





Robinette Senior Center
1423 S. Ellison Dr. Bldg 2
San Antonio, TX. 78245
210-207-3260
7:00 am–8:00pm

(Note: Calendar subject to change without advance notice)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Older American Month!		Happy Asian American & Pacific Islander Heritage Month!	1 9:00a-Field Trip -St. Philip's College CultureFest 12:15p–1:15p LOTERIA (DR)	
5 Happy Cinco de Mayo! <i>Show off your best Mexican outfit!</i> 9:30a-10:30a Seniors in Play Table/Info (DR)	6 <div>10:00a-11:00a New Member Orientation (DR)</div> 10:00a-10:30a Volunteer Training (DR)	7 Robinette Spirit Day! (wear your Robin T-Shirt) 8:15a-11:00a –Field Trip-Older Americans Month Proclamation Downtown (Lunch available for purchase at Pico de Gallo).	8 9:30a-10:30a Mother's Day Celebration (Tea Party) (DR) 12:15p-1:15p Bingo (DR)	9 CENTER CLOSED DHS Meeting <i>Beginning Monday May 12th Please bring Pictures of Past Loved Ones for Memorial Day Table. Display will be viewed May21st.</i>
12 <div>1:30p-2:30p New Member Orientation (DR)</div>	13 9:30a-10:45a Quick Cornhole Tourney (Robinette Members only) (Patio)	14 9:00a-10:00a Christian Dental (DR) 9:30a-12:30p University Health Injury Prevention program-Carfit (members must pre-approved)	15 9:30a -Field Trip –Carver Jazz Concert 12:15p-1:15p LOTERIA (DR)	16 10:15a-10:30a Nutrition Ed. "Ds Vitamins" (DR) 2:00p-4:00p Community Service Awards (DR) Deadline for Memorial Day Pics Table is TODAY
19 9:30a-Field Trip –Japanese Tea Garden	20 10:00a-12:00p SOS Caregiver Info Table	21 <div>10:00a-11:00a New Member Orientation (DR)</div> Memorial Day Display Table (Hallway)	22 9:30a -Field Trip –Ruby City Art Museum 12:15p-1:15p Bingo (DR)	23 9:30a-10:30a Poetry Slam (DR) CENTER CLOSSES at 2:30p
26 Center Closed 	27 9:30a-11:00a Day 1- Rummikub Tournament (Robinette Members only)	28 9:30a-11:00a Day 2- Rummikub Tournament (Robinette Members only)	29 9:30a-10:00a Robin Rooster Store (AR) 12:15p-1:15p LOTERIA (DR)	30 10:15a-10:30a Nutrition Ed. "Ds Vitamins" (DR) 10:30a-11:00a Nurse Talk w/Marivel (DR) 12:15p-2:15p MovieTime (DR)

DAILY ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30am-10:00am WellMed-Stretch Class-Marivel (Gym)	8:00am-9:00am Tuesdays GYM Walkabout (Gym)	9:00am-10:00am YMCA-Silver Sneakers -Ener-Chi -Natalie (Gym)	9:00am-10:00am YWCA-Line Dance - Nora (Gym)	8:00am-9:00am YMCA-Chair Yoga-Erma (Gym)
9:30am-10:30am Learn Table Games w/ Peter (DR)	8:00am-11:00am Quilting-Carolina (AR)	10:30am-11:15am YWCA-Yo-Chi -Jessica (Gym)	9:00am-11:00am Bihl Haus-Beginning Drawing–Liz(AR)	9:30a-11:00a Urban 15 –A Bailar (Gym)
10:00am-11:00am YMCA-Line Dancing-Inez (Gym)	9:00am-10:00am YWCA- Zumba Gold - Jessica (Gym)	12:00pm-1:00pm Wednesdays GYM Walkabout (Gym)	9:00am-11:00am OASIS Computer Class (CR) 5/1-Accessibility Settings 5/8,5/15–SmartPhone Photography 5/22,5/29–Learning Gmail-William	9:30a-10:00a Oscar's Fitness Orientation (FC)
Technology Class - OATS–(English) 1:30pm-2:30pm (CR) -Rolona 5/12–Saving Money with Tech 5/19–Intro Diet Wallet 	10:00am-11:00am YMCA -Yoga- Erma (Gym) 	Technology Class -OATS–(English) 1:30pm-2:30pm (CR) -Rolona 5/7–Passwords, Pass-keys, and more 5/14–Digital Coupon Tools 5/21–Intro Selling Online 5/28-Facebook Marketplace 	10:00am-11:00am YMCA-SS Classic - Natalie (Gym)	12:30p-2:00p Friday Fun Day in The Gym
12:00pm-1:30pm Crochet/Knitting –Maria (AR) Everyone Welcome!	11:00am-12:30PM Basketball Free Play		11:00am-12:30pm Basketball Free Play	12:15p-3:00p Monthly Movie (DR) 5/30 "The Beekeeper" starRing– Jason Statham
12:30pm-1:30pm YMCA-Zumba Gold - Robyn (Gym)	12:15pm-2:15pm KARAOKE (DR)		12:00pm-1:30pm Seniors in Play (AR)	
		12:30pm-2:00pm Chair Volleyball (Gym) (Robinette members Only)	1:00pm-3:00pm OASIS Computer Class (CR) 5/1-Entertainment Apps 5/8, 5/15 –Meet the Computer 5/22 –Virtual Libraries 5/29 –Digital Assistants -William	
	12:30pm-2:00pm Chair Volleyball (Open Play) (Gym)	1:00pm-3:00pm Bihl Haus-Beginning Painting–Liz(AR)		

