



**HUMAN SERVICES**

# July 2024

## 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



Northeast Senior Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Freestyle Crafts (AR) <b>1</b> <b>9:45 Shopping Walmart</b> 1PM Bihl Haus Beginning Painting (AR) 1PM Mex. Train Domino (G) <b>1-3 iPad Basics 1 of 2 (CL)</b>  2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR)</p>	<p>9:30-11:30 Microsoft Excel 1 of 4 OASIS (CL) <b>2</b> 9:00 Bihl Haus Intermediate Painting (AR) 9:30-10:45 <b>BINGO!</b> (DR) 10-12 Creative Writing (CR) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1-3PM Microsoft Word 1 of 4 OASIS (CL) 1PM Learn Mahjong (GA) 2:15PM Play Bridge (P) <b>6:00PM Wii Bowling (P)</b> <b>6:00 Learn to Play Pool (GA)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>3</b> <b>9:30 Let's Play Loteria! (DR)</b> <b>9:30 Movie W/Popcorn (P)</b> 10-11:45 Let's Talk About It (G) <b>1PM Movie W/Popcorn (P)</b> 1PM Arts &amp; Crafts Group (AR) <b>1:15 Chair Volleyball (DR)</b> <b>5PM Movie W/Popcorn (P)</b> <b>Movie: The Adjustment Bureau (2011) Duration: 1hr 46min (PG-13) (P)</b> </p>	<p><b>4th of July Holiday Center is Closed</b> <b>Frozen Meal will be Given Out for Today</b></p>	<p><b>9:30 Walking Group 5 At Mall with WellMed Sign-Up at Front Desk</b> <b>10-12 Jam Session (DR)</b> <b>11:30-3:30 8-Ball Tournament (GA)</b> <b>11:30 Happy Birthday Recognition (DR)</b> 1PM Bihl Haus Beginning Drawing (AR) <b>1PM Movie: West Side Story</b> <b>Duration: 2hr 32min PG (1961) (G)</b> <b>1:15PM Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>8</b> <b>9:45 Shopping Trip HEB</b> <b>10:00 Mobile Health Apps OATS Class (CL)</b> <b>10:00 Nutrition Education: Diabetes (P)</b> 1PM Bihl Haus Beginning Painting (AR) <b>1:00PM History of San Antonio Water OASIS (P)</b> 1PM Mex. Train Domino (G) 1-3 iPad Basics 2 of 2 (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR)</p>	<p>9:30-11:30 Microsoft Excel 2 of 4 OASIS (CL) <b>9</b> 9:00 Bihl Haus Intermediate Painting (AR) <b>10:00 New Member Orientation (P)</b> <b>9:30-10:45 BINGO! (DR)</b> <b>10-1 Register for Mammogram Screenings (DR)</b> <b>10:45 Refresher Spanish Class 1 of 8 Sign-Up Required (P)</b> 10-12 Creative Writing (CR) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1-3PM Microsoft Word 1 of 4 OASIS (CL) 1PM Learn Mahjong (GA) 2:15PM Play Bridge (P) <b>6:00PM Wii Bowling (P)</b> <b>6:00 Learn to Play Pool (GA)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>10</b> <b>9:30 Movie Field Trip: Migration (Free Movie Rated G) (\$5 for Optional Snack Pack) Sign-Up at Front Desk</b> 10-11:45 Let's Talk About It (G) <b>10PM-12PM Technology Assistance (CL)</b> <b>1PM Movie W/Popcorn (P)</b> 1PM Arts &amp; Crafts Group (AR) <b>1:15 Chair Volleyball (DR)</b> <b>5PM Movie W/Popcorn (P)</b> <b>Movie: Yesterday (2019) Duration: 1hr 57min (PG-13)(P)</b> </p>	<p>9:30-11:30 Translation Tools OASIS (CL) <b>11</b> 9-10 New to Medicare-Sylvia Toscano (CR) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) <b>9-12 Farmers Market (Outside)</b> <b>9:30 Shopping Trip