



April 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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reminders:</p> <p>Activities are Subject to Change Without Notice.</p> <p>Hot meals/ Temp Controlled Items may NOT Be taken out of the Dining room.</p>	<p>CLASSROOM KEY</p> <p>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</p> <p>All Computer and Technology Classes are in Blue WellMed Activities are in Green</p>	<p>CSFP Food Bank 1</p> <p>Food Bank: CSFP (Cheese Box) Distribution from 10:00-11:30 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) 11:30 8-Ball Tournament (GA) Arrive by 11:15 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Understanding Fraud/Scams (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: The Fifth Element (1997) (PG-13) 2hr 11min (O)</p>	<p>Frozen Meals Given Today 2</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Loteria! (DR) 9:30 Seniors in Play Acting (AR) 9:30 MS PowerPoint 2/4 (CL) 10:00 Deaf Driver Awareness Resources from DHHC (CR) 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 Learning Gmail 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)</p>	<p>Center is Closed for City Holiday 3</p> <p>Frozen Meals will be Given Out on April 2nd</p>
<p>9:00 Tech Resources for Everyday Life 6/10 (CL) 6</p> <p>10:00 In-Person Field Trip Sign-Up Limit 1 Trip Per Person (Limited Space)(FD) 10:00 Let's Talk About It (CR) 10:00 Shopping @ WalMart 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Fitness Apps: Tracking Your Health and Fitness (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)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 7</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30-10:45 BINGO! (DR) 9:30 Excel Intermediate 4/4 (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 Word Intermediate 4/4 (CL) 1:00 When Paris Glows: A Journey Through Sunset in the City Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)</p>	<p>9:00 Bihl Haus Hands on Art History Class at Capacity (AR) 8</p> <p>9:30 Morning Movie (O) 10:00 Nutrition Education All About Beets (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 Cloud Storage (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: Seabiscuit (2003) (PG-13) 2hr 20min (O)</p>	<p>9:30 MS PowerPoint 3/4 (CL) 9</p> <p>30 Seniors in Play Acting (AR) 10:00 Insurance Assistance Sylvia Toscano(Table outside CR) 10:30 New Member Orientation (O) 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Learning Gmail 2/2 (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)</p>	<p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10</p> <p>10:00 Music Performance (DR) 11:30 Birthday Recognition (DR) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 1:00 Movie: Total Recall (2012) (PG-13) 2hr 10min (O)</p>
<p>9:00 Tech Resources for Everyday Life 7/10 (CL) 13</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 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 OASIS Class: Exercise is Easy (O) 1:00 Learn Cribbage (GA) 1:00 Making Use of Virtual Libraries (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)</p>	<p>Wear Tie Dye Shirt Day 14</p> <p>Picture at 10:00 (back of DR) 9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 9:30-10:45 BINGO! (DR) 9:30 Exploring Internet 1/3 (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 Exploring Google 1/3 (CL) 1:00 Where Forest Meets the Sea: A Walk on Vancouver Island Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR)</p>	<p>HOPE Food Bank 15</p> <p>Food Bank: HOPE Distribution From 10:00-11:30 9:00 Bihl Haus Hands on Art History Class at Capacity (AR) 9:30 Morning Movie (O) 10:00 Caregiver SOS (CR) 10:45-11:45 Table Tennis (FR) 11:00 9-Ball Tournament (GA) Arrive by 10:45 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Online Crowdfunding for a Cause (CL) No Chair Volleyball Today 4:00 Evening Movie (O) Movie: Goldfinger (1964) (PG) 1hr 50min (O)</p>	<p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 16</p> <p>9:30 MS PowerPoint 4/4 (CL) 9:30 Seniors in Play Acting (AR) 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 What's App Messaging (CL) 1:00 Chicken Foot Dominoes (G) No Chair Volleyball Today 1:00 Jewelry Making (AR) 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)</p>	<p>9:00-12:00 Fiesta Celebration (DR) 17</p> <p>10:00 Shopping @ Ollies 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR)</p> <p>Center will be Closing at 2:30 for Staff Training</p>
