



**HUMAN  
SERVICES**

**October 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
<p><b>Reminders:</b></p> <p><b>Activities are Subject to Change Without Notice.</b></p> <p><b>Hot meals may NOT Be taken out of the dining room.</b></p>	<p><b>CLASSROOM KEY</b></p> <p><b>G: GRAY ROOM</b> <b>O: ORANGE ROOM</b> <b>CR: CONFERENCE RM</b> <b>CL: COMPUTER LAB</b> <b>FR: FITNESS ROOM</b> <b>GA: GAMING AREA</b> <b>DR: DINING ROOM</b> <b>AR: ART (PINK) ROOM</b> <b>PR: PUZZLE ROOM</b> <b>GO: GRAY &amp; ORANGE ROOMS</b></p>	<p><b>CSFP Food Bank 1</b></p> <p><b>Food Bank: CSFP (Cheese Box)</b> <b>Distribution from 10:00-11:30</b></p> <p>9:30 Morning Movie (O) <b>11:30 8-Ball Tournament (GA) Arrive by 11:15</b> 1:00 Afternoon Movie (O) 1:00 Arts &amp; Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: King Richard (2004) (PG-13) 2hr 12min (O)</b></p>	<p><b>9:00 WellMed Wellness Stretch (G) 2</b></p> <p>9:00-10:00 Applying for Medicare Sylvia Toscano (CR) <b>9:30 Loteria! (DR)</b> 9:30 Windows 11 1/3 (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 Exploring the Web 1/3 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)</p>	<p><b>9:30 Walking Group 3</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> <b>10:00 Music Performance (DR)</b> 11:00-12:00 Technology Assistance (CL) <b>11:30 Happy Birthday Recognition (DR)</b> <b>1:00 Movie: Bettlejuice Bettlejuice (2013) (PG-13) 2hr 14min</b></p>
<p>9:00 Exploring AI Series 1/10 (CL) <b>6</b> <b>10:00 Shopping @ Five Below</b> <b>10:00 New Member Orientation (O)</b> 10:00 Let's Talk About It (CR) <b>10:00 AACOG Medicare Open Enrollment Class (G)</b> 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Translation Tools: Effectiveness in Language Usage 2/2(CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 4:00-5:00 Learn Guitar (G)</p>	<p>9:30 AI Phishing (CL) <b>7</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 5/8 (G)</b> <b>10:45 ESL Class 5/10 (O)</b> 12:30 Plastic Canvas (AR) 12:30 Learn Mahjong (G) 12:45 Karaoke (DR) 1:00 What is Deed Fraud and How to Protect Yourself (CL) <b>1:00 Wowzitude: Chicago Legendary Landmarks Live Virtual Tour (O)</b> 4:00 Learn Pool (GA)</p>	<p>9:30 Morning Movie (O) <b>8</b> <b>10:00 Sign-Up for the Field Trip to the Alamo Begins (Note: you can only sign-up for One of the Two trips, Limited Space Available)</b> 10:00-12:00 Technology Assistance (CL) 1:00 Afternoon Movie (O) 1:00 Arts &amp; Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: No Time to Die (2021) 2hr 37min (O)</b></p>	<p><b>8:00-3:30 Mammogram Bus in 9</b> <b>Parking Lot (Must be Already Signed-Up to Attend)</b> 9:00-10:00 Getting Rdy for Annual Enrollment Sylvia Toscano (CR) <b>9:00 WellMed Wellness Stretch (G)</b> 9:30 Windows 11 2/3 (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 Exploring the Web 2/3 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)</p>	<p><b>9:30 Walking Group 10</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> 11:00-12:00 Technology Assistance (CL) 10:00 Jam Session (G) <b>1:00 Movie: Ray (PG-13) (1991) 2hr 32min (O)</b></p>
<p>9:00 Exploring AI Series 2/10 (CL) <b>13</b> <b>10:00 Shopping @ HEB</b> 10:00 Let's Talk About It (CR) <b>10:00 Nutrition Education: Calcium (DR)</b> 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) <b>1:00 Community Resources Class (OASIS) (O)</b> 1:00 Creativity with Word: Lists, Journaling and Other Helpful Activities 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 4:00-5:00 Learn Guitar (G)</p>	<p>9:30 Intro to Email 1/2 (CL) <b>14</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 6/8 (G)</b> <b>10:45 ESL Class 6/10 (O)</b> 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Smartphone Photography 1/2 (CL) <b>1:00 Wowzitude: Coyoacán, Mexico Live Virtual Tour (O)</b> 4:00 Learn Pool (GA) <b>5:00-6:00 Game Night (DR)</b></p>	<p><b>HOPE Food Bank 15</b></p> <p><b>Food Bank: HOPE</b> <b>Distribution from 10:00-11:30</b></p> <p>9:30 Morning Movie (O) <b>10:00 Caregiver SOS (CR)</b> 10:00-12:00 Technology Assistance (CL) <b>11:00-1:00 9-Ball Tournament (GA) Arrive by 10:45</b> 1:00 Afternoon Movie (O) 1:00 Arts &amp; Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Eddie the Eagle (2016) (PG-13) 