



HUMAN SERVICES

June 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>9:00 Exploring Seniorplanet.org (CL) 1</p> <p>10:00 Let's Talk About It (CR)</p> <p>10:00 New Member Orientation (O)</p> <p>10:00 Shopping @ WalMart</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 iPhone Basics 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) 2</p> <p>9:00-11:30 CPS Energy Info (DR)</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Intermediate 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 Windows 11 Class 1/3 (CL)</p> <p>1:00 A Thousand Years Around the Corner: Discover York Wowzitude Live Virtual Tour (O)</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>Food Bank: CSFP (Cheese) Distribution from 10:00-11:30 3</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 OATS Technology Class (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: The Boy in the Striped Pajamas (2008) (PG-13) 1hr 35min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 4</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>9:30 Android Essentials 3/3 (CL)</p> <p>9:30 Loteria! (DR)</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 4/4 (CL)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>1:00 Jewelry Making (AR)</p> <p>1:15 Chair Volleyball (DR)</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 5</p> <p>11:30 June B-Day's (DR)</p> <p>12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>1:00 Movie: Uncle Buck (1989) (PG) 1hr 40min (O)</p>
<p>9:00 Getting Started with DuoLingo LYFT Silver (CL) 8</p> <p>10:00 Let's Talk About It (CR)</p> <p>10:00 Shopping @ 5 Below</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 OASIS Class: Caffeine And You (O)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 iPhone Basics 2/2 (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) 9</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Intermediate 2/4 (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 Windows 11 Class 2/3 (CL)</p> <p>1:00 Pages that Changed the World: Anne Frank's Amsterdam 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) 10</p> <p>9:30 Morning Movie (O)</p> <p>10-12 Technology Assistance (CL)</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk</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 OATS Technology Class (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Warrior (2011) (PG-13) 1hr 32min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 11</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>9:30 YouTube Q&A (CL)</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 ChatGPT (CL)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>1:00 Jewelry Making (AR)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Karaoke (DR)</p> <p>4:00 Technology Assistance (CL)</p>	<p>HEAL Quarterly Training No Meals or Transportation Provided for Today Frozen Meals Given out on June 11th 12</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: Star Trek IV The Voyage Home (1986) (PG) 1hr 58min</p>
<p>9:00 Getting Started with Instagram (CL) 15</p> <p>10:00 Shopping @ Thrift Town/Dollar Tree</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 Mex. Train Domino (G)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Cleaning Up Your Device for Space (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) 16</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Intermediate 3/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk</p> <p>10:45 ESL Class 1/10 (O) Sign-Up At Front Desk</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 Windows 11 Class 3/3 (CL)</p> <p>1:00 Discover Bialystok: The Hidden Heart of Eastern Poland Wowzitude Live Virtual Tour (O)</p> <p>4:00-5:00 Evening Bingo (GO)</p>	<p>Food Bank: HOPE Distribution From 10:00-11:30 17</p> <p>9:00 Bihl Haus Hands on Art History Class at Capacity (AR)</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>No 9:30 Movie Today</p> <p>10:00 Caregiver SOS (CR)</p> <p>10:45-11:45 Table Tennis (FR)</p> <p>11:30 9-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 OATS Technology Class (CL)</p> <p>No Chair Volleyball Today</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Radio (1990) (PG) 1hr 49min (O)</p>	<p>9:00 Father's Day Bash (DR) Featuring Coke Floats, Bowling, Cornhole, Pop Darts, Putt Putt, and Dancing 18</p> <p>9:30 Google Photos (CL)</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>11:15 Juneteenth Historical Presentation (GO)</p> <p>10:00 Insurance Assistance Sylvia Toscano(Table outside CR)</p> <p>12:00 Korean Dancing (DR)</p> <p>12:30 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 iPhone Basics 1/2 (CL)</p> <p>1:00 Chicken Foot Dominoes (G)</p> <p>No Chair Volleyball Today</p> <p>1:00 Jewelry Making (AR)</p> <p>4:00 Karaoke (DR)</p> <p>4:00 Technology Assistance (CL)</p>	<p>JUNE TEENTH Freedom Day</p> <p>Check Out Our Juneteenth Presentation On June 18th at 11:15</p> <p>Center is Closed for Juneteenth Holiday. We will Be Giving Out Frozen Meals On 6/18</p>
<p>9:00 Instagram Direct Messages (CL) 22</p> <p>10:00 Shopping @ HEB</p> <p>10:00 Let's Talk About It (CR)</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Mex. Train Domino (G)</p> <p>1:00 iPad Basics 1/2 (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 WellMed Class: Elder Abuse and Older Adults (G) 23</p> <p>9:30-10:45 BINGO! (DR)</p> <p>9:30 Excel Intermediate 4/4 (CL)</p> <p>10:00 Creative Writing (CR)</p> <p>10:45 ESL Class 2/10 (O) Sign-Up At Front Desk</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 Google Photos (CL)</p> <p>1:00 Beneath the Pines: Nature in the Canadian Rockies Wowzitude Live Virtual Tour</p> <p>4:00-5:00 Evening Bingo (DR)</p>	<p>9:30 Morning Movie (O) 24</p> <p>10:00 Field Trip: Japanese Tea Garden; Limited Space Available; Sign Up at Front Desk Limit of 1 Trip Per Month Heavy Walking on this Trip</p> <p>10-12 Technology Assistance (CL)</p> <p>10:00 Library Book Club: "The Personal Librarian" by Marie Benedict (CR)</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 OATS Technology Class (CL)</p> <p>1:15 Chair Volleyball (DR)</p> <p>4:00 Evening Movie (O)</p> <p>Movie: Pink Cadillac (1989) (PG-13) 2hr 01min (O)</p>	<p>8:30 Nutrition Ed (DR) 25</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Learning Gmail 1/2 (CL)</p> <p>9:30 Seniors in Play Acting (AR)</p> <p>9:30 Loteria! (DR)</p> <p>10:00 Insurance Assistance-Sylvia Toscano(Table outside CR)</p> <p>10:15 Field Trip: Briscoe Western Art Museum; Limited Space Available; Cost is \$14 Payable at Museum; Sign Up at Front Desk; Limit 1 Trip</p> <p>12:30-4:00 Writer's Roundtable (CR)</p> <p>1:00 Let's Learn Fishbowl Canasta (GA)</p> <p>1:00 iPhone Basics 2/2 (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 Technology Assistance (CL)</p> <p>4:00 Evening Dance Hour Come and Groove it Up! (DR)</p>	<p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 26</p> <p>10:00 Jam Session (G)</p> <p>10:00 Duck Buck Outlet (DR)</p> <p>1:00 Movie: Rio Lobo (1970) (G) 1hr 55min (O)</p>
<p>9:00 Finding Community with SPC (CL) 29</p> <p>10:00 Let's Talk About It (CR)</p> <p>1:00 Learn Cribbage (GA)</p> <p>1:00 Bihl Haus Beginning Painting-Class at Capacity</p> <p>1:00 iPad Basics 2/2 (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>9:30-10:45 BINGO! (DR) 30</p> <p>9:30 PowerPoint 1/4 (CL)</p> <p>10:00 Shopping @ Ross</p> <p>10:00 Creative Writing (CR)</p> <p>10:30 Womens Pool Tournament (GA) Arrive by 10:15</p> <p>10:45 ESL Class 3/10 (O) Sign-Up At Front Desk</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 Cybercrime What is the Best Browser for Me? (CL)</p> <p>1:00 Colors of the Andes: The Markets of Otavalo Wowzitude Live Virtual Tour (O)</p> <p>5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)</p> <p>4:00-5:00 Evening Bingo (DR)</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</p> <p>O: ORANGE ROOM</p> <p>FD: FRONT DESK</p> <p>CR: CONFERENCE RM</p> <p>CL: COMPUTER LAB</p> <p>FR: FITNESS ROOM</p> <p>GA: GAMING AREA</p> <p>DR: DINING ROOM</p> <p>AR: ART (PINK) ROOM</p> <p>PR: PUZZLE ROOM</p> <p>GO: GRAY/ORANGE ROOM</p>	<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>

