



**HUMAN SERVICES**

# May 2024

## Northeast Senior Center

4135 Thousand Oaks Dr. | San Antonio, Texas | 78217  
Monday-Thursday 7:00AM-8:00PM & Friday 7:00AM-4:00PM  
(210) 207-4590



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CLASSROOM KEY</b>  <b>G: GRAY ROOM</b>  <b>P: PEACH ROOM</b>  <b>GP: GRAY/PEACH RM</b>  <b>CR: CONFERENCE RM</b>  <b>CL: COMPUTER LAB</b>  <b>FR: FITNESS ROOM</b>  <b>GA: GAMING AREA</b>  <b>DR: DINING ROOM</b>  <b>AR: ART (PINK) ROOM</b>  <b>PO: PURPLE OFFICE</b>  <b>PR: PUZZLE ROOM</b>            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>	<p>9 Bihl Haus Watercolor (AR) <b>1</b>  <b>8:45 Trip to El Mercado &amp; City Hall-Sign Up at Front Desk</b>  <b>Limited Space Available</b>  <b>9:30 Movie W/Popcorn (P)</b>            10-11:45 Let's Talk About It (G)  <b>1PM Movie W/Popcorn (P)</b>            1PM Arts &amp; Crafts Group (AR)  <b>1:15 Chair Volleyball (DR)</b>  <b>5PM Movie W/Popcorn (P)</b>  <b>Movie: The Blind (2023)</b>  <b>Duration: 1hr 48min PG-13 (P)</b></p> 	<p>9:30-11:30 iPhone Basics <b>2</b>            1 of 2 (CL)  <b>9:30 Let's Play Loteria! (DR)</b>            9:30 Seniors in Play Acting (AR)            12:30-4:00PM Writer's Roundtable (CR)            1-3PM Learning Gmail 1/2 (CL)            1PM Chicken Foot Dominoes (G)            1:00PM Jewelry Making (AR)  <b>1:15 Chair Volleyball (DR)</b>  <b>5-7PM Cinco De Mayo Party</b>  <b>Featuring Music, Dancing, Tacos, &amp; Corn-In-A-Cup</b></p> 	<p><b>9:30 Walking Group At Mall with WellMed Sign-Up at Front Desk</b>  <b>10-12 Jam Session (G)</b>  <b>11:30-3:30 8-Ball Tournament (GA)</b>  <b>11:30 Happy Birthday Recognition (DR)</b>            1PM Bihl Haus Beginning Drawing (AR)  <b>1PM Movie: Mulan (2020) PG-13</b>  <b>Duration 1hr 55min (P)</b>  <b>1:15P Chair Volleyball (DR)</b></p> 
<p>9:00 Freestyle Crafts (AR) <b>6</b>  <b>9:45 Shopping WalMart</b>  <b>10:00 New Member Orientation (P)</b>  <b>10:00 Using Facebook Marketplace Class (CL)</b>            1PM Bihl Haus Beginning Painting (AR)            1PM Mex. Train Domino (G)            1-3PM Smartphone Photography 1 of 2 (CL)            2P-3:30P Beginners Pickleball (DR)            3:30P-6:30PM Intermediate Pickleball (DR)</p>	<p>9:30-11:30 Meet the Computer 7            1 of 2 (CL)            9:00 Bihl Haus Intermediate Painting (AR)            9:30-10:45 <b>BINGO! (DR)</b>            10-12 Creative Writing (CR)            12:30PM Plastic Canvas (G)            12:45PM Karaoke (DR)            1-3PM Learning Gmail 1/2 (CL)            1PM Learn Mahjong (GA)  <b>6:00PM Wii Bowling (P)</b></p> 	<p>9a Bihl Haus Watercolor (AR) <b>8</b>  <b>10a Voting by Mail Presentation League of Women Voters (P)</b>            10-11:45 Let's Talk About It (G)  <b>1PM Movie W/Popcorn (P)</b>            1PM Arts &amp; Crafts Group (AR)  <b>1:15 Chair Volleyball (DR)</b>  <b>5PM Movie W/Popcorn (P)</b>  <b>Movie: East Side Sushi (2014)</b>  <b>Duration: 1hr 46min PG (P)</b></p> 	<p>9:30-11:30 iPhone Basics 2 of 2 (CL)  <b>9:30 Trip to San Antonio Botanical Gardens Sign Up at Front Desk</b>            9:30 Seniors in Play Acting (AR)            9-12 Medicare 101 Sylvia Toscano (Table outside of CR)  <b>10:00 Tips for Effective Self-Advocacy for Deaf &amp; Hard of Hearing (P)</b>  <b>12:30-2:30 Election for Prom King &amp; Queen (DR)</b>            12:30-4:00PM Writer's Roundtable (CR)            1-3PM Learning Gmail 2/2 (CL)            1PM Chicken Foot Dominoes (G)            1:00PM Jewelry Making (AR)  <b>1:15PM Chair Volleyball (DR)</b>            5-6 PM Karaoke (DR)</p>	<p><b>9:00 Jam Session Set Up (DR)</b>  <b>9:30 Walking Group at Mall with WellMed Sign-Up