



HUMAN
SERVICES

November 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 5/10 (CL) 3 10:00 New Member Orientation (O) 10:00 Shopping @ Thrift Town/Dollar Tree 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 iPhone Basics 1/2 (CL) 2:00-3:30 Beginners Pickleball 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 5:00-6:00 Table Tennis (FR)	9:30 Meet the Computer 2/2 (CL) 4 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:45 ESL Class 9/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Google Photos 2/2 (CL) 1:00 Wowzitude: Where History Dances with Modern Life Buenos Aires, Argentina Live Virtual Tour (O)	CSFP Food Bank 5 Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30 9:30 Morning Movie (O) 9:45 Walking Group at Mall w/ WellMed, Sign-Up at Front Desk 10:00-12:00 Technology Assistance (CL) 10:45-11:45 Table Tennis (FR) 11:30 8-Ball Tournament (GA) Arrive by 11:15 1:00 Finding Information Online (CL) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:15 Chair Volleyball (DR) 4-6 Technology Assistance (CL) 5:00 Evening Movie (O) Movie: Walk the Line (2005) (PG-13) 2hr 16min (O)	9:00-10:00 Applying for Medicare Sylvia Toscano (CR) 6 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Loteria! (DR) 9:30 Cybercrime: Phishing & Identity Theft 1/2 (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 Google Photos 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	Last Day to Submit 7 Military Pictures to Andrew for Veterans Day Ceremony 9:00-12:00 Health & Resource Fair (GA/GO) 12:15 Happy Birthday Recognition (DR) 1:00 Movie: Once Upon a Time in the West (1968) 2hr 25min 2:00 Learn Table Tennis (FR) 14
9:00 Exploring AI Series 6/10 (CL) 10 9:30 Northeast Veteran's Day Recognition Ceremony (DR) 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Disaster Preparedness (OASIS) (O) 1:00 iPhone Basics 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 5:00-6:00 Table Tennis (FR)	Happy Veterans 11 Day Center is Closed Frozen Meals will be Given out on Monday November 10th 	9:30 Morning Movie (O) 12 9:45 Walking Group at Mall w/ WellMed, Sign-Up at Front Desk 10:00 Beginning Genealogy (G) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Smartphones at a Glance-CL 1:15 Chair Volleyball (DR) 4-6 Technology Assistance (CL) 5:00 Evening Movie (O) Movie: Hidden Figures (2016) 2hr 7min (PG) (O)	9:00-10:00 Getting Rdy for Annual Enrollment Sylvia Toscano (CR) 13 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Cybercrime: Phishing & Identity Theft 2/2 (CL) 10:00 Nutrition Education: Sweet Potatoes (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 Google Photos 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	9:00-1:00 Northeast 10th Anniversary Celebration (DR) See Back for Additional Information 10:00 Jam Session (G) 1:00 Movie: Sherlock Holmes (PG-13) (2009) 2hr 8min (O) 2:00 Learn Table Tennis (FR)
9:00 Exploring AI Series 7/10 (CL) 17 10:00 Shopping @ HEB 10:00 Nutrition Education: Squash (DR) 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) 1:00 Fitness Apps: Tracking Your Health and Fitness (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 5:00-6:00 Table Tennis (FR)	9:15 WellMed Wellness 18 Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Excel 2 (1/4) (CL) 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:45 ESL Class 10/10 (O) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Word 2 (1/4) (CL) 1:00 Wowzitude: Reflections of Lake Louise: Canada's Alpine Gem Live Virtual Tour (O) 5:00-6:00 Game Night (GA)	HOPE Food Bank 19 Food Bank: HOPE Distribution from 10:00-11:30 9:30 Morning Movie (O) 10:00 Caregiver SOS (CR) 10:00 Library Book Club: The Devil in the White City by Erik Larson (G) 10:00-12:00 Technology Assistance (CL) 10:45-11:45 Table Tennis (FR) 11:00-1:00 9-Ball Tournament (GA) Arrive by 10:45 12:00 Korean Dancers Performance (DR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Smartphone Camera Uses Beyond Photography (CL) 1:15 Chair Volleyball (DR) 4-6 Technology Assistance (CL) 5:00 Evening Movie (O) Movie: The First Wives Club (1996) (PG) 1hr 45min (O)	9:00-10:00 Over the Counter Benefits Sylvia Toscano (CR) 20 10:00 Seniors in Play Showcase (GO) 9:30 iPad Basics (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) 2:00 New Member Orientation (O) 1:00 iPad Basics (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)	21 Staff In-Service Center is Closed Frozen Meals will be Given Out on Thursday November 20th
9:00 Exploring AI Series 8/10 (CL) 24 9:30 Table Tennis Tournament (GO) 10:00 Shopping @ Walmart 10:00 Let's Talk About It (CR) 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) 5:00-6:00 Table Tennis (FR)	9:15 WellMed Wellness 25 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 Wowzitude: Where History Meets the Clouds: Bogotá, Columbia Live Virtual Tour (O)	9:30 Morning Movie (O) 26 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Staying Safe Online (CL) 1:00 Arts & Crafts Group (AR) 4-6 Technology Assistance (CL) 5:00 Evening Movie (O) Movie: Apollo 13 (1995) (PG) 2hr 20min (O)	Happy Thanksgiving! 27 Center is Closed Frozen Meals will be Given out on Monday November 24th	Day After Thanksgiving 28 Center is Closed Frozen Meals will be Given Out on Tuesday November 25th
 Remember Set Your Clocks 1 Hour Back for Daylight Savings Ending	Please do Not Save Seats anywhere in the Center Including: Fitness Room Dining Room Gaming Area Any Classroom	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.	If you would like to view this Calendar Online Scan the QR Code to access it on your Personal Device. 

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

Northeast 10th Anniversary

On Friday November 14th we will be celebrating our 10th Anniversary. Northeast was the first ground-up senior center in San Antonio, and we have the largest membership numbers of any center. We would like to thank all our dedicated members and Staff for helping make this center really stand-out in the heart of San Antonio.

In Addition to being the largest center in the City, we are Nationally Accredited through the National Council on Aging as representing the ideal Senior Center. We see over 500 members a day and serve over 300 meals on average per day.

Festivities will start at 9:00AM on Friday November 14th.

There will be Music, Giveaways (While Supplies Last), Food, Photo Experience, & Fun!

Our Theme for This Special Event is **The Roaring 20's (Like the Great Gatsby)**



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 November Food Bank Dates are:

CSFP Wednesday November 5th from 10:00-11:30
HOPE Wednesday November 19th 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: Meals Cannot be Taken Out of the Dining Room**