

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9:30am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: Exploring AI Program Series</p>	<p>3 9:30am OASIS Technology: Exploring the Internet</p> <p>9:30 am Walking with WellMed</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: MS Word</p>	<p>4 9:30 am Lion Club Used Eye Glasses Collection</p> <p>9:30am OASIS Technology: Exploring the Internet</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Windows 11</p>	<p>5 10:30am Loteria with Luis</p>  	<p>6 9:30 am Lion Club Used Eye Glasses Collection</p> <p>8:30am Easy Crafts</p> <p>10am BINGO</p> <p>10am OATS Technology: Exploring AI Program Series</p>
<p>9 9:30am International Women's Day Arts and Crafts with Luis Reservation Required</p>  <p>10am OATS Technology: Exploring AI Program Series</p>	<p>10 9am Produce Market Education Reservation Required</p>  <p>9:30am OASIS Technology: Exploring the Internet</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: MS Word</p>	<p>11 9:00am Oasis Presentation</p> <p>9:30am OASIS Technology: Learning Gmail</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Smart Phone Photography</p>	<p>12 1pm Afternoon Commodities/CSFP Pick Up - Food Bank Registered Participants ONLY</p> 	<p>13 9:30am Field Trip*: Reservation Required</p>  <p>10am BINGO</p> <p>10am OATS Technology: Graduation</p> <p>2:30pm Early Closure</p>
<p>16 9:30am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: Banking & Finance Apps at a Glance</p>	<p>17 9:30am OASIS Technology: Exploring the Internet</p> <p>9:30 am Walking with WellMed</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: MS Word</p>	<p>18 9:00am Name that Tune w/ Keith</p> <p>9:30am OASIS Technology: Learning Gmail</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Smart Phone Photography</p>	<p>19 9am Spring Resource Fair Reservation Required</p>  <ul style="list-style-type: none"> * Vendors * Fruit Cups * Raffle 	<p>20 8:30am Easy Crafts</p> <p>9am WellMed Nurse Presentation</p> <p>10am OATS Technology: Understanding Fraud & Scams</p> <p>10am BINGO</p>
<p>23 10:45am Field Trip*: Reservation Required</p>  <p>10am OATS Technology: Digital Vaults</p>	<p>24 9:30am OASIS Technology: Making the Most of Virtual Libraries</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: MS Word</p>	<p>25 9:30am OASIS Technology: Meet the Computer</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: YouTube</p>	<p>26 10:00am Nutrition Ed and Veggie Bingo</p> 	<p>27 8:30am Easy Crafts</p> <p>10am OATS Technology: Intro to Estate Planning Tools</p> <p>10am BINGO</p>
<p>30 9am Project Mend</p>  <p>10am OATS Technology: Online RX Drug Resources</p>	<p>IN OBSERVANCE OF <i>Cesar Chavez Day!</i></p> <p>OUR OFFICE WILL BE CLOSED MARCH 31ST</p>	<p>Members must keep all Personal belongings with them at all times.</p>	<p>*Please make reservations for any trips on the check-in kiosk.</p> <p>Transportation Schedule is due every Tuesday before 12pm</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 YMCA Silver Sneakers

- 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

Elderly Financial Service Program

- ◇ Financial Counselor - Deborah Romo - 210-206-5381
- ◇ Family Support Worker - Debra Martinez 210-207-75215

WellMed

- ◇ Nurse available Tuesday through Friday
8:00 am to 3:30 pm

Agent with Texas Medicare Solutions

New Day Thursday from 10 am to 1 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 APRIL 6

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 OUR PRODUCE MARKET
TAKING PLACE ON MARCH 10
NUTRITION EDUCATION BEGINS AT
9:30AM - MANDATORY ATTENDANCE
FOR PRODUCE BOX
MARKET OPENS AT 10:30AM
RESERVATION REQUIRED**



