




# JUNE 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
3 <b>Seniors in Play Showcase</b> 12:30pm	4 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>Field Trip:</b> Hobby Lobby @ 9:30am	5 Day 1 <b>Father's Day Pool Tournament @9:30</b> <b>UTHSC Health Ed.</b> Presentation: Hot Weather Safety for Older Adults @ 9:30am Nutrition Education 12:30	6 Day 2 <b>Father's Day Pool Tournament @ 9:30</b> <b>Field Trip:</b> HEB @ 9:30am	7 <b>Mother's &amp; Father's Day Dance</b> 8am-12pm
10 <b>Kids Summer Camp Begins</b> <b>Lunch Changes to 12pm—1pm</b> <b>Field Trip:</b> Walmart	11 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>Field Trip:</b> Home Depot/Lowes @ 9:30am	12 <b>Volunteer Meeting</b> 12:45pm	13 <b>Father's Day Celebration @ 9:30 am</b>	14
17 <b>Nutrition Education @ 10 am</b>	18 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>JUNE Birthday Celebration 1pm</b> <b>Field Trip:</b> Harbor Freight @ 9:30	19  <b>CENTER CLOSED</b>	20 <b>Tickets @ 8am</b> <b>GYM 9:30am-10:30am</b> <b>Bring ID and Cart</b> <b>Bring your own Reusable Bags</b>	21
24	25 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>UTHSC Health Screenings (Gym)</b> 9am-11am	26 <b>Bomber Buck Store @ 1:15 pm (Gym)</b>	27 <b>Field Trip:</b> Academy @ 9:30am	28

### 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> iPad Basics 06/06-06/13 iPhone Basics 06/20-06/27	8am-9am <b>YMCA Zumba Gold</b> Veronica
9:00am-10:00am <b>OATS COMPUTER CLASSES</b>	9am-11am <b>Flower Making Group</b> Arts & Crafts Rm	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>	9am-11am <b>Crochet Arts-Craft Class</b> Lounge Area	9:00am-10:00am <b>OATS COMPUTER CLASSES</b>	9am-9:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	9:30am-10:30am <b>BINGO</b> Dining Rm
9:30am-11am <b>Choir (Art Room)</b>	9am-9:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	9:30am-10:30am <b>Loteria</b> (Dining Rm)	10am-11am <b>Urban 15 Dance Allegra</b> Rosie-gym	<b>No Volleyball</b>
10am-12pm <b>Basketball (gym)</b>	10am-11am <b>YMCA-Line Dancing</b> Christina (gym)	10am-12pm <b>Basketball (gym)</b>	11:45am <b>YMCA Strengthening &amp; Stretch</b> Stefani-gym	
12pm-1pm <b>Seniors in Play Class</b> <b>Dining Rm</b> <b>Starting 06/10 @ 1pm</b>	12pm-1pm <b>Starting 06/11 @11:30am</b> <b>YMCA-Cardio &amp; Fit</b> Stefani (gym)	12:30pm-2:00pm <b>Chair Volleyball</b>	3pm-5:00pm <b>Chair Volleyball-gym</b>	
3pm-5pm <b>Chair Volleyball</b>	12:30pm-2:30pm <b>Starting 06/11 @1:00pm</b> <b>Bihl Haus Painting Class</b> (Dining Rm)	1pm-3pm <b>Jewelry Making</b> <b>Dining Rm</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 **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**  
8AM (Dining)  
**Distribution Time**  
9:30am–10:30am (Gym)  
(Time subject to change with delivery time)  
**Food Bank Applications**  
**Mondays & Fridays @ 2pm**  
with Nicole  
Must be **ACTIVELY** participating at Center for a Month.

**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.**

**Kids Camp Begins 06/10—Lunch Time Changes 12pm-1pm**

- 06/05 **Father's Day** Pool Tournament Day 1 @ 9:30am
- 06/05 **Nutrition Education** @ 12pm
- 06/06 **Father's Day** Pool Tournament Day 2 @ 9:30am
- 06/07 **Mother's & Father's Day** Dance 8am-12pm
- 06/10 **Kids Camp** Begins Lunch Changes 12-1pm
- 06/13 **Father's Day** Celebration @ 9:30am
- 06/17 **Nutrition Education** @ 10am
- 06/18 **JUNE** Birthday Celebration @ 1pm (Dining Rm)
- 06/19 **Juneteenth** Holiday– **Center Closed**
- 06/20 **CSFP & HOPE (Food Bank)** Tickets@ 9:30am;Distribution 10:00am-11:00am **Must Bring Your ID & Cart**
- 06/25 **UTHSC** Health Screenings
- 06/26 **Bomber Bucks** Store @ 1:15 pm