1hr 46min(O)</b></p>	<p><b>9:00 WellMed Wellness Stretch (G) 16</b></p> <p>9:00-10:00 Over the Counter Benefits Sylvia Toscano (CR) 9:30 Windows 11 3/3 (CL) 9:30 Seniors in Play Acting (AR) <b>9:30 Loteria! (DR)</b> 10:00 More Assistance-Sylvia Toscano (Table outside of CR) <b>11:00 CPS Table (DR)</b> 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Exploring the Web 3/3(CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)</p>	<p><b>HEAL Training Day 17</b> <b>No Transportation, No Meals</b> <b>Frozen Meals will be Given Out on Oct. 16</b> <b>9:30 Walking Group at Center with WellMed</b> 11:00-12:00 Technology Assistance (CL) 10:00 Jam Session (G) <b>Center will be Closing at 2:30 for Staff Training</b></p>
<p><b>9:00 Exploring AI Series 3/10 (CL) 20</b> <b>10:00 Shopping @ Ollies</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Creativity with Word: Lists, Journaling and Other Helpful Activities 2/2 (CL) 2:00-3:30 Beginners Pickleball 3:30-6:00 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 4:00-5:00 Learn Guitar (G)</p>	<p>9:30-10:45 BINGO! (DR) <b>21</b> 9:30 Intro to Email 2/2(CL) 10:00 Creative Writing (CR) <b>10:45 Spanish Class 7/8 (G)</b> <b>10:45 ESL Class 7/10 (O)</b> 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Smartphone Photography 2/2 (CL) <b>1:00 Wowzitude: Miraflores, Peru Live Virtual Tour (O)</b> 4:00 Learn Pool (GA)</p>	<p>9:30 Morning Movie (O) <b>22</b> <b>9:30 Field Trip: The Alamo Limited Space Available</b> <b>Sign-Up Starts Oct. 8<sup>th</sup> at 10:00</b> 10:00-12:00 Technology Assistance (CL) <b>10:00 Library Book Club: Middle of the Night by Riley Sager (CR)</b> 1:00 Afternoon Movie (O) 1:00 Arts &amp; Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: The Zookeeper's Wife (2017) (PG-13) 2hr 7min (O)</b></p>	<p><b>9:00 WellMed Wellness Stretch (G) 23</b></p> <p>9:00-10:00 Applying for Medicaid Sylvia Toscano (CR) 9:30 iPhone Basics (CL) 9:30 Seniors in Play Acting (AR) 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 Intro to Email 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) <b>2:00 New Member Orientation (O)</b> 4:00 Karaoke (DR)</p>	<p><b>9:30 Walking Group 24</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> <b>9:30-10:30 Duck Buck Outlet (DR)</b> 10:00 Jam Session (G) <b>10:30 Doris Griffin Dancers Performance</b> 11:00-12:00 Technology Assistance (CL) <b>1:00 Movie: Jaws (1975) (PG) (O) 2hr 10min</b></p>
<p><b>9:00 Exploring AI Series 4/10 (CL) 27</b> <b>9:30 WellMed Education: Breast Cancer &amp; Older Adults (O)</b> <b>10:00 Shopping @ Walmart</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Beginners Guide to the Cloud: What is the Cloud (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL) 4:00-5:00 Learn Guitar (G)</p>	<p>9:30-10:45 BINGO! (DR) <b>28</b> 9:30 Meet the Computer 1/2 (CL) 10:00 Creative Writing (CR) <b>10:30 Womens Pool Tournament (GA)</b> <b>Arrive by 10:15</b> <b>10:45 Spanish Class 8/8 (G)</b> <b>10:45 ESL Class 8/10 (O)</b> 12:30 Plastic Canvas (AR) 12:30 Learn Mahjong (G) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Haunted Amsterdam, Netherlands Live Virtual Tour (O)</b> 1:00 Google Photos 1/2 (CL) 4:00 Learn Pool (GA)</p>	<p>9:30 Morning Movie (O) <b>29</b> <b>9:30 Field Trip: The Alamo Limited Space Available</b> <b>Sign-Up Starts Oct. 8<sup>th</sup> at 10:00</b> 1:00 Afternoon Movie (O) 1:00 Arts &amp; Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Coco (2017) 1hr 45min (PG) (O)</b></p>	<p><b>9:00 WellMed Wellness Stretch (G) 30</b></p> <p>9:00-10:00 Applying for Medicaid Sylvia Toscano (CR) 9:30 iPhone Basics (CL) 9:30 Seniors in Play Acting (AR) <b>10:00 Nutrition Education: Calcium (DR)</b> 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 Introduction to Email 2/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Karaoke (DR)</p>	<p><b>9:30 Walking Group 31</b> <b>at Center with WellMed</b> <b>9:30 Northeast Halloween Costume Contest &amp; Dance (DR)</b> <b>See Back for More Info</b> 10:00 Jam Session (G) 11:00-12:00 Technology Assistance (CL) <b>1:00 Movie: The Birds (1963) (PG-13) (O) 1hr 59min</b></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 Yo-Chi  
4:00 Low Impact Bootcamp  
5:00 Table Tennis

