













**NORMOYLE SENIOR CENTER**  
700 Culberson Ave.  
San Antonio, Texas 78211  
**Phone Number:** (210) 207-5650  
**Hours of Operation:**  
**Monday-Thursday** 7:00am-8:00pm  
**Friday** 7:00am-4:00pm

**Our Apologies:** This Calendar is tentative and may change at any time without advanced notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Starting Aug.4, Lunch Returns to 11am</b>				1 <b>Last Day of Camp</b> (Lunch Today @ 12pm)
4 <b>Field Trip</b> 9:30am Ross/Five Below  <b>Lunch Returns to 11am</b>	5 <b>PM Cake Walk</b> 5:30pm-6:30pm 	6 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez <b>South Texas Hearing Presentation / Hearing Screening</b> 11:30am (Nurse) <b>New Member Orientation</b> 6pm	7 <b>New Member Orientation</b> 12pm	8
11	12 <b>New Member Orientation</b> 12pm <b>Field Trip</b> 10:00am Pica Pica  <b>PM Chicken Foot Dominos</b> 5:30pm-6:30pm 	13 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez	14 <b>Produce Market/Class</b> Class @ 9:30am/Market 10:30am-12pm <b>Pool Table Tournament</b>  1pm-Finish	15 <b>Bexar County District Clerk's Office</b> Sponsoring Bingo—Gloria Martinez <b>August Birthday Recognition</b> @ 12pm <b>Staff Meeting</b> (Early Closure) 2:30pm-4pm
18 <b>Field Trip</b> 10am Centro de Artes Gallery	19 <b>Basketball Shooting Tournament</b> 1pm-2pm   <b>PM Wii Bowling</b> 5:30pm-6:30pm 	20 <b>Benefits Assistance</b> -9am-11:30am Unidad Gonzalez <b>Monthly Volunteer Meeting</b> 12 pm (Art Room)	21 <b>Food Bank Distribution</b> Bring ID and Cart with your own Reusable Bags <b>Tickets</b> @ 8am/GYM 9:30am <b>WellMed Presentation</b> 9am-10am (Dining Rm)	22
25 <b>Nutrition Education Class</b> -9:15am (Dining Rm)	26 <b>PM-Corn Hole Tournament</b> 5:30pm-6:30pm 	27 <b>Benefits Assistance</b> -9am-11:30am Unidad Gonzalez <b>New Member Orientation</b> 6pm	28 <b>Field Trip</b> 9:30am Michael's/Marshall's <b>Bomber Bucks Prize Store</b> 12:30pm (Gym)	29 <b>Nutrition Education Class</b> -12:15pm (Dining Rm)

# ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Low Impact Cardio</u> 8:30am-9:15am (Rodney)	<u>Joint Movement</u> 8:30am-9:30am (Yvonne)	<u>Zumba Gold</u> 7:30am-8:30am (Veronica)	<u>OASIS COMPUTER CLASS</u> 9:00am-11:00am 08/07 & 08/14 Learning Gmail 08/21 Technology Q & A: Come ask your Question 08/28 Apps for Positivity and A Healthy Life	<u>Zumba Gold</u> 8am-9am (Veronica)
<u>WellMed Walking Club</u> Gym 9:30am-10am	<u>Flower/Jewelry Making Class</u> Volunteer-Led Class 9am-11am (Arts & Crafts Rm)	<u>Joint Movement</u> 8:30am-9:30am (Jorge)	<u>Fitness in the Park/Fit Lot Circuit Training</u> (outside) 9:00am-10:00am (Tiffany Segura)	<u>Coloring &amp; Table Games</u> 9am-10am (Lounge Area)
<u>Coloring &amp; Table Games</u> 9:30am-8:00pm (Lounge)  <u>Choir Group</u> 9:30am -11am (Art Room)	<u>Crochet Arts-Craft Class</u> Volunteer-Led Class 9am-11am (Lounge Area)	 9:30am-10:30am (Dining Rm)	<u>Urban 15 Dance Allegra</u> 10am-11am (Rosie)  <b>No Classes on 8/21 &amp; 8/28</b>	 9:30am-10:30am (Dining Rm)
<u>Basketball</u> 10:00am -12:00pm	<u>OASIS COMPUTER CLASS</u> 9:00am-11:00am 08/05 Exploring the Internet 08/12 Discovering Wellness Through Technology 08/19-08/26 Cybercrime: Phishing and Identity Theft	<u>Basketball</u> 10:00am -12:00pm	<u>Strengthening Exercises</u> 12:00pm-1:00pm (Stefani)	
<u>Seniors in Play Class</u> 12:00pm-1:00pm (Art Rm)	<u>Fitness in the Park/Fit Lot Circuit Training</u> (outside) 9:00am-10:00am Tiffany Segura	<u>Normoyle Center Training</u> (Gym) 12pm-2pm  <b>PM Chair Volleyball Team Play</b> 2:30pm-5:00pm	<u>Stretch Exercises</u> 1:00pm-2:00pm (Stefani)	<u>Chair Volleyball Mixed Play</u> 12:00pm-2:00pm
<u>Chair Volleyball Mixed Play</u> - 12pm-2pm <u>Team Play</u> - 3pm-5pm  <b>PM Zumba Gold</b> 4:00pm - 4:50pm (Veronica)	<u>Line Dancing</u> 10am-11am (Lissa)	<u>Jewelry Class</u> 1:00pm-2:30pm (Art Rm)	 5:00pm-6:00pm 08/07 <b>PM</b> Bingo 08/21 <b>PM</b> Bingo	
<u>OATS COMPUTER CLASS</u> <b>PM</b> 4:00pm-5:00pm 08/04 Digital Coupon Tools 08/11 Finding Money-Saving Programs online 08/18 Intro. to Selling Online 08/25 Crowdfunding for a Cause	<u>Cardio &amp; Fit</u> 12:00pm-1:00pm (Stefani)		 5:00pm-6:00pm 08/14 <b>PM</b> Loteria 08/28 <b>PM</b> Loteria	
	<u>Bihl Haus Painting Class</u> 12:30pm-2:30pm (Dining Rm)			
	<b>PM Chair Volleyball Practice</b> 2:00pm-5:00pm			

