



October 2026

Northeast Senior Center

4135 Thousand Oaks Dr. | San Antonio, Texas | 78217

Monday-Thursday 7:00AM-7:00PM & 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
Happy Hispanic Heritage Month Check out Our Fun Activities Highlighted in Burgundy 10/7 Special Film at 1:00PM 10/14 Hispanic Heritage Dance Party	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	All Computer and Technology Classes Are in Blue WellMed Activities Are In Green Featured Activities and Outings Are In Yellow	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Seniors in Play Acting (AR) 9:30 YouTube Q & A (CL) 9:30 Loteria! (DR) 10:30 Casita Program Presentation (DR) 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 ChatGPT (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke Night (DR)	8:30-3:30 University Health Mammogram Screenings-Must be Signed up to Attend 10:00 Shopping Thrift Town/Dollar Tree 10:00 Jam Session (G) 11:30 Birthday Recognition (DR) 1:00 Movie The Journey of Natty Gann (1985) (PG) 1hr 41min
10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 9:00 Intro to Sleep Technologies (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 Mex. Train Domino (G) 1:00 iPhone Basics 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-5:00 Intermediate Pickleball (DR)	9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 9:30-10:45 BINGO! (DR) 9:30 Word Basics 2/4 (CL) 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 Windows 11 3/3 (CL) 1:00 The Witches of Ljubljana: Dark Tales from Slovenia's Past Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)	Food Bank: CSFP Distribution From 10:00-11:00 No Morning Movie 9:00 Bihl Haus Watercolor Class at Capacity (AR) 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 Emojis, GIF's, and More! (CL) 1:15 Chair Volleyball (DR) Movie: Spare Parts (2015) (PG-13) 1 hr 55min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Google Photos (CL) 9:30 Seniors in Play Acting (AR) 10:00 Insurance Assistance Sylvia Toscano (Table outside CR) 10:00-11:00 Senior Medicare Patrol Presentation (DR) 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 iPhone Basics 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Technology Assistance (CL) 4:00 Karaoke Night (DR)	10:00 Shopping Spare Parts Art Store 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) 1:00 Movie: Haunted Mansion (2023) (PG-13) 2hr3min
9:00 How to Book Vacation Stays Online (CL) 10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Let's Talk About It (CR) 10:00 Member Orientation (O) 10:15 In-Person Field Trip Sign-Up (FD) 1:00 Mex. Train Domino (G) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 OASIS Class: Grandparents Raising Grandchildren (O) 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)	9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 9:30-10:45 BINGO! (DR) 9:30 Word Basics 3/4 (CL) 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 SACRD Portal (CL) 1:00 From Renaissance Splendor to a City of Memory Lublin Poland Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)	9:00 Bihl Haus Watercolor Class at Capacity (AR) 9:30 Hispanic Heritage Dance Party (DR) 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 Home Health Monitors (CL) Movie: F1 (2025) (PG-13) 2hr 36min (O)	Frozen Meals Given Today 9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Learning Gmail 1/2 (CL) 9:30 Seniors in Play Acting (AR) 10:00 Insurance Assistance Sylvia Toscano (Table outside CR) 10:00 Shopping at HEB 12:30 Writer's Roundtable (O) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 iPhone Basics 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Technology Assistance (CL) 4:00 Karaoke Night (DR)	HEAL Quarterly Training No Meals or Transportation Frozen Meals Will Be Given on Thursday October 15th 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) Center will Be Closing At 2:30PM For Staff Training
10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 9:00 YouTube (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 Mex. Train Domino (G) 1:00 iPad Basics 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-5:00 Intermediate Pickleball (DR) (Ending Early Because of Meeting)	9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 9:30 WellMed Class: Falls & Fractures in Older Adults Causes and Prevention (G) 9:30-10:45 BINGO! (DR) 9:30 Word Basics 4/4 (CL) 10:00 Financial Exploitation Presentation (O) 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 Cybercrime Best Browser for Me (CL) 1:00 Celebrating Peru's Day of Creole Music Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)	Food Bank: HOPE Distribution From 10-11 9:00 Bihl Haus Watercolor Class at Capacity (AR) 9:30 Morning Movie (O) 10-12 Technology Assistance (CL) 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 Fitness Apps (CL) 1:15 Chair Volleyball (DR) Movie: Pee-Wee's Big Adventure (1985) (PG) 1hr 30min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Learning Gmail 2/2 (CL) 9:30 Seniors in Play Acting (AR) 10:00 Insurance Assistance- Sylvia Toscano (Table outside CR) 10:15 Field Trip: Market Square/El Mercado Sign-up in Person on Monday 10/12 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intermediate Excel 1/4 (CL) 1:00 Jewelry Making (AR) 1:00 Chicken Foot Dominoes (G) 2:00 Member Orientation (O) 4:00 Technology Assistance (CL) 4:00 Karaoke Night (DR)	10:00 Shopping @ Walmart 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) 1:00 Movie: The Great Debaters (2007) (PG-13) 2hr 6min (O)
9:00 Digital Coupon Tools (CL) 10:00 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 Bihl Haus Beginning Painting-Class at Capacity 2:00-3:30 Beginners Pickleball (DR) 3:30-5:00 Intermediate Pickleball (DR)	9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 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 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Excel Basics 1/4 (CL) 1:00 York, England: Haunted Tales from an Ancient City Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)	9:00 Bihl Haus Watercolor Class at Capacity (AR) 10:00 Library Book Club: "We Used to Live Here" by Marcus Kliewer (CR) 10:00 Nutrition Education (DR) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Using Facebook Marketplace (CL) Movie: The World's Fastest Indian (2005) (PG-13) 2hr 7min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 What is Artificial Intelligence? (CL) 9:30 Seniors in Play Acting (AR) 9:30 Loteria (DR) 10:00 Insurance Assistance- Sylvia Toscano (Table outside CR) 10:15 Health Screening Group Graduation (DR) 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Intermediate Excel 2/4 (CL) 1:00 Jewelry Making (AR) 1:00 Chicken Foot Dominoes (G) 2:00 Member Orientation (O) 4:00 Technology Assistance (CL) 4:00 Evening Dance Time Come and Groove it Up! (DR)	9:30 Halloween Costume Contest and Spooky Dance (DR) 10:00 Shopping @ Homestead Handicrafts 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 12:30 Learn to Play Cribbage (GA) 1:00 Movie: The Sixth Sense (1999) (PG-13) 1hr 47min (O)

