



**HUMAN  
SERVICES**

# February

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>2 9:30am Field Trip*: Reservation Required </p> <p>10am OATS Technology: Exploring AI Program</p>	<p>3 9:30am OASIS Technology: Exploring the Internet 10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: iPhone Basics</p>	<p>4 9:00am UT HEALTH NURSING STUDENTS 9:30am OASIS Technology: iPad Basics 10am BINGO</p> <p>1:00pm OASIS Technology: iPhone Basics</p>	<p>5 10:30am Loteria with Luis </p>	<p>6 10am BINGO 10am OATS Technology: Exploring AI Programs</p>
<p>9 10:45am Field Trip*: Reservation Required </p> <p>10am OATS Technology: Exploring AI Program</p>	<p>10 9am Nutrition Education 9:30am OASIS Technology: Exploring the Internet 10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: Cybercrime - What's the Best Browser for Me?</p>	<p>11 9:00am Oasis Presentation 9:00am UT HEALTH NURSING STUDENTS 9:30am OASIS Technology: Oasis Connections Guide to Internet Safety 10am BINGO</p> <p>1:00pm OASIS Technology: Cybercrime - What's the Best Browser for Me?</p>	<p>12 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY </p>	<p>13 8:30am Easy Crafts 10am BINGO 10am OATS Technology: Exploring AI Program 2:30pm Early Closure HAPPY VALENTINE'S DAY</p>
<p>16 9am Mandatory Volunteer Training </p>	<p>17 9:30am OASIS Technology: Learning Gmail 10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: Cybercrime - Phishing and Identity Theft</p>	<p>18 9:00am UT HEALTH NURSING STUDENTS 9:30am OASIS Technology: Exploring the Internet 10am BINGO</p> <p>1:00pm OASIS Technology: SmartPhone Photography</p>	<p>19 9:30am Field Trip*: Reservation Required </p>	<p>20 8:30am Easy Crafts 9am WellMed Nurse Presentation 10am OATS Technology: Exploring AI Program 10am BINGO</p>
<p>23 9:30am Field Trip*: Reservation Required  San Antonio African American Community Archive and Museum \$5 FEE PER PERSON 10am OATS Technology: Exploring AI Program</p>	<p>24 9:30am OASIS Technology: Learning Gmail 9:30 am Walking with WellMed 10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: Cybercrime - Phishing and Identity Theft</p>	<p>25 9:00am UT HEALTH NURSING STUDENTS 9am Nutrition Education 9:30am OASIS Technology: Exploring the Internet 10am BINGO</p> <p>1:00pm OASIS Technology: SmartPhone Photography</p>	<p>26 9:30 am Lion Club Used Eye Glasses Collection 10:30am Loteria with Luis </p>	<p>27 8:30am Easy Crafts 9am WellMed Caregiver SOS Presentation 9:30 am Lion Club Used Eye Glasses Collection 10am OATS Technology: Exploring AI Program 10am BINGO NO MEAL NO TRANSPORTATION</p>
<p>*Please make reservations for any trips on the check-in kiosk.</p> <p>Transportation Schedule is due every Thursday before 12pm</p>	<p>Commemorating 100 years of Black History at Bob Ross</p> <p></p>	<p>Members must keep all Personal belongings with them at all times.</p>	<p></p>	<p>Calendar subject to change without advance notice.</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 NEW CLASS COMING SOON

### 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
- ◊ 1:30pm Los Clasicos del Ritmo de Bob Ross
- ◊ 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 de Bob Ross
- ◊ 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 - FULL CLASS
- ◊ 12:30pm-2:30pm Beginning Painting- Rm 155 - FULL CLASS

NEW SEMESTER STARTING AFTER SPRING BREAK

## 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).



## FEBRUARY 26TH 4 PM - 6 PM



RESERVATION REQUIRED

## Join us for Black History Month

Visual informational material displayed throughout center

## MANDATORY VOLUNTEER TRAINING FEBRUARY 16 9 TO 10:30 AM

REQUIRED FOR ALL CURRENT VOLUNTEERS AND THOSE INTERESTED IN BECOMING VOLUNTEERS



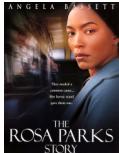
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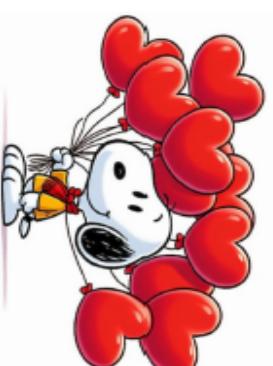
Monday-Thursday 4pm-8pm

## Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 4:00pm MOVIE The Rosa Parks Story </p> <p>4:00pm El Gendarme Desconocido </p> <p>5:30pm YMCA Zumba GOLD</p>	<p><b>3</b> 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p><b>4</b> 3:30pm Karaoke </p> <p>4:45pm YMCA Strength &amp; Cardio 4pm Beginners Creative Writing Conference Rm</p>	<p><b>5</b> 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM NEW CLASS COMING SOON</p>	<p><b>6</b> <b>NO EXTENDED HOURS PROGRAM</b></p>
<p><b>9</b> 4:00pm MOVIE Akeelah and the Bee </p> <p>5:30pm YMCA Zumba GOLD</p>	<p><b>10</b> 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p><b>11</b> 3:30pm Karaoke </p> <p>4:45pm YMCA Strength &amp; Cardio</p>	<p><b>12</b> 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM NEW CLASS COMING SOON</p>	<p><b>13</b> <b>NO EXTENDED HOURS PROGRAM</b></p>
<p><b>16</b> 4:00pm MOVIE Pride </p> <p>5:30pm YMCA Zumba GOLD</p>	<p><b>17</b> 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p><b>18</b> 3:30pm Karaoke </p> <p>4:45pm YMCA Strength &amp; Cardio</p>	<p><b>19</b> 3:30pm Jeopardy 4:00pm Specialty Bingo </p> <p>4:45PM NEW CLASS COMING SOON</p>	<p><b>20</b> <b>NO EXTENDED HOURS PROGRAM</b></p>
<p><b>23</b> 4:00pm MOVIE The Ballad of Davy Crockett </p> <p>5:30pm YMCA Zumba GOLD</p>	<p><b>24</b> 4:00pm Bingo </p> <p>5:30pm YMCA Chair Yoga 6pm Jeopardy</p>	<p><b>25</b> 3:30pm Karaoke </p> <p>4:45pm YMCA Strength &amp; Cardio</p>	<p><b>26</b> 4pm </p> <p>RESERVATION REQUIRED</p>	<p><b>27</b> <b>NO EXTENDED HOURS PROGRAM</b></p>
<p><b>Calendar subject to change without advance notice.</b></p>		<p><b>*Please make reservations for any trips on the check-in kiosk.</b></p> <hr/> <p>Transportation Schedule is due every Thursday before 12pm</p>		<p><b>Members must keep all Personal belongings with them at all times.</b></p>



