

Welcome to the Northeast Senior Center!

Rules of Conduct:

1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, guests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
2. Participant should not harass or discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, gender identity, veteran status, age or disability.
3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the Influence.
5. Participant should not bring or consume food or beverages in the computer labs.
6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
8. Participant should not steal, destroy or damage property in the Center.
9. Participant should not engage in illegal activities while at the Center.

Arts & Crafts Classes (Orange Doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30	Crochet Group (volunteer led-bring your own supplies)	Intermediate Painting	Crafts	Advanced Drawing	Quilting Group (2nd FRI) (volunteer led-bring your own supplies) Collage Class (Friday the 18th and the 25th)
10:30					Adult Coloring Group (volunteer led-3rd Friday of the month) (CR)
11:30					
12:30	Beginning Painting	Jewelry Making Group (volunteer led-bring your own supplies)	Art Group (volunteer led-bring your own supplies) Writing Memoirs (CR)	Canvas Needle Point Group (volunteer led-bring your own supplies) The Writer's Roundtable (CR) (volunteer led-bring your story tale experience)	Creative Writing (CR)
1:00					Beginning Drawing

Fitness & Dance Classes (Yellow doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30		Hula Dance	World Dance		Table Tennis until 8:15 a.m.
8:00	Cardio (GP) Chair Zumba -low impact	Intro Walking (DR)		Chair Volleyball Freestyle Jam (GP)	Floor YOGA (GP)
8:30		Zumba Gold	Zumba Gold		Zumba Gold
9:30	Chair Volleyball	Joint Movement -low impact	Cardio Fit	Senior Surge Chair Fitness (GP)	International Folk Dance
10:15	Relaxation & Meditation low impact (GP)		Dance Workshop (GP)		
10:30	Table Tennis until 12:30 p.m.	Chair Zumba low impact	Floor YOGA (Sign up at the Front Desk at 9 a.m.)	Senior Sneakers low impact Arthritis Foundation Exercise-low impact (GP)	Zumba Gold (Sign up at the Front Desk at 9 a.m.)
12:00			Exercise Orientation (Jan. 9th) (Gym Area)		
1:00	Line Dancing	Body Swag Korean Line Dancing & Drum Class (P) (Sign up at the Front Desk at 11:30 a.m.)	Line Dancing Folklorico (GP)	Cardio Fit Exercise Orientation (Jan. 24th) (Gym Area)	Aerobics (Chair is Optional)
2:15	Strength and Tone	Floor YOGA	Chair YOGA-low impact Joint Movement -low impact (GP)	Dance Workshop	Body Swag



