



HUMAN SERVICES



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

Monday-Thursday 7am-8pm
Friday 7am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 9:30am Field Trip*:</p> 	<p>4 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>5 9:30am OASIS Technology: iPad Basics</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: iPhone Basics</p> <p>Cash in your Bob's Bucks</p>	<p>6 9am AgriLife Presentation - A Fresh Start to a Healthier You!</p> <p>TEXAS A&M AGRILIFE EXTENSION</p> <p>PAWS Visit during the morning</p> 	<p>7 10am BINGO</p>  <p>Cash in your Bob's Bucks</p>
<p>10 9:30am Walking with Wellmed (leaving at 9):</p> 	<p>11 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>12 9:30am OASIS Technology: iPad Basics</p> <p>9:00am Oasis Presentation</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: iPhone Basics</p> <p>Cash in your Bob's Bucks</p>	<p>13 9am AgriLife Presentation - A Fresh Start to a Healthier You!</p> <p>1pm Afternoon Commodities/CSFP Pick Up - Food Bank</p> 	<p>14 8:30am Easy Crafts</p> <p>10am BINGO</p> <p>2:30 Early Closure</p> <p>Cash in your Bob's Bucks</p>
<p>17 11am Field Trip*: (leaving at 10:45):</p>  <p>10am Name that Tune w/ Keith</p> 	<p>18 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>19 9:30am OASIS Technology: Guide to Internet Safety</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: Cybercrime: What's the Best Browser for Me?</p> <p>Cash in your Bob's Bucks</p>	<p>20 9am AgriLife Presentation - A Fresh Start to a Healthier You!</p> <p>TEXAS A&M AGRILIFE EXTENSION</p>	<p>21 8:30am Easy Crafts</p> <p>10am BINGO</p>  <p>Cash in your Bob's Bucks</p>
<p>24 9:30am Field Trip*:</p> 	<p>25 9:30am OASIS Technology: Smartphone Photography</p> <p>10am Seniors in Play (Theater Group)</p> <p>1:00pm OASIS Technology: MS Word</p>	<p>26 9:30am OASIS Technology: Exploring Google</p> <p>9:30am Nutrition Education</p> <p>10am BINGO</p> <p>1:00pm OASIS Technology: All About Passwords</p> <p>Cash in your Bob's Bucks</p>	<p>27 9:30am Windchime making with Luis Reservation Required</p> 	<p>28 8:30am Easy Crafts</p> <p>9am WellMed Nurse Presentation</p> <p>10am WellMed SOS Caregiver Support Group</p> <p>10am BINGO</p> <p>Cash in your Bob's Bucks</p>
<p>31 CLOSED</p>  <p>Cesar Chavez Day</p>	<p>Calendar subject to change without advance Notice.</p>	<p>*Please make a reservation for bus transportation to any trips through the check-in kiosk.</p>	<p>Members must keep all personal belongings with them at all times.</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
 - ◇ 1:30pm 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 142
 - ◇ 1:30pm YMCA ZUMBA— Rm 110
 - ◇ 1:30pm YWCA Wellness Dance—Rm 142
 - ◇ **4:45pm YMCA Line Dance**

- 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:**
- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez Rm 118
 - ◇ 10:30am Advanced Tai Chi w/ Xu Lan Ruan Rm 110
 - ◇ 1pm Dominoes Rm 114

- Tuesday:**
- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez 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
 - ◇ 12pm Guitar Class Rm 141 w/Cris

- Wednesday:**
- ◇ 9am-12:30pm Busy Bees Sewing & more w/ Lupe Rodriguez 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
 - ◇ 12:30pm Line Dancing Rm 110 (**RESERVATION REQUIRED**)
 - ◇ 1pm Quilting Group Rm 155
 - ◇ 1pm Dominoes Rm 114
 - ◇ 2pm Kathy's Social Dancers Rm 142