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 11-week semesters.

All Supplies are supplied by Bihl Haus for the classes.

Missing 2 consecutive classes in a semester will forfeit your registration for the class.

Only work on Projects Assigned by Art Instructor.

All Classes are at Capacity

Semester will Start the Week of October 5th and will go Through the week of December 14th.

Classes Are:
Beginning Acrylic Painting with Kat-Monday's at 1:00PM-3:00PM
Intermediate Acrylic Painting with Andy Tuesday's at 9:00AM-11:00AM
Watercolor Painting with Juan Wednesday's at 9:00AM-11:00AM
Beginning Drawing with Andy Friday's at 12:00PM-2:00PM

Halloween Costume Contest and Dance

On Friday October 30th at 9:30 we will be having our annual Halloween Costume Contest and Dance. There are 3 different categories for the competition: Scary, Funny, and Creative. The top contestant in each category will win a prize. We will have an immersive Haunted Experience going on during this time as well. Once the costume contest concludes we will have a Spooky Dance. Feel Free to Dress up in a Festive Costume.

Celebrate Dia de Los Muertos with Us!

This year, we are celebrating Dia de Los Muertos (Day of the Dead) and we will be creating an Ofrenda in the Dining Room. If you have mementos such as pictures, heirlooms, or other such items (no food) you may bring it to the center starting on **Monday October 26th** so that we may honor those Family and Friends who have passed away.

Note that the center is not responsible for lost or stolen items, and it is required for members to pick up their items **No Later Than Tuesday November 3rd.**

For the Month of October Food Bank Dates are:

CSFP Wednesday October 7th from 10:00-11:00
HOPE Wednesday October 21st from 10:00-11:00

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

General Rules

- No Seats are Allowed to Be Saved in the Building**
- No Food or Opened Drinks Outside of Dining Room**
- We do Not Accept Any Donations**
- No Financial Transactions May be Conducted at the Center**
- There is no Storage Available at the Center**

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.