WELCOME TO ROBINETTE SENIOR CENTER!

**All Bexar County Resident Seniors 60+
are eligible to register to be a member.
Membership is free!**

**Healthy Mind!
Healthy Body!
Healthy Life!**



LUNCH TIME!

H.E.A.L. PROGRAM

(Healthy Eating, Aging, Living)

Join us for a healthy lunch with friends or meet new ones.
Lunch Ticket Distribution - 8:30am-11:00am (or until tickets run out).

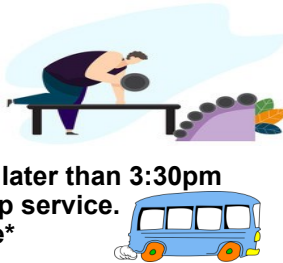
Lunch is served from 11:00am-12:00pm (while supplies last.)
Lunch is on a first come, first served basis. So come early.

**Senior lunch time, during Holiday Kids Camp,
will change from 12:00pm—1:00pm.**

***NOTE: Meals Cannot be Taken Out of Dining Room**

Meal Program Requirement: Members Must attend one 15
minute Nutrition Education Class each year.

Nutrition Education Class each year.



Health Screenings

w/ **Nurse Marivel LVN**

Monday, Tuesday, Wednesday, Friday

Office Hours: 8am-3:30pm

(closed for 1 hr lunch)

**Blood Pressure *Blood Sugar*
Weight/BMI (body mass index)**

***Shuttle Bus reservations should be made no later than 3:30pm
Thursday, prior to the week for pick up service.
See front desk for assistance***



RULES of CONDUCT

1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age, or disability.
3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the influence.
5. Participant should not bring or consume food or beverages in the computer labs.
6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
8. Participants should not steal, destroy or damage property in the Center.
9. Only drinks with tops are allowed outside of the Dining Room.
10. Hot Meals, as well as juice or milk, are not allowed to be taken home; they must be consumed during lunch hour in the Dining Room.



IMPORTANT CENTER DATES and THINGS to REMEMBER

**Please remember to bring your Membership Card at all times to
CHECK-IN at the FRONT DESK. You will also need your Membership Card to
check-in for lunch in the Dining Room.**

Hot Meals Cannot be TAKEN OUT of Dining Room. This includes juice and milk.

EARLY CLOSURE AT 2:30pm every fourth Friday of the Month!














Robinette Senior Center will be closed on the following dates: (May 2nd, 9th, 26th)

A Mother's Day Celebration will take place on Thursday May 8th.

May 2025

Evening Hours

Barbara "Robbie"
Senior Center
1423 South Ellison Dr. Bldg #2
San Antonio, TX 78245
210-207-3260
Monday—Thursday, 4:00pm—8:00pm

