



HUMAN SERVICES

May 2026

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>Reminders:</p> <p>Activities are Subject to Change Without Notice.</p> <p>Hot meals/ Temp Controlled Items may NOT Be taken out of the Dining Room.</p>	<p>All Computer and Technology Classes are in Blue</p> <p>WellMed Activities are in Green</p> <p>Featured Activities and Outings Are In Yellow</p> <p>Scan This QR Code with Your Camera App to Access Our Calendar Online</p> 	<p>CLASSROOM KEY</p> <p>G: GRAY ROOM O: ORANGE ROOM FD: FRONT DESK CR: CONFERENCE RM CL: COMPUTER LAB FR: FITNESS ROOM GA: GAMING AREA DR: DINING ROOM AR: ART (PINK) ROOM PR: PUZZLE ROOM GO: GRAY/ORANGE ROOM</p>	<p>Field Trips for May:</p> <p>Sign-Up Starts May 7th at 10:00 In Person Only for that Day Limit of 1 Trip Per Member</p> <p>Wednesday May 13th</p> <ul style="list-style-type: none"> Trip to the San Antonio Missions National Historical Park Bus will leave at 10:00 Limited Spots Avail. <p>Thursday May 28th</p> <ul style="list-style-type: none"> Trip to the Holocaust Memorial Museum Bus will Leave at 10:00 Need Photo ID for Entry to Museum. Limited Spots Avail. 	<p>Center is Closed Older Americans Month Celebration</p> <p>Frozen Meals will be Given Out on April 30th</p>
<p>9:00 Tech Resources for Everyday Life 10/10 (CL) 4</p> <p>10:00 Let's Talk About It (CR)</p> <p>10:00 New Member Orientation (O)</p> <p>10:15 Shopping @ WalMart</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 Google Photos 1/2 (CL)</p> <p>1:00 Mex. Train Domino (G)</p> <p>2:00-3:30 Beginners Pickleball (DR)</p> <p>3:30-6:30 Intermediate Pickleball (DR)</p> <p>4:00-5:00 Tech Time (CL)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 5</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Basics 1/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>12:00 Equipment Orientation</p> <p>12:30 Learn Mahjong (G)</p> <p>12:30 Plastic Canvas (AR)</p> <p>12:45 Karaoke (DR)</p> <p>1:00 Smartphone Photography 1/2 (CL)</p> <p>1:00 A Holiday in Mexico City, Mexico Wowzitude Live Virtual Tour (O)</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>CSFP Food Bank 6</p> <p>Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30</p> <p>9:00 Bihl Haus Hands on Art History Class at Capacity (AR)</p> <p>9:30 Morning Movie (O)</p> <p>10:45-11:45 Table Tennis (FR)</p> <p>11:30 8-Ball Tournament (GA) Arrive by 11:15</p> <p>1:00 Afternoon Movie (O)</p> <p>1:00 Arts & Crafts Group (AR)</p> <p>1:00 Exploring Seniorplanet.org (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Nacho Libre (2006) (PG) 1hr 32min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 7</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>9:30 Loteria! (DR)</p> <p>10:00 In-Person Field Trip Sign-Up Limit 1 Trip Per Person Limited Spots Available</p> <p>10:00 Insurance Assistance Sylvia Toscano (Table outside CR)</p> <p>12:30 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>1:00 Jewelry Making (AR)</p> <p>No Chair Volleyball Today</p> <p>4:00 Karaoke (DR)</p> <p>4:00 Technology Assistance (CL)</p>	<p>9:30 Mothers Day 8</p> <p>Fashion Show Sign-Up Required (DR)</p> <p>9:30 Exploring Google 1/2 (CL)</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk</p> <p>10:00 Jam Session (G)</p> <p>12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>1:00 What's App Messaging (CL)</p> <p>1:00 Movie: Back to the Future (1985) (PG) 1hr 56min (O)</p>
<p>9:00 Tech Resources for Everyday Life Graduation Ceremony (CL) 11</p> <p>10:00 Let's Talk About It (CR)</p> <p>1:00 Mex. Train Domino (G)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 OASIS Class: Healthy Eating on a Budget (O)</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Google Photos 2/2 (CL)</p> <p>2:00-3:30 Beginners Pickleball (DR)</p> <p>3:30-6:30 Intermediate Pickleball (DR)</p> <p>4:00-5:00 Tech Time (CL)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 12</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Basics 2/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>10:15 WellMed Class: Depression & Older Adults (O)</p> <p>12:00 Equipment Orientation</p> <p>12:30 Learn Mahjong (G)</p> <p>12:30 Plastic Canvas (AR)</p> <p>12:45 Karaoke (DR)</p> <p>1:00 Smartphone Photography 2/2 (CL)</p> <p>1:00 When the Walls Come Alive Stories of Buenos Aires Street Art Wowzitude Live Virtual Tour (O)</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>9:00 Bihl Haus Hands on Art History Class at Capacity (AR) 13</p> <p>9:30 Morning Movie (O)</p> <p>10:00 Field Trip to San Antonio Missions National Historical Park-Limited Space Available In Person Sign-Up on Thursday May 7th at 10:00</p> <p>10-12 Technology Assistance (CL)</p> <p>10:45-11:45 Table Tennis (FR)</p> <p>1:00 Afternoon Movie (O)</p> <p>1:00 Arts & Crafts Group (AR)</p> <p>1:00 Intro to Nextdoor (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Cadence (1990) (PG-13) 1hr 37min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 14</p> <p>9:30 Exploring Google 2/2 (CL)</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>10:00 Insurance Assistance Sylvia Toscano (Table outside CR)</p> <p>12:30 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 Intermediate Word 1/4 (CL)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>1:15 Chair Volleyball (DR)</p> <p>1:00 Jewelry Making (AR)</p> <p>4:00 Karaoke (DR)</p> <p>4:00 Technology Assistance (CL)</p>	<p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 15</p> <p>10:00 Music Performance (DR)</p> <p>11:30 Birthday Recognition (DR)</p> <p>12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>Center will be Closing at 2:30 for Staff Training</p>
