



**HUMAN  
SERVICES**

# June 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 Digital Tools for Brain Health (CL) <b>2</b> <b>9:45 Shopping @ HEB</b> <b>10:00 Financial Exploitation: Identity Theft (O)</b> 10:00 Let's Talk About It (CR) <b>12:30 Girl Scout Puzzle Exchange (DR)</b> 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Meet the Computer Class (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	9:30 Excel 1/4 (CL) <b>3</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 ESL Class 3 of 10 (O) 10:45 Spanish Class 1 of 8 (G) 12:30 Plastic Canvas (G) 12:45 Karaoke (DR) 1:00 Word 1/4 (CL) <b>1:00 Wowzitude: Mitad del Mundo, Ecuador Live Virtual Tour (O)</b> 1:00 Learn Mahjong (GA) 5:00-7:00 Wii Sports (O)	9:30 Morning Movie (O) <b>4</b> 11:30-3:30 8-Ball Tourney (GA) <b>1:00 Storytelling w/AI(CL)</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Life of PI (2012) (PG) 2hr 5min (O)</b>	9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>5</b> 9:30 Seniors in Play (AR) 9:30 All About Passwords (CL) 9:30 Lets Play Loteria! (DR) 10:00 More Assistance-Sylvia Toscano (Table outside of CR) <b>10:00 African American Genealogy Class w/ SAPL (O)</b> 12:30-4:00Writer's Roundtable (CR) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:00 OASIS Internet Safety (CL) 1:00 Let's Learn Fishbowl Canasta (GA) 1:15 Chair Volleyball (DR) 4:00 Pool League (GA) 5:00-6:00 Karaoke (DR)	9:30 Walking Group <b>6</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> <b>10:00 Jam Session (G)</b> <b>11:30 Happy Birthday Recognition (DR)</b> <b>1:00 Movie: Mr. Holland's Opus(1995) (PG) 2hr 23min</b>
9:00 Getting Started with iPhone Health App (CL) <b>9</b> <b>9:45 Shopping @ Ross</b> 10:00 Let's Talk About It (CR) <b>10:00 New Member Orientation (O)</b> 1:00 Learn Cribbage (GA) <b>1:00 OASIS Class: The Work of Project Mend (O)</b> 1:00 Mex. Train Domino (G) 1:00 iPhone Basics 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	9:30 Excel 2/4 (CL) <b>10</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 ESL Class 4 of 10 (O) 10:45 Spanish Class 2 of 8 (G) 12:30 Plastic Canvas (G) 12:45 Karaoke (DR) 1:00 Word 2/4 (CL) <b>1:00 Wowzitude: The Castle Above the Danube, Hungary Live Virtual Tour (O)</b> 1:00 Learn Mahjong (GA) 5:00-7:00 Wii Sports (O)	9:30 Morning Movie (O) <b>11</b> 10:00-12:00 One on One Technology Assistance (CL) <b>10:00-12:00 Father's Day Celebration (DR)</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: The Intern (2015) (PG-13) 2hr 1min (O)</b>	9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>12</b> 9:30 Technology Q&A: Android Devices (CL) 9:30 Seniors in Play Acting (AR) 10:00 More Assistance-Sylvia Toscano (Table outside of CR) <b>10:00 Juneteenth Recognition (DR)</b> 12:30-4:00 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Technology Q&A: Apple Devices (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Pool League (GA) 5:00-6:00 Karaoke (DR)	9:30 Walking <b>13</b> <b>Group at Center</b> 10:00 Jam Session (G) <b>1:00 Movie: The Bucket List (2007) (O) (PG-13) 1hr 37min</b>
9:00 Mobile Health Apps (CL) <b>16</b> <b>9:45 Shopping @ 5 Below</b> 10:00 Let's Talk About It (CR) 1:00 Mex. Train Domino (G) 1:00 Learn Cribbage (GA) 1:00 iPhone Basics 2/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:00 Intermediate Pickleball (DR)	9:30 Excel 3/4 (CL) <b>17</b> 9:30-10:45 BINGO! (DR) 10:00 Creative Writing (CR) 10:30 ESL Class 5 of 10 (O) 10:45 Spanish Class 3 of 8 (G) 12:30 Plastic Canvas (G) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Banff, Canada Live Virtual Tour (O)</b> 1:00 Learn Mahjong (GA) 1:00 Word 3/4 (CL) 5:00-7:00 Wii Sports (O)	<b>Food Bank Today 18</b> <b>Food Bank: CSFP &amp; HOPE Distribution from 10:00-12:30</b> 9:30 Morning Movie (O) <b>10:00 Caregiver SOS (CR)</b> <b>11:00-1:00 9-Ball Tourney (GA)</b> <b>1:00 Storytelling w/AI (CL)</b> 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) <b>4:00 Trivial Pursuit (DR)</b> 5:00 Evening Movie (O) <b>Movie: Juneteenth: Faith &amp; Freedom (2023) (PG) 1hr 15min (PG) (O)</b>	<b>Center is Closed For Juneteenth Holiday</b> <b>Frozen Meals will Be Given Out for Today</b>	9:30 Walking Group <b>20</b> <b>at Center with WellMed 9:30 Nutrition Ed (DR) Must be On Time to Class to be Eligible to Receive Produce Box</b> 10:00 Jam Session (G) <b>10:30-12:00 Produce Market (DR)</b> <b>Center will be Closing at 2:30 for Staff Training</b>
9:00 Digital Scrapbooking Tools (CL) <b>23</b> <b>9:45 Shopping @ Ollies</b> <b>10:00 WelMed Education: Alzheimer's Disease (O)</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Intro to Email 1/3 (CL) 2:00-3:30 Beginners Pickleball (DR) <b>4:00 Creative Vibes: Art, Aroma, Expression (O)</b> 3:30-6:30 Intermediate Pickleball (DR)	9:30 Excel 4/4 (CL) <b>24</b> 9:30-10:45 BINGO! (DR) <b>10:30 Womens Pool Tournament (GA)</b> 10:30 ESL Class 6 of 10 (O) 10:45 Spanish Class 4 of 8 (G) 10:00 Creative Writing (CR) 12:30 Plastic Canvas (G) 12:45 Karaoke (DR) <b>1:00 Wowzitude: Mystery Location Live Virtual Tour (O)</b> 1:00 Learn Mahjong (GA) 1:00 Word 4/4 (CL) 5:00-7:00 Wii Sports (O)	9:30 Morning Movie (O) <b>25</b> <b>9:45 Singing with JK: Classic Oldies (DR)</b> <b>10:00 SAPL Book Club: "A Place for Us" by Fatima Mirza (CR)</b> 10:00-12:00One on One Technology Assistance (CL) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 5:00 Evening Movie (O) <b>Movie: Death on the Nile (2022) (PG-13) 2hr 7min (O)</b>	9:00-10:00 Medicare 101 Sylvia Toscano (CR) <b>26</b> 9:30 Google Photos (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 YouTube (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) <b>2:00 New Member Orientation (O)</b> 4:00 Pool League 5:00-6:00 Karaoke (DR)	9:30 Walking Group <b>27</b> <b>at Mall with WellMed Sign-Up at Front Desk</b> 10:00 Jam Session (G) <b>1:00 Movie: Knives Out (2019) (PG-13) (O) 2hr 9min</b>
9:00 Meal Kit Services (CL) <b>30</b> <b>9:45 Shopping @ Walmart</b> <b>10:00 Nutrition Education: Blueberries (DR)</b> 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Intro to Email 2/3 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	<b>CLASSROOM KEY</b> <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>Reminders:</b> <b>Activities are Subject to Change Without Notice.</b>  <b>Hot meals may NOT Be taken out of the dining room.</b>	<b>"You can't separate peace from freedom, because no one can be at peace unless he has his freedom."</b> <b>- Malcolm X</b> 	

