & Pearl Onions [10] D	Partiled Cauliflower Florets	Savoy Turkey, Chili [10] Ore Steamed Brown Rice [21]V Ore Steamed Brown Rice [22]V Parsiled Combread Bowl[33] Ore Steamed Brown Rice [22]V Parsiled Combread Bowl[33] Roasted Corn & Black Beans [17]V Seasoned Brussel Sprouts [7]V Seasoned Craser Beans (Seasoned Brussel Sprouts [7]V Seasoned Brussel	11/12/2025 11/18/2025 11/	675 calories/4 g protein 705 calories/4 g protein 705 calories/2 g protein 705 calories/3 g protein 705 calories/4 g protein 705 calories/3 g pr	## 275 calories/41 g grotein 275 calories/42 g protein 275 calories/42 g protein	## Milk [12] ▼ Second Discription Di	Decid Paper [5]	Squark & Papper Mode;	Partiled Pasa & Carrost [10]			Standard protein	Scalaries 15 protein	Mined Print 16 Machine 17 Manual 14 Machine 17 Manual 14 Machine 17 Manual 14 Machine 17 Manual 14 Machine 17 Manual 17 Manual		Mined Vegatable Models; [1] v Rearded Carne & Green Basat [3] v Mined Comm & Griggered Carnet [1] v Mined Comm & Griggered Packet [3] v Mined Packet [3] v Mined Famil [4] v Mined State [4] v	Roaste de l'Avance [13] Roaste de l'Avance d'Avance [13] Roaste de l'Avance [13] Roaste de l'Avance [13] Roaste de l'Avance [13] Roaste [1	Stack Parasha [11]		

Comments

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