

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Center Closed for Cesar Chavez Day Holiday</b></p> <p><b>Frozen Meals will be given out for today.</b></p>	<p>9-11 Excel (Basics) 5 of 6 (CL) <b>2</b></p> <p>9:00 Bihl Haus Intermediate Painting (AR)</p> <p>9:30-10:45 <b>BINGO!</b> (DR)</p> <p>10-12 Creative Writing (CR)</p> <p><b>10:45 Beginners Spanish Week 9 of 11 Class Full (G)</b></p> <p>12:30PM Plastic Canvas (G)</p> <p>12:45PM Karaoke (DR)</p> <p>1-3PM Word (Basics) 5 of 6 (CL)</p> <p>1PM Learn Mahjong (GA)</p> <p><b>6:00PM Wii Bowling (P)</b> </p>	<p>9 Bihl Haus Watercolor (AR) <b>3</b></p> <p><b>9:30 Movie W/Popcorn (P)</b> </p> <p>10-11:45 Let's Talk About It (G)</p> <p><b>1PM Movie W/Popcorn (P)</b></p> <p>1PM Arts &amp; Crafts Group (AR)</p> <p><b>1:15 Chair Volleyball (DR)</b></p> <p><b>5PM Movie W/Popcorn (P)</b></p> <p><b>Movie: The Hill (2023)</b></p> <p><b>Duration: 2hr 6min (PG) (P)</b></p>	<p>9-11 Intro to Internet 5/6 (CL) <b>4</b></p> <p><b>9:30 Let's Play Loteria! (DR)</b></p> <p>9:30 Seniors in Play Acting (AR)</p> <p>9-12 Medicare 101 Sylvia Toscano (Table outside of CR)</p> <p><b>10:00 STAP Hard of Hearing Presentation (P)</b> </p> <p>12:30-4:00PM Writer's Roundtable (CR)</p> <p>1-3PM Windows 10 1 of 3 (CL)</p> <p>1PM Chicken Foot Dominoes (G)</p> <p>1:00PM Jewelry Making (AR)</p> <p><b>1:15PM Chair Volleyball (DR)</b></p> <p>5-6 PM Karaoke (DR)</p>	<p><b>9:30 Walking Group 5 At Mall with WellMed Sign-Up at Front Desk</b></p> <p><b>10-12 Jam Session (G)</b></p> <p><b>11:30-3:30 8-Ball Tournament (GA)</b></p> <p><b>11:30 Happy Birthday Recognition (DR)</b></p> <p>1PM Bihl Haus Beginning Drawing (AR)</p> <p><b>1PM Movie: National Treasure</b> </p> <p><b>Duration: 2hr 25min PG (2004) (P)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>8</b></p> <p><b>9:45 Shopping WalMart</b></p> <p><b>10:00 New Member Orientation (P)</b></p> <p><b>10:00 Exploring/ Download Apps OATS Class (G)</b> </p> <p>1PM Bihl Haus Beginning Painting (AR)</p> <p>1PM Mex. Train Domino (G)</p> <p>1-3 iPhone Basics 1 of 2 (CL)</p> <p>2P-3:30P Beginners Pickleball (DR)</p> <p>3:30P-6:30PM Intermediate Pickleball (DR)</p> <p><b>4PM Beginners Guitar (G)</b></p>	<p>9-11 Excel (Basics) 6 of 6 (CL) <b>9</b></p> <p>9:00 Bihl Haus Intermediate Painting (AR)</p> <p><b>9:30-10:45 BINGO!