November 2026

Northeast Senior Center

4135 Thousand Oaks Dr. | San Antonio, Texas | 78217

Monday-Thursday 7:00AM-7:00PM & Friday 7:00AM-4:00PM (210) 207-4590

CITY OF SAN ANTONIO — HUMAN SERVICES

Northeast Senior Center — Pointing you in the right direction

Reminders: Activities are Subject to Change Without Notice; Hot Meals/Temp. Controlled Items May Not Be Taken Out of Dining Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:00-11:00 Beginning & Advanced Pickleball (PC)** **9:00 Crowdfunding for a Cause (CL)** 10:00 Let's Talk About It (CR) **10:00 Shopping Walmart** 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Mex. Train Domino (G) **1:00 Google Photos (CL)**	**3** 9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) **9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed** 9:30-10:45 BINGO! (DR) **9:30 Intermediate Excel 2/4 (CL)** 10:00 Creative Writing (CR) 10:45 ESL Class 3 of 5 (O) 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) **1:00 Intermediate Word 2/4 (CL)** **1:00 Wowzitude Live Tour (CR) Naples, Italy** **4:00-5:00 Evening Bingo (DR)**	**4** Food Bank: CSFP Distribution From 9:30-10:30 9:00 Bihl Haus Watercolor Class at Capacity (AR) **10:30 8-Ball Tournament (GA) Arrive by 10:15** 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) **1:00 Online Shopping (CL)** 1:15 Chair Volleyball (DR) **Movie: Boss Baby (2017) (PG) 1 hr 37min (O)**	**5** 9:30 Seniors in Play Acting (AR) **9:30 Android Essentials 1/3 (CL)** **9:30 Loteria! (DR)** **10:00 Wowzitude Live Tour (CR) Pest, Budapest** 12:30Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) **1:00 Intro to Computers 2/3 (CL)** 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) **4:00 Karaoke Night (DR)**	**6** **10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk** 10:00 Jam Session (G) **11:30 Birthday Recognition (DR)** **1:00 Movie Oddball (2015) (PG) 1hr 35min**
9 **9:00-11:00 Beginning & Advanced Pickleball (PC)** **9:00 Finding Community with SPC (CL)** 10:00 Let's Talk About It (CR) **10:00 Shopping: Marshalls** **10:00 Understanding Elder Fraud Presentation by FBI Special Agent Nguyen (DR)** 1:00 Learn Cribbage (GA) **1:00 Member Orientation (O)** 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Mex. Train Domino (G) **1:00 Cybercrime: What's the Best Browser for Me? (CL)** **1:00 OASIS Class: Choosing the Right Pet (O)**	**10** 8:00 Beginning Pool Class (GA) 9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) **9:30 Veteran's Ceremony (DR)** **No Morning Bingo** **9:30 Intermediate Excel 3/4 (CL)** 10:00 Creative Writing (CR) 10:45 ESL Class 4 of 5 (O) 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) **1:00 Intermediate Word 3/4 (CL)** **1:00 Wowzitude Live Tour (CR) Mitad del Mundo, Equador** **4:00-5:00 Evening Bingo (DR)**	**11** **Veteran's Day Holiday** **Center is Closed** **Frozen Meals Will Be Given on Tuesday November 10th**	**12** **9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed** **9:30 Android Essentials 2/3 (CL)** 9:30 Seniors in Play Acting (AR) **10:00 Wowzitude Live Tour (CR) Rome Italy** 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) **10:15 Field Trip to El Mercado/Market Square Must Be Already Signed Up** 12:30Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) **1:00 Intro to Computers 3/3 (CL)** 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) **4:00 Technology Assistance (CL)** **4:00 Karaoke Night (DR)**	**13** **10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk** 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) **1:00 Movie: The Parent Trap (1961) (G) 2hr 8min**
16 **9:00-11:00 Beginning & Advanced Pickleball (PC)** **9:00 Passwords, Passkeys, and More (CL)** **10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk** 10:00 Let's Talk About It (CR) **10:00 Nutrition Education: Healthy Fats (DR)** 1:00 Mex. Train Domino (G) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Learn Cribbage (GA) **1:00 Fitness Apps (CL)**	**17** 9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 9:30-10:45 BINGO! (DR) **9:30 Intermediate Excel 4/4 (CL)** 10:00 Creative Writing (CR) 10:45 ESL Class 5 of 5 (O) 12:30 Learn Mahjong (GO) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) **1:00 Intermediate Word 4/4 (CL)** **1:00 Wowzitude Live Tour (CR) Buenos Aires, Argentina** **4:00-5:00 Evening Bingo (DR)**	**18** Food Bank: HOPE Distribution From 9:30-10:30 9:00 Bihl Haus Watercolor Class at Capacity (AR) **10:00 Caregiver SOS (CR)** **10-12 Tech Assistance (CL)** **10:30 9-Ball Tournament (GA) Arrive by 10:15** 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) **1:00 Intro to Managing Your Privacy (CL)** 1:15 Chair Volleyball (DR) 4:00 Beginning Pool Class (GA) **Movie: Yesterday (2019) (PG-13) 1hr 57min (O)**	**19** **9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed** **9:30 Android Essentials 3/3 (CL)** 9:30 Seniors in Play Acting (AR) **10:00 Wowzitude Live Tour (CR) Berlin, Germany** 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) **10:00 Shopping at HEB** **12:30 Writer's Roundtable (O)** 1:00 Let's Learn Fishbowl Canasta (GA) **1:00 Cybercrime: Phishing and Identity Theft (CL)** 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) **4:00 Technology Assistance (CL)** **4:00 Karaoke Night (DR)**	**20** **9:30-12:00 Northeast 11th Anniversary Celebration (DR)** 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) **Center will Be Closing At 2:30PM For Staff Training**
23 **No YMCA Classes Today See Back of Calendar** **9:00-11:00 Beginning & Advanced Pickleball (PC)** **10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk** **9:00 Instagram Basics (CL)** 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Mex. Train Domino (G)	**24** **No YMCA Classes Today See Back of Calendar** 8:00 Beginning Pool Class (GA) 9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) **9:30 WellMed Class: Diabetes in Older Adults (G)** 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) **1:00 Wowzitude Live Tour (CR) New York City, New York** **4:00-5:00 Evening Bingo (DR)**	**25** **No YMCA Classes Today See Back of Calendar** 9:00 Bihl Haus Watercolor Class at Capacity (AR) **9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed** 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) **1:00 Instagram DMs (CL)** 1:15 Chair Volleyball (DR) **Movie: The Magnificent Seven (2016) (PG-13) 2hr 12min (O)**	**26** **Thanksgiving Day Holiday** **Center is Closed** **Frozen Meals Will Be Given Out on Tuesday November 24th**	**27** **Thanksgiving Holiday** **Center is Closed** **Frozen Meals Will Be Given Out on Wednesday November 25th**
30 **9:00-11:00 Beginning & Advanced Pickleball (PC)** **9:00 Crowdfunding for a Cause (CL)** **10:00 Member Orientation (O)** 10:00 Let's Talk About It (CR) **10:00 Shopping: Ollies** 1:00 Learn Cribbage (GA) **1:00 Exploring the Internet Safely 1/3 (CL)** 1:00 Mex. Train Domino (G) 1:00 Bihl Haus Beginning Painting-Class at Capacity	**CLASSROOM KEY** **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** **PC: PICKLEBALL COURTS**	**All Computer and Technology Classes Are in Blue** **WellMed Activities Are In Green** **Featured Activities and Outings Are In Red**	**If you are a Veteran and Would Like to be included in the Veteran's Day Video, Please Email Andrew with a Service Picture along with Name, Branch and Years of Service or you can come by in person by Monday November 9.** **Scan This w/ Phone Camera & Tap on Link to email.**	**Northeast 11th Anniversary is Friday November 20th From 9:30-12:00** **Come Dressed in Your Favorite Sports Attire!**