<p>9:00 Tech Resources for Everyday Life 8/10 (CL) 20</p> <p>10:00 Shopping @ HEB 10:15 WellMed Class: Facts About Aging & Alcohol (O) 10:30 Financial Literacy: Top Scams Right Now (G) 10:00 Let's Talk About It (CR) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Learn Cribbage (GA) 1:00 Mex. Train Domino (G) 1:00 Google Maps 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-5:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 21</p> <p>9:30-10:45 BINGO! (DR) 9:30 Exploring Internet 2/3 (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 Exploring Google 2/3 (CL) 1:00 Canals in Bloom: A Spring Journey Through the City Wowzitude Live Virtual Tour 3:45 Field Trip to the Witte In Person Sign-Up Begins April 6th at 10:00AM Limited Space Available 4:00-5:00 Evening Bingo (DR)</p>	<p>9:30 Morning Movie (O) 22</p> <p>10:00 Nutrition Education: All About Avocados (DR) 10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10-12 Technology Assistance (CL) 10:00 Library Book Club: "The Last Mrs. Parrish" by Liv Constantine (CR) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Digital Coupon Tools (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: Miss Congeniality (2000) (PG-13) 1hr 49min (O)</p>	<p>Frozen Meals Given Today 23</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 iPhone Basics 1/2 (CL) 9:30 Seniors in Play Acting (AR) 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 iPad Basics 1/2 (CL) 1:00 Jewelry Making (AR) No Chicken Foot Dominoes 1:15 Chair Volleyball (DR) 2:00 New Member Orientation w/ Mixer (GO) 4:00 Karaoke (DR) 4:00 Technology Assistance (CL)</p>	<p>Fiesta San Jacinto 24</p> <p>Holiday</p> <p>Center is Closed</p> <p>Frozen Meals Will be Given out on April 23rd</p>
<p>9:00 Tech Resources for Everyday Life 9/10 (CL) 27</p> <p>10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Health Screening Group (Must be Already Signed Up to Attend) (O) 10:00 Duck Buck Outlet Come and Exchange Those for Prizes (DR) 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 Google Maps 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR) 4:00-5:00 Tech Time (CL)</p>	<p>9:00 Bihl Haus Intermediate Painting Class at Capacity (AR) 28</p> <p>9:30-10:45 BINGO! (DR) 9:30 Exploring Internet 3/3 (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 Exploring Google 3/3 (CL) 1:00 Przemysł, Poland: Crossroad of Cultures and Empires Wowzitude Live Virtual Tour (O) 3:45 Field Trip to the Witte In Person Sign-Up Begins April 6th at 10:00AM Limited Space Available 4:00-5:00 Evening Bingo (DR)</p>	<p>9:00 Volunteer Appreciation 29</p> <p>Only Current Volunteers Allowed to Attend (GO) 9:00 Bihl Haus Hands on Art History Class at Capacity (AR) 10:00 Shopping at Dollar Tree No Morning Movie Today 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Using the Google Gemini App (CL) 1:15 Chair Volleyball (DR) 4:00 Evening Movie (O) Movie: Man of the West (1958) 1hr 40min (O)</p>	<p>Frozen Meals Given Out Today for Tomorrow 5/1 If you Sign-Up to Attend the Event Tomorrow, you will be Ineligible to Receive a Frozen Meal Today 30</p> <p>9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 iPhone Basics 2/2 (CL) 9:30 Loteria! (DR) 9:30 Seniors in Play Acting (AR) 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 iPad Basics 2/2 (CL) 1:00 Jewelry Making (AR) 1:15 Chair Volleyball (DR) 4:00 Dance Hour (DR) Come and Groove It Up! 4:00 Technology Assistance (CL)</p>	<p>May 1</p> <p>The Center will Be Closed for Older Americans Month Celebration</p> <p>Sign-Up at Front Desk 9:00AM-2:00PM @ Rosedale Park</p> <p>Must be Signed-Up To Attend</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 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
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 classes in a semester will forfeit your registration for the class.

Only work on Projects Assigned by Art Instructor.

No Storage of Personal Belongings Allowed Anywhere in the Center.

Classes Include:

Beginning Acrylic Painting Monday's from 1:00PM-3:00PM
Intermediate Acrylic Painting Tuesday's from 9:00AM-11:00AM
Hands on Art History Wednesday's from 9:00AM-11:00AM
Beginning Drawing Friday's from 12:00PM-2:00PM

Spurs Playoff Watch Party



Our San Antonio Spurs have made it into the Playoffs.
Come and Cheer Them on As They work Towards Victory.
Check with Stephen for More Information.



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 April Food Bank Dates are:

CSFP Wednesday April 1st from 10:00-11:30

HOPE Wednesday April 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.