



**NORMOYLE SENIOR CENTER**

700 Culberson Ave.  
San Antonio, Texas 78211

(210) 207-5650 M-F 7am-4pm

**Our Apologies: This Calendar is tentative and may change at any time without advanced notice.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SPRING BREAK KIDS CAMP</b> 03/11—03/15 Lunch Changes to 12pm-1pm</p>			<p>Normoyle Parks &amp; Recreation <b>Easter Egg Hunt</b> Saturday 23rd 12pm-3pm <b>Open to the Public</b></p>	1 <b>Field Trip: HEB</b>
4 <b>UT Health Screening</b> 8am-12pm (gym) <b>CPS</b> Resource Table 9:30am (gym)	5 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am	6	7 <b>Field Trip: 99¢ Store</b>	8
11 <b>Kids Camp Starts 3/11 - 3/15</b> Lunch 12pm-1pm	12 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>Field Trip: Shoppers World</b>	13	14 <b>Celebrating Nutrition Month</b> w/ Nicole @ 1pm <b>Field Trip: Dollar Tree</b>	15 <b>Field Day</b> <b>Gardening outdoors</b> Planting Herbs
18 <b>OATS Computer Resource Table</b> 9:30am-11am <b>Nutrition Education</b> 12pm	19 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>March Birthday Celebration</b> 12PM	20 <b>Volunteer Meeting</b> <b>Volunteer Roles</b> 12pm	21 <b>Tickets @ 9:30 am</b> <b>GYM 10am-11am</b> <b>Bring ID and Cart</b> <b>Bring your own Reusable Bags</b>	22
25	26 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>Field Trip: Hobby Lobby</b>	27 <b>SAFB Class &amp; Demo</b> 12pm -1:30pm	28 <b>Bomber Bucks Store</b> 12:30pm <b>Field Trip: Walmart</b>	29 <b>Celebrating Spring Event</b> <b>Egg Hunt &amp; Pinata</b> 9am-11am



**DAILY ACTIVITY SCHEDULE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am <b>YWCA-Low Impact Cardio</b> Rodney-gym	8:30am-9:30am <b>YWCA-Joint Movement</b> Yvonne-gym	7:30am-8:30am <b>YMCA Zumba Gold</b> Veronica-gym	9:00am-11:00am <b>OASIS COMPUTER CLASSES</b> <b>Exploring Google</b> 03/07-03/21 (3 sessions) <b>Cybersecurity</b> (online video) 03/28 (1 session)	8am-9am <b>YMCA Zumba Gold</b> Veronica
9:00am-10:00am <b>OATS COMPUTER CLASSES</b> <b>Understanding the iPad &amp; Computers</b> 03/04 <b>Getting to Know the iPad</b> 03/11 <b>Welcome to the Internet</b> 03/18 <b>Using Email</b> 03/25	9am-11am <b>Flower Making Group</b> Arts & Crafts Rm  9am-11am <b>Crochet Arts-Craft Class</b> Lounge Area	8:30am-9:30am <b>YWCA-Joint Movement</b> Chair Exercise-Jorge		9am-10am <b>Coloring Group</b> Lounge
9:30am-10:30am <b>Coloring Group Lounge</b>	9:00am-11:00am <b>OASIS COMPUTER CLASSES</b> <b>Intro to the Internet</b> 03/05-03/26 (4 sessions)	9:00am-10:00am <b>OATS COMPUTER CLASSES</b> <b>Understanding the iPad &amp; Computers</b> 03/06 <b>Getting to Know the iPad</b> 03/13 <b>Welcome to the Internet</b> 03/20 <b>Using Email</b> 03/27	10am-10:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	9:30am-10:30am <b>BINGO</b> Dining Rm <b>No Bingo 3/15</b>
9:30am -11am <b>Choir</b> (Art Room) 03/11 10am-12pm	10am-10:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	9:30am-10:30am <b>Loteria</b> (Dining Rm) 03/13 10am-12pm	10am-11am <b>Urban 15 Dance Allegra</b> Rosie-gym	12:15pm-2pm <b>Chair Volleyball Open Play</b> <b>If Gyms Available</b> <b>No Volleyball 03/15</b>
10am -12pm <b>Basketball</b> (gym) 03/11 9:30am-11:30am	10am-11am <b>YMCA-Line Dancing</b> Christina (gym)	10am -12pm <b>Basketball</b> (gym) 03/13 9:30am-11:30am	12pm-1pm <b>YMCA Strengthening</b> Stefani-gym 03/14 11:30am-12:15pm	
12pm-1pm <b>Seniors in Play Class</b> Art Room 03/11 @ 1pm (Dining Rm)	12pm-1pm <b>YMCA-Cardio &amp; Fit</b> Stefani (gym) 03/12 11:30am-12:15pm	12:15pm-2:00pm <b>Chair Volleyball Open Play</b> (gym) 03/13 3pm-5pm	1pm-2pm <b>YMCA-Stretch</b> Stefani 03/14 No Class	
12:15pm-1:45pm <b>Chair Volleyball Open Play</b> (gym) 03/11 3-5pm	12:30pm-2:30pm <b>Bihl Haus Painting Class</b> (Dining Rm) 03/12 1pm-3pm	1pm-3pm <b>Jewelry Making Art Rm</b> <b>Classes to Resume 03/27</b>	3pm-5:30pm <b>Chair Volleyball-gym</b> <b>League Practice</b>	




