



# AUGUST 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
<b>Kids Camp Ends 08/02</b> <b>Lunch Time Resumes to 11am-12pm on 08/05</b>			1 <b>Field Trip:</b> HEB@ 9:30am	2 Last Day of Camp
5 <b>Cafecito w/ District 5 Terri Castillo</b> 9:30am—10:30am	6 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>AACOG Resource Assistance</b> W/Linda Alejos 9am-11:30am	7	8 <b>Caregivers SOS</b> (Art Rm) Laura Keown 7:30am–12pm <b>Urban 15 Performance</b> D5 & Normoyle 10 am Gym	9 <b>Field Trip:</b> Collins Garden Library @ 9:30am
12 <b>Nutrition Education</b> @ 10am	13 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am <b>August Birthday Celebration</b> @ 12pm	14 <b>Volunteer Meeting</b> @ 11:45am Art Rm	15 <b>Tickets @ 8am GYM 9:30am</b> <b>Bring ID and Cart</b> <b>Bring your own Reusable Bags</b>	16
19 <b>Field Trip:</b> Central Market @ 9:30am	20 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am	21 <b>Chair Volleyball</b> Practice Game @ 9am (back half of gym)	22 <b>Caregivers SOS</b> (Art Rm) Laura Keown 7:30am–12pm <b>Field Trip:</b> Michaels/ Whole Foods @ 9:30am	23 <b>Field Trip:</b> Pica Pica Farmers Market @ 9:00am
26	27 <b>Benefits Assistance</b> Unidad Gonzalez 9am-11:30am	28 <b>SA Food Bank Presentation</b> “Inflammatory Foods” 12pm	29 <b>Nutrition Education</b> 9:30am <b>Normoyle Ladies Only Pool Tournament</b> @ 9:30am	30 <b>Bomber Bucks Store</b> @ 12pm

### 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> MS Word 08/01 Windows 10 08/08,08/15,08/22 iPad Basics 08/29	8am-9am <b>YMCA Zumba Gold</b> Veronica
9:00am-10:00am <b>OATS COMPUTER CLASSES</b> <b>Intro to Digital Culture</b> Resumes 8/05	9am-11am <b>Flower Making Group</b> Arts & Crafts Rm	8:30am-9:30am <b>YWCA-Joint Movement</b> Chair Exercise-Jorge	9am-9:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	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> <b>Intro to Digital Culture</b> Reserved-Darner Members	10am-11am <b>Urban 15 Dance Allegra</b> Rosie-gym	9:30am-10:30am <b>BINGO</b> Dining Rm
9:30am –11am <b>Choir</b> (Art Room)	9:00am-11:00am <b>OASIS COMPUTER CLASSES</b> Exploring Google 08/6 Smart Phone Photography 08/13,08/20 Learning Gmail 08/27	9:30am-10:30am <b>Loteria</b> (Dining Rm)	<b>No Classes 08/22 &amp; 08/29</b>	
10am –12pm <b>Basketball</b> (gym)	9am-9:30am <b>Fitness in the Park/ Fit Lot</b> <b>Circuit Training</b> (outside) Tiffany Segura	10am –12pm <b>Basketball</b> (gym)	12pm-1pm <b>YMCA Strengthening</b> Stefani-gym	12pm-2pm <b>Chair Volleyball</b> Normoyle Open Play
12pm-1pm <b>Seniors in Play Class</b> (Art Rm)	10am-11am <b>YMCA –Line Dancing</b> Christina (gym)	12:00pm-2:00pm <b>Chair Volleyball</b> Normoyle Open Play	1pm-2pm <b>YMCA Stretch</b> Stefani-gym	
<b>Beginning 8/5</b> 12pm-2:30 <b>Chair Volleyball</b> Normoyle League Practice	12pm-1pm <b>YMCA–Cardio &amp; Fit</b> Stefani (gym)	1pm-3pm <b>Jewelry Making</b> Art Rm Resumes September 4th	3pm-5:00pm <b>Chair Volleyball-gym</b> Normoyle League Practice	
2:30pm-5pm League Practice <b>08/26 No Volleyball</b>	12:30pm-2:30pm <b>Bihl Haus Painting Class</b> (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 Ends 08/02-Lunch Time 12pm-1pm (08/05 Lunch Returns to 11am-12pm)**

08/02 **Kids Camp Ends**—Lunch Resumes to **11am-12pm** on **08/05**  
08/05 Cafecito w/ District 5 Terri Castillo 9:30am-10:30am  
08/12 **Nutrition Education Class @ 10am**  
08/13 **August** Birthday Celebration @ 12pm (Dining Rm)  
08/14 **Volunteer Meeting @ 11:45 am**  
08/15 **CSFP & HOPE (Food Bank) Tickets@ 8:00am;Distribution 9:30am-10:30am Must Bring Your ID & Cart**  
08/28 **SA Food Bank Presentation**—”Inflammatory Foods” @ 12pm  
08/29 **Nutrition Education Class @ 9:30am**  
08/29 Normoyle Ladies Only Pool Tournament @ 9:30am  
08/30 Bomber Bucks Store @ 12pm