Northeast Fitness Class Schedule

Monday

8:30 High Impact Fusion YMCA
9:30 Full Body Fusion YWCA
11:00 Line Dance Lessons Volunteer
12:00 Chair Yoga YMCA
1:00 Full Body Fusion YWCA
2:00 Chair Aerobics YWCA
4:00 Low Impact Bootcamp YMCA

Tuesday

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

Wednesday

9:30 Low Impact Zumba YMCA
12:00 Chair/Standing Yoga YMCA
1:00 Zumba Gold YMCA
4:00 Low Impact Cardio YMCA
5:00 Zumba Gold YMCA

Thursday

9:30 Zumba Gold YMCA
11:00 Chair Yoga YMCA
1:00 Chair Strength/Cardio YMCA
2:30 Forever Well Dance YMCA
5:00 Silver Sneaker Classic YMCA

Friday

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

Bihl Haus Art Classes

We offer 4 different Instructor-Led Art Classes through Bihl Haus which are in 11-week semesters.

All Supplies are supplied by Bihl Haus for the classes.

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

Only work on Projects Assigned by Art Instructor.

All Classes are at Capacity

Semester will Start the Week of October 5th and will go Through the week of December 14th.

Classes Are:
Beginning Acrylic Painting with Kat-Monday's at 1:00PM-3:00PM
Intermediate Acrylic Painting with Andy Tuesday's at 9:00AM-11:00AM
Watercolor Painting with Juan Wednesday's at 9:00AM-11:00AM
Beginning Drawing with Andy Friday's at 12:00PM-2:00PM

Center Anniversary November 20th

On Friday November 20th we will be having our 11th Center Anniversary. The Theme for this Event is Tailgate: A Celebration of Northeast Senior Center's 11th Anniversary. We will be having a sports themed tailgate party with Food, Dancing, Games, Prizes, and More! This event will occur on Friday November 20th from 9:30AM-12:00PM.

Come Dressed in Your Favorite Sports Attire and Help Us Cheer on the Winning Team!

Have You Heard of Project Mend or Diaper Bank?

We have two wonderful new services which we are offering to our members at no additional cost, Project Mend and Texas Diaper Bank. Project Mend can help individuals obtain medical equipment such as wheelchairs, walkers, & other assistive devices. Texas Diaper Bank can provide incontinence supplies to families and individuals in need, free of charge.

Project Mend: 210-223-6363 www.projectmend.org
Texas Diaper Bank: 210-731-8118 www.texasdiaperbank.org

For the Month of November Food Bank Dates are:

CSFP Wednesday November 4th from 9:30-10:30
HOPE Wednesday November 18th from 9:30-10:30
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

General Rules

- **No Seats are Allowed to Be Saved in the Building**
- **No Food or Opened Drinks Outside of Dining Room**
- **We do Not Accept Any Donations**
- **No Financial Transactions May be Conducted at the Center**
- **There is no Storage Available at the Center**

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 (***h**ealthy **e**ating, **a**ging, **l**iving*) 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.