



APRIL 2024

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
1 HOLIDAY Center Closed 	2 Benefits Assistance Unidad Gonzalez 9am-11:30am Fiesta Royal Court Nominations Begin	3 Fiesta Float/Hat Work day 12:30pm	4 Mail In Voters Presentation @ 9:30A Field Trip: AMOLS @ 9:15A	5 Field Trip: Walmart @ 9:15A
8 League of Women Voting By Mail 8am-12pm	9 Benefits Assistance Unidad Gonzalez 9am-11:30am Last Day to Vote for Fiesta Court	10 Field Trip:w/Nicole Sprouts @ 9:30am State Rep. Philip Cortez visiting @ 10:30A	11 Nutrition Ed. Class Cruciferous Vegetables @ 9:30A	12 FIESTA PARTY & ROYAL COURT CROWNING 8am-12pm NO BINGO TODAY
15 Field Trip: Fiesta Store @ 9:15	16 Benefits Assistance Unidad Gonzalez 9am-11:30am APRIL Birthday Celebration 12pm	17 Volunteer Meeting 11:45 am UTSA Graduation @ 1:30pm Dining Rm	18 Tickets @ 9:30 am GYM 10am-11am Bring ID and Cart  Bring your own Reusable Bags	19 Volunteer Appreciation Event @ Morgan's Wonderland 9am-1pm
22 Earth Day Nutrition Ed. All about Berries @ 12:15 pm	23 Benefits Assistance Unidad Gonzalez 9am-11:30am Field Trip: HEB	24 SA FOOD BANK Class & Demo @ 12pm	25 Field Trip: Older Adult Fiesta @9:15 Wonderland of Americas	26 HOLIDAY Center Closed 
29	30 Benefits Assistance Unidad Gonzalez 9am-11:30am Field Trip: Japanese Tea Garden			

DAILY ACTIVITY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am YWCA-Low Impact Cardio Rodney-gym	8:30am-9:30am YWCA-Joint Movement Yvonne-gym	7:30am-8:30am YMCA Zumba Gold Veronica-gym	9:00am-11:00am OASIS COMPUTER CLASSES MS Word (Basics) 04/04—04/25	8am-9am YMCA Zumba Gold Veronica
9:00am-10:00am OATS COMPUTER CLASSES Intro to Digital Culture 03/25-04/29	9am-11am Flower Making Group Arts & Crafts Rm	8:30am-9:30am YWCA-Joint Movement Chair Exercise-Jorge		9am-10am Coloring Group Lounge
9:30am-10:30am Coloring Group Lounge	9am-11am Crochet Arts-Craft Class Lounge Area	9:00am-10:00am OATS COMPUTER CLASSES Intro to Digital Culture 03/27-04/24	10am-10:30am Fitness in the Park/ Fit Lot Circuit Training (outside) Tiffany Segura	9:30am-10:30am  Dining Rm No Bingo 04/12
9:30am-11am Choir (Art Room)	9:00am-11:00am OASIS COMPUTER CLASSES Intro to the Internet 04/02 & 04/09 iPad Basics 04/16 & 04/23 Passwords 04/30		9:30am-10:30am Loteria (Dining Rm)	10am-11am Urban 15 Dance Allegra Rosie-gym
10am-12pm Basketball (gym)	10am-10:30am Fitness in the Park/ Fit Lot Circuit Training (outside) Tiffany Segura	10am-12pm Basketball (gym)	12pm-1pm YMCA Strengthening Stefani-gym	
12pm-1pm Seniors in Play Class Art Room	10am-11am YMCA-Line Dancing Christina (gym)	12:15pm-2:00pm Chair Volleyball Open Play (gym)	1pm-2pm YMCA-Stretch Stefani	
12:15pm-1:45pm Chair Volleyball Open Play (gym)	12pm-1pm YMCA-Cardio & Fit Stefani (gym)	1pm-3pm Jewelry Making Art Rm	3pm-5:30pm Chair Volleyball-gym League Practice	
	12:30pm-2:30pm Bihl Haus Painting Class (Dining Rm)			



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 **Marivel Roque**
Blood Pressure * Blood Sugar * Fasting Cholesterol * Weight/BMI (*body mass index*)
Mondays & Fridays
8:00am–3:30pm
Effective 04/01/2024


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 *

04/01 **Cesar Chavez Holiday**, Center will be Closed
04/10 **State Rep. Philip Cortez** visiting @ 10:30am
04/11 **Nutrition Education Class** @ 9:30am
04/12 **Fiesta Party & Royal Court Crowning** 8am-12pm Gym
04/16 **APRIL** Birthday Celebration @ 12pm (Dining Rm)
04/17 **Volunteer Meeting** @ 11:45am
04/17 **UTSA Graduation** @1:30pm Dining Rm.
04/18 **CSFP & HOPE (Food Bank)** Tickets 9:30am;Distrib.10:00am-11:00am **Must Bring Your ID & Cart**
04/19 **Volunteer Appreciation Event TBD**
04/22 **Earth Day, Nutrition Education** “ All About Berries” @12:15pm
04/24 **SA Food Bank Class & Demo** @ 12pm
04/26 **San Jacinto Holiday**, Center will be Closed