

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Exploring AI Program Series 8 of 10 (CL) 3 9:45 Shopping @ Ollies <i>10:00 Intro to Financial Exploitation Class (P)</i> 1PM Bihl Haus Beginning Painting (AR) 1PM Mex. Train Domino (G) 1PM Learn Cribbage (GA) 1PM iPhone Basics 2/3 (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR)	9:00 Bihl Haus Intermediate Painting (AR) 4 9:30 Intro to the Internet 2/6 (CL) 9:30-10:45 BINGO! (DR) 10-12 Creative Writing (CR) 10:45 Spanish Class 5 of 8 (G) (Class is at Capacity) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM Wowzitude: Yellowstone Live Virtual Tour (P) 1PM Learn Mahjong (GA) 1PM PowerPoint 2/4 (CL) 4:00PM Play Chess (GA) 5-7PM Wii Sports/Bowling (P) 4:30PM Learn Pool (GA)	9 Bihl Haus Watercolor (AR) 5 9:30 Morning Movie (P) 10-11:45 Let's Talk About It (G) 11:30-3:30 8-Ball Tourney (GA) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) 1:30PM Stress-Busting 5/9 (CR) 5PM Evening Movie (P) Movie: San Andreas (2015) (PG-13) 1hr 54min (P) 	9:30 Seniors in Play (AR) 6 9:30 Medicare Presentation for Deaf and Hard of Hearing (P) 9:30 Internet Exploring 2/2 (CL) 10:00 Nutrition Education: Healthy Choices: Dining Out 10:30 ESL Class 5 of 9 (P) 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 1PM Learning Gmail 1/2 (CL) 4PM Let's Line Dance (DR) 5-6PM Karaoke (DR)	9:30 Walking Group 7 at Mall with WellMed Sign-Up at Front Desk 10-12 Jam Session (DR) 11:30 Happy Birthday Recognition (DR) 12:00PM Bihl Haus Beginning Drawing (AR) 1PM Movie: Last Action Hero (1993) PG-13 (P) 2hr 10Min  1:15PM Chair Volleyball (DR)
9:00 Exploring AI Program Series 9 of 10 (CL) 10 9:45 Shopping @ HEB <i>10:00 New Member Orientation (P)</i> 1PM Bihl Haus Beginning Painting (AR) 1PM Learn Cribbage (GA) 1PM Mex. Train Domino (G) 1PM iPhone Basics 3/3 (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:30PM Intermediate Pickleball (DR) 4:00PM Guitar Class (G)	9:00 Bihl Haus Intermediate Painting (AR) 11 9:30 Intro to the Internet 3/6 (CL) 9:30-10:45 BINGO! (DR) 10-12 Creative Writing (CR) 10:45 Spanish Class 6 of 8 (G) (Class is at Capacity) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM PowerPoint 3/4 (CL) 1PM Wowzitude: Yellowknife, Canada Live Virtual Tour (P) 1PM Learn Mahjong (GA) 4:00PM Play Chess (GA) 5-7PM Wii Sports/Bowling (P) 4:30PM Learn Pool (GA)	9 Bihl Haus Watercolor (AR) 12 9:30 Morning Movie (P) 10:00AM Cell Phone Assist (CL) 10-11:45 Let's Talk About It (G) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) 1:30PM Stress-Busting 6/9 (CR) 5PM Evening Movie (P) Movie: The Forge (2024) (PG) 2hr 5min (P) 	9-10 Medicare 101-Sylvia Toscano (CR) 13 9:30 Google Photos (CL) 9:30 Lets Play Loteria! (DR) 9:30 Seniors in Play Acting (AR) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) 10:30 ESL Class 6 of 9 (P) 12:30-4:00PM Writer's Roundtable (CR) 1PM Learning Gmail 2/2 (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 4PM Let's Line Dance (DR) 5-6 PM Karaoke (DR)	9:30 Walking Group 14 at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 12:00PM Bihl Haus Beginning Drawing (AR) 1PM Movie: Back to the Future (1985) (PG) 1hr 56Min  1:15PM Chair Volleyball (DR)
9:00 Exploring AI Program Series 10/10 (CL) 17 9:45 Shopping @ Dollar Tree/Thrift Town 10:00 St. Patrick's Day Celebration (DR) 1PM Mex. Train Domino (G) 1PM Bihl Haus Beginning Painting (AR) 1PM Nutrition Education: Hydration (DR) 1PM Transportation Options OASIS Class (P) 1PM Learn Cribbage (GA) 1PM Intro to Email 1/2 (CL) 2P-3:30P Beginners Pickleball (DR) 3:30P-6:00PM Intermediate Pickleball (DR) 4:00PM Guitar Class (G)	9:00 Bihl Haus Intermediate Painting (AR) 18 9:30 Intro to the Internet 4/6 (CL) 9:30-10:45 BINGO! (DR) 10-12 Creative Writing (CR) 10:45 Spanish Class 7 of 8 (G) (Class is at Capacity) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM Wowzitude: Bamberg, Germany Live Virtual Tour (P) 1PM Learn Mahjong (GA) 1PM PowerPoint 4/4 (CL) 4:00PM Play Chess (GA) 5-7PM Wii Sports/Bowling (P) 4:30PM Learn Pool (GA)	Food Bank: CSFP & HOPE Distribution from 