- Thursday:**
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
 - ◇ 10am Book Club w/ Marilyn Lott Rm 143 Discussing "A Chenneville" by Paulette Jiles (1st Thursday of the month)

- Friday:**
- ◇ 9am Advanced Tai Chi w/Chui Ping Tam Chan Rm 110
 - ◇ 1pm Dominoes Rm 114
 - ◇ 1-3pm Grupo Musical Jam Session Rm 155

WellMed

- ◇ Nurse available Monday, Wednesday and Friday 8:00 am to 3:30 pm
- ◇ Caregiver SOS Specialist available Fridays in the Conference Room

Agent with Texas Medicare Solutions

- ◇ Mondays at 9 am with Abigail Hilliard

Bihl Haus Art Classes on MONDAYS

- ◇ 9:30am-11:30am Beginning Drawing—Rm 155
- ◇ 12:30pm-2:30pm Beginning Painting—Rm 155

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).



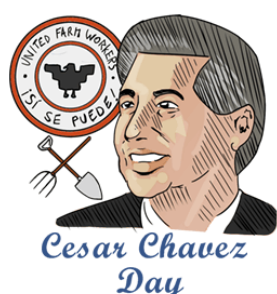
Texas AgriLife class series at 9am on the following dates:

- March 6th
- March 13th
- March 20th



Join our nurse on March 10th for the re-introduction of Walking with Wellmed.

COMING IN APRIL
5 - mile Walking Challenge
Details to come!



The center will be closed on the March 31st. Frozen Meals will be given out.





HUMAN SERVICES



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210-207-5300

Monday-Thursday 4pm-8pm

Extended Hours

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 4:00pm MOVIE West Side Story</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>4 4:00pm BINGO</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>5 4:00pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>6 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p>	<p>7</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>10 4:00pm MOVIE Grease</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>11 4:00pm BINGO</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>12 4:00pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>13 4:00 CPS Casa Verde Presentation & Application Assistance</p> <p>4:30pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p>	<p>14</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>17 3:30pm Virtual Ireland Tour</p> <p>4:00pm MOVIE An American in Paris</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>18 4:00pm Specialty Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>19 4:00pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>20 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p>	<p>21</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>24 4:00pm MOVIE Mamma Mia!</p>  <p>5:30pm YMCA Zumba GOLD</p>	<p>25 4:00pm Specialty Bingo</p>  <p>5:30pm YMCA Chair Yoga</p>	<p>26 4:00pm Karaoke</p>  <p>4:45pm YMCA Strength & Cardio</p>	<p>27 4:00pm Specialty Bingo</p>  <p>4:45PM YMCA Line Dance</p>	<p>28</p> <p>NO EXTENDED HOURS PROGRAM</p>
<p>31 CLOSED</p>  <p>Cesar Chavez Day</p>	<p>Calendar subject to change without advance notice</p>	<p>Members must keep all personal belongings with them at all times.</p>		



