



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
<div>1</div> <div>9:30am Field Trip*: Reservation Required</div> <div></div> <div>10am OATS Technology: Online Tools for Con- tacting Your Lawmakers</div>	<div>2</div> <div>9:30am OASIS Technology: Online Shop- ping Safety</div> <div>9:30am Walking with Wellmed</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: All About Passwords</div>	<div>3</div> <div>9:30am OASIS Technolo- gy: iPad Basics</div> <div>10am BINGO</div> <div></div> <div>1:00pm OASIS Technolo- gy: iPhone Basics</div>	<div>4</div> <div>PAWS Visit in the morn- ing</div> <div></div> <div>10:30am Loteria with Luis</div> <div></div>	<div>5</div> <div>8:30am Easy Crafts</div> <div>10am OATS Technology: Online Travel Sites</div> <div>10am BINGO</div>
<div>8</div> <div>10am SAPL: Preserving Family Treasures</div> <div>1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</div> <div></div> <div>10am OATS Technology: Smartphones at a Glance</div>	<div>9</div> <div>9:30am OASIS Technology: YouTube</div> <div>10am Nutrition Education</div> <div>10am Seniors in Play Showcase (Theater Group)</div> <div>1:00pm OASIS Technology: Discovering Wellness on the Web Through Technology</div>	<div>10</div> <div>9:00am Oasis Presentation</div> <div>9:30am OASIS Technolo- gy: iPad Basics</div> <div>10am BINGO</div> <div>1:00pm OASIS Technolo- gy: iPhone Basics</div>	<div>11</div> <div>10am Crafting with Luis RESERVATION REQUIRED</div> <div></div>	<div>12</div> <div>8:30am Easy Crafts</div> <div>9am WellMed Nurse Presentation</div> <div>10am OATS Technolo- gy: Tech Tips for Dis- aster Preparedness</div> <div>10am BINGO</div> <div>2:30pm Early Closure</div>
<div>15</div> <div>10am SAPL: Beginning Genealogy</div> <div>10am OATS Technology: Streaming & Smart TVs</div> <div>9:30am Field Trip*: Reservation Required</div> <div></div>	<div>16</div> <div>9:30am OASIS Technology: Cybercrime</div> <div>9:30am Walking with Wellmed</div> <div>10am Seniors in Play (Theater Group)</div> <div>1:00pm OASIS Technology: Apps for Pos- itivity and a Healthy Life</div>	<div>17</div> <div>9am Name that Tune w/ Keith and Luis Rm 155</div> <div>10am BINGO</div> <div>12:30pm Clarinet Ensemble Performance</div>	<div>18</div> <div>10am Nutrition Educa- tion</div> <div>10:30am Loteria with Luis</div> <div></div>	<div>19</div> <div>8:30am Easy Crafts</div> <div>10am OATS Technolo- gy: Understanding Bluetooth</div> <div>10am BINGO</div>
<div>22</div> <div>11am Field Trip*: Reservation Required</div> <div></div> <div>10am OATS Technology: Digital Tools for Brain Health</div>	<div>23</div> <div>10am Seniors in Play (Theater Group)</div> <div>10am Holiday Special Performance by JK the Entertainer</div>	<div></div>		
<div></div>			<div>Calendar subject to change without advance notice.</div>	<div>*Please make reservations for any trips on the check-in kiosk.</div> <div>Transportation Schedule is due every Thursday before 12pm</div>

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


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/ Vickie 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 Los Clasicos del Ritmo ◇ 1pm Quilting Group Rm 155 ◇ 1pm Dominoes Rm 114 ◇ 2pm Kathy’s Social Dancers Rm 142
Thursday: ◇ 7am-1pm Busy Bees Sewing & more w/ Vickie Rm 118 ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 10am Guitar Class Rm 141 w/Meide
Friday: ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110 ◇ 12:30pm Los Clasicos 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 <u>MONDAYS</u>
◇ 9:30am-11:30am Beginning Drawing - Rm 155 ◇ 12:30pm-2:30pm Beginning Painting- Rm 155

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).



