





MAY 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 Field Trip: Older American Proclamation @ City Hall 8:30am Mi Tierra afterwards	2 Field Trip: Trader Joes	3 Summer Senior Olympics
6 Christian Dental Information Session 9am-11am	7 Benefits Assistance Unidad Gonzalez 9am-11:30am	8	9 Nutrition Education Reading Nutrition Labels @ 9:30am	10 Mother's Day Tea Party
13	14 Benefits Assistance Unidad Gonzalez 9am-11:30am National Dance like a chicken Day MAY Birthday Celebration 12pm	15 Accreditation Celebration 12:30pm Dining Room	16 Tickets @ 9:30 am GYM 10am-11am Bring ID and Cart  Bring your own Reusable Bags FROZEN MEALS for Friday	17 Heal Training No Hot Meals No Transportation
20 Field Trip: Shoppers World	21 Benefits Assistance Unidad Gonzalez 9am-11:30am Produce Market 9am-12pm	22 SA Food Bank Class Blood Sugar Balance 12 pm	23 Field Trip: Walmart	24 Normoyle Resource Fair 9am—12pm Gym
27  CENTER CLOSED	28 Benefits Assistance Unidad Gonzalez 9am-11:30am Field Trip: Edwards Aquifer Authority Tour @ 9:30am	29 Bomber Bucks Store 12pm Gym	30 Field Trip: HEB	31

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 Exploring Google 05/02 to 05/16 Learning Gmail 05/23 to 05/30	8am-9am YMCA Zumba Gold Veronica
9:00am-10:00am OATS COMPUTER CLASSES No Classes in May	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 No Classes in May	10am-10:30am Fitness in the Park/ Fit Lot Circuit Training (outside) Tiffany Segura	9:30am-10:30am  Dining Rm
9:30am-11am Choir (Art Room)	9am-9:30am Fitness in the Park/ Fit Lot	9:30am-10:30am Loteria (Dining Rm)	10am-11am Urban 15 Dance Allegra Rosie-gym	12:15pm-2pm Chair Volleyball Open Play If Gyms Available
10am-12pm Basketball (gym)	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


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 to Remember

*** Meal Program Requirement: Must take 1– 15 minute Nutrition Education Class each year ***
Please remember to bring your member card at all times.

- 05/01 Older American Proclamation @ City Hall, departing @ 8am; Mi Tierra after
- 05/09 **Nutrition Education Class** @ 9:30am
- 05/10 Mother’s Day Tea Party
- 05/14 **MAY** Birthday Celebration @ 12pm (Dining Rm)
- 05/15 **Accreditation Celebration** @ 12:30 in Dining rm.
- 05/16 **CSFP & HOPE (Food Bank) Tickets**@ 9:30am;Distribution 10:00am-11:00am **Must Bring Your ID & Cart**
- 05/17 Heal Training—No Hot Meals or Transportation today.
- 05/21 **Produce Market** 9am-12pm Gym
- 05/22 **SA Food Bank Class & Demo** @ 1pm
- 05/24 Normoyle Resource Fair 9am-12pm Gym
- 05/27 **Memorial Day Holiday**, Center will be Closed today.
- 05/29 Bomber Bucks Store @ 12pm Gym