



**HUMAN  
SERVICES**

# August 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
<b>CLASSROOM KEY</b> G: GRAY ROOM O: ORANGE ROOM CR: CONFERENCE RM CL: COMPUTER LAB FR: FITNESS ROOM GA: GAMING AREA DR: DINING ROOM AR: ART (PINK) ROOM PR: PUZZLE ROOM	<b>Reminders:</b>  Activities are Subject to Change Without Notice.  Hot meals may <b>NOT</b> Be taken out of the dining room.	Senior Games Registration  Starting on September 2nd Senior Games 2025 will start. There are a total of 11 games available to play including Pickleball, Billiards, Basketball Shooting, Table Tennis, Dominoes, Puzzles, Cornhole, Relay Race, Paper Airplane Toss, Hot Wheels, & Chair Volleyball (Team Full)  See Ryan/Andrew for Info	<b>Violin Player Wanted for the Jam Session.</b>  See Tino for Additional Information <b>Looking for Pool Tournament Volunteer</b> Talk to Andrew/Ryan for additional info.	9:30 Walking Group <b>1</b> at Mall with WellMed Sign-Up at Front Desk <b>9:30 Cornhole Senior Games Qualifier (OG)</b> 10:00 Jam Session (DR) <b>11:30 Happy Birthday Recognition (DR)</b> 1:00 Movie: 42 (2013) (PG-13) 2hr 8min
<b>Field Trip to Spanish Governor's Palace Sign-Up Starts Today at 9:00AM Limited Space Available Only Sign-Up for One Trip</b> 9:00 Digital Legacy (CL) <b>9:45 Shopping @ Walmart</b> 10:00 Let's Talk About It (CR) <b>10:00 New Member Orientation (O)</b> 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Online Shopping (CL) <b>2:00-3:30 Senior Games Pickle Ball Qualifier (Coed)</b> 3:30-6:30 Intermediate Pickleball (DR) <b>4:00-5:00 Tech Time (CL)</b>	9:30 Google Docs (CL) <b>5</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Intro to Computers: Windows 11 3/3 (CL) <b>1:00 Wowzitude: Buenos Aires, Argentina Live Virtual Tour (O)</b> 1:00 Learn Mahjong (G)	<b>CSFP Food Bank 6</b> <b>Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30</b> 9:30 Morning Movie (O) <b>11:30 8-Ball Senior Games Qualifier (Men) (GA) Arrive by 11:15</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Suicide Squad (2016) (PG-13) 2hr 10min (O)</b>	<b>Senior Games Sign-up 7</b> <b>Dominoes, Airplane Toss, &amp; Hot Wheels 10:00-12:00</b> 9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>9:30 Loteria! (DR)</b> 9:30 Windows 11 3/3 (CL) 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Cybercrime: What is the Best Browser for Me? (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	<b>Senior Games Sign-up 8</b> <b>Relay Race, Puzzles, &amp; Basketball 10:00-12:00</b> 9:30 Walking Group at Mall with WellMed Sign-Up at Front Desk <b>10:00-12:00 Tech Time (CL)</b> 10:00 Jam Session (G) 1:00 Movie: Hook (1991) 2hr 16min
9:00 Outdoor Adventure Apps (CL) <b>11</b> <b>9:45 Shopping @ Thrift Town/Dollar Tree</b> 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) 1:00 iPad Basics 1/2 (CL) <b>1:00 Ask Alamo Service Connection (OASIS) (O)</b> 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) <b>4:00-5:00 Tech Time (CL)</b> <b>4:00-5:00 Learn Guitar (G)</b>	9:30 PowerPoint Intro Class 1/3 (CL) <b>12</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) <b>10:30 8-Ball Senior Games Qualifier Women's (GA) Arrive by 10:15</b> 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Chicago Live Virtual Tour (O)</b> 1:00 Learn Mahjong (G) 1:00 Exploring Google 1/3 (CL) <b>5:00-6:00 Game Night (DR)</b>	<b>9:30 Table Tennis Singles 13</b> <b>Senior Game Qualifier (OG)</b> 10:00-12:00 One on One Technology Assistance (CL) <b>9:45 Field Trip to Spanish Governor's Palace Sign-Up Starts 8/4 at 9:00AM Trip Costs \$3 Credit Card Only: Pay at Museum: Limited