

# MARCH












**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
3 9:00am- 10:00am Learn Table Games con Pedro (DR)	4 Produce Market 9:00am—12:00pm	5 9:00am –11:00am Robinette Billiard Tourney pt.1 10:00am –11:00am New Member Orientation (DR)	6 9:00am –11:00am Robinette Billiard Tourney pt. 2	7 9:00am-10:00am LOTERIA (DR)
10 12:00pm –1:00pm -Senior Lunch Parks & Rec Spring Break Kids Camp 9:00am –10:00am Nutrition Jeopardy (DR) Remember to set your clocks forward!	11 12:00pm –1:00pm -Senior Lunch Parks & Rec Spring Break Kids Camp 9:15am -Field Trip – Goodwill Store 2:00pm –3:00pm –SA Food Bank Nutrition Class Pt.2 -Silvia (DR)	12 12:00pm –1:00pm -Senior Lunch Parks & Rec Spring Break Kids Camp 9:15am –Field Trip – Barnes and Nobles	13 12:00pm –1:00pm -Senior Lunch Parks & Rec Spring Break Kids Camp 9:15am –Field Trip - Wonderland Mall 1:15pm– 2:15pm Bingo (DR)	14 12:00pm –1:00pm -Senior Lunch Parks & Rec Spring Break Kids Camp 1:00pm -3:00pm Spring Fun Day! WellMed sponsored w/ Seniors Services and Parks & Rec *WellMed Sponsored*
17 Happy St. Patrick's Day! Wear your Green Day! 9am – 11am Project Mend Assistance Equipment Repair	18 9:15am -Field Trip Botanical Gardens 10:30am –11:00am Health Talk with Nurse Marivel (DR)	19 9:30am –10:00am VOLUNTEER TRAINING(DR) 10:00am –11:00am New Member Orientation (DR) 1:30pm –2:30pm Fruit and Veggie Show/ Tell (DR)	20 10:00am –1:00pm Caregiver S.O.S. –Info Table/Presentation - Jennifer Bracket (DR) (SPECIAL TIME/DAY) 1:30pm-2:30pm -LOTERIA (DR)	21 9:30am –10:30am SENIORS in PLAY Cafecito y Showcasito
24 10:00am—11:00am Financial Exploitati- on Series—Debra Ro- mo (DR) 1:30pm –2:30pm New Member Orientation (DR)	25 2:00pm –3:00pm –SA Food Bank Nutrition Class Pt.3–Silvia (DR)	26 9:15am -Field Trip – Japanese Tea Gardens 1:30pm-2:30pm Nutrition Bingo (DR)	27 11:00am-12:00pm Birthday Recognition (DR) 12:30pm– 1:30pm Bingo (DR)	28 10:15am-10:30am Nutrition Ed - Walnuts–(DR) 9:30am 10:30am Robin Rooster Store CENTER CLOSSES at 2:30PM for STAFF TRAINING

31 **Cesar Chavez Day**  
**CENTER CLOSED**

## 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)
10:00am-11:00am YMCA-Line Dancing -Inez (Gym)	9:00am-10:00am YWCA-Zumba Gold -Jessica (Gym)	10:30am-11:15am YWCA-Yo-Chi-Jessica	9:00am-11:00am Bihl Haus -Beginning Drawing –Liz (AR)	 Chair Yoga Positions
Technology Class OATS-(Spanish) 12:00pm–1:00pm (CR) -Jeanette 3/3 –Booking Vacations online (11:00a–12:00pm) 3/10–Smartphone photography 12:00pm–1:00pm 3/17–Google Maps 3/24–No class OATS–(English) 1:30pm-2:30pm (CR) -Betty 3/3 -Mindfulness Apps 3/10 -Listening Podcast 3/17 -A.I. and Disinformation 3/24 -Spotify	 9:30am-10:30am Adult Coloring Hour (AR) Move to (DR) on 3/11 Due to Kids Camp	12:00pm –1:00pm Wednesday GYM Walkabout (Gym) 11:20am-12:00pm on 3/12 Due to Kids Camp	9:00am–11:00am OASIS Computer Class (CR) 3/6, 3/13, 3/20, 3/27 -Intro Computer - William 	
12:30pm-1:30pm YMCA-Zumba Gold -Robyn (Gym)	 10:00am–11:00am YMCA -Yoga- Erma (Gym)	Technology Class OATS-(Spanish) 12:00pm–1:00pm (CR) -Jeanette 3/5 -Photo editing tools (11:00a-12:00p)– 3/12 Mindfulness Apps 12:00pm-1:00pm 3/19 –Voice Assistants 3/26 –No Class OATS –1:30pm-2:30pm (CR)-Betty 3/5 –Start Insight Timer 3/12–A.I. Image Generators 3/19–Genealogy Tools 3/26–Virtual Museum	10:00am-11:00am YMCA—SS Classic - Natalie (Gym)	9:30am–10:00am Fitness Equipment Orientation—Oscar (FC)
	11:00am-12:30PM Basketball Free Play  12:15pm–2:15pm KARAOKE (DR)  No Karaoke on 3/11 Due to Kids Camp	12:30pm-2:00pm Chair Volleyball (Gym) Robinette Members ONLY	11:00am-12:30PM Basketball Free Play 1:00pm -3:00pm OASIS Computer Class (CR) 3/6—IPad Basics 3/13, 3/20—IPhone Basics 3/27 Learning Gmail – William 	1:00pm-3:00pm Movie Time (DR) 3/28 Movie starts at 12:15  See Flyer at front desk For Movie
		1:00pm-3:00pm Bihl Haus-Beginning Painting–Liz (AR)		12:30pm-2:00pm Chair Volleyball (Gym) Open Play 

## **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.

### **NEW MEMBER ORIENTATION**

See Front of Calendar for Times

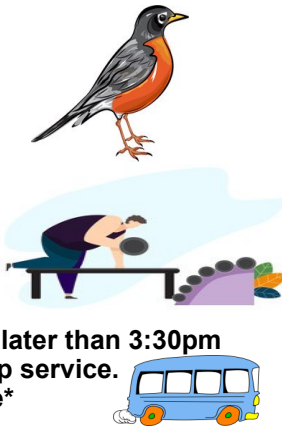
**MORE ACTIVITIES!  
MORE HOURS!**

Senior Services  
Extended Hours Program  
4pm -8pm.

Remember to sign in after 4pm at Computer Kiosk even if you signed in before 4pm.

### **Fitness Area and Classes**

Please wear appropriate workout attire (i.e. sneakers, gym pants/shorts, etc.)  
No jeans No Sandals  
Only water bottles allowed.



### **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\*

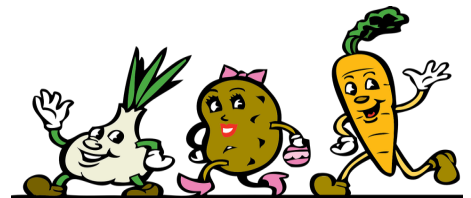


## **RULES of CONDUCT**

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.



**HAPPY  
NUTRITION  
Month!**



## **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 must be consumed in Dining Room and not taken home! This includes milk and juice.

**Remember Spring Break Camp is from March 10th thru 14th**

**Youth lunch time is from 11:00am to 12:00pm.**

**Seniors lunch is from 12:00pm to 1:00pm**

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

**River City Fresh Produce Market March 4th.**

**The Center will be CLOSED MARCH 31st in observance of Cesar Chavez Day**