



MARCH

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00 Social Hour 9:00 Bingo 10:30 Taqueria Mexico 11:00 Lunch	4 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	5 8:00 Social Hour 9:00 Bingo 9:30 Movies 11:00 Lunch	6 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	7 8:00 Social Hour 9:00 Bingo 9:30 HEB 11:00 Lunch
10 8:00 Social Hour 9:00 Medicare/Medicaid Services 9:00 Bingo 11:00 Lunch	11 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	12 8:00 Social Hour 9:30 Birthday Celebration 11:00 Lunch	13 8:00 WellMed Nurse 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	14 8:00 Social Hour 9:00 Bingo 9:30 Walmart 11:00 Lunch
17 8:00 Social Hour 9:30 Center Anniversary 11:00 Lunch	18 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	19 8:00 Social Hour 9:00 Bingo 10:00 CSFP & HOPE Food Bank Distribution 11:00 Lunch	20 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	21 8:00 Social Hour 9:00 Bingo 9:30 Thrift Store 11:00 Lunch
24 8:00 Social Hour 9:00 Bingo 10:00 La Tiendita 11:00 Lunch	25 8:00 Social Hour 9:00 Loteria 10:00 YMCA Chair Zumba 11:00 Lunch	26 8:00 Social Hour 9:00 Bingo 9:30 Nutrition Education 11:00 Lunch	27 8:00 Social Hour 9:00 YMCA Chair Yoga 10:00 Loteria 11:00 Lunch	28 8:00 Social Hour 9:00 Bingo 10:30 Honolulu Theatre Carver Community Culture Center 11:00 Lunch
31 8:00 Social Hour 9:00 Bingo 11:00 Lunch				

Food Bank

Food Bank will be Distributed March 19 at 11:00 am. ***ID CARDS AND BINS REQUIRED***

Hot Meals are served Monday through Friday **11:00am-12:00 pm**

Please make a reservation for bus transportation to any trips through Chauffeur, Richard, or Dolores.

WellMed Nurse

Second Thursday of the month
8:00 am - 11:00 am

In Person Fitness Classes

Tuesdays:
 ♦ 10:00 am YMCA Chair Zumba
Thursdays:
 ♦ 9:00 am YMCA Chair Yoga

February and March Birthdays



3/5 Simona Silva
3/5 Jose Silva
3/13 Emma Avila



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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MARCH 2025

Honolulu Theatre

FRIDAY, MARCH 28, 2025
Aloha! Honolulu Theatre for Youth is a theatre of place, deeply rooted in the cultures and people of the Pacific and dedicated to serving young people, families and educators across the Hawaiian Islands. Join us for an forgettable time!

Field Trips

- MARCH 3**
 - 10:30 AM TAQUERIA MEXICO RESTAURANT
- MARCH 28**
 - 10:30 AM CARVER CULTURAL COMMUNITY CENTER



WHAT HAPPENED LAST MONTH?



COWBOY BREAKFAST PARTY WORLD HERITAGE CENTER VALENTINE'S DAY CELEBRATION