March 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3/2025 BBQ Grilled Chicken [11] Macaroni & Cheese [20]▼ Southern Style Okra [9] <i>Combread [29]</i> ▼ <i>Diced Peaches [18]</i> ▼ <i>2% Milk [12]</i> ▼ 75 calories / 49 g protein	3/4/2025 Old Fashioned Swiss Steak [13] Scalloped Potatoes [22] Peas & Pearl Onions [11] ▼ <i>Sliced Wheat Bread [14]</i> ▼ <i>Banana [26]</i> ▼ <i>2% Milk [12]</i> ▼ 750 calories / 39 g protein	3/5/2025 Lemon Buttered Pollock [13] Herbed Rice Pilaf [24] ▼ Italian Vegetable Medley [11] ▼ <i>Whole Grain Dinner Roll [13]</i> ▼ <i>Tartar Sauce [2]</i> ▼ <i>Fresh Orange [17]</i> ▼ <i>2% Milk [12]</i> ▼ 740 calories / 31 g protein	3/6/2025 Pub Burger w/ Cheese [1] Seasoned Potato Wedges [19]▼ Garden Vegetable Medley [11]▼ <i>Hamburger Bun [23]</i> <i>Ketchup [6]</i> & <i>Mustard [0]</i> <i>Lettuce/Tomato/Onion Garnish [4]</i> ▼ <i>Fresh Grapes [21]</i> ▼ <i>2% Milk [12]</i> ▼ 78 5 calories /38 g protein	3/7/2025 Manicotti in Red Sauce [42] Steamed Broccoli Flores [6]▼ Parslief Carrots [7]▼ <i>Garlic Bread [14]</i> ▼ <i>Fresh Apple Slices [15]</i> ▼ <i>2% Milk [12]</i> ▼ 710 calories / 34 g protein
3/10/2025 Carne Guisada [6] ▼ Spanish Rice [25] ▼ Green Beans [7]▼ <i>Buttermilk Biscuit [27]</i> <i>Mixed Fruit [19]</i> ▼ <i>2% Milk [12]</i> ▼ 710 calories / 45 g protein	3/11/2025 Smothered Chicken [5] Maple Roasted Sweet Potatoes [23] ▼ Brussel Sprouts [11] ▼ <i>Combread [29]</i> ▼ <i>Fresh Grapes [21]</i> ▼ <i>2% Milk [12]</i> ▼ 740 calories / 51 grams protein	3/12/2025 Breaded Steak Fingers [19] Garlic Mashed Potatoes [17] ▼ Peas & Carrots [9] ▼ Country Gravy[6] ▼ <i>Whole Grain Dinner Roll [13]</i> ▼ <i>Banana [26]</i> ▼ <i>2% Milk [12]</i> ▼ 750 calories / 33 grams protein	3/13/2025 Chicken Al Pastor [4]▼ Steamed Brown Rice [22] ▼ Roasted Corn & Black Beans [17] ▼ Ranchero Sauce [5] <i>Tortilla Chips [18]</i> ▼ <i>Fresh Apple Slices [15]</i> ▼ <i>2% Milk [12]</i> ▼ 740 calories / 52 grams protein	3/14/2025 Stromboli Bites [48] Marinara Sauce [10] Garden Veggie Medley [11] ▼ <i>Fresh Orange [17]</i> ▼ <i>2% Milk [12]</i> ▼ 730 calories / 34 g protein
3/17/2025 Traditional Irish Shepherd's Pie [22] Steamed Broccoli Florets [6]▼ Sweet Corn [20] ▼ <i>Whole Grain Dinner Roll [13]</i> ▼ <i>Applesauce [17]</i> ▼ <i>Cookie [22]</i> ▼ <i>2% Milk [12]</i> ▼ 810 calories / 38 grams protein	3/18/2025 Sweet and Sour Meatballs [24] over Fluffy Rice [12] ▼ Steamed Vegetable Dumplings [12]▼ Stir Fry Vegetable Medley [12]▼ <i>Fortune Cookie [4]</i> ▼ <i>Fresh Apple Slices [15]</i> ▼ <i>2% Milk [12]</i> ▼ 730 calories / 31 grams protein	3/19/2025 Grilled Chicken Piccata[6] Herbed Bow Tie Pasta [20]▼ Normandy Vegetable Medley [7] ▼ <i>Garlic Bread [14]</i> ▼ <i>Banana [26]</i> ▼ <i>2% Milk [12]</i> ▼ 700 calories / 51 grams protein	3/20/2025 Sloppy Joe Cornbread Bowl [47] Garden Vegetable Medley [11]▼ Parslief Cauliflower Florets [4]▼ <i>Fresh Grapes [21]</i> ▼ <i>2% Milk [12]</i> ▼ 745 calories / 32 grams protein	3/21/2025 Cheese Enchiladas [32] Cilantro Lime Rice [25]▼ Refried Beans [21]▼ <i>Fresh Orange [17]</i> ▼ <i>2% Milk [12]</i> ▼ 720 calories / 39 grams protein
