



**HUMAN
SERVICES**

May 2025

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
CLASSROOM KEY G: GRAY ROOM P: PEACH ROOM GP: GRAY& PEACH RM CR: CONFERENCE RM CL: COMPUTER LAB FR: FITNESS ROOM GA: GAMING AREA DR: DINING ROOM AR: ART (PINK) ROOM PO: PURPLE OFFICE PR: PUZZLE ROOM	Reminders: Activities are Subject to Change without notice. Hot meals may not be taken out of the dining room.	Meet the New Manager: Ryan Martinez  Orientations on May 12th at 10:00 & May 29th at 2:00	No Nurse Today 9:30 Seniors in Play (AR) 9:30 What's App Messaging (CL) <i>9:30 Lets Play Loteria! (DR)</i> 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 1PM Learning Gmail 1/2 (CL) 1PM Let's Learn Fishbowl Canasta (GA) 1:15 Chair Volleyball (DR) 4PM Let's Line Dance (DR) 4PM Pool League (GA) Sign-Up Required 5-6PM Karaoke (DR)	Center is Closed For Fiesta San Jacinto Holiday Frozen Meals will be given out on 5/1.
9:45 Shopping @ HEB 5 10 Let's Talk About It (CR) 10:00 Music Performance from Steubing Ranch Elementary School (DR) 1PM Learn Cribbage (GA) 1PM Mex. Train Domino (G) 1PM Discovering Wellness on the Web Through Technology (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR)	9:30 Google Maps 1/2 (CL) 6 <i>9:30-10:45 BINGO! (DR)</i> 10-12 Creative Writing (CR) 10:30 ESL Class 1 of 10 Sign-Up at Front Desk (P) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM Cybercrime: Phishing and Identity Theft 1/2 (CL) <i>1PM Wowzitude: Pisa, Italy Live Virtual Tour (P)</i> 1PM Learn Mahjong (GA) 4:30PM Learn Pool (GA) Sign-Up Required <i>5-7PM Wii Sports/Bowling (P)</i>	8:45 Field Trip: City Hall & El Mercado (Proclamation for Older Adults) (Limited Space) Sign-Up Required-Trip is Full 7 9:30 Morning Movie (P) 10-12 One on One Technology Assistance (CL) 11:30-3:30 8-Ball Tourney (GA) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) 1:30PM Stress-Busting 9/9 (CR) 5PM Evening Movie (P) Movie: The Guilt Trip (2012) (PG-13) 1hr 35min (P) 	9-10 Medicare 101-Sylvia Toscano (CR) 8 9:30 Cybercrime: Browser (CL) 9:30 Seniors in Play Acting (AR) 10-11:30 Mothers Day Celebration (DR) 11:30 May Birthday Recognition 11:30 Hearing Screenings (P) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) 12:30-4:00PM Writer's Roundtable (CR) 1PM Let's Learn Fishbowl Canasta (GA) 1PM Learning Gmail 2/2 (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4PM Let's Line Dance (DR) 4PM Pool League (GA) Sign-Up Required 5-6 PM Karaoke (DR)	Center is Closed for Staff Inservice Frozen Meals will be given out on 5/8.
9:00 Saving Money with Technology (CL) 12 9:45 Shopping @ Pop Shelf <i>10:00 New Member Orientation (P)</i> 10 Let's Talk About It (CR) 1PM Mex. Train Domino (G) 1PM Estate Sales & Living Transition OASIS Class (P) 1PM Learn Cribbage (GA) 1PM Google Maps & Google Calendars 1/2 (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR)	9:30 Google Maps 2/2 (CL) 13 9:30-10:45 <i>BINGO!</i> (DR) 10-12 Creative Writing (CR) 10:30 ESL Class 2 of 10 Sign-Up at Front Desk (P) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) <i>1PM Wowzitude: Ljubljana, Slovenia Live Virtual Tour (P)</i> 1PM Learn Mahjong (GA) 1PM Cybercrime: Phishing and Identity Theft 2/2 (CL) 4:30PM Learn Pool (GA) Sign-Up Required <i>5-7PM Wii Sports/Bowling (P)</i>	Food Bank Today 14 Food Bank: CSFP & HOPE Distribution from 11:00-12:30 9:30 Morning Movie (P) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) <i>4PM Trivial Pursuit (DR)</i>  5PM Evening Movie (P) Movie: Gravity (2013) (PG-13) 1hr 31min (PG) (P) 	9:30 iPad Basics 1/2 (CL) 15 9:30 Seniors in Play (AR) <i>10:00 Hard of Hearing Class (P)</i> 10:30-12:30 CPS Table (DR) 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1PM Android Essentials 1/2 (CL) 1PM Let's Learn Fishbowl Canasta (GA) 1:00PM Intro to Jewelry Making Class (AR) 1:15 Chair Volleyball (DR) 4PM Let's Line Dance (DR) 4PM Pool League (GA) Sign-Up Required 5-6PM Karaoke (DR)	9:30 Walking Group 16 at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) Center will be Closing at 2:30PM for Staff Training
9:00 Digital Coupon Tools (CL) 19 9:45 Shopping @ Dollar Tree/Thrift Town <i>10:00 Wellmed Education Class (P)</i> 10 Let's Talk About It (CR) 1PM Learn Cribbage (GA) 1PM Mex. Train Domino (G) 1PM Google Maps & Google Calendars 2/2 (CL) 2P-3:30P Beginners Pickleball (DR) <i>4PM Creative Vibes: Art, Aroma, Expression (P)</i> 3:30-6:00PM Intermediate Pickleball (DR)	9:30 Technology Q & A: Come Ask Your Question (CL) 20 9:30-10:45 <i>BINGO!</i> (DR) 10-12 Creative Writing (CR) 10:30 ESL Class 3 of 10 Sign-Up at Front Desk (P) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM Google Calendars 1/2 (CL) 1PM Learn Mahjong (GA) 4:30PM Learn Pool (GA) Sign-Up Required <i>5-7PM Wii Sports/Bowling (P)</i>	9:30 Morning Movie (P) 21 10-12 One on One Technology Assistance (CL) 11:00-1:00 9-Ball Tourney (GA) 10:00 Caregiver SOS (CR) <i>1PM Afternoon Movie (P)</i> 1PM Arts & Crafts Group (AR) 5PM Evening Movie (P) Movie: Akeelah and the Bee (2006) (PG) 1hr 52min (P) 	9-10 Medicare 101-Sylvia Toscano (CR) 22 9:30 iPad Basics 2/2 (CL) 9:30 Seniors in Play Acting (AR) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) <i>10:00 Financial Exploitation Class: Identity Theft (P)</i> 12:30-4:00PM Writer's Roundtable (CR) 1PM Let's Learn Fishbowl Canasta (GA) 1PM Android Essentials 2/2 (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4PM Let's Line Dance (DR) 5-6 PM Karaoke (DR) 4PM Pool League (GA) Sign-Up Required	9:30 Walking Group 23 at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 1PM Movie: Interstellar (2014) (PG-13) 2hr 49min 
Center is Closed for Memorial Day Frozen Meals will be given out on 5/23.	9:30 Online Shopping (CL) 26 <i>9:30-10:45 BINGO! (DR)</i> 10:30 Womens Pool Tournament (GA) 10:30 ESL Class 4 of 10 Sign-Up at Front Desk (P) 10-12 Creative Writing (CR) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) <i>1PM Wowzitude: Chicago's Magnificent Mile Live Virtual Tour (P)</i> 1PM Learn Mahjong (GA) 1PM Google Calendars 2/2 (CL) 4:30PM Learn Pool (GA) Sign-Up Required <i>5-7PM Wii Sports/Bowling (P)</i>	9:30 Morning Movie (P) 27 10-11AM Library Book Club "All Good People Here" By Ashley Flowers (CR) <i>1PM Afternoon Movie (P)</i> 1PM Arts & Crafts Group (AR) 4:00PM Family Feud (DR)  5PM Evening Movie (P) Movie: Foul Play (1978) (PG) 1hr 56min (P) 	9:30 Translation Tools (CL) 28 9:30 Seniors in Play (AR) 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1PM What's App Messaging (CL) 1PM Let's Learn Fishbowl Canasta (GA) 1:00PM Jewelry Making (AR) 1:15 Chair Volleyball (DR) <i>2PM New Member Orientation (P)</i> 4PM Let's Line Dance (DR) 4PM Pool League (GA) Sign-Up Required 5-6PM Karaoke (DR)	9:30 Walking Group 30 at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 1PM Movie: Mr. Smith Goes to Washington (1939) 2hr 9min (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. Classes with an * are limited to 1 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