Space</b> <b>11:00-1:00 9-Ball Tourney (GA) Arrive by 10:45</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) <b>Movie: Wonder Woman (2017)(PG-13) 2hr 21min (O)</b>	9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>14</b> 9:30 Android Essentials 1/3 (CL) 9:30 Seniors in Play Acting (AR) <b>10:00 Viva Health Nutrition Platicas from Metro Health (O) Free Giveaways to Participants</b> 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intro to Email 1/3 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:30 Walking Group <b>15</b> at Mall with WellMed Sign-Up at Front Desk <b>10:00 SACRD Presentation (DR)</b> <b>10:00-12:00 Tech Time (CL)</b> 10:00 Jam Session (G) <b>Center will be Closing at 2:30 for Staff Training</b>
9:00 Tips for Being News Savvy Online (CL) <b>18</b> <b>9:45 Shopping @ Daiso/5 Below</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 iPad Basics 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:00 Intermediate Pickleball (DR) <b>4:00-5:00 Tech Time (CL)</b> <b>4:00-5:00 Learn Guitar (G)</b>	9:30-10:45 BINGO! (DR) <b>19</b> 9:30 PowerPoint Intro 2/3 (CL) 10:00 Creative Writing (CR) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Barcelona, Spain Live Virtual Tour (O)</b> 1:00 Learn Mahjong (G) 1:00 Exploring Google 2/3 (CL)	<b>HOPE Food Bank 20</b> <b>Food Bank: HOPE Distribution from 10:00-11:30</b> 9:30 Morning Movie (O) <b>10:00 Caregiver SOS (CR)</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: The Nutty Professor (1996) (PG-13) 1hr 35min (O)</b>	<b>9:00 WellMed Chair Yoga (G) 21</b> 9:00-10:00 Medicare 101 Sylvia Toscano (CR) 9:30 Android Essentials 2/3 (CL) 9:30 Seniors in Play Acting (AR) <b>10:00 Nutrition Ed: Beets (DR)</b> 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intro to Email 2/3 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:30 Walking Group <b>22</b> at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) <b>10:00-12:00 Tech Time (CL)</b> 1:00 Movie: Steel Magnolias (1989) (PG) (O) 1hr 58min
9:00 Listening to Podcasts (CL) <b>25</b> <b>9:45 Shopping @ HEB</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Technology Q&A (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) <b>4:00-5:00 Tech Time (CL)</b> <b>4:00-5:00 Learn Guitar (G)</b>	9:30-10:45 BINGO! (DR) <b>26</b> 9:30 PowerPoint Intro 3/3 (CL) 10:00 Creative Writing (CR) <b>10:30 Womens Pool Tournament (GA)</b> 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Mystery Tour Live Virtual Tour (O)</b> 1:00 Learn Mahjong (G) 1:00 Exploring Google 3/3 (CL) <b>There will Be No Bingo On September 2nd Due to the Senior Games Opening Ceremony.</b>	9:30 Morning Movie (O) <b>27</b> <b>9:45 Field Trip to Spanish Governor's Palace Sign-Up Starts 8/4 at 9:00AM Trip Costs \$3 Credit Card Only: Pay at Museum: Limited Space</b> <b>10:00 SAPL Book Club: "She's Not Sorry" by Mary Kubica (CR)</b> 10:00-12:00 One on One Technology Assistance (CL) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Three Amigos! (1986)(PG) 1hr 44min (O)</b>	9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>28</b> 9:30 Android Essentials 3/3 (CL) <b>9:30 WellMed Education: Vaccines and Older Adults (O)</b> 9:30 Seniors in Play Acting (AR) <b>10:00 Nutrition Ed: Beets (DR)</b> 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intro to Email 3/3 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:30 Walking Group <b>29</b> at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) <b>10:00-12:00 Tech Time (CL)</b> <b>10:00 Duck Buck Outlet (DR)</b> 1:00 Movie: Days of Thunder (1990) (PG-13) (O) 1hr 47min