<p>9:00 Tech Tips for Disaster Preparedness (CL) 18</p> <p>10:00 Shopping @ HEB</p> <p>10:00 Health Screening Group (Must be Already Signed Up to Attend) (O)</p> <p>10:00 Let's Talk About It (CR)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Mex. Train Domino (G)</p> <p>1:00 Artificial Intelligence What is it? (CL)</p> <p>2:00-3:30 Beginners Pickleball (DR)</p> <p>3:30-5:30 Intermediate Pickleball (DR)</p> <p>4:00-5:00 Tech Time (CL)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 19</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Basics 3/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>12:00 Equipment Orientation</p> <p>12:30 Learn Mahjong (G)</p> <p>12:30 Plastic Canvas (AR)</p> <p>12:45 Karaoke (DR)</p> <p>1:00 YouTube Q&A (CL)</p> <p>1:00 Where Chocolate Rules the City Discovering Perugia, Italy Wowzitude Live Virtual Tour</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>HOPE Food Bank 20</p> <p>Food Bank: HOPE Distribution From 10:00-11:30</p> <p>9:30 Morning Movie (O)</p> <p>10:00 Caregiver SOS (CR)</p> <p>10-12 Technology Assistance (CL)</p> <p>11:00 9-Ball Tournament (GA) Arrive by 10:45</p> <p>10:45-11:45 Table Tennis (FR)</p> <p>1:00 Afternoon Movie (O)</p> <p>1:00 Arts & Crafts Group (AR)</p> <p>1:00 Banking and Finance Apps at a Glance (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Vigilante Cop (1991) (PG-13) 2hr 20min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 21</p> <p>9:30 Android Essentials 1/3 (CL)</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>10:00 Insurance Assistance-Sylvia Toscano (Table outside CR)</p> <p>12:30-4:00 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 Intermediate Word 2/4 (CL)</p> <p>1:00 Jewelry Making (AR)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>1:15 Chair Volleyball (DR)</p> <p>2:00 New Member Orientation (O)</p> <p>4:00 Karaoke (DR)</p> <p>4:00 Technology Assistance (CL)</p> <p>4:00 Evening Pool Tournament Arrive by 3:45 (GA)</p>	<p>Frozen Meals Today 22</p> <p>9:30 Memorial Day Recognition Event (DR)</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk</p> <p>10:00 Jam Session (G)</p> <p>12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>1:00 Movie: The Last Rodeo (2025) (PG) 1hr 58min (O)</p>
<p>Center is Closed for Memorial Day 25</p> <p>Frozen Meals will Be Given on Friday May 22nd</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 26</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Basics 4/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>10:30 Womens Pool Tournament (GA) Arrive by 10:15</p> <p>12:00 Equipment Orientation</p> <p>12:30 Learn Mahjong (G)</p> <p>12:30 Plastic Canvas (AR)</p> <p>12:45 Karaoke (DR)</p> <p>1:00 Translation Tools (CL)</p> <p>1:00 A Life Rooted in the Land Farm Life in British Columbia Wowzitude Live Virtual Tour (O)</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>9:00 Bihl Haus Hands on Art History Class at Capacity (AR) 27</p> <p>10:00 Library Book Club: "A Slow Fire Burning" by Paula Hawkins (CR)</p> <p>10:00 Shopping at Dollar Tree</p> <p>10:45-11:45 Table Tennis (FR)</p> <p>1:00 Afternoon Movie (O)</p> <p>1:00 Arts & Crafts Group (AR)</p> <p>1:00 Staying Safe Online (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: The Secret Life of Walter Mitty (2013) 1hr 54min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 28</p> <p>9:30 Android Essentials 2/3 (CL)</p> <p>9:30 Loteria! (DR)</p> <p>10:00 Field Trip to the Holocaust Memorial Museum-Limited Space Available In-Person Sign-Up on Thursday May 7th at 10:00</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>10:00 Insurance Assistance-Sylvia Toscano (Table outside CR)</p> <p>12:30-4:00 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 Creating Flower Craft (O) Limited Space; Sign-Up at FD</p> <p>1:00 Intermediate Word 3/4 (CL)</p> <p>1:00 Jewelry Making (AR)</p> <p>4:00 Dance Hour (DR) Come and Groove It Up!</p> <p>4:00 Technology Assistance (CL)</p>	<p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 29</p> <p>10:00 Jam Session (G)</p> <p>12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>1:00 Movie: The Fantastic Four, First Steps (2025) (PG-13) 1hr 55min (O)</p>

