



JULY 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	2 Benefits Assistance Unidad Gonzalez 9am-11:30am Field Trip: Sprouts @ 9:30am	3 Wear Red, White & Blue Volunteer Award Recognition @ 9am (Martin Martinez & Pat Morales)	4  CENTER CLOSED	5
8 Vibrant Works Presentation @ 9:30am	9 Benefits Assistance Unidad Gonzalez 9am-11:30am	10	11 Nutrition Education @ 9:30am Field Trip: HEB @ 10am	12
15 Field Trip: Trader Joe's @ 9:30am	16 Benefits Assistance Unidad Gonzalez 9am-11:30am JULY Birthday Celebration 1pm	17 Volunteer Mtg @ 12:45pm Field Trip: Chair Volleyball @ Darner (limit 6)	18 Tickets @ 8am GYM 9:30am Bring ID and Cart Bring your own Reusable Bags 	19 Urban Heat Island Presentation @ 9am
22  CRAZY HAIR Day Nutrition Education @ 9:30am	23 Benefits Assistance Unidad Gonzalez 9am-11:30am Wear your Favorite CRAZY SOCKS Day 	24  Partner up and dress like twins	25  Wear your Favorite Team Shirt Bomber Bucks Store @ 9am (Gym)	26 End of Summer Carnival Wear Hawaiian or Beach Wear 
29 SIP Ambassadors Performance @ 1pm	30 Benefits Assistance Unidad Gonzalez 9am-11:30am	31	Kids Summer Camp Continues Lunch Time 12pm-1pm Aug. 1st Last Day of Camp	

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 07/11,07/18,07/25	8am-9am YMCA Zumba Gold Veronica
9:00am-10:00am OASIS COMPUTER CLASSES	9am-11am Flower Making Group Arts & Crafts Rm	8:30am-9:30am YWCA-Joint Movement Chair Exercise-Jorge		9am-10am Coloring Group Lounge
No Classes	9am-11am Crochet Arts-Craft Class Lounge Area	9:00am-10:00am OASIS COMPUTER CLASSES No Classes	9am-9:30am Fitness in the Park/ Fit Lot Circuit Training (outside) Tiffany Segura	9:30am-10:30am BINGO Dining Rm
9:30am-10:30am Coloring Group Lounge	9am-9:30am Fitness in the Park/ Fit Lot Circuit Training (outside) Tiffany Segura		9:30am-10:30am Loteria (Dining Rm)	10am-11am Urban 15 Dance Allegra Rosie-gym
9:30am-11am Choir (Art Room)	10am-11am YMCA-Line Dancing Christina (gym)	10am-12pm Basketball (gym)	11:45am YMCA Strengthening & Stretch Stefani-gym	
10am-12pm Basketball (gym)	10:30am-11:30am Parks & Rec. Swimming Water Aerobics More Info. See Pool Area	12:30pm-2:00pm Chair Volleyball	3pm-5:00pm Chair Volleyball-gym	
12pm-1pm Seniors in Play Class Dining Rm Starting 06/10 @ 1pm 07/01 No Class	12pm-1pm Starting 06/11 @ 11:30am YMCA-Cardio & Fit Stefani (gym)	1pm-3pm Jewelry Making Dining Rm		
3pm-5pm Chair Volleyball	12:30pm-2:30pm Starting 06/11 @ 1:00pm 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
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 —Lunch Time Changes 12pm-1pm

07/03 Wear Red, White and Blue Colors
07/03 Volunteer Award Recognition for Martin Martinez & Pat Morales @ 9am
07/04 **4TH OF JULY HOLIDAY**– CENTER WILL BE CLOSED
07/10 Nutrition Education Class @ 9:30am (Dining Rm)
07/16 **JULY** Birthday Celebration @ 1pm (Dining Rm)
07/17 Volunteer Meeting @ 12:45pm (Art Rm)
07/18 **CSFP & HOPE (Food Bank) Tickets@ 8:00am;Distribution 9:30am-10:30am Must Bring Your ID & Cart**
07/22 Nutrition Education @ 9:30am
07/22 — 07/26 SUMMER SPIRIT WEEK (SEE FRONT PAGE FOR ACTIVITIES)
07/25 Bombers Buck Store @ 9am (Gym)
07/26 **End of Summer Carnival (Gym)**