WE WILL BE CLOSED FROM
DECEMBER 24 TO JANUARY 1

FROZEN MEALS WILL BE
DISTRIBUTED BEFORE CLOSURE

JOIN US FOR OUR
WELCOME BACK PIE WALK
ON JANUARY 5TH AT 9:30
AM AND AT 4PM.
RESERVATION REQUIRED

SAN ANTONIO PUBLIC LIBRARY
December 8th December 15th


Preserving Family Treasures


Beginning Genealogy



HUMAN SERVICES

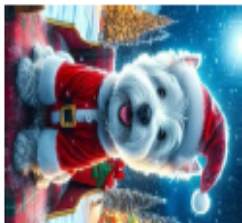


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>4:00pm MOVIE Scrooged</div> <div></div> <div>4:00pm MOVIE El Inocente</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>2</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>3</div> <div>3:30pm Karaoke</div> <div></div> <div>4pm Loteria</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>4</div> <div>3:30pm Jeopardy</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>4:00pm MOVIE Miracle on 34th Street</div> <div></div> <div>5:30pm YMCA Zumba GOLD</div>	<div>9</div> <div>4:00pm Bingo</div> <div></div> <div>5:30pm YMCA Chair Yoga</div> <div>6pm Jeopardy</div>	<div>10</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>11</div> <div>3:30pm Jeopardy</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>12</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>15</div> <div>4:00pm MOVIE A Christmas Story</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>6pm Jeopardy</div>	<div>17</div> <div>3:30pm Karaoke</div> <div></div> <div>4:45pm YMCA Strength & Cardio</div>	<div>18</div> <div>3:30pm Jeopardy</div> <div>4:00pm Specialty Bingo</div> <div></div> <div>4:45PM YMCA Line Dance</div>	<div>19</div> <div>NO EXTENDED HOURS PROGRAM</div>
<div>22</div> <div>4:00pm MOVIE Christmas with the Kranks</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>6pm Jeopardy</div>	<div></div>		
<div></div>			<div>Calendar subject to change without advance notice.</div>	<div>Members must keep all Personal belongings with them at all times.</div>



