



Harlandale Nutrition Center
115 Southcross
San Antonio, 78221
210-924-4771
Monday- Friday 8am-1pm
Staff: Richard Ramos, NSC
Dolores Cortinas, NSC Floater
Robert & Elizabeth, Chauffeur

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	2 Center Closed Happy Fiesta!
5 8:00 Social Hour 9:00 Medicare/Medicaid Services 9:30 CINCO DE MAYO PARTY 11:00 Lunch	6 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	7 8:00 Social Hour 8:45 Older Americans' Month/ City Council Chambers 9:00 Bingo 11:00 Lunch	8 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	9 Center Closed Department Staff Training
12 8:00 Social Hour 9:00 Bingo 9:30 Birthday Celebration 11:00 Lunch	13 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	14 8:00 Social Hour 9:00 Bingo 10:30 Opera San Antonio Carver Community Culture Center 11:00 Lunch	15 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	16 8:00 Social Hour 9:00 Bingo 11:00 Lunch 2:00 pm Senior Community Service Award Barbara Robinette Community & Senior Center
19 8:00 Social Hour 9:00 Bingo 9:30 Thrift Store 11:00 Lunch	20 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch 11:30 Nutrition Education	21 8:00 Social Hour 9:00 Bingo 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	22 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	23 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch
26 CENTER CLOSED MEMORIAL DAY	27 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	28 8:00 Social Hour 9:00 Bingo 9:30 Chicho Boys Fruit Market 11:00 Lunch	29 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 10:30 Mi Tierra 11:00 Lunch	30 8:00 Social Hour 9:00 Bingo 11:00 Lunch
Food Bank			WellMed Nurse	
Food Bank will be Distributed May 21 at 11:00 am. *ID CARDS AND BINS REQUIRED*			Second Thursday of the month 8:00 am - 11:00 am	
Hot Meals are served Monday through Friday 11:00am-12:00 pm			In Person Fitness Classes	
Please make a reservation for bus transportation to any trips through Chauffeur, Richard, or Dolores.			Tuesdays: ◇ 10:00 am YMCA Chair Zumba Thursdays: ◇ 9:00 am YMCA Chair Yoga	
May Birthdays				
		5/8 Miguel Cortez 5/10 Gloria Herrera 5/16 Janie Guevara		5/24 Melissa Parra 5/31 Elisa Garza



FREE PARTICIPATION FOR OLDER ADULTS
Eligibility Criteria
At least 60 years old • Ability to take care of personal needs • Have Mental and Physical ability to act independently
May bring and use any personal device

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MAY 2025

Opera San Antonio

Wednesday, MAY 14, 2025
Experience the magic of opera in this fun, educational matinee! Enjoy live performances of famous arias and scenes while discovering the power of music, drama, and storytelling.
Perfect for all ages!

Field Trips

MAY 7
• 9:30 AM
HEB

MAY 28
• 9:30 AM
**CHICHO BOYS
FRUIT MARKET**

MAY 19
• 9:30 AM
THRIFT STORE

MAY 29
• 10:30 AM
**MI TIERRA
RESTAURANT**

WHAT HAPPENED LAST MONTH?



**MORGAN'S WONDERLAND
VOLUNTEER APPRECIATION EVENT**

ARTPACE

**3RD ANNUAL DISTRICT 3
PACHANGA**

**BRACKENRIDGE PARK
PICNIC IN THE PARK**