**Northeast Fitness**  
**Class Schedule**

**Monday**

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

**Tuesday**

8:30 Low Impact Cardio  
9:30 Low Impact Fitness\*  
11:00 Low Impact Bootcamp\*  
12:00 Equipment Orientation  
1:00 Senior Circuit\*  
2:00 Line Dance\*  
4:00 Tai Chi  
5:00 Zumba

**Wednesday**

9:30 Low Impact Zumba  
10:45-11:45 Table Tennis  
12:00 Chair/Standing Yoga  
1:00 Zumba Gold  
2:30 Circuit Training  
4:00 Low Impact Cardio  
5:00 Zumba Gold

**Thursday**

9:30 Zumba Gold  
11:00 Tai Chi  
1:00 Chair Strength/Cardio  
2:45 Hula Dance  
4:00 Beginning Line Dance  
5:00 Silver Sneaker Classic

**Friday**

8:00 Full Body Fusion  
9:00 Zumba Gold  
9:30 Walking Group (at Mall)  
11:00 Zumba Gold  
12:00 Strength and Cardio  
1:00 Line Dance

**Upcoming Events at Northeast:**

- **August 1st at 9:30AM Cornhole Senior Games Qualifier (Orange/Gray Room)**
- **August 4th at 2:00 Pickleball Senior Games Qualifier (Doubles)**
- **August 6th at 11:30 8-Ball Men’s Senior Games Qualifier (Arrive by 11:15)**
- **August 7th from 10:00-12:00 Senior Games Sign-Up: Dominoes, Paper Airplane Toss, & Hot Wheels.**
- **August 8th from 10:00-12:00 Senior Games Sign-Up: Relay Race, Puzzles, & Basketball Shooting.**
- **August 12th at 10:30 8-Ball Women’s Senior Games Qualifier (Arrive by 10:30)**
- **August 13th at 9:30 Table Tennis Senior Games Qualifier Singles (Orange/Gray Room)**

**Mammogram Bus Sign-Up**

**We will be having University Health visit October 9th for free Mammogram Screenings.**

**Registration Dates:**

**August 15th & August 26th from 10:00-12:00**

**General Rules**

**No Seats are Allowed to Be Saved in the Building:**  
*Including Fitness Room, Art Room, Dining Room, Gaming Area, etc.*

**No Food or Opened Drinks Outside of Dining Room**

*Please do not bring any food or drink in the computer lab/café.*

*No Food is Permitted Outside of Dining Room.  
Drinks must have lids or be in a bottle.*

**We do Not Accept Any Donations:**

*Do not leave items for donation anywhere at the center.*

**No Financial Transactions May be Conducted at the Center**

*No Buying Items, Selling Items, or Gambling.*

**Duck Buck’s are Back!**

**Starting this month, select calendar events will now give Duck Bucks.  
You can Redeem Duck Bucks for various prizes.**

**Spend Duck Bucks on our Outlet Day (August 29th at 10:00)**



**For the Month of August Food Bank Dates are:**

**CSFP Wednesday August 6th from 10:00-11:30**  
**HOPE Wednesday August 20th from 10:00-11:30**

**Must Be Registered to Participate**

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

**Any Questions, Please Reach out to Nutrition Staff**

**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. No saving seats prior to class starting including leaving personal items on or around chairs.
9. LATE ARRIVAL: We cannot hold slots. Once a class starts, open slots will go to the members on the wait list.

**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**