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 Chair Aerobics
4:00 Low Impact Bootcamp

Tuesday

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

Wednesday

9:30 Low Impact Zumba
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
2:30 Forever Well Dance
4:00 Beginning Line Dance
5:00 Silver Sneaker Classic

Friday

8:00 Full Body Fusion
9:00 Zumba Gold
11:00 Zumba Gold
12:00 Strength and Cardio
1:00 Line Dance

Bihl Haus Art Classes

We offer 4 different Instructor-Led Art Classes through Bihl Haus which are in 12-week semesters.

All Supplies are supplied by Bihl Haus for the classes.

Missing Any 2 classes in a semester will forfeit your registration for the class.

Only work on Projects Assigned by Art Instructor.

No Storage of Personal Belongings Allowed Anywhere in the Center.

Semester concludes the week of June 29th.

Classes Include:

Beginning Acrylic Painting Monday's from 1:00PM-3:00PM
Intermediate Acrylic Painting Tuesday's from 9:00AM-11:00AM
Hands on Art History Wednesday's from 9:00AM-11:00AM
Beginning Drawing Friday's from 12:00PM-2:00PM

Mothers Day Fashion Show

Sign-Up to compete in your "Sunday Best" outfits.

Individuals only, No Groups

Limited Space Available, No Same Day Additions Allowed

Need to be able to attend Rehearsal on May 8th at 8:30AM

The Show will start on Friday May 8th at 9:30AM

Show off your Style!

Have the Chance to Win Prizes.

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.

There is no Storage Available at the Center

We are unable to store any personal belongings for you; if you bring something with you, it must leave with you.

For the Month of April Food Bank Dates are:

CSFP Wednesday May 6th from 10:00-11:30

HOPE Wednesday May 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 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: Hot Meals Cannot be Taken Out of the Dining Room**
Also, no Milk or Juice/Other Temp. Controlled Items Can be Taken Out.