to SA Shoe Makers limited Space Available Sign-Up at Front Desk</b> 9:30 Seniors in Play Acting (AR) 12:30-4:00PM Writer's Roundtable (CR) 1-3PM Essential Apps for Smartphones (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) <b>1:15PM Chair Volleyball (DR)</b> 5-6 PM Karaoke (DR) 6:00PM Wii Bowling (P)</p>	<p><b>9:30 Walking Group 12 at Mall with WellMed Sign-Up at Front Desk</b> <b>10-12 Jam Session (G)</b> 1PM Bihl Haus Beginning Drawing (AR) <b>1PM Movie: To Catch A Thief (1955) (PG) (P)</b> <b>Duration: 1hr 46min</b>  <b>1:15PM Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>15</b> <b>9:30 Transfer of Death Deed Presentation (GP)</b> <b>9:45 Shopping Trip Target</b> <b>10:00 Fitness Apps OATS Class (CL)</b> 1PM Mex. Train Domino (G) 1-3 iPhone Basics 1 of 2 (CL) 1PM Bihl Haus Beginning Painting (AR) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:00PM Intermediate Pickleball (DR)</p>	<p>9:30-11:30 Microsoft Excel 3 of 4 OASIS (CL) <b>16</b> 9:00 Bihl Haus Intermediate Painting (AR) 9:30-10:45 <b>BINGO!</b> (DR) 10-12 Creative Writing (CR) <b>10:30-12:30 9-Ball Tournament (GA)</b> <b>10:45 Refresher Spanish Class 2 of 8 Sign-Up Required (P)</b> 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1-3PM Microsoft Word 1 of 4 OASIS (CL) 2:15PM Play Bridge (P) 1PM Learn Mahjong (GA) <b>6:00PM Wii Bowling (P)</b> <b>6:00 Learn to Play Pool (GA)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>17</b> <b>9:30 Movie W/Popcorn (P)</b> 10-11:45 Let's Talk About It (G) <b>10:00 Caregiver SOS (CR)</b> <b>1PM Movie W/Popcorn (P)</b> 1PM Arts &amp; Crafts Group (AR) <b>1:15 Chair Volleyball (DR)</b> <b>5PM Movie W/Popcorn (P)</b> <b>Movie: The Theory of Everything (2014) Duration: 2hr 3min (PG-13) (P)</b> </p>	<p><b>9:30-11:30 Cybersecurity: Phishing &amp; Identity Theft 1 of 2 OASIS (CL)</b> <b>18</b> 9:30 Seniors in Play (AR) 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 1-3PM Smartphone Photography 1 of 2 OASIS (CL) <b>1:15PM Chair Volleyball (DR)</b> <b>3:00PM-4:00PM Learn ESL Class 1/21 Sign-Up Required (P)</b> 5-6PM Karaoke (DR) 6:00PM Wii Bowling (P)</p>	<p><b>9:30 Walking Group 19 At Mall with WellMed Sign-Up at Front Desk</b> <b>10-12 Jam Session (G)</b> 1PM Bihl Haus Beginning Drawing (AR) <b>1PM Movie: The Fifth Element (1997) (PG-13) (P)</b> <b>Duration: 2hr 6min (P)</b>  <b>1:15PM Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>22</b> <b>9:45 Shopping Trip Family Dollar</b> <b>9:30 WellMed Education: Hot Weather Safety (P)</b> <b>10:00 ACOG Services Presentation (G)</b> <b>10:00 Mindfulness Apps OATS Class (CL)</b> 1PM Mex. Train Domino (G) 1-3 iPhone Basics 2 of 2 (CL) 1PM Bihl Haus Beginning Painting (AR) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball</p>	<p>9:30-11:30 Microsoft Excel 4 of 4 OASIS (CL) <b>23</b> 9:00 Bihl Haus Intermediate Painting (AR) <b>9:30-10:45 BINGO! (DR)</b> <b>10-1 Register for Mammogram Screenings (DR)</b> 10-12 Creative Writing (CR) <b>10:30 Womens Pool Tournament (GA)</b> <b>10:45 Refresher Spanish Class 3 of 8 Sign-Up Required (P)</b> 