Monday	Tuesday	Wednesday	Thursday
<p>Room Key</p> <p>(DR) Dining Room (CR) Computer Room (AR) Art Room (GM) Gym</p>	<p>The Department of Human Services is committed to providing San Antonio older adults with comprehensive services that will empower the older adult community to lead active, independent, and engaged lives.</p>		<p>1 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p> 
<p>5 Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>Craft 5-6pm (AR)</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>6 Tech Class /OATS Passwords, Passkeys & More Elizabeth 4-5pm (CR)</p> <p>Karaoke 5-6pm (DR)</p> 	<p>7 Tech Class /OATS Messaging Apps Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>8 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>12 Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>13 Tech Class /OATS Job Searching in the Digital Age Elizabeth 4-5pm (CR)</p> <p>Karaoke 5-6pm (DR)</p> 	<p>14 Tech Class /OATS Tech for Aging in Place Elizabeth 4-5 (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>15 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p> 
<p>19 Silver & Fit (Circuit Style) YMCA Ava (GM) 4-5pm</p> <p>Craft 5-6pm (AR)</p> <p>ZUMBA (DR) 6:30-7:30pm (Parks)</p>	<p>20 Tech Class /OATS Tech resources for Everyday Life-Ses 1 Elizabeth 4-5pm (CR)</p> <p>Karaoke 5-6pm (DR)</p>  <p>Heritage NA 7-8PM (DR)</p>	<p>21 Tech Class /OATS Tech resources for Everyday Life-Ses 2 Elizabeth 4-5pm (CR)</p> <p>BINGO 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>22 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>Loteria 5-6pm (DR)</p> 
<p>26 Memorial Day Holiday</p> <p>Center is Closed</p>	<p>27 Tech Class /OATS Tech resources for Everyday Life-Ses 3 Elizabeth 4-5pm (CR)</p> <p>Karaoke 5-6pm (DR)</p> 	<p>28 Tech Class /OATS Tech resources for Everyday Life-Ses 4 Elizabeth 4-5pm (CR)</p> <p>Loteria 5-6pm (DR)</p>  <p>YOGA Sculpt 6:30-7:30pm (Parks) (GM)</p>	<p>29 Line Dancing (GM) YMCA-Jane 4pm – 5pm</p> <p>BINGO 5-6pm (DR)</p>  <p>ROBBIE ROOST STORE (DR) 6-7pm</p>