3/24/2025 BBQ Smoked Brisket [10] Rosemary Roasted Potatoes [15] ▼ Garden Veggie Medley [11] ▼ <i>Combread [29]</i> ▼ <i>Diced Peas [19]</i> ▼ <i>2% Milk [12]</i> ▼ 770 calories / 35 grams protein	3/25/2025 Chicken Parmesan [18] Garlic Buttered Penne Pasta [22] ▼ Italian Veggie Medley [11] ▼ <i>Whole Grain Dinner Roll [13]</i> ▼ <i>Fresh Grapes [21]</i> ▼ <i>2% Milk [12]</i> ▼ 715 calories / 42 grams protein	3/26/2025 Savory Salisbury Steak [10] Maple Roasted Sweet Potatoes [23] ▼ Peas & Pearl Onions [11] ▼ <i>Sliced Wheat Bread [14]</i> ▼ <i>Banana [26]</i> ▼ <i>2% Milk [12]</i> ▼ 705 calories / 38 grams protein	3/27/2025 Arroz con Pollo [30] ▼ Spanish Green Beans [6] ▼ Roasted Corn & Squash[9] ▼ <i>Mimi Concha [24]</i> ▼ <i>Fresh Apple Slices [15]</i> ▼ <i>2% Milk [12]</i> ▼ 710 calories / 44 grams protein	3/28/2025 Tuna Salad on Lettuce [3] Chilled 3 Bean Salad [14] Italian Pasta Salad [25] <i>Hamburger Bun [23]</i> <i>Fresh Orange [17]</i> ▼ <i>2% Milk [12]</i> ▼ 750 calories / 37 grams protein
3/31/2025 CESAR CHAVEZ DAY - HEAL HOLIDAY Chicken Fried Chicken [15] Garlic Mashed Potatoes [17] ▼ Peas & Carrots [9]▼ <i>Buttermilk Biscuit [27]</i> <i>Mixed Fruit [19]</i> ▼ <i>2% Milk [12]</i> ▼ 760 calories / 38 grams protein	4/1/2025 Teriyaki Beef & Broccoli[11] over Sesame Rice [22] ▼ Sweet & Sour Carrots [23] ▼ Vegetable Spring Rolls [13] <i>Fortune Cookie [4]</i> ▼ <i>Fresh Apple Slices [15]</i> ▼ <i>2% Milk [12]</i> ▼ 710 calories / 33 grams protein	4/2/2025 Baked Chicken Tenders [16] Macaroni & Cheese [20]▼ Green Beans [7] ▼ <i>Honey Mustard [7]</i> & <i>BBQ Sauce [10]</i> ▼ <i>Banana [26]</i> ▼ <i>2% Milk [12]</i> ▼ 780 calories / 43 grams protein	4/3/2025 Tomato Glazed Meatloaf [8] Scalloped Potatoes[22] Brussel Sprouts [11] ▼ Cinnamon Spiced Peaches [30] ▼ <i>Garlic Bread [14]</i> ▼ <i>2% Milk [12]</i> ▼ 715 calories / 31 grams protein	4/4/2025 Black Bean Burger w/ Cheese [17] Tater Tots [17] ▼ Garden Veggie Medley [11] ▼ <i>Hamburger Bun [23]</i> <i>Ketchup [6]</i> <i>Lettuce/Tomato/Onion Garnish [4]</i> ▼ <i>Fresh Orange [17]</i> ▼ <i>2% Milk [12]</i> ▼ 710 calories / 37 grams protein

For more information call 210-207-7172. Menu subject to availability and change without notice.

Legend

[grams of carb-]; ▼ = 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. Fortified Apple Juice 120 calories, 0 g protein, 28 g CHO and 25mg sodium 2. For those watching their carbohydrate intake, the amount (grams) of carbs per serving is listed beside each menu item in brackets []. It is recommended that meals consist of 45-75 grams of carbohydrates while a snack consist of 15-30 grams of carbohydrates.