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1-3PM Microsoft Word 1 of 4 OASIS (CL) 1PM Learn Mahjong (GA) 2:15PM Play Bridge (P) <b>6:00PM Wii Bowling (P)</b> <b>6:00 Learn to Play Pool (GA)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>24</b> <b>9:30 Movie Field Trip: Shrek 2 (Free Movie Rated G) (\$5 for Optional Snack Pack) Sign-Up at Front Desk</b> <b>10PM-12PM Technology Assistance (CL)</b> 10-11:45 Let's Talk About It (G) <b>10:00 Library Book Club: "The Girl Who Knew Too Much" By Amanda Quick (CR)</b> <b>1PM Movie W/Popcorn (P)</b> <b>1:15 Chair Volleyball (DR)</b> 1PM Arts &amp; Crafts Group (AR) <b>4:00PM Nutrition for Healthy Bones and Joints (Sara) (G)</b> <b>5PM Movie W/Popcorn (P)</b> <b>6PM Family Feud (DR)</b> <b>Movie: Peanut Butter Falcon (2023) Duration: 1hr 37min (PG-13)(P)</b> </p>	<p>9:30-11:30 Cybersecurity: Phishing &amp; Identity Theft 2 of 2 OASIS (CL) <b>25</b> 9-10 Inflation Reduction Act-Sylvia Toscano (CR) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) <b>10:00 Funeral Consumer Alliance Presentation (P)</b> <b>10:00-12:00 CPS Energy Visit</b> 12:30-4:00PM Writer's Roundtable (CR) 1-3PM Smartphone Photography 2 of 2 OASIS (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) <b>1:15PM Chair Volleyball (DR)</b> <b>3:00PM-4:00PM Learn ESL Class 2/21 Sign-Up Required (P)</b> 5-6PM Karaoke (DR) 6:00PM Wii Bowling (P)</p>	<p><b>9:30 Walking Group 26 at Mall with WellMed Sign-Up at Front Desk</b> <b>10-12 Jam Session (G)</b> <b>10:00 New Member Orientation (CL)</b> 1PM Bihl Haus Beginning Drawing (AR) <b>1PM Movie: Rebel Without a Cause (1955) (PG-13) (P)</b> <b>Duration: 1hr 51min</b>  <b>1:15PM Chair Volleyball (DR)</b></p>
<p>9:00 Freestyle Crafts (AR) <b>29</b> <b>9:30 WellMed Education: Taking Care of Yourself: Tips for Caregivers (P)</b> <b>10:00 Heart Rate Monitor Apps OATS Class (CL)</b> 1PM Mex. Train Domino (G) 1-3 Discovering Wellness on the Web Through Tech. (CL) 1PM Bihl Haus Beginning Painting (AR) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball</p>	<p>9:30-11:30 Exploring Google 1 of 3 OASIS (CL) <b>30</b> 9:00 Bihl Haus Intermediate Painting (AR) 9:30-10:45 <b>BINGO!</b> (DR) 10-12 Creative Writing (CR) <b>10:45 Refresher Spanish Class 4 of 8 Sign-Up Required (P)</b> 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1-3PM Microsoft Publisher 1 of 3 OASIS (CL) 1PM Learn Mahjong (GA) 2:15PM Play Bridge (P) <b>6:00PM Wii Bowling (P)</b> <b>6:00 Learn to Play Pool (GA)</b></p>	<p>9 Bihl Haus Watercolor (AR) <b>31</b> <b>9:30 Movie W/Popcorn (P)</b> 10-11:45 Let's Talk About It (G) <b>1PM Movie W/Popcorn (P)</b> 1PM Arts &amp; Crafts Group (AR) <b>1:15 Chair Volleyball (DR)</b> <b>5PM Movie W/Popcorn (P)</b> <b>Movie: Gifted Hands (2009) Duration: 1hr 46min (P)</b> </p>	<p><b>CLASSROOM KEY</b> G: GRAY ROOM P: PEACH ROOM GP: GRAY/PEACH RM CR: CONFERENCE RM CL: COMPUTER LAB FR: FITNESS ROOM GA: GAMING AREA DR: DINING ROOM AR: ART (PINK) ROOM PO: PURPLE OFFICE PR: PUZZLE ROOM</p>	<p><b>Reminder: Food is allowed to be eaten in the Dining Room Only.</b></p>

