






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 |
|---|---|---|--|--|
| <p>*Please make reservations for any trips on the check-in kiosk.</p> <hr/> <p>Transportation Schedule is due every Thursday before 12pm</p> | <p>Members must keep all Personal belongings with them at all times.</p> | <p>Calendar subject to change without advance notice.</p> |  | <p>2 10am BINGO</p> <p>10am OATS Technology: Discovering Browser Extensions</p> |
| <p>5 9:30am Welcome Back Pie Walk</p>  <p>10am OATS Technology: Protecting Your Personal Information Online</p> | <p>6 10am Seniors in Play (Theater Group)</p> <p>11:45am Field Trip*: Reservation Required</p>  | <p>7 10am BINGO</p>  | <p>8 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</p>  | <p>9 8:30am Easy Crafts</p> <p>10am BINGO</p> <p>10am OATS Technology: Staying Safe Online</p> <p>2:30pm Early Closure</p> |
| <p>12 9:30am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: Intro. To Managing Your Privacy</p> | <p>13 9:30am OASIS Technology: Exploring Google</p> <p>9:30am Produce Market & Presentation</p>  <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: iPad Basics</p> | <p>14 9:00am Oasis Presentation</p> <p>9:30am OASIS Technology: YouTube</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Windows Performance & Maintenance</p> | <p>15 9:30am Dancing with Luis & DJ Amber</p>  <p>10:30am Loteria with Luis</p>  <p>11am South Texas Hearing Screening</p> | <p>16 8:30am Easy Crafts</p> <p>10am OATS Technology: Managing Facebook Privacy Setting</p> <p>10am BINGO</p> |
| <p>★★★★★</p> <p>We WILL Be Closed on</p> <p>MARTIN LUTHER KING DAY</p>  | <p>20 9:30am OASIS Technology: Exploring Google</p> <p>10am Seniors in Play Showcase (Theater Group)</p> <p>1:00pm OASIS Technology: iPad Basics</p> | <p>21 9:30am OASIS Technology: Google Calendars</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Google Maps</p> | <p>22 10:30am Loteria with Luis</p>  <p>12:30pm Crafting with Lydia</p>  | <p>23 8:30am Easy Crafts</p> <p>10am OATS Technology: Instagram Privacy Setting</p> <p>10am BINGO</p> |
| <p>26 10am OATS Technology: Understanding Fram & Scams</p> <p>11:45am Field Trip*: Reservation Required</p>  | <p>27 9:30am OASIS Technology: Exploring Google</p> <p>10am Seniors in Play Showcase (Theater Group)</p> <p>1:00pm OASIS Technology: iPhone Basics</p> | <p>28 9am Nutrition Education</p> <p>9:30am OASIS Technology: iPad Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: iPhone Basics</p> | <p>29 10:30am Loteria with Luis</p>  | <p>30 8:30am Easy Crafts</p> <p>10am OATS Technology: Tech for Aging in Place</p> <p>10am BINGO</p> |

| 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).



THERE WILL BE NO HOT LUNCH SERVED ON JANUARY 2ND. FROZEN MEAL PREVIOUSLY DISTRIBUTED

JOIN US FOR OUR WELCOME BACK PIE WALKS ON MONDAY, JANUARY 5 AT 9:30 AM AND 4 PM.
















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SERVICES



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Monday-Thursday 4pm-8pm

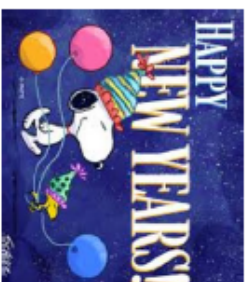


Extended Hours

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|--|
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| <p>5 4pm Welcome Back Pie Walk</p>  <p>5:00pm MOVIE Danzon</p>  <p>5:30pm YMCA Zumba GOLD</p> | <p>6 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p> <p>6pm Jeopardy</p> | <p>7 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p> | <p>8 3:30pm Jeopardy</p> <p>4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p> | <p>9</p> <p>NO EXTENDED HOURS PROGRAM</p> |
| <p>12 4:00pm MOVIE Trading Places</p>  <p>5:30pm YMCA Zumba GOLD</p> | <p>13 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p> <p>6pm Jeopardy</p> | <p>14 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p> | <p>15 3:30pm Jeopardy</p> <p>4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p> | <p>16</p> <p>NO EXTENDED HOURS PROGRAM</p> |
| <div><p>★★★★★</p><p>We WILL Be Closed on</p><div><p>MARTIN LUTHER KING DAY</p></div></div> | <p>20 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p> <p>6pm Jeopardy</p> | <p>21 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p> | <p>22 3:30pm Jeopardy</p> <p>4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p> | <p>23</p> <p>NO EXTENDED HOURS PROGRAM</p> |
| <p>26 4:00pm MOVIE Betty & Coretta</p>  <p>5:30pm YMCA Zumba GOLD</p> | <p>27 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p> <p>6pm Jeopardy</p> | <p>28 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p> | <p>29 3:30pm Jeopardy</p> <p>4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p> | <p>29</p> <p>NO EXTENDED HOURS PROGRAM</p> |



