



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
		1 Benefits Assistance - 9am-11:30am Unidad Gonzalez	2 New Member Orientation 12pm	3 Field Trip - 9:45 am Pica Pica Farmers Market Movie & Popcorn 12pm (Dining Rm)
6 Nutrition Education 12pm Beets New Member Orientation 6pm	7 Field Trip - 10 am Salvation Army Thrift Store PM Cake Walk 5:00pm-6:00pm (Dining Rm)	8 Benefits Assistance - 9am-11:30am Unidad Gonzalez Food Bank Class & Demo 12pm Nourishing your gut & mind	9 Nutrition Education 9:30am Parsnips	10 Bomber Bucks Prize Store 12pm (Gym)
13 UTH Nurses Presentation 9:30am	14 Field Trip - 9:45 am Amols New Member Orientation 12pm PM Wii Bowling 5:00pm-6:00pm (Dining Rm)	15 Benefits Assistance Presentation 10am Unidad Gonzalez Volunteer Meeting - Civil Rights 12pm Computer Lab	16 Food Bank Distribution Bring ID and Cart with your own Reusable Bags Tickets @ 8am/GYM 9:30am Dementia Conversations - 9am Laura Keown Caregiver SOS	17 Quarterly Meeting No Meals Today Staff Meeting 2:30pm Early closure
20 New Member Orientation 6pm	21 Fitness Equipment Orientation 10am PM Corn Hole 5:00pm-6:00pm (Dining Rm)	22 Benefits Assistance —9am-11:30am Unidad Gonzalez CPS Energy Presentation 10:15 am Hannah Chetwood	23 Financial Security Presentation 9:30am (Dining Rm)	24
27 October Birthday Recognition @ 12pm	28	29 Benefits Assistance —9am-11:30am Unidad Gonzalez	30 3rd Annual Raul Benavidez Pool Tournament 9am (Sign up at front desk)	31 Halloween Party & Costume Contest 8:30am-12pm

ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Table Games</u> 7:00am-3:00pm (Lounge)	<u>Table Games</u> 7:00am-3:00pm (Lounge)	<u>Table Games</u> 7:00am-3:00pm (Lounge)	<u>Table Games</u> 7:00am-3:00pm (Lounge)	<u>Table Games</u> 7:00am-3:00pm (Lounge)
<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	<u>Zumba Gold</u> 8am-9am (Veronica)
<u>WellMed Walking Club</u> 9:30am-10am Gym	<u>Flower/Jewelry Making Class</u> Volunteer-Led Class 9am-11am (Arts & Crafts Rm)	<u>Joint Movement</u> 8:30am-9:30am (Jorge)	10/02 iPad Basics 10/09,10/16,10/23 Exploring the Internet 10/30 Introduction to Email	
<u>Choir Group</u> 9:30am -11am (Art Room)	<u>OASIS COMPUTER CLASS</u> 9:00am-11:00am	 <u>9:00am-10:00am</u> (Dining Rm)	<u>Fitness in the Park/Fit Lot Circuit Training</u> (outside) 9:00am-10:00am (Tiffany Segura)	 9:30am-10:30am (Dining Rm)
<u>Basketball</u> 10:00am -12:00pm	10/07 Meet the Computer 10/14,10/21,10/28 MS Word 2		<u>Urban 15 Dance Allegra</u> 10am-11am (Rosie)	
<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>Basketball</u> 10:00am -12:00pm	<u>Strengthening Exercises</u> 12:00pm-1:00pm (Stefani)	<u>Chair</u> Open Play 12:00pm-2:00pm
<u>Chair</u> Open Play - 12pm-2pm	<u>Line Dancing</u> 10am-11am (Lissa)	<u>Line Dancing</u> 12pm-1pm (Diamond)	<u>Stretch Exercises</u> 1:00pm-2:00pm (Stefani)	
<u>PM Zumba Gold</u> 4:00pm - 4:50pm (Veronica)	<u>Cardio & Fit</u> 12:00pm-1:00pm (Stefani)	<u>Jewelry Class</u> 1:00pm-2:30pm Volunteer-Led Class (Art Rm)	 5:00pm-6:00pm	
<u>OATS COMPUTER CLASS</u> PM 4:00pm-5:00pm	<u>Bihi Haus Painting Class</u> 12:30pm-2:30pm (Dining Rm)	PM Pickle Ball 5:00pm-6:00pm (Gym)	10/02 PM Loteria	
10/06 Safe online shopping series 1/10			10/16 PM Loteria	
10/13 Safe online shopping series 2/10			10/30 PM Loteria	
10/20 Safe online shopping series 3/10	<u>PM Chair</u> Open Play 3:00pm-5:00pm		 5:00pm-6:00pm	
10/27 Safe online shopping series 4/10			10/09 PM Bingo 10/23 PM Bingo	

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, Oct. 02 @ 12pm
Monday, Oct. 06 @ 6pm
Tuesday, Oct. 14 @ 12pm
Monday, Oct. 20 @ 6pm

FITNESS ROOM

Wear Tennis for your Safety.
Wipe down machines.



ONLY
Water Bottles
Allowed



HEALTH SCREENINGS

Nurse–Rosemarie Luna

WellMed will be On Site at Normoyle Senior Center

7:30am-3:30pm on Mondays, Wednesdays & Fridays

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

Walking Group– Mondays, 9:30am-10am



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

- 10/02 New Member Orientation 12pm (computer Lab)
- 10/03 Movie & Popcorn 12pm (Dining Rm)
- 10/06 Nutrition Education on Beets 12pm
- 10/06 New Member Orientation 6pm
- 10/08 Food Bank Class/Demo 12pm
- 10/09 Nutrition Education on Parsnips 9:30am
- 10/10 Bomber Bucks Prize Store 12pm (Gym)
- 10/15 Volunteer Meeting (Civil Rights) 12pm Computer Lab
- 10/16 CSFP & HOPE (**Food Bank**) Tickets@ 8:00am; Distribution 9:30am-10:30am Must Bring Your ID & Cart
- 10/17 Quarterly Training—NO MEALS TODAY
- 10/17 Staff Meeting (Early Closure) 2:30pm-4:00pm
- 10/20 New Member Orientation 6pm
- 10/27 October Birthday Recognition 12pm
- 10/30 3rd Annual Raul Benavidez Pool Tournament 9am (sign up at front desk)
- 10/31 Halloween Party & Costume Contest 8:30am-12pm (Gym)