



**HUMAN
SERVICES**

February 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



Northeast Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reminders: Activities are Subject to Change Without Notice. Hot meals may NOT Be taken out of the dining room.</p>	<p>CLASSROOM KEY</p> <p>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 GO: GRAY/ORANGE ROOM</p>	 <p>CELEBRATING BLACK HISTORY MONTH FEBRUARY</p> <p>Special Activities for Black History Month are in Green.</p>	<p>We will be having 3 field trips to the Rodeo on the 12th, 19th, & the 26th. Sign-up will start in person on Friday February 6th at 9:30. You may sign up for 1 of the 3 trip dates. Limited Space Available. Entry will cost \$3 & Select food is \$5; Pay at Rodeo.</p> <p>In Person Sign-Up will Start on Friday February 6th at 9:30</p>	<p>Scan Here for Our Digital Calendar</p> <p></p> <p></p>
<p>9:00 Passwords, Paskeys, and More(CL) 9:45 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Let's Talk About It (CR) 10:00 New Member Orientation (O) 1:00 Learn Cribbage (GA) 1:00 Google Photos 2/2 (CL) 1:00 Mex. Train Domino (G) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)</p>	<p>9:30-10:45 BINGO! (DR) 9:30 Google Docs 2/2 (CL) 10:00 Creative Writing (CR) 10:00 Health Screening Group Makeup Class (G) 10:45 Spanish Class 4/8 (G) 10:45 ESL Class 2/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 All About Passwords (CL) 1:00 Summer on the Pacific: Miraflores, Lima in Full Bloom Wowzitude Live Virtual Tour (O)</p>	<p>3</p> <p>CSFP Food Bank Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30</p> <p>10:00 Health Screening Group Makeup Class (G) 10:45 Spanish Class 4/8 (G) 10:45 ESL Class 2/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 All About Passwords (CL) 1:00 Summer on the Pacific: Miraflores, Lima in Full Bloom Wowzitude Live Virtual Tour (O)</p>	<p>4</p> <p>CSFP Food Bank Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30</p> <p>10:00 Health Screening Group Makeup Class (G) 10:45 Spanish Class 4/8 (G) 10:45 ESL Class 2/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 All About Passwords (CL) 1:00 Summer on the Pacific: Miraflores, Lima in Full Bloom Wowzitude Live Virtual Tour (O)</p>	<p>5</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Loteria! (DR) 9:30 Seniors in Play Acting (AR) 9:30 Learning Windows (CL) 10:15 Captioned Phones Presentation by DHHC (O) 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 Android Essentials 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Karaoke (DR)</p>
<p>9:00 Anti-Virus & Malware Removers at a Glance (CL) 9:45 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 10 Warning Signs of Alzheimer's Dementia (OASIS) (O) 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) 4:00-5:00 Tech Time (CL)</p>	<p>9:30 Excel Basics 1/4 (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:45 Spanish Class 5/8 (G) 10:45 ESL Class 3/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 1/4 (CL) 1:00 Auckland, New Zealand: Living on the Edge of the Pacific Wowzitude Live Virtual Tour (O)</p>	<p>10</p> <p>9:30 Morning Movie (O)</p> <p>9:30 WellMed Education Heart Health & Aging 10:45-11:45 Table Tennis (FR) 11:15 Sister Rosetta Tharpe Presentation (DR) 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 10:00 Rodeo Field Trip Sign-Up at Front Desk Limited Space Available 12:30-4:00 Writer's Group (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Cybercrime: Phishing & Identity Theft 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) No Chair Volleyball Today 4:00 Karaoke (DR)</p>	<p>11</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Loteria! (DR) 9:30 Seniors in Play Acting (AR) 10:00 Nutrition Education: HEAL Program (DR) 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 10:00 Rodeo Field Trip Sign-Up at Front Desk Limited Space Available 12:30-4:00 Writer's Group (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Cybercrime: Phishing & Identity Theft 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) No Chair Volleyball Today 4:00 Karaoke (DR)</p>	<p>12</p> <p>10:00 Shopping @ Wal-Mart</p> <p>9:30-12:00 Northeast Valentines Party (DR) 10:00 Jam Session (G) 1:00 Movie: As Good As It Gets (1997) (PG-13) 2hr 19min (O)</p>