NORTHEAST SENIOR CENTER

4135 Thousand Oaks Dr. | San Antonio, Texas | 78217
 7 A.M. - 4 P.M. | Monday-Friday
 (210) 207-4590



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLASSROOM KEY: G: GRAY ROOM P: PEACH ROOM GP: GRAY/PEACH ROOM CR: CONFERENCE ROOM DR: DINING ROOM AR: ART ROOM PO: PURPLE OFFICE CL: COMPUTER LAB</p> <p>2019</p>	<p>1 <i>City Holiday</i> CENTER WILL BE CLOSED</p>	<p>2 10-11 Bingo (DR)</p>	<p>3 10-11 Bingo (DR) 10:30-11:30 H-E-B Trip</p>	<p>4 9:30-10:30 Nutrition Ed. (AR) 10-11 BUNCO 10-11:30 Let's Talk About It (CR) 12-3:45 Pool Tournament 12:30 HOBBYTIME! (G) 1-3 Hataril! (Movie) (P)</p>
<p>7 10-12 Intro to Computers (OASIS) (CL) 12:30 HOBBYTIME! (G) 1-3 Intro to Word (OASIS) (CL)</p>	<p>8 9:15-10 Weight Loss Support Group (P) 10-11 NEW: Jam Session for NESC Musicians (bring your own instrument) (G) 10-11 Walgreen's Trip 10-12 Intro to Computers (OASIS) (CL) 12:30 HOBBYTIME! (G) 1-3 Intro to Computers (OASIS) (CL)</p>	<p>9 10-11 Bingo (DR) 10-12 Intro to Computers (OASIS) (CL) 1-2:15 Computer Essentials (OATS) (CL) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>	<p>10 9-10 BINGO with Sylvia Toscano (WellMed) (CR) 10-11 Bingo (DR) 10:30-11:30 Walmart Trip</p>	<p>11 10-11 BUNCO 10-11:30 Let's Talk About It (CR) 12:30 HOBBYTIME! (G) 1-2:15 Computer Essentials (OATS) (CL) 1-3 City Slickers (Movie)(P) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>
<p>14 10-12 Intro to Computers (OASIS) (CL) 10:30-11:30 Caregiver Support Group (WellMed) (CR) 12:30 HOBBYTIME! (G) 1-3 IPAD Basics (OASIS) (CL)</p>	<p>15 9-11 9 Ball Tournament 10-11 99c Store Trip 10-12 Intro to Computers (OASIS) (CL) 10-11 STAP Program (CR) 10:15-11:15 Loteria with WellMed Social Programs (P) 12-2 City Public Services (PO) 12:30 HOBBYTIME! (G) 1-3 Intro to Computers (OASIS) (CL)</p>	<p>16 10-11 Bingo (DR) 10-12 Intro to Computers (OASIS) (CL) 1-2:15 Computer Essentials (OATS) (CL) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>	<p>17 10-11 Bingo (DR) 10:30-11:30 H-E-B Trip</p>	<p>18 10-11 BUNCO 10-11:30 Let's Talk About It (CR) 12:30 HOBBYTIME! (G) 1-2:15 Computer Essentials (OATS) (CL) 1-3 The Blindside (Movie) (P) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>
<p>21 <i>City Holiday</i> CENTER WILL BE CLOSED <i>Martin Luther King, Jr. Day</i></p>	<p>22 10-11 Book Club (G) 10-11 Hobby Lobby 10-12 Intro to Word (OASIS) (CL) 10:30-12:30 Airplane (Movie) (P) 12:30 HOBBYTIME! (G) 1-3 Intro to Word (CL)</p>	<p>23 10-11 Bingo (DR) 10-12 Android Tablet (OASIS) (CL) 1-2:15 Computer Essentials (OATS) (CL) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>	<p>24 9-10 Over the Counter with Sylvia Toscano (WellMed) (CR) 10-11 Bingo (DR) 10:30-11:30 Walmart Trip 1-2 Free Eye Glass Cleaning and Repair (PO) 1-3 Facebook I (OASIS) (CL)</p>	<p>25 10-11 BUNCO 10-11:30 Let's Talk About It (CR) 12:30 HOBBYTIME! (G) 1-2:15 Computer Essentials (OATS) (CL) 1-3 The Taking of Pelham One Two Three (Movie) (P) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>
<p>28 10-12 Intro to Computers (OASIS) (CL) 12:30 HOBBYTIME! (G) 1-2 Are you Bullied or the Bully? (OASIS) (P) 1-3 IPAD Basics (OASIS) (CL)</p>	<p>29 10-11 Thrift Town 10-12 Intro to Word (OASIS) (CL) 10:30-12:30 Peggy Sue Got Married (Movie) (P) 12:30 HOBBYTIME! (G) 1-3 Intro to Word (OASIS) (CL)</p>	<p>30 10-11 Bingo (DR) 10-12 Android Tablet (OASIS) (CL) 1-2:15 Computer Essentials (OATS) (CL) 2:30-3:45 Beyond the Basics (OATS) (CL)</p>	<p>31 10-11 Bingo (DR) 10:30-11:30 H-E-B Trip 1-3 Facebook I (OASIS) (CL)</p>	<p>Need to see a Medicare Counselor? <i>Schedule an appointment at the receptionist desk</i></p>

Lunch: 11:30 a.m.-12:30 p.m.-Please see separate menu for this month

OUR APOLOGIES, this calendar is tentative and may change without advanced notice.