



HUMAN SERVICES

# September 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>Labor Day Holiday</b>  <b>Center is Closed</b>  <b>Receive Your Frozen Meal on Friday August 29th</b>	9:30 Excel Basics 1/4 (CL) <b>2</b> <b>9:00-11:00 Senior Games Opening Ceremony (DR)</b> 10:00 Creative Writing (CR) <b>11:30 Senior Games Dominoes (GO)</b> 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 1/4 (CL) <b>1:00 Wowzitude: Whitehorse, Yukon Live Virtual Tour (CR)</b> No Mahjong Today	<b>CSFP Food Bank</b> <b>3</b> <b>Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30</b> 9:30 Morning Movie (O) <b>11:30 8-Ball Tournament (GA) Arrive by 11:15</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Million Dollar Baby (2004) (PG-13) 2hr 12min (O)</b>	<b>9:00 WellMed Chair Yoga (G)</b> <b>4</b> 9:00-10:00 Applying for Medicare Sylvia Toscano (CR) <b>9:30 Loteria! (DR)</b> 9:30 Android Essentials 1/3 (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 YouTube (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:30 Walking Group <b>5</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> <b>10:00 Music Performance (DR)</b> 10:00-12:00 Tech Time (CL) <b>11:30 Happy Birthday Recognition (DR)</b> <b>1:00 Movie: Captain Phillips (2013) (PG-13) 2hr 14min</b>
9:00 Virtual Museum Tours (CL) <b>8</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) <b>1:00 Hoarding Disorder Class (OASIS) (O)</b> 1:00 Apps for Positivity & a Healthy Life (CL) 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 Excel Basics 2/4 (CL) <b>9</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 1/8 (G)</b> <b>10:45 ESL Class 1/10 (O)</b> 12:30 Plastic Canvas (AR) 12:30 Learn Mahjong (G) 12:45 Karaoke (DR) 1:00 Word Basics 2/4 (CL) <b>1:00 Wowzitude: 9-11 Memorial Live Virtual Tour (O)</b>	9:30 Morning Movie (O) <b>10</b> <b>10:00 Nutrition Education: All About Sweeteners! (DR)</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Who's Minding the Mint? (1967) 1hr 37min (O)</b>	<b>9:00 WellMed Chair Yoga (G)</b> <b>11</b> <b>9:30 Produce Market/Demo See Back for more Info (DR)</b> 9:00-10:00 Getting Rdy for Annual Enrollment Sylvia Toscano (CR) 9:30 Android Essentials 2/3 (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 Making the Most of Virtual Libraries (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	<b>8:15 Cheer Squad</b> <b>12</b> <b>Field Trip Pickleball Sign-Up at Front Desk Starting 9/8 @ 9:00</b> <b>9:30 Walking Group at Mall with WellMed Sign-Up at Front Desk</b> 10:00-12:00 Tech Time (CL) 10:00 Jam Session (G) <b>1:00 Movie: Father of the Bride (PG) (1991) 2hr 16min</b>
<b>9:45 Shopping @ Thrift Town/Dollar Tree</b> <b>15</b> 10:00 Let's Talk About It (CR) <b>10:00 New Member Orientation (O)</b> <b>12:00 Cheer Squad Field Trip Hot Wheels/Cornhole Sign-Up at Front Desk Starting 9/8 @ 9:00</b> 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) 1:00 iPhone Basics 1/2 (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 Excel Basics 3/4 (CL) <b>16</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 2/8 (G)</b> <b>10:45 ESL Class 2/10 (O)</b> 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Mystery Location Live Virtual Tour (O)</b> 1:00 Word Basics 3/4 (CL) <b>5:00-6:00 Game Night (DR)</b>	<b>HOPE Food Bank</b> <b>17</b> <b>Food Bank: HOPE Distribution from 10:00-11:30</b> 9:30 Morning Movie (O) <b>10:00 Caregiver SOS (CR)</b> <b>11:00-1:00 9-Ball Tournament (GA) Arrive by 10:45</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Elvis (2022) (PG-13) 2hr 39min (O)</b>	<b>9:00 WellMed Chair Yoga (G)</b> <b>18</b> 9:00-10:00 Over the Counter Benefits Sylvia Toscano (CR) 9:30 Android Essentials 3/3 (CL) 9:30 Seniors in Play Acting (AR) <b>9:30 Loteria! (DR)</b> <b>10:00 Viva Health Nutrition Platicas from Metro Health (G) 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 Translation Tools (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:30 Walking Group <b>19</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> 10:00-12:00 Tech Time (CL) 10:00 Jam Session (G) <b>Center will be Closing at 2:30 for Staff Training</b>
9:00 Online Tools for Contacting Lawmakers (CL) <b>22</b> <b>9:30 WellMed Class: Falls &amp; Fractures in Older Adults: Cause &amp; Prevention (O)</b> <b>9:45 Shopping @ Pop Shelf</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 iPhone 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>23</b> 9:30 Excel Basics 4/4 (CL) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 3/8 (G)</b> <b>10:45 ESL Class 3/10 (O)</b> 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Mystery Location Live Virtual Tour (O)</b> 1:00 Learn Mahjong (G) 1:00 Word Basics 4/4 (CL)	9:30 Morning Movie (O) <b>24</b> <b>10:30 Womens Pool Tournament (GA) Arrive by 10:15</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Eat, Pray, Love (2010) (PG-13) 2hr 13min (O)</b>	<b>9:00 WellMed Chair Yoga (G)</b> <b>25</b> 9:00-10:00 Applying for Medicaid Sylvia Toscano (CR) 9:30 All About Passwords (CL) 9:30 Seniors in Play Acting (AR) <b>10:00-12:00 Open House (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 Google Docs (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) <b>2:00 New Member Orientation (O)</b> 4:00 Karaoke (DR)	<b>9:30 Cheer Squad</b> <b>26</b> <b>Field Trip Closing Ceremony Sign-Up at Front Desk Starting 9/8 @ 9:00</b> <b>9:30 Walking Group at Mall with WellMed Sign-Up at Front Desk</b> 10:00 Jam Session (G) 10:00-12:00 Tech Time (CL) <b>1:00 Movie: Ferris Bueller's Day Off (1986) (PG-13) (O) 1hr 58min</b>
9:00 Protecting Your Medical Info Online (CL) <b>29</b> <b>9:45 Shopping @ Walmart</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Translation Tools: It's Effectiveness in Language Usage (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>30</b> 9:30 Cybercrime: What's the Best Browser for Me? (CL) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 4/8 (G)</b> <b>10:45 ESL Class 4/10 (O)</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 What's App Messaging (CL)	<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 <b>AR: ART (PINK) ROOM</b> PR: PUZZLE ROOM GO: GRAY & ORANGE ROOMS	<b>Reminders:</b>  <b>Activities are Subject to Change Without Notice.</b>  <b>Hot meals may <u>NOT</u> Be taken out of the dining room.</b>	<b>Come and See Nurse Antoinetta Every Day of the Week</b>  <b>Monday-Friday 7:30-3:30*</b> <b>*Note: On Most Friday's Antoinetta is with the Mall Walking Group from 9:30-11:00</b>