**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  
2:45 Hula Dance  
4:00 Let's Line Dance (DR)  
No Sign-Up Required  
5:00 Silver Sneaker Classic

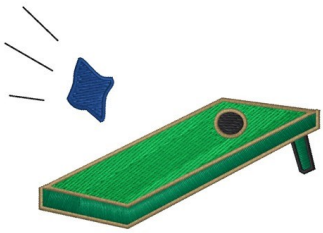
**Friday**

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

**Father's Day Celebration**

**Come and join us as we celebrate Father's Day on  
Wednesday June 11th from 10:00-12:00**

**Featuring:**



**Games  
Dancing  
Photo Booth**



**Juneteenth Recognition:**

**Come and join us as we celebrate Juneteenth. This holiday commemorates the day  
which all of the enslaved African Americans in Texas were declared free by the U.S.  
Army, following the conclusion of the Civil War.**

**Thursday June 5th from 10:00-11:00 African American Genealogy**

**Thursday June 12th from 10:00-11:00 Recognition Event**

**Wednesday June 18th Special Movie Screening:**

**Juneteenth: Faith & Freedom**

**Showtimes at 9:30, 1:00, & 5:00**



**Bihl Haus Art Class Open Enrollment**

*Classes include Beginners Painting (Monday's at 1:00),  
Intermediate Painting (on Tuesday's at 9:00),  
Watercolor Painting (Wednesday's at 9:00),  
& Beginning Drawing (Friday's at 12:00)  
Each Semester is 12 Weeks Long.*

**The Current Semester is from April 1st-June 20th**

*The New Semester Registration will Occur:*

**Monday June 23rd(In-Person Only)-Friday June 27th (In-Person/Phone)**

**Limit 1 Class per Member**

**Priority Placement is given to members who have not taken 3 of the same class.**

**For the Month of June Food Bank Date is:**

**Wednesday June 18th from 10:00-12:30**

**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**

**We are seeking more volunteers for Food Bank. See Staff for Details**

**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 starting 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**