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

🍌=High Impact

Tuesday

8:30AM 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

🍌=High Impact

Wednesday

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
11:00AM Tai Chi
1:00PM Chair Strength/Cardio
2:45PM Hula Dance 🍌
4:00PM *Let's Line Dance (DR)* 🍌
No Sign-Up Required
5:00PM Silver Sneaker Classic
🍌=High Impact

Friday

8:00AM Full Body Fusion 🍌
9:00AM Zumba Gold
11:00AM Zumba Gold
12:00PM Strength and Cardio
1:00PM Line Dance 🍌
🍌=High Impact

Walking Group

Mondays at 10:00AM
*Friday's At 9:30AM At
Rolling Oaks Mall

Space is Limited
*Sign-Up at Front Desk

Art supplies are provided for Bihl Haus Arts classes only.

*Classes 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 12:00PM)
Each Semester is 12 Weeks Long.*

*Registration has closed for classes.
The Current Semester is from April 1st-June 20th*

Fitness Equipment Orientation:

Tuesdays at 12:00PM
Located in the Gym Area

Caregiver SOS

Provides support resources for
Caregivers & their loved ones.
Education about disease, stress,
burnout, and many other topics.

Support Group is 5/21 at 10:00AM

For more information call
726-567-4321

CAREGIVER SOS
WELLMED CHARITABLE FOUNDATION

Final Day to Submit Your Passport is on May 30th

We are coming towards the end of our Northeast Passport program. If you still have an Activity Passport which you are working on, please make sure to have it submitted by Friday May 30th at 3:30PM. We will have a final group picture of all Northeast T-Shirt winners during the month of June.
Limited T-Shirts Remain; Sizes Available L, XL, 2XL, & 3XL

Mothers Day Celebration

On Thursday June 8th
from 10-11:30

We will be celebrating
Mothers Day here at
Northeast. Featuring
Music from the
Jam Session, Photo
Experience, Dancing
And More!

Summer Spanish Class

We will be having a new Weekly
Beginners Spanish Class
From June 3rd-July 22nd
8-Sessions
Sign-Up at Front Desk

WellMed Nurse Schedule

Monday 7:30AM-4:00PM
Wednesday 7:30AM-4:00PM
Thursday 7:30AM-4:00PM
Friday 7:30AM-4:00PM*

Friday Walking Group at Mall from 9:30-11:00
No Nurse on 5/1.

Meet our new Nurse Antionetta!

New Member Orientation

5/12@10AM
&
5/28 @2PM

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
SAPD Non-Emergency: 210-207-7273
If there is a serious emergency please call 911.

SENIOR SERVICES STEPPING UP FOR ELDER ABUSE

Sign-Up
Starting
May 5th



Limited Space Available
Together we can make a difference!

For the Month of May Food Bank Date is:

Wednesday May 14th from 11:00AM-12:30PM

Different Date for May

Must Be Registered with Vin/Lori to Participate

Note: We are Currently Not Accepting New
Applications for Food Bank at this time.

Any Questions, Please Reach out to Nutrition Staff

May Computer Classes

Monday	Tuesday	Wednesday	Thursday
All classes are held in the Computer Lab.	Open Lab is Available during any non-class time. Visit the Computer Café for additional computers to use.	All classes are held in the Computer Lab. No Printing, Copying, or Faxing Available. No Food or Drink in the Computer Lab	1 9:30AM What's App Messaging 1:00PM Learning Gmail Class 1/2
5 1:00PM Discovering Wellness on the Web Through Technology	6 9:30AM Learn Google Maps 1/2 1:00PM Cybercrime: Phishing and Identity Theft 1/2	7 10-12PM One on One Technology Assistance	8 9:30AM Cybercrime: What's the Best Browser for Me? 1:00PM Learning Gmail Class 2/2
12 9:00AM Saving Money with Technology 1:00PM Google Maps & Google Calendars 1/2	13 9:30AM Learn Google Maps 2/2 1:00PM Cybercrime: Phishing and Identity Theft 2/2	14	15 9:30AM iPad Basics 1/2 1:00PM Android Essentials 1/2
19 9:00AM Digital Coupon Tools 1:00PM Google Maps & Google Calendars 2/2	20 9:30AM Technology Q & A: Come Ask Your Question 1:00PM Google Calendars 1/2	21 10-12PM One on One Technology Assistance	22 9:30AM iPad Basics 2/2 1:00PM Android Essentials 2/2
26 Center is Closed for Memorial Day	27 9:30AM Online Shopping 1:00PM Google Calendars 2/2	28	29 9:30AM Translation Tools 1:00PM What's App Messaging