

DECEMBER 2025

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	2 Nutrition Education Class 9:45am PM Cake Walk 5:00pm-6:00pm	3 Benefits Assistance - 9am-11:30am Unidad Gonzalez	4 New Member Orientation 12pm	5 Bomber Bucks Prize Store 12pm
8 Convoy of Hope (TBA) Food Bank Distribution Bring ID and Cart with your own Reusable Bags Tickets @ 8am/GYM 9:30am	9 Field Trip_ 9:30am Senior Cookie Decoration with Mrs. Claus PM Wii Bowling 5:00pm-6:00pm	10 Benefits Assistance - 9am-11:30am Unidad Gonzalez San Antonio Food Bank Wellness Presentation @ 12pm	Movie & Popcorn 9am Dining Rm	12 <u>Produce Market</u> -9:30am-12pm (No Bingo Today)
15 DECEMBER Birthdays Recognition @ 12pm New Member Orientation 6pm	16 Volunteer Meeting 2pm PM Corn Hole 5:00pm-6:00pm	17 Benefits Assistance —9am-11:30am Unidad Gonzalez	18(CSFP-Cheese Bx Pick Up Only) Food Bank Distribution Bring ID and Cart with your own Reusable Bags Tickets @ 8am/GYM 9:30am	
22 <u>Kids Camp</u> 12/22—1/05 Lunch will be @ 12pm	23 Field Trip_ 9:30am Walmart	24 CENTER CLOSED	FOR THE	26 HOLIDAYS
29 December	30 24th	31 through	1 2 2 3 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2 Center Reopens January 2,2026 (No Meals Today)

DAILY 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)
Low Impact Cardio 8:30am-9:15am (Rodney)	Joint Movement 8:30am-9:30am (Yvonne)	Zumba Gold 7:30am-8:30am (Veronica)	OASIS COMPUTER CLASS 9:00am-11:00am 12/04 Apps for Positivity & A	Zumba Gold 8am-9am
WellMed Walking Club 9:30am—10am Gym Choir Group	Flower/Jewelry Making Class Volunteer-Led Class 9am-11am (Arts & Crafts Rm)	<u>Joint Movement</u> 8:30am-9:30am (Jorge)	Healthy Life 12/11 Fitness Apps: Tracking your Health & Fitness 12/17—12/31 No Classes	(Veronica) No Class on 12/26
9:30am -11am (Art Room)	OASIS COMPUTER CLASS 9:00am-11:00am 12/02 & 12/09 Google Maps & Calendars	LOTERIA	Fitness in the Park/Fit Lot Circuit Training (outside) 9:00am-10:00am (Tiffany Segura)	
10:00am -12:00pm Seniors in Play Class 12:00pm-1:30pm (Dining Rm)	12/16 Online Shopping 12/17-12/31 Christmas Break No Classes	9:30am-10:30am (Dining Rm)	Urban 15 Dance Allegra 10am-11am (Rosie)	
Chair Volleyball	Fitness in the Park/Fit Lot Circuit Training (outside) 9:00am-10:00am Tiffany Segura	Basketball 10:00am -12:00pm	Strengthening Exercises 12:00pm-1:00pm (Stefani)	9:30am-10:30am
12pm-2pm PM Zumba Gold 4:00pm - 4:50pm (Veronica)	Line Dancing 10am-11am (Lissa)	<u>Line Dancing</u> 12pm—1pm (Diamond)	Stretch Exercises 1:00pm-2:00pm (Stefani)	(Dining Rm) No Bingo on 12/12 & 12/26
OATS COMPUTER CLASS PM 4:00pm-5:30pm 12/01 Safe Online Shopping	Cardio & Fit 12:00pm-1:00pm (Stefani)	<u>Jewelry Class</u> 1:00pm-2:30pm Volunteer-Led Class (Art Rm)	4:30pm-5:30pm 12/04 PM Bingo	Chair Volleyball
Series 9/10 12/08 Safe Online Shopping Series 10/10 12/15 Graduation Safe Online Shopping Series 12/22 Mindfulness Apps	Bihl Haus Painting Class 12:30pm-2:30pm (Dining Rm)	PM Pickle Ball	12/18 PM Bingo	12:00pm-2:00pm
	PM <u>Chair Volleyball</u> 3:00pm-5:00pm	5:00pm-6:00pm (Gym) Pickle ball	4:30pm-5:30pm 12/11 PM Loteria 12/25 PM Loteria Closed	

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. <u>Lunch Time during Holiday Kids Camp changes to 12PM-1PM</u>

*Note: Meals **Cannot** be Taken Out of Dining Room

Meal Program Requirement: Must attend 1- 15 minute Nutrition Education Class each year.

BANK

<u>Distribution Day:</u> Every <u>3rd Thursday of each Month</u>

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.

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

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

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

Rules of Conduct

- 1. Participant should not use language or behave in an obscene, abusive, hostile, insulting, harmful, or disrespectful manner towards Center staff, volunteers, quests or other participants. This includes engaging in physical contact that is unsolicited or without consent, including kissing or touching.
- 2. 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.
- 3. Participant should not gamble for money, panhandle, sell products, or smoke (which includes vaping and e-cigarette products) at the center or grounds.
- 4. Participant should not bring illegal drugs or alcoholic beverages into the Center, or be under the Influence.
- 5. Participant should not bring or consume food or beverages in the computer labs.
- 6. Participant should not attend the Center if suffering from a contagious illness that may be transmitted to staff, volunteers, guests or other participants.
- 7. Participant should not use the Center to store personal property or as a place to receive deliveries or mail.
- 8. Participant should not steal, destroy or damage property in the Center.
- 9. ONLY drinks with tops allowed outside of Dining Room.
- 10. Hot Meals are not allowed to be taken home; they MUST be consumed during lunch hour in the dining room.
- 11. 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