



July 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



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
All Computer and Technology Classes Are in Blue WellMed Activities are In Green Featured Activities and Outings Are In Yellow	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	10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk Food Bank: CSFP (Cheese) Distribution from 10:00-11:30 9:30 Morning Movie (O) 10:45-11:45 Table Tennis (FR) 11:30 8-Ball Tournament (GA) Arrive by 11:15 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Discovering Browser Extensions (CL) 1:15 Chair Volleyball (DR) Movie: Poms (2019) (PG-13) 1hr 31min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Seniors in Play Acting (AR) 9:30 Learning Gmail 2/2 (CL) 9:30 Loteria! (DR) 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) 12:30Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Whats App Messaging (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 2:30 Karaoke (O) Different Time Center will be Closing at 4:00PM for Repairs.	Center is Closed Today for July 4th Holiday Frozen Meals Will Be Given on Thursday July 2nd
9:00 Intro to Estate Planning Resources and Tools (CL) 10:00 Let's Talk About It (CR) 10:00 Shopping @ Goodwill 10:00 New Member Orientation (O) 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Apple Watch (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)	9:30-10:45 BINGO! (DR) 9:30 PowerPoint 2/4 (CL) 10:00 Creative Writing (CR) 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 Google Docs (CL) 1:00 The Cliffs of Lima: Life and Legends in Miraflores Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	9:00-10:00 Kitchen Volunteer Meeting (O) No 9:30 Movie Today 10-12 Technology Assistance (CL) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Intro to Booking Vacation Stays Online (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: The Philadelphia Story (1940) 2hr 4min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Google Maps & Calendar 1/2 (CL) There is No Seniors in Play Acting Today 10:00-11:00 Meet the Manager (CR) 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) 12:30Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Google Maps & Calendar 1/2 (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)	10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 11:30 Birthday Recognition (DR) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 1:00 Movie: Hoosiers (1986) (PG) 2hr 23min
9:00 Digital Legacy at a Glance (CL) 10:00 Shopping @ HEB 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Learn Cribbage (GA) 1:00 OASIS Class: Genealogy Resources from SAPL (O) 1:00 Smartphone Photography 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)	9:30-10:45 BINGO! (DR) 9:30 PowerPoint 3/4 (CL) 10:00 Creative Writing (CR) 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 All About Passwords (CL) 1:00 The Heartbeat of Industrial Poland Stories from Łódź's past and present Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	Food Bank: HOPE Distribution From 10:00-11:30 9:30 Morning Movie (O) 10:00 Caregiver SOS (CR) 10:45-11:45 Table Tennis (FR) 11:30 9-Ball Tournament (GA) Arrive by 11:15 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Digital Legacy at a Glance (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: A Beautiful Day in the Neighborhood (2019) (PG) 1hr 49min	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Google Maps & Calendar 2/2 (CL) 9:30 Seniors in Play Acting (AR) 10:00 In Person Field Trip Registration (FD) 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Google Maps & Calendar 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:15 Chair Volleyball (DR) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)	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) Center will Be Closing At 2:30PM For Staff Training
9:00 Digital Vaults (CL) 10:00 Shopping @ 10:00 Health Screening Group (Must be Already Signed Up to Attend) (O) 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) 1:00 Smartphone Photography 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-5:00 Intermediate Pickleball(DR) Ending Earlier Due to Meeting Afterwards 4:00-5:00 Tech Time (CL)	9:00 WellMed Class: Hot Weather Safety & Older Adults (G) 9:30-10:45 BINGO! (DR) 9:30 PowerPoint 4/4 (CL) 10:00 Creative Writing (CR) 10:45 ESL Class 6/10 (O) 10:45 Spanish Class 1/8 (G) Limited Space Available Sign-Up At Front Desk 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Translation Tools (CL) 1:00 New York City: The Seeds of Revolution: Exploring the Streets That Changed America Wowzitude Live Virtual Tour 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	8:30 Nutrition Ed (DR) 9:30 Morning Movie (O) 10-12 Technology Assistance (CL) 10:00 Library Book Club: "The Maid" by Nita Prose (CR) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Tips for Responsible Device Disposal (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: October Sky (1999) (PG) 1hr 55min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Google Docs (CL) 9:30 Seniors in Play Acting (AR) 9:30 Loteria! (DR) 10:00 Insurance Assistance- Sylvia Toscano(Table outside CR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intro to Computers 1/4 (CL) 1:00 Jewelry Making (AR) 1:00 Chicken Foot Dominoes (G) 1:15 Chair Volleyball (DR) 2:00 New Member Orientation (O) 4:00 Technology Assistance (CL) 4:00 Evening Dance Time Come and Groove it Up! (DR)	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) 1:00 Movie: The Straight Story (1999) (G) 1hr 52min (O)
9:00 Setting Up Password App on iPhone (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 Android Essentials 1/3 (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)	9:30-10:45 BINGO! (DR) 9:30 YouTube Q & A (CL) 10:00 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) Arrive by 10:15 10:45 ESL Class 7/10 (O) 10:45 Spanish Class 2/8 (G) Limited Space Available Sign-Up At Front Desk 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Exploring Google 1/2 (CL) 1:00 Mystery Trip Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	9:30 Morning Movie (O) 10:00 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 Intro to Sleep Technologies (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: Grumpy Old Men (1993) (PG-13) 2hr 4min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 iPad Basics 1/2 (CL) 9:30 Seniors in Play Acting (AR) 10:00 Nutrition Education: Calcium (DR) 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) 10:15 Field Trip: Ruby City Art Museum; Limited Space Available; In-Person Sign-Up Starts July 16th at 10:00AM 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intro to Computers 2/4 (CL) 1:00 Chicken Foot Dominoes (G) 1:15 Chair Volleyball (DR) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)	9:30-12:00 Resource Fair Visit the Different Groups Represented & Have the Chance to win Prizes. This will occur in the Gaming Area & Classrooms No Jam Session Today No Afternoon Movie 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)

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 Chair Yoga
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 Is Closed

Semester Starts the Week of July 6th and Concludes the Week of September 21st

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

Beginning Acrylic Painting Monday's from 1:00PM-3:00PM (Starting July 6th)
Intermediate Acrylic Painting Tuesday's from 5:00PM-7:00PM (Starting July 7th)
Watercolor Painting Wednesday's from 5:00PM-7:00PM (Starting July 8th)
Beginning Drawing Friday's from 12:00PM-2:00PM (Starting July 10th)

Have you Taken the Nutrition Survey?

Alamo Area Council of Governments is conducting a survey about our HEAL Meal Program. If you have not yet filled out a survey for this, go ahead and get one from the Front Desk/Dining Room Swipe Desk or you can scan this QR Code to Fill out the Survey digitally:



Celebrate America's 250th Birthday July 4th!

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 July Food Bank Dates are:

CSFP Wednesday July 1st from 10:00-11:30
HOPE Wednesday July 15th 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.