



NORTHEAST SENIOR CENTER

AUGUST

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 2019</p>	<p>OUR APOLOGIES, <i>this calendar is tentative and may change without advanced notice</i></p>	<p>LUNCH IS SERVED FROM 11:30 A.M.-12:30 P.M.</p>	<p>1 9-10 Medicaid/Medicare with Sylvia Toscano (Gaming Area) 9-10:15 IPAD Essentials (CR) 10-11 Bingo (DR) 10:30-11:30 Walmart Trip 10:30-11:30 History & Geography 101 (Discussion Group) (CR) 1-3 Intro to Word 2016 (CL) (4 of 6)</p>	<p>2 9-10 Nutrition Education (AR) 10-11 BUNCO 10-11 Jam Session (G) 10-11:30 Let's Talk About It (CR) 10:15-11:30 Diabetes Prevention Workshop (P) 10:30-11:30 Memoirs Writers Reunion (AR) 12-3:45 Pool Tournament 12:30 HOBBYTIME! (G) 1-2:15 Introduction to Digital Culture (CL) (8 of 10) 1-3 Jersey Boys (Movie) (P) 2:30-3:45 Work! (CL) (8 of 20)</p>
<p>5 10-12 Intro to Computers (CL) (4 of 6) 12:30 HOBBYTIME! (G) 12:30-3:45 Chess Tournament (P) 1-3 Intro to Computers (CL) (4 of 6)</p>	<p>6 9-10 Weight Loss Support Group (G) 9-10:15 IPAD Essentials (P) 10-11 Walgreen's Trip 10-12 Intro to Computer (CL) (5 of 5) 10:15-11:15 Bone Health (G) 12:30 HOBBYTIME! (G) 1-3 Intro to Computer (CL) (5 of 5)</p>	<p>7 10-11 History & Geography 101 (Discussion Group) (CR) 10-11 Bingo (DR) 10-12 Security (for your phone) (CL) 1-2:15 Introduction to Digital Culture (CL) (9 of 10) 2:30-3:45 Work! (CL) (9 of 20)</p>	<p>8 9-10:15 IPAD Essentials (CR) (10 of 10) 10-11 Bingo (DR) 10:30-11:30 H-E-B Trip 10:30-11:30 History & Geography 101 (Discussion Group) (CR) 1-2 Low Vision Club (P) 1-3 Intro to Word 2016 (CL) (5 of 6)</p>	<p>9 10-11 BUNCO 10-11 Jam Session (G) 10-11:30 Let's Talk About It (CR) 10:15-11:30 Diabetes Prevention Workshop (P) 12:30 HOBBYTIME! (G) 1-2:15 Introduction to Digital Culture (CL) (10 of 10) 1-3 Major Payne (Movie) (P) 2:30-3:45 Work! (CL)(10 of 20)</p>
<p>12 10-12 Intro to Computers (CL) (5 of 6) 10:30-11:30 Caregiver Support Group (CR) 12:30 HOBBYTIME! (G) 1-2 District 9 Senior Center Public Art Meeting (P) 1-3 Intro to Computers (CL) (5 of 6)</p>	<p>13 9-10 Weight Loss Support Group (G) 9-10:15 IPAD Essentials (P) (1 of 10) 10-11 Thrift Town 10-12 Intro to Computer (CL) (6 of 6) 10:15-11:15 Loteria with WellMed Social Programs (G) 12:30 HOBBYTIME! (G) 1-3 Intro to Computer (CL) (6 of 6)</p>	<p>14 10-11 History & Geography 101 (Discussion Group) (CR) 10-11 Bingo (DR) 10-12 Best of Android (CL) 11:30-12:30 STAP Program 1-2:15 Wellness Essentials (1 of 10) (CL) 2:30-3:45 Work! (CL)(11 of 20)</p>	<p>15 9-10 Medicaid/Medicare with Sylvia Toscano (Gaming Area) 9-10:15 IPAD Essentials (CR) (2 of 10) 10-11 Bingo (DR) 10:30-11:30 Walmart Trip 10:30-11:30 History & Geography 101 (Discussion Group) (CR) 1-2 Free Eye Glass Cleaning and Repair (PO) 1-3 Intro to Word 2016 (CL) (6 of 6)</p>	<p>16 10-11 BUNCO 10-11 Jam Session (G) 10-11:30 Let's Talk About It (CR) 10:15-11:30 Diabetes Prevention Workshop (P) 12:30 HOBBYTIME! (G) 1-3 The Treasure of the Sierra Madre (Movie) (P) 1-2:15 Wellness Essentials (CL) (2 of 10) 2:30-3:45 Work! (CL)(12 of 20)</p>
<p>19 SIGN UP BEGINS TODAY FOR BIHL HAUS CLASSES 10-12 Intro to Computers (CL) (6 of 6) 12:30 HOBBYTIME! (G) 1-2 Outsmart the Scammers (P) (OASIS) 1-3 Intro to Computers (CL) (6 of 6) 1-3 Volunteer Training in the Dining Room</p>	<p>20 9-10 Weight Loss Support Group (G) 9-10:15 IPAD Essentials (P) (3 of 10) 9-11 9 Ball Tournament 10-11 99¢ Store 10-12 Intro to Computer (CL) (1 of 6) 10:30-11:30 Graffiti BUFF BINGO! FREE PRIZES (P) 12-2 City Public Services (PO) 12:30 HOBBYTIME! (G) 1-3 Intro to Computer (CL)</p>	<p>21 10-11 History & Geography 101 (Discussion Group) (CR) 10-11 Bingo (DR) 1-2:15 Wellness Essentials (CL) (3 of 10) 2:30-3:45 Work! (CL)(13 of 20)</p>	<p>22 9-10:15 IPAD Essentials (CR) (4 of 10) 10-11 Bingo (DR) 10:30-11:30 H-E-B Trip 10:30-11:30 History & Geography 101 (Discussion Group) (CR) 2-3 BrainSavers (GP) (2 of 26)</p>	<p>23 10-11 BUNCO 10-11 Jam Session (G) 10-11:30 Let's Talk About It (CR) 10:15-11:30 Diabetes Prevention Workshop (P) 12:30 HOBBYTIME! (G) 1-3 The Help (Movie) (P) 1-2:15 Wellness Essentials (CL) (4 of 10) 2:30-3:45 Work! (CL)(14 of 20)</p>