<p>9:00 Discovering Browser Extensions (CL) 9:45 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 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 New Member Orientation (O) No Pickleball Today 4:00-5:00 Tech Time (CL)</p>	<p>16</p> <p>9:00 Wild West Waffle Jamboree & Dance (DR) 9:30 Excel Basics 2/4 (CL) No Bingo Today, it will be on Friday January 20th 10:00 Creative Writing (CR) 10:45 Spanish Class 6/8 (G) 10:45 ESL Class 4/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 2/4 (CL) 1:00 The Power of the Falls: A Journey to Niagara Falls Wowzitude Live Virtual Tour (O)</p>	<p>17</p> <p>9:00 Wild West Waffle Jamboree & Dance (DR) 9:30 Excel Basics 2/4 (CL) No Bingo Today, it will be on Friday January 20th 10:00 Creative Writing (CR) 10:45 Spanish Class 6/8 (G) 10:45 ESL Class 4/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 2/4 (CL) 1:00 The Power of the Falls: A Journey to Niagara Falls Wowzitude Live Virtual Tour (O)</p>	<p>18</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Buffalo Soldiers Presentation & Artifact Display (DR) 10:00 Library Book Club: "The Dream Hotel" by Laila Lalami (CR)</p> <p>10:00 Caregiver SOS (CR) 10:45-11:45 Table Tennis (FR) 11:00-1:00 9-Ball Tournament (GA) Arrive by 10:45 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Google Maps (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: Driving Miss Daisy (2016) (PG-13) 1hr 56min (O)</p>	<p>19</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 ChatGPT (CL) 9:30 Seniors in Play Acting (AR) 10:00 Rodeo Field Trip Sign-Up at Front Desk Limited Space Available 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 10:00 Nutrition Education: Healthy Snacking (DR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Cybercrime: Phishing & Identity Theft 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Karaoke (DR)</p>
<p>9:00 Digital Legacy at a Glance (CL) 9:45 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Health Screening Group (Must be Already Signed Up to Attend) (O) 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) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)</p>	<p>23</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Excel Basics 3/4 (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) Arrive by 10:15 10:45 Spanish Class 7/8 (G) 10:45 ESL Class 5/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 3/4 (CL) 1:00 Carved in White: The Heart of Arequipa Wowzitude Live Virtual Tour (O)</p>	<p>24</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed</p> <p>9:30 Excel Basics 3/4 (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) Arrive by 10:15 10:45 Spanish Class 7/8 (G) 10:45 ESL Class 5/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word Basics 3/4 (CL) 1:00 Carved in White: The Heart of Arequipa Wowzitude Live Virtual Tour (O)</p>	<p>25</p> <p>9:30 Buffalo Soldiers Presentation & Artifact Display (DR) 10:00 Library Book Club: "The Dream Hotel" by Laila Lalami (CR)</p> <p>10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Google Maps (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: Dodgeball: A True Underdog Story (2004) (PG-13) 1hr 32min (O)</p>	<p>26</p> <p>9:30 Seniors in Play Acting (AR) 9:30 Cybercrime: What's the Best Browser for Me? (CL) 10:00 Rodeo Field Trip Sign-Up at Front Desk Limited Space Available 10:00 More Assistance-Sylvia Toscano (Table outside of CR) 10:00 Nutrition Education: Healthy Snacking (DR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Cybercrime: Phishing & Identity Theft 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Karaoke (DR)</p>
				<p>HEAL Quarterly 27 Training No Meals or Transportation Today Frozen Meals will Be Given on February 26th 10:00 Jam Session (G) 1:00 Movie: Mary Poppins (1964) (G) 2hr 19min</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.

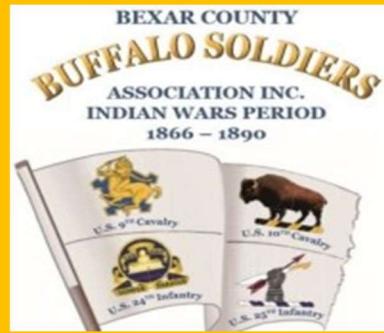
All Supplies are supplied by Bihl Haus for the classes.
Registration has closed and will re-open on **Monday March 23rd**.

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

Celebrate Black History Month

February is Black History Month. We will be having several different events to highlight this including Black History Bingo, featured movies, photo experience, and presentations. Check out the events in **Green**.



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/caf .

No Food is Permitted Outside of Dining Room.

Drinks musts 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 February Food Bank Dates are:

CSFP Wednesday February 4th from 10:00-11:30

HOPE Wednesday February 18th 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.