</b> (DR) </p> <p>10-12 Creative Writing (CR)</p> <p><b>10:45 Beginners Spanish Week 10 of 11 Class Full (G)</b></p> <p>12:30PM Plastic Canvas (G)</p> <p>12:45PM Karaoke (DR)</p> <p>1-3PM Word (Basics) 6 of 6 (CL)</p> <p>1PM Learn Mahjong (GA)</p> <p><b>6:00PM Wii Bowling (P)</b> </p>	<p><b>Wear Center T-Shirt Today 10</b></p> <p>9 Bihl Haus Watercolor (AR)</p> <p><b>9:30 Movie W/Popcorn (P)</b> </p> <p>10-11:45 Let's Talk About It (G)</p> <p><b>10 Nutrition Ed: Sodium (DR)</b></p> <p><b>10:30 Center Shirt Photo (DR)</b></p> <p><b>12:00PM 10 Warning Signs of Alzheimer's (G)</b></p> <p><b>1PM Movie W/Popcorn (P)</b></p> <p>1PM Arts &amp; Crafts Group (AR)</p> <p><b>1:15 Chair Volleyball (DR)</b> </p> <p><b>5PM Movie W/Popcorn (P)</b></p> <p><b>Movie: Aquaman (2018)</b></p> <p><b>Duration: 2hr 6min (PG-13) (P)</b></p>	<p>9-11 Intro to Internet 6/6 (CL) <b>11</b></p> <p>9:30 Seniors in Play Acting (AR)</p> <p>12:30-4:00PM Writer's Roundtable (CR)</p> <p>1-3PM Windows 10 2 of 3 (CL)</p> <p>1PM Chicken Foot Dominoes (G)</p> <p>1:00PM Jewelry Making (AR)</p> <p><b>1:15PM Chair Volleyball (DR)</b></p> <p>5-6 PM Karaoke (DR)</p>	<p><b>9:30 Walking Group 12 At Mall with WellMed Sign-Up at Front Desk</b></p> <p><b>10-12 Jam Session (G)</b></p> <p>1PM Bihl Haus Beginning Drawing (AR)</p> <p><b>1PM Movie: Spider-Man Far From Home (2019) (PG-13) (P)</b></p> <p><b>Duration: 2hr 13min</b></p>
<p>9:00 Freestyle Crafts (AR) <b>15</b></p> <p><b>9:45 Shopping PopShelf</b></p> <p><b>10:00 Intro to Tik Tok OATS Class (CL)</b> </p> <p>1PM Mex. Train Domino (G)</p> <p>1-3 iPhone Basics 2 of 2 (CL)</p> <p>1PM Bihl Haus Beginning Painting (AR)</p> <p><b>1:00PM Oasis Class: Senior Safety (P)</b></p> <p>2P-3:30P Beginners Pickleball (DR)</p> <p>3:30P-6:30PM Intermediate Pickleball (DR)</p> <p><b>4PM Beginners Guitar (G)</b></p> <p><b>6PM Game Night: Taboo(P)</b></p>	<p>9-11 Android Essential 1/3(CL)<b>16</b></p> <p>9:00 Bihl Haus Intermediate Painting (AR)</p> <p>9:30-10:45 <b>BINGO!</b> (DR)</p> <p>10-12 Creative Writing (CR)</p> <p><b>10:30-12:30 9-Ball Tournament (GA)</b></p> <p><b>No Beginners Spanish Today</b></p> <p>12:30PM Plastic Canvas (G)</p> <p>12:45PM Karaoke (DR)</p> <p>1PM Phone Photography 1/3 (CL)</p> <p>1PM Learn Mahjong (GA)</p> <p><b>6:00PM Wii Bowling (P)</b> </p>	<p>9 Bihl Haus Watercolor (AR) <b>17</b></p> <p><b>9:30 Movie W/Popcorn (P)</b> </p> <p>10-11:45 Let's Talk About It (G)</p> <p><b>10-11:30 Caregivers SOS (CR)</b></p> <p><b>1PM Movie w/Popcorn (P)</b> </p> <p><b>1:15 Chair Volleyball (DR)</b></p> <p>1PM Arts &amp; Crafts Group (AR)</p> <p><b>5:00PM Movie w/Popcorn (P)</b> </p> <p><b>Movie: Sound of Freedom (2023) 2hr 17min (PG-13) (P)</b></p>	<p><b>Fiesta!