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
7:30	Arts Open Lab	Beginning Painting	Arts Open Lab	Arts Open Lab	Arts Open Lab
9:30	Crochet, Quilting & Knitting Group (volunteer led-bring your own supplies)		Crafts	Advanced Drawing	Collage Along With Me 8/9 & 8/16 (Limit of 15-sign up at the front desk)
10:00		Advanced Painting		Adult Coloring Group (volunteer led-every Tuesday of the month 10:30-11:30 a.m.) (CR)	
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)	Writer's Open Forum (CR)
1:00					Beginning Drawing

Fitness & Dance Classes (Yellow doorway unless otherwise noted)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30		Hula Dance Class	World Dance Intro to QiGong-low impact (GP)		Table Tennis until 8:15 a.m.
8:00	Cardio (GP) Chair Zumba -low impact	Intro Walking (DR)		Chair Volleyball Senior Circuit (GP)	Floor YOGA (GP)
8:30		Zumba Gold (Sign up at the Front Desk at 7:15 a.m.)	Zumba Gold		Zumba Gold (Sign up at the Front Desk at 7:15 a.m.)
9:00			Chair Fitness-low impact (GP)		
9:30	Chair Volleyball	Joint Movement low impact	Cardio Fit	Senior Surge Chair Fitness-low impact (GP)	International Folk Dance
10:15	Arthritis Foundation Exercise-low impact (GP) (Sign up at the front at 8:45 a.m.)		Dance Workshop (GP)		
10:30	Table Tennis until 12:00 p.m.	Chair Zumba-low impact (Sign up at the front at 9:00 a.m.)	Floor YOGA (Sign up at the Front Desk at 10:00 a.m.)	Senior Sneakers-low impact	Chair Zumba-low impact