11:00-12:30 9 Bihl Haus Watercolor (AR) 19 9:30 Morning Movie (P) 10:00 Caregiver SOS (CR) 10-11:45 Let's Talk About It (G) 11:00-1:00 9-Ball Tourney (GA) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) 1:30PM Stress-Busting 7/9 (CR) 5PM Evening Movie (P) Movie: A League of Their Own (1992) 2hr 8min PG (P)  5PM Trivial Pursuit (DR)	9-10 Medicare 101-Sylvia Toscano (CR) 20 9:30 iPhone Basics 1/3 (CL) 9:30 Seniors in Play (AR) 10-1 Additional Assistance-Sylvia Toscano (Table outside of CR) 10:30 ESL Class 7 of 9 (P) 10:30-12:30 CPS Table (DR) 12:30-4:00PM Writer's Roundtable (CR) 1PM Chicken Foot Dominoes (G) 1PM 10 Fun Things to do with Your iPad (CL) 1:00PM Jewelry Making (AR) 4PM Let's Line Dance (DR) 5-6PM Karaoke (DR)	9:30 Walking Group 21 at Mall with WellMed Sign-Up at Front Desk 10:00 Jam Session (G) 12:00PM Bihl Haus Beginning Drawing (AR) Center will be Closing at 2:30PM for Staff Training
Wear MLB Team Jersey 24 Bihl Haus Art Classes In-Person Enrollment Starting at 9:00AM 9:00 WellMed Education Hear Loss: A Common Problem w/ Older Adults (P) 9:00 Exploring AI Program Series Graduation (CL) 9:45 Shopping @ WalMart 10:00 Nutrition Ed: What's the Beef with Beef (DR) 1PM Bihl Haus Beginning Painting (AR) 1PM Learn Cribbage (GA) 1PM Mex. Train Domino (G) 1PM Intro to Email 2/2 (CL) 2:00PM New Member Orientation (P) 2P-3:30P Beginners Pickleball (DR) 3:30-6:30PM Pickleball (DR) 4:00PM Guitar Class (G)	Bihl Haus Art Classes Enrollment 25 9-12 Farmers Market (Outside) 9:30 Intro. To Internet 5/6 (CL) 9:30-10:45 BINGO! (DR) 10-12 Creative Writing (CR) 10:30 Womens Pool Tournament (GA) 10:45 Spanish Class 8 of 8 (G) (Class is at Capacity) 12:30PM Plastic Canvas (G) 12:45PM Karaoke (DR) 1PM Wowzitude: Florence, Italy Live Virtual Tour (P) 1PM Learning Gmail 1/3 (CL) 1PM Learn Mahjong (GA) 4:00PM Play Chess (GA) 5-7PM Wii Sports/Bowling (P) 4:30PM Learn Pool (GA)	Bihl Haus Art Classes Enrollment 26 9:30 Morning Movie (P) 10-11:45 Let's Talk About It (G) 10:00AM Cell Phone Assist (CL) 10-12PM Library Book Club "More Than You'll Ever Know" Katie Gutierrez (CR) 1PM Afternoon Movie (P) 1PM Arts & Crafts Group (AR) 1:30PM Stress-Busting 8/9 (CR) 5PM Evening Movie (P) Movie: Selena (1997) (PG) 2hr 7min (P) 	Bihl Haus Art Classes Enrollment 27 9:30 iPhone Basics 2/3 (CL) 9:30 Seniors in Play Acting (AR) 10:30 ESL Class 8 of 9 (P) 12:30-4:00PM Writer's Roundtable (CR) 1PM ChatGPT (CL) 1PM Chicken Foot Dominoes (G) 1:00PM Jewelry Making (AR) 4PM Let's Line Dance (DR) 5-6 PM Karaoke (DR)	Bihl Haus Art Classes Enrollment 28 9-12 Spring Health & Resource Fair (GA/GP/DR) Free Prize Drawings 9:30 Walking Group at Center with WellMed No Jam Session Today 1PM Movie: Ocean's Eleven (2001) PG-13 (P) 1hr 56min  1:15PM Chair Volleyball (DR)
31 Cesar Chavez Holiday Center is Closed Frozen Meals will be Given Out on March 28th	 <p>Join us Tuesdays for a live virtual tour of cities around the world! In the Peach Room @ 1:00PM</p>	CLASSROOM KEY 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	Reminders: Activities are Subject to Change without notice. Hot meals may not be taken out of the dining room.	Flu Vaccines are Still Available in High & Regular Dose See Nurse for More 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. 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 Full Body Fusion 🍌
 11:00AM Line Dance Lessons 🍌
 12:00PM Chair Yoga
 1:00PM Full Body Fusion 🍌
 2:00PM Yo-Chi
 4:00PM Low Impact Bootcamp
 5:00PM Table Tennis
 🍌=High Impact

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
 🍌=High Impact

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
 1:00PM Chair Strength/Cardio
 2:45PM Hula Dance 🍌
 5:00PM Silver Sneaker Classic
 🍌=High Impact

Friday

8:00AM Full Body Fusion 🍌
 9:00AM Zumba Gold
 11:00AM Zumba Gold
 12:00PM Strength and Cardio
 1:00PM Line Dance 🍌
 🍌=High Impact

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 12:00PM) 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. Registration will be March 24th-28th (In-Person on 3/24 at 9:00AM) Classes will start April 1st.