December 2025



MONDAY 12/1/2025	TUESDAY 12/2/2025	WEDNESDAY 12/3/2025	THURSDAY 12/4/2025	FRIDAY 12/5/2025
Salsbury Steak [7] Cheesy Scalloped Potatoes [22] Parshled Peas & Carrots [10] ▼ <i>Cornbread Loaf</i> [29] ▼ <i>Diced Peas</i> [18] ▼ <i>2% Milk</i> [12] ▼ 725 calories/31 g protein	Turkey Taco Loaded Potato Skins [27] Roasted Corn & Black Beans [17] ▼ Seasoned Green Beans [6] ▼ <i>Lettuce & Tomatoes</i> [3] ▼ <i>Sour Cream</i> [1] ▼ <i>Fresh Orange</i> [17] ▼ <i>2% Milk</i> [12] ▼ 640 calories/39 g protein	Three Cheese Manicotti [37] Winter Vegetable Medley [7] ▼ Candied Carrots [10] ▼ <i>Sliced Bread</i> [14] ▼ <i>Grapes</i> [11] ▼ <i>2% Milk</i> [12] ▼ 690 calories/33 g protein	Grilled Aloha Pineapple Chicken [17] Coconut Rice [29] ▼ Mixed Vegetable Medley [12] ▼ <i>Whole Grain Roll</i> [12] ▼ <i>Banana</i> [26] ▼ <i>2% Milk</i> [12] ▼ 710 calories/37 g protein	Flame Grilled Cheeseburger [2] Seasoned Potato Wedges [19] ▼ BBQ Baked Beans [30] <i>W/G Hamburger Bun</i> [23] <i>Lettuce/Tomato/Onion Garnish</i> [4] ▼ <i>Ketchup & Mustard</i> [2] ▼ <i>Apple Slices</i> [8] ▼ <i>2% Milk</i> [12] ▼ 725 calories/37 g protein
12/8/2025 Chicken a la King [9] over a Buttermilk Biscuit [28] California Veggie Medley [7] ▼ Corn [18] ▼ <i>Raisins</i> [30] ▼ <i>2% Milk</i> [12] ▼ 685 calories/39 g protein	12/9/2025 Beef Enchiladas [30] Cilantro Lime Rice [24] Refried Beans [24] ▼ <i>Fresh Orange</i> [17] ▼ <i>2% Milk</i> [12] ▼ 730 calories/35 g protein	12/10/2025 Lemon Buttered Alaskan Pollock [13] Mac n' Cheese [22] Stewed Tomatoes [8] <i>Whole Grain Roll</i> [12] ▼ <i>Tartar Sauce</i> [1] ▼ <i>Grapes</i> [11] ▼ <i>2% Milk</i> [12] ▼ 700 calories/30 g protein	12/11/2025 Personal Cheese Pizza [26] Mixed Vegetable Medley [12] ▼ Cauliflower Florets [4] ▼ <i>Garlic Bread</i> [14] ▼ <i>Apple Slices</i> [8] ▼ <i>2% Milk</i> [12] ▼ 620 calories/31 g protein	12/12/2025 BBQ Glazed Chicken [15] Roasted Sweet Potatoes [14] ▼ Peas & Pearl Onions [10] ▼ <i>Cornbread Loaf</i> [29] ▼ <i>Banana</i> [26] ▼ <i>2% Milk</i> [12] ▼ 685 calories/36 g protein
12/15/2025 Steak Pizzaiola [11] Roasted Red Potatoes [15] ▼ Mixed Vegetable Medley [12] ▼ <i>Whole Grain Roll</i> [12] ▼ <i>Mixed Fruit</i> [16] ▼ <i>2% Milk</i> [12] ▼ 635 calories/31 g protein	12/16/2025 Chicken Empanadas [31] Spanish Rice [23] ▼ Roasted Corn & Green Beans [15] ▼ <i>Fresh Orange</i> [17] ▼ <i>Mild Salsa</i> [3] ▼ <i>2% Milk</i> [12] ▼ 730 calories/35 g protein	12/17/2025 Beef Stroganoff Meatballs [6] over Buttered Bow Tie Pasta [21] ▼ Broccoli w/ Red Peppers [5] ▼ Cinnamon Spiced Peaches [26] ▼ <i>Wheat Bread</i> [14] ▼ <i>2% Milk</i> [12] ▼ 660 calories/35 g protein	12/18/2025 Honey Garlic Glazed Chicken [18] Vegetable Fried Rice [23] ▼ Gingered Carrots [10] ▼ <i>Fortune Cookie</i> [4] ▼ <i>Raisins</i> [30] ▼ <i>2% Milk</i> [12] ▼ 675 calories/33 g protein	12/19/2025 Turkey Shepherd's Pie [22] Winter Vegetable Medley [7] ▼ Chuckwagon Corn [14] ▼ <i>Whole Grain Roll</i> [12] ▼ <i>Banana</i> [26] ▼ <i>2% Milk</i> [12] ▼ 635 calories/37 g protein
12/22/2025 Smothered Popcorn Chicken [17] over Creamy Mashed Potatoes [17] ▼ Parshled Peas & Carrots [10] ▼ Sweet Corn [18] ▼ <i>Diced Peas</i> [18] ▼ <i>2% Milk</i> [12] ▼ 675 calories/41 g protein	12/23/2025 Conchitas con Carne [22] Seasoned Carrot Coins [7] ▼ Squash & Pepper Medley [4] ▼ <i>Cornbread Loaf</i> [29] ▼ <i>Fresh Orange</i> [17] ▼ <i>2% Milk</i> [12] ▼ 705 calories/48 g protein	12/24/2025 WINTER BREAK - HEAL HOLIDAY Classic Chicken Parmesan [14] Garlic Buttered Penne Pasta [21] ▼ Italian Vegetable Medley [12] ▼ <i>Diced Peaches</i> [14] ▼ <i>2% Milk</i> [12] ▼ 620 calories/40 g protein	12/25/2025 WINTER BREAK - HEAL HOLIDAY Beef Tamales [24] with Spanish Rice [23] ▼ Refried Beans [24] ▼ Ranchero Sauce [6] <i>Cookie</i> [22] ▼ <i>2% Milk</i> [12] ▼ 765 calories/33 g protein	12/26/2025 WINTER BREAK - HEAL HOLIDAY Breaded Pollock Nuggets [25] Sweet Potato Tots [20] Mixed Vegetable Medley [12] ▼ <i>Tartar Sauce</i> [1] ▼ <i>Applesauce</i> [14] ▼ <i>2% Milk</i> [12] ▼ 670 calories/33 g protein
12/29/2025 General Tso's Chicken [25] over Vegetable Fried Rice [23] ▼ Steamed Edamame Dumplings [12] ▼ Green Beans & Carrot Medley [6] ▼ <i>Diced Peaches</i> [14] ▼ <i>2% Milk</i> [12] ▼ 630 calories/29 g protein	12/30/2025 WINTER BREAK - HEAL HOLIDAY Cilantro Lime Chicken [3] over Steamed Brown Rice [22] ▼ Roasted Corn & Black Beans [17] ▼ Ranchero Sauce [6] <i>Tortilla Chips</i> [18] ▼ <i>Mandarin Oranges</i> [16] ▼ <i>2% Milk</i> [12] ▼ 675 calories/45 g protein	12/31/2025 WINTER BREAK - HEAL HOLIDAY Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7] ▼ Seasoned Brussel Sprouts [7] ▼ <i>Raisins</i> [30] ▼ <i>2% Milk</i> [12] ▼ 670 calories/34 g protein	1/1/2026 WINTER BREAK - HEAL HOLIDAY Savory Turkey Chili [10] over Sweet Cornbread Bowl [33] California Veggie Medley [7] ▼ Corn [18] ▼ <i>Cookie</i> [22] ▼ <i>2% Milk</i> [12] ▼ 720 calories/34 g protein	1/2/2026 WINTER BREAK - HEAL HOLIDAY Country Fried Steak [27] Garlic Mashed Potatoes [17] ▼ Southern Style Okra [9] ▼ <i>Applesauce</i> [14] ▼ <i>2% Milk</i> [12] ▼ 640 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.

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)

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