</b> <b>18</b></p> <p><b>9:00-1:00 Fiesta Celebration Featuring Live Entertainment, Food, Dancing, &amp; More!</b></p> <p>9-11 Password Managers (CL)</p> <p>9-12 Apply for Medicaid Sylvia Toscano (Table outside of CR)</p> <p>9:30 Seniors in Play (AR)</p> <p>12:30-4:00PM Writer's Roundtable (CR)</p> <p>1PM Chicken Foot Dominoes (G)</p> <p>1-3PM Windows 10 3 of 3 (CL)</p> <p>1:00PM Jewelry Making (AR)</p> <p><b>1:15PM Chair Volleyball (DR)</b></p> <p>5-6PM Karaoke (DR)</p>	<p><b>9:30 Walking Group 19 At Mall with WellMed Sign-Up at Front Desk</b></p> <p><b>10-12 Jam Session (G)</b></p> <p>1PM Bihl Haus Beginning Drawing (AR)</p> <p><b>1PM Movie: Dolittle (2020) (PG)</b></p> <p><b>Duration: 1hr 41min (P)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>22</b></p> <p><b>9:45 Shopping Thrift Town</b></p> <p><b>10:00 New Member Orientation (P)</b> </p> <p><b>10:00 Creating Videos on Tik Tok OATS Class (G)</b></p> <p>1PM Mex. Train Domino (G)</p> <p>1-3 iPad Basics 1 of 2 (CL)</p> <p>1PM Bihl Haus Beginning Painting (AR)</p> <p>2P-3:30P Beginners Pickleball (DR)</p> <p>3:30P-6:30PM Intermediate Pickleball</p> <p><b>4PM Beginners Guitar (G)</b></p>	<p>9-11 Android Essential 2/3(CL)<b>23</b></p> <p>9:00 Bihl Haus Intermediate Painting (AR)</p> <p><b>9:30-10:45 BINGO!</b> (DR) </p> <p>10-12 Creative Writing (CR)</p> <p><b>10:30 Womens Pool Tournament (GA)</b></p> <p><b>10:45 Beginners Spanish Week 11 of 11 Class Full (G)</b></p> <p>12:30PM Plastic Canvas (G)</p> <p>12:45PM Karaoke (DR)</p> <p>1PM Phone Photography 2/3 (CL)</p> <p>1PM Learn Mahjong (GA)</p> <p><b>4:45PM Nutrition Ed: Brain Health (G)</b> </p> <p><b>6:00PM Wii Bowling (P)</b> </p>	<p>9 Bihl Haus Watercolor (AR) <b>24</b></p> <p><b>9:30 Movie W/Popcorn (P)</b></p> <p><b>9:30 Field Trip to Mission San José Sign Up at Front Desk Limited Space Available</b></p> <p>10-11:45 Let's Talk About It (G)</p> <p><b>10 Library Book Club: "Night Music" By Jojo Moyes (CR)</b></p> <p><b>1PM Movie W/Popcorn (P)</b></p> <p><b>1:15 Chair Volleyball (DR)</b></p> <p>1PM Arts &amp; Crafts Group (AR)</p> <p><b>5PM Movie W/Popcorn (P)</b></p> <p><b>6PM Family Feud (DR)</b> </p> <p><b>Movie: Tyler Perry's Single Moms Club (2014) 1hr 51min PG-13 (P)</b></p>	<p>9-11 What's App (CL) <b>25</b></p> <p>9:30 Seniors in Play (AR)</p> <p><b>9:30 Senior Fiesta Field Trip at Mall of the Americas Limited Space Available Sign-Up at Front Desk</b></p> <p><b>10-12 Ping Pong Tournament (GP)</b></p> <p>12:30-4:00PM Writer's Roundtable (CR)</p> <p>1-3PM Intro to Translation Tools (CL)</p> <p>1PM Chicken Foot Dominoes (G)</p> <p>1:00PM Jewelry Making (AR)</p> <p><b>1:15PM Chair Volleyball (DR)</b></p> <p>5-6PM Karaoke (DR)</p>	<p><b>Center Closed for Fiesta San Jacinto Day Holiday</b></p> <p><b>Frozen Meals Will Be Given Out for Today</b></p>
<p>9:00 Freestyle Crafts (AR) <b>29</b></p> <p><b>9:45 Shopping HEB</b></p> <p><b>10:00 Intro to Selling Online. OATS Class (G)</b> </p> <p>1PM Mex. Train Domino (G)</p> <p>1PM Bihl Haus Beginning Painting (AR)</p> <p>1-3 iPad Basics 2 of 2 (CL)</p> <p>2P-3:30P Beginners Pickleball (DR)</p> <p>3:30P-6:30PM Intermediate Pickleball</p> <p><b>4PM Beginners Guitar (G)</b></p>	<p>9-11 Android Essential 3/3(CL)<b>30</b></p> <p>9:00 Bihl Haus Intermediate Painting (AR)</p> <p>9:30-10:45 <b>BINGO!</b> (DR)</p> <p>10-12 Creative Writing (CR)</p> <p>12:30PM Plastic Canvas (G)</p> <p>12:45PM Karaoke (DR)</p> <p>1PM Phone Photography 3/3 (CL)</p> <p>1PM Learn Mahjong (GA)</p> <p><b>6:00PM Wii Bowling (P)</b> </p>	<p><b>Come and Get Your Eclipse Glasses Monday April 8th</b></p> <p></p> <p><b>The Eclipse will occur after 1:00PM on Monday April 8th.</b></p> <p><b>Do not look at the sun without eclipse glasses during the event.</b></p>	<p><b>CLASSROOM KEY</b></p> <p><b>G: GRAY ROOM</b></p> <p><b>P: PEACH ROOM</b></p> <p><b>GP: GRAY/PEACH RM</b></p> <p><b>CR: CONFERENCE RM</b></p> <p><b>CL: COMPUTER LAB</b></p> <p><b>FR: FITNESS ROOM</b></p> <p><b>GA: GAMING AREA</b></p> <p><b>DR: DINING ROOM</b></p> <p><b>AR: ART (PINK) ROOM</b></p> <p><b>PO: PURPLE OFFICE</b></p> <p><b>PR: PUZZLE ROOM</b></p> <p>Activities subject to change without notice. Check with Front Desk for Updates</p>	<p><b>Reminder:</b></p> <p><b>Food is allowed to be eaten in the Dining Room Only.</b></p> <p><b>Help keep our center beautiful.</b></p>



