



# 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, Dec. 04 @ 12pm  
Monday, Dec. 15 @ 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 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**

- 12/02 Nutrition Education Class @ 9:45am
- 12/04 New Member Orientation @ 12pm
- 12/05 Bomber Bucks Prize Store @ 12pm
- 12/08 Convoy of Hope (Food Bank Distribution) Time-TBA
- 12/10 San Antonio Food Bank Wellness Presentation @ 12pm
- 12/11 Movie & Popcorn (Dining Rm) @ 9am
- 12/12 Produce Market 9:30am-12pm
- 12/15 PM New Member Orientation @ 6pm
- 12/15 December Birthday Recognition @ 12pm
- 12/16 Volunteer Meeting @ 2pm
- 12/18 Food Bank Distribution (Cheese Box Only)
- 12/19 Holiday Party-Ornament Exchange/Movie @ 9am
- 12/19 Staff Meeting (Center Closes @ 2:30pm)
- 12/22-01/05 Holiday Kids Camp
- 12/24-01/01 Holiday Closure, Center Reopens on January 2,2026