**JOIN US WHEN WE GO TO MARKET
SQUARE THIS MONTH ON MARCH 12
AT 4PM AND MARCH 13 AT 9:30 AM.**

**RESERVATIONS ARE REQUIRED
MEMBERS MAY ONLY ATTEND ONE DATE**



Spring Resource Fair

- * Vendors
- * Fruit Cups
- * Raffle

Thursday, March 19
9:00 am to 11:00 am
&
4:00 pm to 6:00 pm





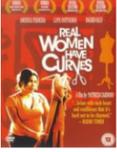
HUMAN SERVICES

MARCH

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

Monday-Thursday 4pm-8pm

Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>2 4:00pm MOVIE Betty & Coretta</p>  <p>4:00pm MOVIE Maria Candelaria</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>3 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>4 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p> <p>4pm Beginners Creative Writing</p>	<p>5 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>6</p> <p>NO EXTENDED HOURS PROGRAM</p>	
<p>9 4:00pm MOVIE Real Women Have Curves</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>10 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>11 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>12 4pm Field Trip*: Reservation Required</p>  <p>4:00pm Specialty Bingo</p> <p>4:45PM YMCA Silver Sneakers</p>	<p>13</p> <p>NO EXTENDED HOURS PROGRAM</p>	
<p>16 4:00pm MOVIE Norma Rae</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>17 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>18 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>19 4pm Spring Resource Fair Reservation Required</p>  <p>Spring Resource Fair</p> <ul style="list-style-type: none"> * Vendors * Fruit Cups * Raffle 	<p>20</p> <p>NO EXTENDED HOURS PROGRAM</p>	
<p>23 4:00pm MOVIE Joy</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>24 4:00pm Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>25 3:30pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>26 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Silver Sneakers</p>	<p>27</p> <p>NO EXTENDED HOURS PROGRAM</p>	
<p>30 4:00pm MOVIE RBG (Ruth Bader Ginsburg)</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>IN OBSERVANCE OF <i>Cesar Chavez Day!</i></p> <p>OUR OFFICE WILL BE CLOSED MARCH 31ST</p>		<p>*Please make reservations for any trips on the check-in kiosk.</p> <hr/> <p>Transportation Schedule is due every Tuesday before 12pm</p>	<p>Calendar subject to change without advance notice.</p>	<p>Members must keep all Personal belongings with them at all times.</p>