**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  
2:00 Learn Table Tennis

**Bihl Haus Open Enrollment Fall**

**We will have Open Enrollment for our Fall Bihl Haus Art Classes:**

**Monday September 22<sup>nd</sup>-Friday September 26<sup>th</sup>**

**(Note that on Monday September 22<sup>nd</sup> registration will be in-person only starting at 9:00)**

**Classes Include:**

- **Beginning Painting Monday's at 1:00PM**
- **Intermediate Painting Tuesday's at 9:00AM**
- **Watercolor Painting Wednesday's at 9:00AM**
- **Beginning Drawing Friday's at 12:00PM**

**Limit 1 class per member. Classes will start the following week on September 29<sup>th</sup> and will run for 12 weeks. Priority is given to those who have not taken 3 or more of the same class.**

**Produce Class/Demo is on Thursday September 11<sup>th</sup> at 9:30AM**

**First 150 members will receive a Produce Box (Must Attend Full Class)  
Lunch May be Delayed this day.**

**Produce Market will be in the Gray/Orange Rooms from 10:30-12:00  
Cash and Credit Card will be Accepted**

**Senior Games 2025**

**During the entire month of September, we will be having the Senior Games.  
We are competing against the other 11 Centers for ultimate glory in various  
Sports events around the City.**

**September 2<sup>nd</sup> Opening Ceremony from 9:00-11:00 here at Northeast  
followed by Dominoes at 11:30.**

**Show your Northeast Pride through wearing your center t-shirts on that day.**

**Scan Here  
For Live Streams  
Of the Various Games**



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

**CSFP Wednesday September 2nd from 10:00-11:30  
HOPE Wednesday September 17th 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 started 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**