



**HUMAN
SERVICES**

August 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

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
9:00 Tech Basics for Caregiving (CL) 10:00 Let's Talk About It (CR) 10:00 Shopping @ Ollies 10:00 New Member Orientation (O) 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Android Essentials 2/3 (CL) 1:00 Mex. Train Domino (G) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	9:30-10:45 BINGO! (DR) 9:30 Word Basics 1/4 (CL) 10:00 Creative Writing (CR) 10:45 ESL Class 8/10 (O) 10:45 Spanish Class 3/8 (G) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Exploring Google 2/2 (CL) 1:00 The Cliffs of Lima: Life and Legends in Miraflores Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	Food Bank: CSFP (Cheese) Distribution from 10:00-11:30 9:30 Morning Movie (O) 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 Intro to AI (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: Tootsie (1982) (PG) 1hr 56min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Seniors in Play Acting (AR) 9:30 iPad Basics 2/2 (CL) 9:30 Loteria! (DR) 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 Intro to Computers 3/4 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR)	10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 11:30 Birthday Recognition (DR) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 1:00 Movie: Groundhog Day (1993) (PG) 1hr 41min
9:00 Using Google Calendar (CL) 10:00 Let's Talk About It (CR) 10:00 Shopping @ HEB 1:00 Learn Cribbage (GA) 1:00 OASIS Class: Love Where You Live (O) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Android Essentials 3/3 (CL) 1:00 Mex. Train Domino (G) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	9:30-10:45 BINGO! (DR) 9:30 Word Basics 2/4 (CL) 10:00 Creative Writing (CR) 10:45 ESL Class 9/10 (O) 10:45 Spanish Class 4/8 (G) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Exploring the Web 1/3 (CL) 1:00 The Cliffs of Lima: Life and Legends in Miraflores Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed No 9:30 Movie Today 10-12 Technology Assistance (CL) 10:30 Transportation Rider Meeting (GO) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 Intro to Chatting Online with AI (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: Avatar: The Way of Water (1983) (PG-13) 3hr 12min (O)	8:30 Existing Kitchen Volunteer Meeting (GO) 9:30 Intro to Excel 1/3 (CL) 9:30 Seniors in Play Acting (AR) 9:30 SAVES Volunteer Informational Meeting Must Be a Registered Volunteer to Attend (GO) 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 Intro to Computers 4/4 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Technology Assistance (CL)	9:30 In Person Field Trip Sign-Up (FD) 10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 1:00 Movie: Belfast (2021) (PG-13) 1hr 38min
9:00 Staying in Touch as Landlines Change (CL) 10:00 Shopping @ Dollar Tree/Thrifty Town 10:00 Let's Talk About It (CR) 10:00-11:00 Meet the Manager (O) 1:00 Mex. Train Domino (G) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Learn Cribbage (GA) 1:00 Learning Gmail 1/2 (CL) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	9:30-10:45 BINGO! (DR) 9:30 Word Basics 3/4 (CL) 10:00 Creative Writing (CR) 10:45 ESL Class 10/10 (O) 10:45 Spanish Class 5/8 (G) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Exploring the Web 2/3 (CL) 1:00 The Heartbeat of Industrial Poland Stories from Łódź's past and present Wowzitude Live Virtual Tour (O) 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	Food Bank: HOPE Distribution From 10:00-11:30 9:30 Morning Movie (O) 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 Using the Google Gemini App (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: Babe (1995) (G) 1hr 31min	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Intro to Excel 2/3 (CL) 9:30 Seniors in Play Acting (AR) 10:00 Nutrition Ed: How to Read Food Labels (DR) 10:00 Insurance Assistance Sylvia Toscano (Table outside CR) 10:00 Field Trip: Contemporary at Blue Star Art Museum; In Person Sign-Up is on Friday August 14th at 9:30 12:30 Writer's Roundtable (CR) 1:00 Let's Learn Fishbowl Canasta (GA) 1:00 Smartphone Photography 1/2 (CL) 1:00 Chicken Foot Dominoes (G) 1:00 Jewelry Making (AR) 4:00 Summer Bash (DR) Featuring Food, Dancing, and More!	9:00-10:45 Senior Centers Got Talent Northeast Auditions (DR) Sign-Up with Andrew Note: Members May Only Audition for One Act. See Back for More Information 10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) Center will Be Closing At 2:30PM For Staff Training
9:00 Tips for Responsible Device Disposal (CL) 10:00 Fold3 Military Genealogy Presentation by SAPL (O) 10:00 Shopping @ Walmart 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 Learning Gmail 2/2 (CL) Pickleball Cancelled for Today due to Budget Meeting This Evening	9:00 WellMed Class: Taking Meds Safely as You Age (G) 9:30-10:45 BINGO! (DR) 9:30 Word Basics 4/4 (CL) 10:00 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) Arrive by 10:15 10:45 Spanish Class 6/8 (G) 12:00 Equipment Orientation 12:30 Learn Mahjong (G) 12:30 Plastic Canvas (AR) 12:45 Karaoke (DR) 1:00 Exploring the Web 3/3 (CL) 1:00 New York City: The Seeds of Revolution: Exploring the Streets That Changed America Wowzitude Live Virtual Tour 4:00-5:00 Evening Bingo (DR) 5:00 Bihl Haus Intermediate Painting Class at Capacity (AR)	9:30 Morning Movie (O) 10:00 Field Trip: San Antonio Museum of Science & Technology; In-Person Sign-Up is on Friday August 14th at 9:30 10-12 Technology Assistance (CL) 10:00 Library Book Club: "Happiness Falls" by Angie Kim (CR) 10:45-11:45 Table Tennis (FR) 1:00 Afternoon Movie (O) 1:00 Arts & Crafts Group (AR) 1:00 AI Image Generators and How they Work (CL) 1:15 Chair Volleyball (DR) 5:00 Bihl Haus Watercolor Class at Capacity (AR) Movie: First Man (2018) (PG-13) 2hr 18min (O)	9:15 WellMed Wellness Stretch (GO) Sign-Up w/Nurse No Late Entry Allowed 9:30 Intro to Excel 3/3 (CL) 9:30 Seniors in Play Acting (AR) 9:30 Loteria! (DR) 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 Smartphone Photography 2/2 (CL) 1:00 Jewelry Making (AR) 1:00 Chicken Foot Dominoes (G) 2:00 New Member Orientation (O) 4:00 Technology Assistance (CL) 4:00 Evening Dance Time Come and Groove it Up! (DR)	10:00 Walking Group at Mall w/ WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 12:00 Bihl Haus Beginning Drawing Class is at Capacity (AR) 1:00 Movie: Aladdin (2019) (PG) 2hr 8min (O)
9:00 Staying Safe with a VPN (CL) 10:00 Shopping @ Daiso 10:00 Let's Talk About It (CR) 1:00 Learn Cribbage (GA) 1:00 Bihl Haus Beginning Painting-Class at Capacity 1:00 Fitness Apps on Your Smartphone (CL) 1:00 Mex. Train Domino (G) 2:00-3:30 Beginners Pickleball (DR) 3:30-6:30 Intermediate Pickleball (DR)	All Computer and Technology Classes Are in Blue WellMed Activities Are In Green Featured Activities and Outings Are In Yellow	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	Check out this Calendar Online Scan this QR Code with Your Camera: 	We Want You to Audition for Seniors Got Talent! Sign-Up with Andrew if you want to compete! Audition on August 21st at 9:00AM