**Tuesday**

8:30 Low Impact Cardio  
9:30 Low Impact Fitness\*  
11:00 Low Impact Bootcamp\*  
12:00 Equipment Orientation  
1:00 Senior Circuit\*  
2:00 Line Dance\*  
4:00 Tai Chi  
5:00 Zumba

**Wednesday**

9:30 Low Impact Zumba  
10:45-11:45 Table Tennis  
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  
2:00 Learn Table Tennis\*\*  
\*\*No Sign-Up Required\*\*

**Flu Vaccines**

**Antionetta has Flu Vaccines Available for Free.**

**Dates Available for the Flu Vaccine:**

- **Tuesday from 10:30-12:00 & 1:30-3:00**
- **Wednesday from 10:30-12:00 & 1:30-3:00**
- **Thursday's from 11:00-12:30**

**Please Note that you must stay for 15 minutes after you receive the Flu Shot.**

**Costume Contest**

**On Friday October 31<sup>st</sup> at 9:30 we will be having our annual Halloween Costume Contest and Spooktakular Dance.**

**Compete Against Fellow Members for a Chance to Win Prizes.**

**Categories for Contest:**



**Scary  
Funny  
Creative**



**Registration will begin at 9:00 on October 31<sup>st</sup>.**

**Please make sure your costume is appropriate for public viewing.**

**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 must 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 October Food Bank Dates are:**

**CSFP Wednesday October 1<sup>st</sup> from 10:00-11:30**

**HOPE Wednesday October 15<sup>th</sup> 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**