# WELCOME TO YOUR CENTER

All Independent Seniors **60+** years of age are eligible to register to be a member.



## 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 Dates

Thursday, Aug 07 @ 12pm  
Wednesday, Aug 06 @ 6pm  
Tuesday, Aug 12 @ 12pm  
Wednesday, Aug 27 @ 6pm

## FITNESS ROOM

Wear Tennis for your Safety.  
Wipe down machines.



**ONLY**  
Water Bottles  
Allowed



## HEALTH SCREENINGS Nurse- (TBD)

**WellMed will be On Site at Normoyle Senior Center**  
8:00am-3:30pm on Mondays, Wednesdays & Fridays

Blood Pressure\* Blood Sugar\* (Fasting) Cholesterol \*  
Weight/BMI (body mass index)



## Distribution Day: **Every 3rd Thursday of each Month**

Bring ID and Cart with your own Reusable Bags

**Tickets:** 8am / **Distribution:** 9:30am

(Distribution subject to change due to delivery time)

**Food Bank Applications**

**Mondays & Fridays @ 2pm with Nicole**

**Must be ACTIVELY participating at Center for a Month to apply.**

## 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:** 311

**VIA Link:** 210-655-5465

**Community Connections HotLine** 210-207-1799 M-F 8:30am-4:30pm  
(Referrals, References to Services and Organizations)

## 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.
- The dress code guidance for senior members emphasizes wearing appropriate, neat, and unsoiled clothing suitable for various activities at the center, always including footwear. Specific requirements include ensuring skirts, shorts and dresses are of appropriate length, and that sweaters, blouses, shirts, and dresses fully cover the back, chest, midriff, and stomach without exposed or see-through areas. Additionally, hair should be neat and groomed, and clothing must not display offensive imagery, profanity, or derogatory messages.

## 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 and check-in at the front desk.

**See Front Desk if Card needs Reassessment**

**PARKS & RECREATION SUMMER KIDS CAMP ENDS AUGUST 01**

**Lunch Time Returns to 11am on August 04**

08/06 New Member Orientation @ 6pm  
08/07 New Member Orientation @ 12pm  
08/12 New Member Orientation @ 12pm  
08/14 Produce Market & Class 9:30 am—12pm  
08/14 Pool Tournament 1pm– Finish  
08/15 **AUGUST** Birthday Recognition @ 12pm (Dining Rm)  
08/15 **Staff Meeting-Early Closure** 2:30pm-4:00 pm  
08/19 Basketball Shooting Tournament 1pm-2pm  
08/20 Monthly Volunteer Meeting - 12pm (Art Rm)  
08/21 CSFP & HOPE (**Food Bank**) **Tickets@** 8:00am; **Distribution** 9:30am-10:30am **Must Bring Your ID & Cart**  
08/25 Nutrition Education Class @ 9:15am (Dining Rm)  
08/26 Corn Hole Tournament 5:30pm-6:30pm  
08/27 New Member Orientation 6pm  
08/28 Bomber Bucks Prize Store @12:30 (Gym)  
08/28 Nutrition Education 12:15pm