at Front Desk</b>  <b>10:00 Nutrition Education: Healthy Sleep (DR)</b>  <b>10:30-12:30 Election for Prom King &amp; Queen (DR)</b>  <b>11:30 Jam Session Mother's Day (DR)</b>            1PM Bihl Haus Beginning Drawing (AR)  <b>1PM Movie: Jurassic Park (1993) PG-13</b>  <b>Duration 2hr 2min</b>  <b>1:15P Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>13</b>  <b>9:45 Shopping HEB</b>  <b>10:00 Getting Started with Instagram Class (CL)</b>            1PM Mex. Train Domino (G)            1-3PM Smartphone Photography 2 of 2 (CL)  <b>1:00PM Oasis Class: Sleep Health (P)</b>            1PM Bihl Haus Beginning Painting (AR)            2P-3:30P Beginners Pickleball (DR)            3:30PM-6:30PM Intermediate Pickleball (DR)            4:00PM Beginning Guitar (G)</p>	<p>9:30-11:30 Meet the Computer 14            2 of 2(CL)            9:00 Bihl Haus Intermediate Painting (AR)  <b>9:30-10:45 BINGO! (DR)</b>            10-12 Creative Writing (CR)            12:30PM Plastic Canvas (G)            12:45PM Karaoke (DR)            1-3PM Learning Gmail 2/2 (CL)            1PM Learn Mahjong (GA)  <b>6:00PM Wii Bowling (P)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>15</b>  <b>9:30 Movie W/Popcorn (P)</b>            10-11:45 Let's Talk About It (G)  <b>10-11:30 Caregivers SOS (CR)</b>  <b>1PM Movie w/Popcorn (P)</b>  <b>1:15 Chair Volleyball (DR)</b>            1PM Arts &amp; Crafts Group (AR)  <b>5:00PM Movie w/Popcorn (P)</b>  <b>Movie: The Commuter (2016)</b>  <b>Duration: 2hr 17min PG-13 (P)</b></p> 	<p>9:30-11:30 Google Maps &amp; Calendars 1 of 2 (CL)  <b>9:30 Seniors in Play (AR)</b>            12:30-4:00PM Writer's Roundtable (CR)            1PM Chicken Foot Dominoes (G)            1-3PM iPad Basics 1 of 2 (CL)            1:00PM Jewelry Making (AR)  <b>1:15PM Chair Volleyball (DR)</b>            5-6PM Karaoke (DR)</p> 	<p><b>HEAL Quarterly Training: No Meals or Transportation</b>  <b>Frozen Meal will be Given Day Before</b>  <b>9:30 Walking Group At Center</b>            10-12 Jam Session (G)            1PM Bihl Haus Beginning Drawing (AR)  <b>1PM Movie: E.T. the Extraterrestrial (1982) PG</b>  <b>Duration: 2hr 2min (P)</b>  <b>1:15P Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>20</b>  <b>9:45 Shopping Dollar Tree</b>  <b>10:00 New Member Orientation (P)</b>  <b>10:00 Instagram Shopping Class (CL)</b>            1PM Mex. Train Domino (G)            1-3PM YouTube Tech. (CL)            1PM Bihl Haus Beginning Painting (AR)            2P-3:30P Beginners Pickleball (DR)            3:30P-6:30PM Intermediate Pickleball  <b>4:00PM Nutrition Education: Hydration (G)</b>            4:00PM Beginning Guitar (P)</p>	<p>9:30-11:30 Cybersecurity: Phishing &amp; Identity Theft 1/2            9:00 Bihl Haus Intermediate Painting (AR)            9:30-10:45 <b>BINGO! (DR)</b>            10-12 Creative Writing (CR)  <b>10:30-12:30 9-Ball Tournament (GA)</b>            12:30PM Plastic Canvas (G)            12:45PM Karaoke (DR)            1-3PM iPhone Basics 1 of 2 (CL)            1PM Learn Mahjong (GA)  <b>6:00PM Wii Bowling (P)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>22</b>  <b>9:30 Movie W/Popcorn (P)</b>  <b>9:30 Trip to Edwards Aquifer Education Outreach Center Sign-Up at Front Desk</b>            10-11:45 Let's Talk About It (G)  <b>1PM Movie W/Popcorn (P)</b>  <b>1:15 Chair Volleyball (DR)</b>            1PM Arts &amp; Crafts Group (AR)  <b>5PM Movie W/Popcorn (P)</b>  <b>6PM Family Feud (DR)</b>  <b>Movie: Ticket to Paradise (2022) Duration 2hr 8min PG-13 (P)</b></p> 	<p>9:30-11:30 Google Maps &amp; Calendars 2 of 2 (CL)            9:30 Seniors in Play (AR)            9-12 Medicare 101 Sylvia