# February 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
	<b>Smothered Popcorn Chicken [17]</b> over Creamy Mashed Potatoes [17] ♦ <b>Parsley Peas &amp; Carrots [10]</b> ♦ <b>Sweet Corn [18]</b> ♦ <b>Diced Pears [18]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Conchitas con Carne [22]</b> over Savory Cornbread Bowl [33] <b>California Veggie Medley [7]</b> ♦ <b>Corn [18]</b> ♦ <b>Cookie [22]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Classic Chicken Parmesan [14]</b> <b>Garlic Buttered Penne Pasta [21]</b> ♦ <b>Italian Vegetable Medley [12]</b> ♦ <b>Sliced Wheat Bread [4]</b> ♦ <b>Fresh Orange [17]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Homestyle Meatloaf [8]</b> <b>Broccoli &amp; Cheddar Mac n' Cheese [23]</b> <b>Mixed Vegetable Medley [12]</b> ♦ <b>Ketchup x 2 [4]</b> ♦ <b>Apple Slices [7]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Oven Baked Chicken Tenders [16]</b> <b>w/ Savory Rice Pilaf [22]</b> ♦ <b>California Veggie Medley [7]</b> ♦ <b>Seasoned Green Beans [6]</b> ♦ <b>Whole Grain Roll [17]</b> ♦ <b>Banana [26]</b> ♦ <b>2% Milk [12]</b> ♦
	675 calories/41 g protein	705 calories/48 g protein	675 calories/42 g protein	635 calories/29 g protein	660 calories/42 g protein
	2/9/2026	2/10/2026	2/11/2026	2/12/2026	2/13/2026
	<b>Chicken Noodle Casserole [18]</b> <b>Seasoned Broccoli Florets [5]</b> ♦ <b>Corn [18]</b> ♦ <b>Buttermilk Biscuit [27]</b> <b>Diced Peaches [14]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Cilantro Lime Chicken [3]</b> over Steamed Brown Rice [22] ♦ <b>Roasted Corn &amp; Black Beans [17]</b> ♦ <b>Rauchero Sauce [6]</b> <b>Tortilla Chips [18]</b> ♦ <b>Mandarin Oranges [16]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Cheesy Beef Cavatappi [24]</b> over Vegetable Fried Rice [23] ♦ <b>Seasoned Brussel Sprouts [7]</b> ♦ <b>Raisins [30]</b> ♦ <b>2% Milk [12]</b> ♦	<b>General Teo's Chicken [25]</b> over Steamed Edamame Dumplings [12] ♦ <b>Green Beans &amp; Carrot Medley [6]</b> ♦ <b>Diced Peaches [14]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Country Fried Steak [27]</b> <b>Garlic Mashed Potatoes [17]</b> ♦ <b>Southern Style Okra [9]</b> ♦ <b>Applesauce [14]</b> ♦ <b>2% Milk [12]</b> ♦
	720 calories/34 g protein	730 calories/35 g protein	670 calories/34 g protein	630 calories/29 g protein	640 calories/29 g protein
	2/16/2026	2/17/2026	2/18/2026	2/19/2026	2/20/2026
	<b>Beef Tamales [24]</b> <b>Spanish Rice [23]</b> ♦ <b>Charro Beans [18]</b> <b>Mild Salsa [3]</b> ♦ <b>Mandarin Oranges [16]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Three Cheese Manicotti [37]</b> <b>Winter Vegetable Medley [7]</b> ♦ <b>Candied Carrots [10]</b> ♦ <b>Sliced Bread [14]</b> ♦ <b>Grapes [11]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Hearty Beef &amp; Vegetable Stew [11]</b> ♦ <b>Seasoned Green Beans [6]</b> ♦ <b>Chuckwagon Corn [14]</b> ♦ <b>Whole Wheat Crackers [30]</b> <b>Banana [26]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Breaded Pollock Nuggets [25]</b> <b>Sweet Potato Tots [20]</b> <b>Mixed Vegetable Medley [12]</b> ♦ <b>Tartar Sauce [1]</b> ♦ <b>Applesauce [14]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Garden Burger w/ Cheese [7]</b> <b>Seasoned Potato Wedges [19]</b> ♦ <b>BBQ Baked Beans [30]</b> <b>Whole Grain Hamburger Bun [23]</b> <b>Lettuce, Tomato, Onion Garnish [4]</b> ♦ <b>Ketchup and Mustard [2]</b> ♦ <b>Apple Slices [7]</b> ♦ <b>2% Milk [12]</b> ♦
	660 calories/38 g protein	655 calories/29 g protein	690 calories/33 g protein	650 calories/36 g protein	670 calories/33 g protein
	2/23/2026	2/24/2026	2/25/2026	2/26/2026	2/27/2026
	<b>Salisbury Steak [7]</b> <b>Cheesy Scalloped Potatoes [22]</b> <b>Paroled Peas &amp; Carrots [10]</b> ♦ <b>Combread Loaf [29]</b> ♦ <b>Diced Pears [18]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Roasted Corn &amp; Black Beans [17]</b> ♦ <b>Seasoned Green Beans [6]</b> ♦ <b>Lettuce &amp; Tomatoes [3]</b> ♦ <b>Sour Cream [1]</b> ♦ <b>Fresh Orange [17]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Garlic &amp; Herb Smothered Chicken [12]</b> <b>Maple Roasted Sweet Potatoes [19]</b> ♦ <b>Peas &amp; Pearl Onions [10]</b> ♦ <b>Garlic Bread [14]</b> ♦ <b>Grapes [11]</b> ♦ <b>2% Milk [12]</b> ♦	<b>Grilled Aloha Pineapple Chicken [17]</b> <b>Coconut Rice [29]</b> ♦ <b>Mixed Vegetable Medley [12]</b> ♦ <b>Whole Grain Roll [12]</b> ♦ <b>Banana [26]</b> ♦ <b>2% Milk [12]</b> ♦	<b>QUARTERLY TRAINING-HEAL HOLIDAY</b> <b>Garden Burger w/ Cheese [7]</b> <b>Seasoned Potato Wedges [19]</b> ♦ <b>BBQ Baked Beans [30]</b> <b>Whole Grain Hamburger Bun [23]</b> <b>Lettuce, Tomato, Onion Garnish [4]</b> ♦ <b>Ketchup and Mustard [2]</b> ♦ <b>Apple Slices [7]</b> ♦ <b>2% Milk [12]</b> ♦
	725 calories/31 g protein	640 calories/39 g protein	635 calories/36 g protein	710 calories/37 g protein	745 calories/42 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.