**WELCOME TO YOUR CENTER**  
All Independent Seniors **60+** years of age are eligible to register to be a member.

**FITNESS ROOM**  
Sign Out  
Treadmill Keys 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 Ticket Distribution** –8AM-10:30 AM  
Lunch is served from 11:00AM-12:00PM or while supplies last. **Lunch Time during Holiday Kids Camp changes to 12PM–1PM**  
**\*Note: Meals Cannot be Taken Out of Dining Room**  
**Meal Program Requirement:** Must attend 1- 15 minute Nutrition Education Class each year.

**New Member Orientation**  
Mondays 1 PM  
Wednesdays 4 PM  
Thursdays 9:30 AM

 **WELLMED HEALTH SCREENINGS**  
Nurse Sirena  
Blood Pressure \* Blood Sugar \* Fasting Cholesterol \* Weight/ BMI (*body mass index*)  
**Tuesday through Friday**  
8:00am–3:30pm

  
**Distribution Day-Every 3rd Thursday of each Month**  
Must Bring Your ID & Cart  
**Ticket Distribution**  
9:30AM (Dining)  
**Distribution Time**  
10:00 am–11:00 am (Gym)  
**Food Bank Applications**  
Fridays @ 1pm  
See **Nicole** for list of Documents needed.  
**Must be ACTIVELY participating at Center**

**Helpful Phone Numbers:**  
Alamo Area Council of Governments:210-362-5200  
Animal Care Services: 210-207-4738  
SA Financial Empowerment Center: 210-207-5372  
City Services Hotline: 311  
VIA Link: 210-655-5465  
CPS Energy: 210-353-2222  
**If there is a serious emergency please call: 911**

- Rules of Conduct**
- 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.
  - 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.
  - Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the Center or grounds.
  - Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the Influence.
  - Participant should not bring or consume food or beverages in the computer labs.
  - Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
  - Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
  - Participant should not steal, destroy or damage property in the Center.
  - ONLY drinks with tops** allowed outside of Dining Room.
  - Hot Meals are not allowed to be taken home; they **MUST** be consumed during lunch hour in the dining room.

 **Important Center Dates** 

**\* Meal Program Requirement: Must take 1– 15 minute Nutrition Education Class each year \***

03/04 UT Health Screenings (gym)  
03/04 CPS Resource Table (gym)  
03/11-03/15 **Spring Break Kids Camp (Lunch Time Changes 12pm-1pm)**  
03/14 Celebrating Nutrition Month with Nicole @1pm (Dining Rm)  
03/15 Field Day (Outdoor) Planting Herbs in garden  
03/18 Nutrition Education Class @ 12pm (Dining Rm)  
03/19 **March** Birthday Celebration @ 12pm (Dining Rm)  
03/20 Volunteer Meeting (**Volunteer Roles**) @ 12pm  
03/21 **CSFP & HOPE (Food Bank)** Tickets 9:30am;Distrib.10:00am-11:00am **Must Bring Your ID & Cart**  
03/23 Normoyle Parks & Recreation **Easter Egg Hunt (Saturday 12pm-3pm)** **Open to the Public**  
03/27 SAFB Class & Demo 12pm-1:30pm (Dining Rm)  
03/28 Bomber Bucks Store @ 12:30pm (gym)