HUMAN SERVICES



May 2025



MONDAY 4/28/2025	TUESDAY 4/29/2025	WEDNESDAY 4/30/2025	THURSDAY 5/1/2025	FRIDAY 5/2/2025
Sweet and Sour Meatballs [24] over Fluffy Rice [22] ▼ Steamed Dumplings [12] ▼ Stir Fry Vegetable Medley [12] ▼ <i>Fortune Cookie [4] ▼</i> <i>Diced Pears [19] ▼</i> 2% Milk [12] ▼ 750 calories / 31 g protein	Shepherd's Pie [22] Steamed Broccoli Florets [6] ▼ Sweet Corn [20] ▼ <i>Whole Grain Dinner Roll [13] ▼</i> <i>Banana [26] ▼</i> 2% Milk [12] ▼ 720 calories / 38 g protein	Breaded Chicken Piccata[14] Herbed Bow Tie Pasta [20] ▼ Normandy Vegetable Medley [7] ▼ <i>Garlic Bread [14] ▼</i> <i>Grapes [21] ▼</i> 2% Milk [12] ▼ 720 calories / 39 g protein	Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11] ▼ Cauliflower Florets [4] ▼ <i>Apple Slices [15] ▼</i> 2% Milk [12] ▼ 715 calories / 31 g protein	Cheese Enchiladas [32] Cilantro Lime Rice [25] ▼ Refried Beans [21] ▼ <i>Orange [17] ▼</i> 2% Milk [12] ▼ 720 calories / 39 g protein
BBQ Beef Brisket [11] Rosemary Roasted Potatoes [19] ▼ Seasoned Green Beans[7] ▼ <i>Sliced Wheat Bread [14] ▼</i> <i>Diced Peaches [14] ▼</i> 2% Milk [12] ▼ 665 calories / 35 g protein	Chicken Parmigiana [19] Buttered Penne Pasta [22] ▼ Normandy Vegetable Medley [7] ▼ <i>Whole Grain Dinner Roll [13] ▼</i> <i>Apple Slices [8] ▼</i> 2% Milk [12] ▼ 645 calories / 42 g protein	Beef Tamales [24] Spanish Rice [25] ▼ Zesty Black Beans [21] <i>Mild Salsa [5]</i> <i>Orange [17] ▼</i> 2% Milk [12] ▼ 675 calories / 32 g protein	Baked Chicken Tenders [16] Macaroni & Cheese [24] ▼ Mixed Vegetable Medley [13] ▼ <i>Ketchup [6] ▼</i> <i>Grapes [15] ▼</i> 2% Milk [12] ▼ 695 calories / 43 g protein	Savory Salisbury Steak [7] Herbed Rice Pilaf [23] ▼ Garlicky Peas & Carrots [10] ▼ <i>Whole Grain Dinner Roll [13] ▼</i> <i>Banana [26] ▼</i> 2% Milk [12] ▼ 635 calories / 30 g protein
Turkey Chili Cornbread Bowl [44] Mixed Vegetable Medley [13] ▼ Cauliflower Florets [4] ▼ <i>Mixed Fruit [16] ▼</i> 2% Milk [12] ▼ 640 calories / 35 g protein	Teriyaki Beef & Broccoli [9] over Steamed Brown Rice [22] ▼ Vegetable Spring Rolls [13] Gingered Carrots[8] ▼ <i>Fortune Cookie [4] ▼</i> <i>Grapes [15] ▼</i> 2% Milk [12] ▼ 620 calories / 36 g protein	Chicken Fried Chicken [15] Garlic Mashed Potatoes [17] ▼ Southern Style Okra [9] ▼ <i>Buttermilk Biscuit [27]</i> <i>Apple Slices [8] ▼</i> 2% Milk [12] ▼ 710 calories / 36 g protein	Beef Stroganoff [17] Italian Veggie Medley [11] ▼ Herbed Green Peas [12] ▼ <i>Whole Grain Roll [13] ▼</i> <i>Banana [26] ▼</i> 2% Milk [12] ▼ 650 calories / 43 g protein	Black Bean Burger w/ Cheese [17] Roasted Sweet Potatoes [14] ▼ Winter Veggie Medley [7] ▼ <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion [4] ▼</i> <i>Ketchup & Mustard [2]</i> <i>Fresh Orange [17] ▼</i> 2% Milk [12] ▼ 625 calories/ 36 g protein
w/ Creamy Mashed Potatoes [17] ▼ Seasoned Brussel Sprouts [7] ▼ Corn [19] ▼ <i>Sliced Wheat Bread [14] ▼</i> <i>Diced Pears [17] ▼</i> 2% Milk [12] ▼ 650 calories / 33 grams protein	Rosemary Smothered Chicken [12] Cornbread Dressing [25] Garden Veggie Medley [13] ▼ <i>Whole Grain Dinner Roll [13] ▼</i> <i>Grapes [15] ▼</i> 2% Milk [12] ▼ 660 calories/39 g protein	Traditional Cheese Lasagna [34] Buttery Garlic Knot [27] Candied Carrots[8] ▼ <i>Orange [17] ▼</i> 2% Milk [12] ▼ 685 calories / 30 grams protein	King Ranch Chicken Casserole [15] Seasoned Green Beans [7] ▼ Roasted Sweet Corn [18] ▼ <i>Tortilla Chips [18]</i> <i>Banana [26] ▼</i> 2% Milk [12] ▼ 650 calories/ 40 g protein	Tuna Salad Sandwich [4] Chilled 3 Bean Medley [14] Italian Pasta Salad [23] <i>WG Hamburger Bun [23]</i> <i>Apple Slices [8] ▼</i> 2% Milk [12] ▼ 650 calories / 36 g protein
MEMORIAL DAY - HEAL HOLIDAY BBQ Grilled Chicken [11] Macaroni & Cheese [24] ▼ Southern Style Green Beans [8] ▼ <i>Cornbread [29] ▼</i> <i>Diced Peaches [14] ▼</i> 2% Milk [12] ▼ 735 calories / 50 grams protein	Traditional Swiss Steak [12] Scalloped Potatoes [22] Peas & Carrots [10] ▼ <i>Sliced Wheat Bread [14] ▼</i> <i>Banana [26] ▼</i> 2% Milk [12] ▼ 685 calories / 34 grams protein	Tangerine Chicken [26] over Sesame Brown Rice [22] ▼ Vegetable Dumplings [12] ▼ Broccoli w/ Red Peppers [5] ▼ <i>Fortune Cookie [4] ▼</i> <i>Orange [17] ▼</i> 2% Milk [12] ▼ 655 calories / 31 grams protein	Lemon Buttered Pollock [13] Pasta w/ Alfredo Sauce[25] Normandy Vegetable Medley [7] ▼ <i>Whole Grain Dinner Roll [13] ▼</i> <i>Apple Slices [8] ▼</i> 2% Milk [12] ▼ 705 calories / 34 grams protein	Flamed Grilled Cheeseburger [2] Roasted Potato Wedges [19] ▼ Mixed Vegetable Medley [13] ▼ <i>WG Hamburger Bun [23]</i> <i>Lettuce/Tomato/Onion [4] ▼</i> <i>Ketchup & Mustard [2]</i> <i>Fresh Grapes [15] ▼</i> 2% Milk [12] ▼ 695 calories / 34 grams protein
Legend	For more information call 210-207-7172. Menu subject to availability and change without notice.			
	[g of carbs]; ▼= 140mg sodium or less per serving; * = contains nuts; BOLD = in tray, Italic = Outside of Tray			
Comments	🍌 =Meatless Meal (may contain eggs and/or dairy) 1. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (g) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 g of carbohydrates while a snack consist of 15-30 g of carbohydrates.			