Toscano (Table outside of CR)  <b>10:00 Vision Loss Presentation by Vibrant Works (P)</b>            12:30-4:00PM Writer's Roundtable (CR)            1-3PM iPad Basics 2 of 2 (CL)            1PM Chicken Foot Dominoes (G)            1:00PM Jewelry Making (AR)  <b>1:15PM Chair Volleyball (DR)</b>            5-6PM Karaoke (DR)</p>	<p><b>9:30 Walking Group At Mall with WellMed Sign-Up at Front Desk</b>  <b>10-12 Jam Session (G)</b>            1PM Bihl Haus Beginning Drawing (AR)  <b>1PM Movie: Avatar (2009) PG-13 (P)</b>  <b>Duration: 2hr 42min</b>  <b>1:15P Chair Volleyball (DR)</b></p> 
<p><b>Center is Closed For Memorial Day</b></p> <p><b>Frozen Meals Will be Given Out on Friday May 24th.</b></p>	<p>9:30-11:30 Cybersecurity: Phishing &amp; Identity Theft 2/2            9:00 Bihl Haus Intermediate Painting (AR)  <b>9:30-10:45 BINGO! (DR)</b>            10-12 Creative Writing (CR)  <b>10:30 Womens Pool Tournament (GA)</b>            12:30PM Plastic Canvas (G)            12:45PM Karaoke (DR)            1-3PM iPhone Basics 2 of 2 (CL)            1PM Learn Mahjong (GA)  <b>6:00PM Wii Bowling (P)</b></p>	<p>9 Bihl Haus Watercolor <b>29</b>  <b>9:00 WellMed Education: Depression &amp; Older Adults (P)</b>  <b>9:30 Movie with Popcorn (P)</b>  <b>10:00 Library Book Club: "The Nickel Boys" By Colson Whitehead (CR)</b>            10-11:45 Let's Talk About It (G)  <b>1PM Movie W/Popcorn (P)</b>  <b>1:15 Chair Volleyball (DR)</b>            1PM Arts &amp; Crafts Group (AR)  <b>5PM Movie W/Popcorn (P)</b>  <b>Movie: Wonder Woman 1984 (2020) Duration: 2hr 31min PG-13 (P)</b></p> 	<p>9:30-11:30 Cybersecurity: Best Browsers to Use (CL)            9:30 Seniors in Play (AR)  <b>10:00 Aging in Place Presentation Presented by SALSA (P)</b>            12:30-4:00PM Writer's Roundtable (CR)            1-3PM Going Wireless (CL)            1PM Chicken Foot Dominoes (G)            1:00PM Jewelry Making (AR)  <b>1:15PM Chair Volleyball (DR)</b>            5-6PM Karaoke (DR)</p>	<p><b>9:00-1:00 Star Prom</b>  <b>Featuring Food, Dancing, &amp; More!</b>  <b>Come and See the King &amp; Queen Crowned!</b></p>  <p><b>9:30 Walking Group at Center with WellMed</b>            1PM Bihl Haus Beginning Drawing (AR)  <b>1PM Movie: The Martian (2015) (PG-13)</b>  <b>Duration: 2hr 31min (P)</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  
 12:00PM Chair Volleyball  
 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 May 15th at 10:00AM

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

For more information contact  
 Morgan at 210-955-6524



### Walking Group

Mondays at 10:00AM

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

No Trip on the 17th or 31st

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

**Star Prom**  
 A Special Celebration  
 Friday May 31 from 9AM-1PM  
 Featuring Coronation of King & Queen, Food Truck, Dancing, & More!

### New Member Orientation

In the Peach Room  
 May 6th and 20th  
 at 10:00AM.



### Are you interested in Playing Chess?



Sign-Up at Front Desk  
 Tournament will be in June. Stay tuned for more information.

### 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.

### Interested in Volunteering?

We are looking for the following:

- Meal Service Volunteer
- Food Bank Commodity Volunteer
- Technology Assistant (Computers, Phones, & Tablets)
- Evening Volunteer Spanish Instructor
- Quilting/Crochet Volunteer
- ESL Volunteer Instructor
- Bingo Volunteer
- Event Decorator

Please see Andrew for additional volunteer info.

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

Wednesday May 15th from 11:00AM-12:30PM

Any Questions, Please Reach out to Sara or Brittany.