March 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3/2/2026</p> <p>Chicken a la King [9] over a Buttermilk Biscuit [28] California Vegetable Medley [7] ▼ Corn [18] ▼ Mixed Fruit [16] ▼ 2% Milk [12] ▼</p> <p>635 calories/39 g protein</p>	<p>3/3/2026</p> <p>Beef Enchiladas [30] Chantro Lime Rice [24] Refried Beans [24] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼</p> <p>690 calories/33 g protein</p>	<p>3/4/2026</p> <p>Turkey Shepherd's Pie [22] Winter Vegetable Medley [7] ▼ Chuckwagon Corn [14] ▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼</p> <p>635 calories/37 g protein</p>	<p>3/5/2026</p> <p>BBQ Glazed Grilled Chicken [15] Roasted Sweet Potatoes [14] ▼ Peas & Pearl Onions [10] ▼ Cornbread Loaf [29] ▼ Grapes [11] ▼ 2% Milk [12] ▼</p> <p>630 calories/34 g protein</p>	<p>3/6/2026</p> <p>Personal Cheese Pizza [26] Mixed Vegetable Medley [12] ▼ Cauliflower Florets [4] ▼ Garlic Bread [14] ▼ Orange [17] ▼ 2% Milk [12] ▼</p> <p>660 calories/33 g protein</p>
<p>3/9/2026</p> <p>Steak Pizzaiola [11] Roasted Red Potatoes [15] ▼ Mixed Vegetable Medley [12] ▼ Whole Grain Roll [12] ▼ Diced Peaches [14] ▼ 2% Milk [12] ▼</p> <p>625 calories/31 g protein</p>	<p>3/10/2026</p> <p>Chicken Empanadas [31] Spanish Rice [23] ▼ Roasted Corn & Green Beans [15] ▼ Orange [17] ▼ Mild Salsa [3] ▼ 2% Milk [12] ▼</p> <p>675 calories/35 g protein</p>	<p>3/11/2026</p> <p>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] ▼</p> <p>660 calories/35 g protein</p>	<p>3/12/2026</p> <p>Honey Garlic Glazed Chicken [27] Vegetable Fried Rice [23] ▼ Gingered Carrots [10] ▼ Fortune Cookie [4] ▼ Grapes [11] ▼ 2% Milk [12] ▼</p> <p>635 calories/33 g protein</p>	<p>3/13/2026</p> <p>Lemon Buttered Alaskan Pollock [13] Creamy Mac n' Cheese [22] Stewed Tomatoes [8] Whole Grain Roll [12] ▼ Tartar Sauce [1] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼</p> <p>685 calories/30 g protein</p>
<p>3/16/2026</p> <p>Smothered Popcorn Chicken [17] over Creamy Mashed Potatoes [17] ▼ Parshed Peas & Carrots [10] ▼ Sweet Corn [18] ▼ Diced Peas [18] ▼ 2% Milk [12] ▼</p> <p>675 calories/41 g protein</p>	<p>3/17/2026</p> <p>Hearty Beef & Vegetable Stew [11] ▼ Seasoned Green Beans [6] ▼ Chuckwagon Corn [14] ▼ Whole Wheat Crackers [30] Cookie [22] ▼ Mandarin Oranges [16] ▼ 2% Milk [12] ▼</p> <p>750 calories/37 g protein</p>	<p>3/18/2026</p> <p>Classic Chicken Parmesan [14] Garlic Buttered Penna Pasta [21] ▼ Italian Vegetable Medley [12] ▼ Sliced Wheat Bread [14] ▼ Grapes [11] ▼ 2% Milk [12] ▼</p> <p>675 calories/42 g protein</p>	<p>3/19/2026</p> <p>Homesyle Meatloaf [8] w/ Savory Rice Pilaf [22] ▼ California Veggie Medley [7] ▼ Seasoned Green Beans [6] ▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼</p> <p>635 calories/29 g protein</p>	<p>3/20/2026</p> <p>Tuna Salad Sandwich [2] Italian Pasta Salad [20] Chilled Three Bean Medley [19] W/G Hamburger Bun [23] Apple Slices [7] ▼ 2% Milk [12] ▼</p> <p>660 calories/37 g protein</p>
<p>3/23/2026</p> <p>Savory Turkey Chili [10] over Sweet Cornbread Bowl [33] Parshed Cauliflower Florets [4] ▼ Mixed Veggie Medley [12] ▼ Applesauce [14] ▼ 2% Milk [12] ▼</p> <p>615 calories/32 g protein</p>	<p>3/24/2026</p> <p>Chantro Lime Chicken [3] over Steamed Brown Rice [22] ▼ Roasted Corn & Black Beans [17] ▼ Ranchero Sauce [6] Tortilla Chips [18] ▼ Grapes [11] ▼ 2% Milk [12] ▼</p> <p>650 calories/44 g protein</p>	<p>3/25/2026</p> <p>Cheesy Beef Cavatappi [24] Dilled Baby Carrots [7] ▼ Seasoned Brussel Sprouts [7] ▼ Whole Grain Roll [12] ▼ Banana [26] ▼ 2% Milk [12] ▼</p> <p>710 calories/36 g protein</p>	<p>3/26/2026</p> <p>General Tso's Chicken [25] over Vegetable Fried Rice [23] ▼ Steamed Edamame Dumplings [12] ▼ Green Beans & Carrot Medley [6] ▼ Fortune Cookie [4] ▼ Orange [17] ▼ 2% Milk [12] ▼</p> <p>660 calories/30 g protein</p>	<p>3/27/2026</p> <p>Three Cheese Manicotti [37] Winter Vegetable Medley [7] ▼ Candied Carrots [10] ▼ Sliced Bread [14] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼</p> <p>675 calories/33 g protein</p>
<p>3/30/2026</p> <p>Chicken Noodle Casserole [18] Broccoli Florets w/ Red Peppers [5] ▼ Corn [18] ▼ Buttermilk Biscuit [27] Diced Peaches [14] ▼ 2% Milk [12] ▼</p> <p>660 calories/38 g protein</p>	<p>3/31/2026</p> <p>CEASAR CHAVEZ DAY - HEAL HOLIDAY</p> <p>Beef Tannals [24] Spanish Rice [23] ▼ Charro Beans [18] Mild Salsa [3] ▼ Orange [17] ▼ 2% Milk [12] ▼</p> <p>655 calories/30 g protein</p>	<p>4/1/2026</p> <p>Oven Baked Chicken Tenders [16] Broccoli & Cheddar Mac n' Cheese [23] Mixed Vegetable Medley [12] ▼ Ketchup x 2 [4] ▼ Banana [26] ▼ 2% Milk [12] ▼</p> <p>730 calories/44 g protein</p>	<p>4/2/2026</p> <p>Conchitas con Carne [22] Squash & Pepper Medley [4] ▼ Seasoned Carrot Coins [7] ▼ Cornbread Loaf [29] ▼ Apple Slices [7] ▼ 2% Milk [12] ▼</p> <p>665 calories/46 g protein</p>	<p>4/3/2026</p> <p>Country Fried Steak [27] Garlic Mashed Potatoes [17] ▼ Southern Style Okra [9] ▼ Sliced Bread [14] ▼ Grapes [11] ▼ 2% Milk [12] ▼</p> <p>705 calories/32 g protein</p>

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.