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 12-week semesters.

All Supplies are supplied by Bihl Haus for the classes.

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

Only work on Projects Assigned by Art Instructor.

Registration for Summer Classes Is Closed

Please see the front of the Calendar for Dates/Times of Classes.

Semester Starts the Week of July 6th and Concludes the Week of September 21st

Seniors Got Talent Competition

Looking for a way to showcase your skills and talents? Come and join us for Seniors Got Talent. This competition will allow for you to showcase your given Talent for all our members here at the center & San Antonio.

Talent Categories Include:

- **Musical & Vocal:** Solo or Group Singing, Acapella, Beatboxing, Instrumental Performance.
- **Dance & Movement:** Choreographed Routine, Breakdancing, Baton/Ribbon Twirling, Step Routine, etc.
- **Comedy & Acting:** Stand Up Comedy, Impersonations, Lip Sync Battle, Skit/Short Play, Ventriloquism/Mime.
- **Variety & Unique Skills:** Magic Tricks, Juggling, Yo-Yo/Jump Rope, Martial Arts Demonstration, Speed Arts (e.g. Painting/Sketching a Picture to Music)

Individuals & Groups are invited to audition. Limit of 2:00 Minutes Per Audition. Members may only audition for one act.

The Top 3 acts, as selected by our Judges, will move on the Semi-Finals where they will compete against the 11 other Senior Centers for a spot in the Finals.

Northeast Audition Date is Friday August 21st from 9:00-10:45.

Sign-Up Directly with Andrew.

For the Month of August Food Bank Dates are:

CSFP Wednesday August 5th from 10:00-11:00

HOPE Wednesday August 19th 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.