




HUMAN SERVICES

December 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
9:00 Exploring AI Series 9/10 (CL) 10:00 New Member Orientation (O) 10:00 Shopping @ Thrift Town/Dollar Tree 10:00 Fold 3 Military Genealogy Class from SAPL (G) 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Online Shopping (CL) 2:00-3:30 Beginners Pickleball 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)	1 9:30 Excel 2 (2/4) (CL) 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word 2 (2/4) (CL) 1:00 Wowzitude: Villa La Angostura: The Gateway to Patagonia's Beauty Live Virtual Tour (O)	3 CSFP Food Bank Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30 9:30 Morning Movie (O) 10:00-12:00 Technology Assistance (CL) 10:45-11:45 Table Tennis (FR) 11:30 8-Ball Tournament (GA) Arrive by 11:15 12:30 Winter Preparedness Class from SAPL (DR) 1:00 Graphic Design Tools (CL) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:15 Chair Volleyball (DR) 5:00 Evening Movie (O) Movie: Jingle All The Way (1996) (PG) 1hr 29min (O)	4 9:00-10:00 Applying for Medicare Sylvia Toscano (CR) 9:30 Nutrition Ed/Food Demo: Pears Must be on time & stay for entire class to receive free produce box. Limited Supply. 10:30-12 Produce Market (GO) 9:30 Chat GPT (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 Digital Wallet (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)	5 9:45 Walking Group at Mall w/ WellMed, Sign-Up at Front Desk 10:00 Music Performance (DR) 11:30 Happy Birthday Recognition (DR) 1:00 Movie: National Lampoon's Christmas Vacation (1989) (PG-13) 1hr 37min 2:00 Learn Table Tennis (FR)
Convoy of HOPE Food Bank Distribution 11:00-12:30 9:00 Exploring AI Series 10/10 (CL) & Graduation 10:00 Seniors in Play Ambassadors Performance (GO) 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 A New Look at Fall Prevention (OASIS) (O) 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)	8 9:30 Excel 2 (3/4) (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word 2 (3/4) (CL) 1:00 Wowzitude: Mystery Location Live Virtual Tour (O)	10 9:30 Morning Movie (O) 9:45 Walking Group at Mall w/ WellMed, Sign-Up at Front Desk 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Getting Started w/Canva 1:15 Chair Volleyball (DR) 5:00 Evening Movie (O) Movie: Scrooged (1988) 1hr 40min (PG-13) (O)	11 9:00-10:00 Getting Rdy for Annual Enrollment Sylvia Toscano (CR) 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 10 Fun Things to Do with Your iPad (CL) 9:30 Loteria! (DR) 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 Cybercrime: What is the Best Browser for Me? (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) No Chair Volleyball Today 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)	12 10-12 Northeast Christmas Party (DR)  1:00 Movie: Elf (PG) (2003) 1hr 37min (O)
9:15 Bihl Haus Art Class Registration Begins (DR) 10:00 Shopping @ HEB 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) 1:00 iPad Basics 2/2 (CL) 2:00 New Member Orientation (O) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)	15 9:00 WellMed Education: Flu and Older Adults (O) 9:30 Excel 2 (4/4) (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word 2 (4/4) (CL) 1:00 Wowzitude: Mystery Location Live Virtual Tour (O)	17 9:30 Morning Movie (O) 10:00 Caregiver SOS (CR) 10:00 Library Book Club: The Most Wonderful Crime of the Year by Erik Larson (G) 10:00-12:00 Technology Assistance (CL) 10:00 Nutrition Education: Cranberries (DR) 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 Mindfulness Apps (CL) 1:15 Chair Volleyball (DR) 5:00 Evening Movie (O) Movie: How the Grinch Stole Christmas (2000) (PG) 1hr 45min (O)	18 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:00-10:00 Over the Counter Benefits Sylvia Toscano (CR) 9:30 Loteria! (DR) 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 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Technology Assistance (CL) 4:00 Karaoke (DR)	19 9:45 Walking Group at Mall w/ WellMed, Sign-Up at Front Desk 10:00 Jam Session (G) Center will be Closing at 2:30 for Staff Training
Frozen Meal will be Given Today for January 1 9:00 Google Gemini (CL) 10:00 Shopping @ Walmart 10:00 Let's Talk About It (CR) 10:00 Health Screening Group (G)(Must Be Already Signed Up to Attend) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 2:00-3:30 Beginners Pickleball 3:30-4:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)	22 Frozen Meal will be Given Today for January 2 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) Arrive by 10:15 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 4:00 Google Gemini (CL)	24 Winter Closure Center is Closed Frozen Meal will be Given Friday December 12th	25 Winter Closure Center is Closed Frozen Meal will be Given on Monday December 15th	26 Winter Closure Center is Closed Frozen Meal will be Given on Tuesday December 16th
Winter Closure 29 Center is Closed Frozen Meal will be Given on Wednesday December 17th	Winter Closure 30 Center is Closed Frozen Meal will be Given on Thursday December 18th	Winter Closure 31 Center is Closed We will Reopen on Friday January 2nd (No Meal Served that day, Frozen Meal will Be Given on December 23 for January 2nd) Frozen Meal will be Given on Friday December 19th	CLASSROOM KEY 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	Reminders: Activities are Subject to Change Without Notice. Hot meals may NOT Be taken out of the dining room.

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
9:30 Walking Group (at Mall)
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.

Members are allowed to sign-up for 1 of the 4 classes per semester.

Priority placement in classes is given to members who have NOT taken 3 of the same class.

All Supplies are supplied by Bihl Haus for the classes.

Sign-Up Week Starts on Monday December 15th at 9:15AM in the Dining Room
In-Person Registration on December 15th

On Tuesday-Friday you can register either by Calling us or Visiting the Front Desk.

Limited Space Available in Each Class. **Classes Start on January 4th and Go Through March 27th.**

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

Northeast Christmas Party

Our Annual Christmas Party will be on Friday December 12th from 10:00-12:00
Come and join us as we celebrate the holiday season. Featuring Refreshments,
Dancing, Music, Photo Booth, Santa, & Giveaways.

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 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 December Food Bank Dates are:

CSFP Wednesday December 3rd from 10:00-11:30
HOPE Monday December 8th from 11:00-12:30


Different Date

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**