Fitness Equipment Orientation:

Tuesdays at 12:00PM
 Located in the Gym Area

Caregiver SOS

Provides support resources for Caregivers & their loved ones. Education about disease, stress, burnout, and many other topics. Support Group is 3/19 at 10:00AM
 9-Week Stress-Busting Class
 1:30PM February 5th-April 2nd
 For more information call
 726-567-4321



Walking Group

Mondays at 10:00AM
 *Friday's 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

WELLMED Nurse Schedule

Monday 7:00AM-4:00PM
 Wednesday 7:00AM-12:45PM
 Friday 7:00AM-4:00PM*

Friday Walking Group at Mall from 9:30-11:00
 No Mall Walking Group on 3/28

New Member Orientation
 Mon. 3/10 @10:00AM
 &
 Mon. 3/24 @2:00PM

Northeast Spring Health and Resource Fair

On Friday March 28th from 9:00AM-12:00PM we will be having our bi-annual Health and Resource Fair. There will be several different organizations present which will provide valuable information for older adults.
Visit each table for a chance to win free prizes.

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.

Upcoming Events:

3/3 @ 10:00AM Intro to Financial Exploitation Class
 3/7 @ 11:30AM Happy Birthday Recognition
 3/17 @ 10:00AM St. Patrick's Day Celebration
 3/25 from 9AM-12PM Food Bank Farmers Market
 See Sara for More Information
 3/28 from 9AM-12PM Spring Health and Resource Fair

For the Month of March Food Bank Date is:

Wednesday March 19th from 11:00AM-12:30PM
Must Be Registered with Sara to Participate
Note: We are Currently Not Accepting New Applications for Food Bank at this time.
Any Questions, Please Reach out to Sara.



March Computer Classes

Monday	Tuesday	Wednesday	Thursday
<p style="text-align: right;">3</p> <p>9:00AM Exploring AI Program Series 8 of 10</p> <p>1:00PM iPhone Basics 2 of 3</p>	<p style="text-align: right;">4</p> <p>9:30AM Intro to the Internet 2 of 6</p> <p>1:00PM Microsoft PowerPoint 2 of 4</p>	<p style="text-align: right;">5</p>	<p style="text-align: right;">6</p> <p>9:30AM Exploring Internet 2 of 2</p> <p>1:00PM Learning Gmail 1 of 2</p>
<p style="text-align: right;">10</p> <p>9:00 Exploring AI Program Series 9 of 10</p> <p>1:00PM iPhone Basics 3 of 3 (CL)</p>	<p style="text-align: right;">11</p> <p>9:30AM Intro to the Internet 3 of 6</p> <p>1:00PM Microsoft PowerPoint 3 of 4</p>	<p style="text-align: right;">12</p> <p>10-12PM Cell Phone Assist</p>	<p style="text-align: right;">13</p> <p>9:30AM Google Photos</p> <p>1:00PM Learning Gmail 2 of 2</p>
<p style="text-align: right;">17</p> <p>9:00AM Exploring AI Program Series 10 of 10</p> <p>1:00PM Intro to Email 1 of 2 (CL)</p>	<p style="text-align: right;">18</p> <p>9:30AM Intro to the Internet 4 of 6</p> <p>1:00PM Microsoft PowerPoint 4 of 4</p>	<p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>9:30AM iPhone Basics 1 of 3</p> <p>1:00PM 10 Fun Things to Do With Your iPad</p>
<p style="text-align: right;">24</p> <p>9:00AM Exploring AI Program Graduation</p> <p>1:00PM Intro to Email 2 of 2 (CL)</p>	<p style="text-align: right;">25</p> <p>9:30AM Intro to the Internet 5 of 6</p> <p>1:00PM Learning Gmail 1 of 3</p>	<p style="text-align: right;">26</p> <p>10-12PM Cell Phone Assist</p>	<p style="text-align: right;">27</p> <p>9:30AM iPhone Basics 2 of 3</p> <p>1:00PM ChatGPT</p>
<p>Open Lab is Available during any non-class time. Visit the Computer Café for additional computers to use.</p> <p>No Printing, Copying, or Faxing Available.</p>	<p>All classes are held in the Computer Lab.</p> <p>No Food or Drink in the Computer Lab</p>		