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

Only work on Projects Assigned by Art Instructor.

Registration for Summer Classes Occurs:

- **Monday June 15th (In Person Only) Starting At 10:00AM**
- **Tuesday June 16th -Friday June 18th (In-Person or Over the Phone) Starting at 10:00AM**

Limit of 1 Class Per Member; Priority is given to Members who have Not Taken a Class 3 Times

Semester Starts the Week of June 29th and Concludes the Week of September 14th

Summer Semester Classes and Times (Note: Some Classes and Times Have Changed)

Beginning Acrylic Painting Monday's from 1:00PM-3:00PM
Intermediate Acrylic Painting Tuesday's from 5:00PM-7:00PM
Watercolor Painting Wednesday's from 5:00PM-7:00PM
Beginning Drawing Friday's from 12:00PM-2:00PM

Fathers Day Bash

Thursday June 18th From 9:00-11:00

Featuring: Games Competition, Photo Booth, Coke Floats, and Dance

Sign-Up at the Front Desk To Compete in our Fathers Day Bash.

We will have 3 Skill-Based Games for you to compete in:

Putt Putt Golf, Bowling, and PopDarts*

Have the Chance to Win Prizes.

***(Scan QR Code for PopDarts Info and Rules)**



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 June Food Bank Dates are:

CSFP Wednesday June 3rd from 10:00-11:30

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