# How to Sign-Up for a Fitness Class

1. Call 210-207-4590 after 7:30AM the day before the class to register.
2. Please speak to a staff member (no voicemails will be accepted).
3. Tickets for entry into classes are given out 15 minutes prior to start. Please line up by the front desk and wait to be called for your ticket.
4. All classes are 45 minutes long and are held in the Fitness Room unless otherwise noted.
5. Registration is limited to two classes per day. Ask the front desk staff about class availability.
6. Line up outside of the fitness room and wait for the instructor to take your ticket.
7. Seating is on a first come, first served basis. You may enter the fitness room after the instructor takes your ticket.
8. LATE ARRIVAL: We cannot hold slots. Once a class starts, open slots will go to the members on the wait list.

## Northeast Fitness Class Schedule

### Monday

8:00AM High Impact Fusion  
 9:30AM Stretch and Tone  
 11:00AM Line Dance Lessons  
 12:00PM Chair Yoga  
 1:00PM Stretch and Tone  
 2:00PM Yo-Chi  
 4:00PM Low Impact Bootcamp  
 5:00PM Table Tennis

### Tuesday

8:00AM Low Impact Cardio  
 9:30AM Low Impact Fitness  
 11AM Low Impact Bootcamp  
 1:00PM Senior Circuit  
 2:00PM Line Dance  
 4:00PM Tai Chi  
 5:00PM Zumba

### Wednesday

8:00AM Body Talk Groove\*  
 \*High Impact Cardio  
 9:30AM Low Impact Zumba  
 10:45AM-11:45AM Table Tennis  
 12:00PM Chair/Standing Yoga  
 1:00PM Zumba Gold  
 2:30PM Circuit Training  
 4:00PM Low Impact Cardio  
 5:00PM Zumba Gold

### Thursday

9:30AM Zumba Gold  
 1:00PM Chair Strength/Cardio  
 2:45PM Hula Dance  
 5:00PM Silver Sneaker Classic

### Friday

8:00AM Stretch and Tone  
 9:30AM Zumba Gold  
 11:00AM Zumba Gold  
 12:00PM Strength and Cardio  
 1:00PM Line Dance

Art supplies are provided for Bihl Haus Arts classes only.

Classes available include *Beginners Painting (Mondays at 1:00PM), Intermediate Painting (on Tuesdays at 9:00AM), Watercolor Painting (Wednesday's at 9:00AM), & Beginning Drawing (Friday's at 1:00PM)*

Registration has Closed for this semester.

Each Semester is 12 Weeks Long.

*Priority Placement given to members who have not taken 2 of the same class. Limit 1 class per member.*

### Fitness Equipment Orientation:

Tuesdays at 12:00PM

Located in the Gym Area

### Caregiver SOS

Provides support resources for Caregivers & their loved ones.

Support group meets on

Wednesday April 17 at 10:00AM

Education about disease, stress, burnout, and many other topics.

For more information contact

Morgan at 210-955-6524

CAREGIVER SOS

WELLMED  
 CHAIRMAN'S ENDORSEMENT

### Walking Group

Mondays at 10:00AM

\*Fridays at 9:30AM at Rolling Oaks Mall

Space is Limited

\*Sign-Up at Front Desk

### H.E.A.L. PROGRAM (*healthy eating, aging, living*)

Join us for a healthy meal with friends or meet new ones.

Lunch is served from 11:00AM—12:30PM or while supplies last.

\* Note: Meals Cannot be Taken Out of the Dining Room



### New Member Orientation

In the Peach Room

April 8th and  
 April 22nd at  
 10:00AM.

### Northeast Star Prom

Next month, we will be having our Star Prom. It will be an exciting celebration in lieu of Mother's Day and Father's Day, allowing for us to have a larger combined event.

We will be electing a King & Queen of Northeast. If you are interested in running (individually only), or nominating a friend you can pick up a form at the front desk & return it to Andrew by Tuesday April 30th to be put on the ballot.

Elections will occur during the month of May with the Prom happening on May 31st.

### Helpful Phone Numbers:

Alamo Area Council of Governments: 210-362-5200

Animal Care Services: 210-207-4738

City Services Hotline: 311

VIA Link: 210-655-5465

CPS Energy: 210-353-2222

If there is a serious emergency please call 911.

### Earn a Northeast T-Shirt w/Activity Passport

If an event is listed in Purple on the Calendar then it will qualify for a stamp on the "Other" category on the back of the Passport.

Note: The rest of the categories (WellMed & Lunch/Fitness) can only be stamped once per day if you attend either of those events.

Limit 1 Shirt per Member; While Supplies Last.

*Earned a Shirt? Wear it on April 10th for a Group Picture*

Are you interested in Being a Volunteer?  
 We are currently looking for volunteers for the following Positions:

- Meal Service Volunteer
- Food Bank Commodity Volunteer
- Technology Volunteer
- Evening Volunteer Spanish Instructor
- Quilting/Crochet Volunteer
- ESL Volunteer Instructor

Please see Andrew for additional volunteer info.

Reminder: Note that the Food Bank Distributions for Project HOPE and CSFP will occur on:

Wednesday April 17th from 11:00AM-12:30PM

**Any Questions, Please Reach out to Sara or Brittany.**