January 2026



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|--|---|--|--|--|---|--|---|--|
|  | | | |  | |  | | 1/1/2026 | |
| | | | | | | | | WINTER BREAK - HEAL HOLIDAY | |
| 1/5/2026 | | 1/6/2026 | | 1/7/2026 | | 1/8/2026 | | 1/9/2026 | |
| Chicken Noodle Casserole [18] Seasoned Broccoli Florets [5] ▼ Corn [18]▼ Buttermilk Biscuit [27] Diced Peaches [14]▼ 2% Milk [12] ▼ 660 calories/38 g protein | | Beef Enchiladas [30] Cilantro Lime Rice [24] Refried Beans [24]▼ Fresh Orange [17] ▼ 2% Milk [12] ▼ 730 calories/35 g protein | | Garlic & Herb Smothered Chicken [12] Maple Roasted Sweet Potatoes [19]▼ Peas & Pearl Onions [10]▼ Garlic Bread [14]▼ Grapes [11]▼ 2% Milk [12] ▼ 635 calories/36 g protein | | Hearty Beef & Vegetable Stew [11]▼ Seasoned Green Beans [6]▼ Chuckwagon Corn [14]▼ Whole Wheat Crackers [30] Banana [26]▼ 2% Milk [12]▼ 650 calories/36 g protein | | Oven Baked Chicken Tenders [16] Broccoli & Cheddar Mac n' Cheese [23] Mixed Vegetable Medley [12]▼ Ketchup x 2 [4] ▼ Apple Slices [7]▼ 2% Milk [12] ▼ 660 calories/42 g protein | |
| 1/12/2026 | | 1/13/2026 | | 1/14/2026 | | 1/15/2026 | | 1/16/2026 | |
| Salisbury Steak [7] Cheesy Scalloped Potatoes [22] Parshled Peas & Carrots [10] ▼ Cornbread Loaf [29] ▼ Diced Peas [18]▼ 2% Milk [12] ▼ 725 calories/31 g protein | | Turkey Taco Loaded Potato Skins [27] Roasted Corn & Black Beans [17] ▼ Seasoned Green Beans [6]▼ Lettuce & Tomatoes [3]▼ Sour Cream [1]▼ Fresh Orange [17] ▼ 2% Milk [12] ▼ 640 calories/39 g protein | | Three Cheese Manicotti [37] Winter Vegetable Medley [7] ▼ Candied Carrots [10] ▼ Sliced Bread[14]▼ Grapes [11]▼ 2% Milk [12] ▼ 690 calories/33 g protein | | Grilled Aloha Pineapple Chicken [17] Coconut Rice [29]▼ Mixed Vegetable Medley [12]▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼ 710 calories/37 g protein | | Flame Grilled Cheeseburger [2] Seasoned Potato Wedges [19]▼ BBQ Baked Beans [30] WFG Hamburger Bun [23] Lettuce/Tomato/Onion/Garnish [4]▼ Ketchup and Mustard [2]▼ Apple Slices [7]▼ 2% Milk [12] ▼ 725 calories/37 g protein | |
| 1/19/2026 | | 1/20/2026 | | 1/21/2026 | | 1/22/2026 | | 1/23/2026 | |
| MLK - HEAL HOLIDAY | | Beef Tamales[24] Spanish Rice [23] ▼ Charro Beans [18] Mild Salsa [3]▼ Mandarin Oranges [16] ▼ 2% Milk [12] ▼ 655 calories/29 g protein | | Lemon Buttered Alaskan Pollock [13] Creamy Mac n' Cheese [22] Stewed Tomatoes [8] Whole Grain Roll [12] ▼ Tartar Sauce[1] ▼ Grapes [11]▼ 2% Milk [12] ▼ 700 calories/30 g protein | | Personal Cheese Pizza [26] Mixed Vegetable Medley [12]▼ Cauliflower Florets [4]▼ Garlic Bread [14]▼ Apple Slices [7]▼ 2% Milk [12] ▼ 620 calories/31 g protein | | BBQ Glazed Grilled Chicken [15] Roasted Sweet Potatoes [14]▼ Peas & Pearl Onions [10]▼ Cornbread Loaf [29] ▼ Banana [26] ▼ 2% Milk [12] ▼ 685 calories/36 g protein | |
| 1/26/2026 | | 1/27/2026 | | 1/28/2026 | | 1/29/2026 | | 1/30/2026 | |
| Steak Pizzatola [11] Roasted Red Potatoes [15]▼ Mixed Vegetable Medley [12] ▼ Whole Grain Roll [12] ▼ Mixed Fruit [16]▼ 2% Milk [12] ▼ 635 calories/31 g protein | | Chicken Empanadas [31] Spanish Rice [23] ▼ Roasted Corn & Green Beans [15]▼ Fresh Orange [17] ▼ Mild Salsa [3]▼ 2% Milk [12] ▼ 675 calories/35 g protein | | Beef Stroganoff Meatballs [6] over Buttered Bow Tie Pasta [21] ▼ Broccoli w/ Red Peppers [5]▼ Cinnamon Spiced Peaches [26] ▼ Wheat Bread [14] ▼ 2% Milk [12] ▼ 660 calories/35 g protein | | Honey Garlic Glazed Chicken [27] Vegetable Fried Rice [23] ▼ Gingered Carrots [10]▼ Fortune Cookie [4]▼ Grapes [11]▼ 2% Milk [12] ▼ 635 calories/33 g protein | | Turkey Shepherd's Pie [22] Winter Vegetable Medley [7]▼ Chuckwagon Corn [14]▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼ 635 calories/37 g protein | |
| Legend | | [g of carbs], ▼= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, <i>Italic</i> = Outside of Tray | | | | | | | |
| Comments | | =Meatless Meal (may contain eggs and/or dairy) | | | | | | | |
| | | 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 | | | | | | | |