



Harlandale Nutrition Center 115 Southcross San Antonio, 78221 210-924-4771 Monday- Friday 8am-1pm Staff: Richard Ramos, NSC

HUMAN SERVICES SERVICES SERVICES SUBJECT: 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	Yoga	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			WellMed Nurse	
Food Bank will be Distributed March 19 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: o 10:00 am YMCA Chair Zumba Thursdays: o 9:00 am YMCA Chair Yoga	

February and March Birthdays



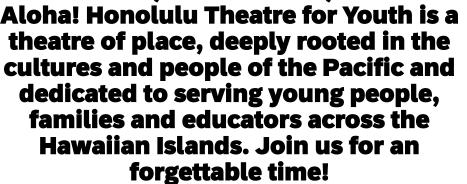
3/5 Simona Silva 3/5 Jose Silva 3/13 Emma Avila

WORLD HERITAGE CENTER

VALENTINE'S DAY CELEBRATION



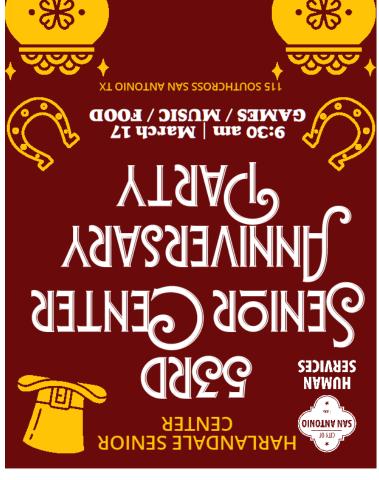
WHAT HAPPENED LAST MONTH?



Aloha! Honolulu Theatre for Youth is a

FRIDAY, MARCH 28, 2025

Honolulu Theatre



Field Trips

WARCH 2025

MARCH 3

TAQUERIA MEXICO

CARVER CULTURAL

COMMUNITY CENTER

MARCH 28

10:30 AM

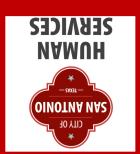
RESTAURANT

10:30 AM



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1774-426-012 **San Antonio, 7822** 112 Southcross,



STJUGA Harlandale Mutrition Center FREE PARTICIPATION FOR OLDER

Physical ability to act independently of personal needs • Have Mental and At least 60 years old • Ability to take care

Monday- Friday 8am-1pm

May bring and use any personal device Eligibility Criteria