# 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. 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. LATE ARRIVAL: We cannot hold slots. Once a class starts, open slots will go to the members on the wait list.

## Northeast Fitness Class Schedule

### Monday

8:30AM High Impact Fusion  
 9:30AM Stretch and Tone  
 11:00AM Line Dance Lessons  
 12:00PM Chair Yoga  
 1:00PM Stretch and Tone  
 2:00PM Yo-Chi  
 4:00PM Low Impact Bootcamp  
 5:00PM Table Tennis

### Tuesday

8:30AM Low Impact Cardio  
 9:30AM Low Impact Fitness  
 11AM Low Impact Bootcamp  
 1:00PM Senior Circuit  
 2:00PM Line Dance  
 4:00PM Tai Chi  
 5:00PM Zumba

### Wednesday

9:30AM Low Impact Zumba  
 10:45AM-11:45AM Table Tennis  
 12:00PM Chair/Standing Yoga  
 1:00PM Zumba Gold  
 2:30PM Circuit Training  
 4:00PM Low Impact Cardio  
 5:00PM Zumba Gold

### Thursday

9:30AM Zumba Gold  
 11:00AM Tai Chi\* New Class  
 1:00PM Chair Strength/Cardio  
 2:45PM Hula Dance  
 5:00PM Silver Sneaker Classic  
 6:00PM 80's Aerobics with Coach Nikki

### Friday

8:00AM Stretch and Tone  
 9:00AM Zumba Gold  
 11:00AM Zumba Gold  
 12:00PM Strength and Cardio  
 1:00PM Line Dance

*Art supplies are provided for Bihl Haus Arts classes only.*

Classes available include *Beginners Painting (Mondays at 1:00PM), Intermediate Painting (on Tuesdays at 9:00AM), Watercolor Painting (Wednesday's at 9:00AM), & Beginning Drawing (Friday's at 1:00PM) Each Semester is 12 Weeks Long. Priority Placement given to members who have not taken 2 of the same class. Limit 1 class per member.*

#### Fitness Equipment Orientation:

Mondays at 4:30PM & 5:30PM  
 Tuesdays at 12:00PM & 6:00PM

#### Caregiver SOS

Provides support resources for Caregivers & their loved ones.

Support group meets on

Wednesday July 17 at 10:00AM

Education about disease, stress, burnout, and many other topics.

For more information contact

866-390-6491

CAREGIVER SOS  


#### Walking Group

Mondays at 10:00AM

\*Fridays at 9:30AM at Rolling Oaks Mall

Space is Limited

\*Sign-Up at Front Desk

#### 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



#### New Nurse Schedule

Monday 7:00AM-4:00PM

Wednesday 1:00PM-4:00PM

Friday 7:00AM-4:00PM\*

\*Friday Walking Group at Mall from 9:30-11:00\*

#### New Member Orientation

July 8th and 26th at 10:00AM.

#### Mammogram Screenings at Northeast

We will be having University Health come to Northeast on Tuesday August 6th from 8:00AM-12:00PM.

There will be 2 dates during July for registration for the Mammogram Mobile Screening:

July 9th from 10:00AM-1:00PM

July 23rd from 10:00PM-1:00PM

#### Earn a Northeast T-Shirt w/Activity Passport

If an event is listed in Purple and italics on the Calendar then it will qualify for a stamp on the "Other" category on the back of the Passport.

Note: The rest of the categories (WellMed & Lunch/Fitness) can only be stamped once per day if you attend either of those events.

Limit 1 Shirt per Member; While Supplies Last.

#### Helpful Phone Numbers:

Alamo Area Council of Governments: 210-362-5200

Animal Care Services: 210-207-4738

City Services Hotline: 311

VIA Link: 210-655-5465

CPS Energy: 210-353-2222

SAPD Non-Emergency: 210-207-7273

If there is a serious emergency please call 911.

#### Are you interested in Being a Volunteer?

We are currently looking for volunteers for the following Positions:

- Meal Service Volunteer
- Food Bank Commodity Volunteer
- Technology Volunteer
- Evening Volunteer Spanish Instructor
- Quilting/Crochet Volunteer

Please see Andrew for additional volunteer info.

Reminder: Note that the Food Bank Distributions for Project HOPE and CSFP will occur on:

Wednesday July 17th from 11:00AM-12:30PM

Any Questions, Please Reach out to Sara or Jacqueline.

