



# February 2026

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

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <b>Financial Security Presentation</b> @ 12:30pm	3	4 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez (Computer Lab)  <b>Volunteer Meeting</b> 12:30pm	5 <b>Western Day Cowboy Breakfast &amp; Pot Luck (Wear Western)</b> 9am  <b>New Member Orientation</b> 12pm	6  <b>Wear Red Today</b> <b>Tx Hearing Screenings</b> 11am-2pm
9 <b>Field Trip:</b> What's Brewing Coffee Shop @ 9:15am  <b>PM Gardening on a Budget</b> 4:30pm-5:30pm	10 <b>Field Trip:</b> Bexar Heritage Center Tour @ 9:30am  <b>PM Cake Walk</b> 5pm-6pm 	11 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez (Computer Lab)  <b>San Antonio Food Bank Nutrition Class</b> 12pm	12 <b>Field Trip:</b> Rodeo (Limited Seats) 9:30 am	13  <b>Valentine's Party</b> 9am to 12pm Gym
16 <b>Movie &amp; PopCorn</b> 12pm 	17   <b>Crafts @ 10am</b> <b>Wear Purple, Gold &amp; Green</b> <b>Bring Treats to Share</b>  <b>PM Wii Bowling</b> 5pm-6pm 	18 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez (Computer Lab)  <b>New Member Orientation</b> 2pm	19  <b>Food Bank Distribution</b> Bring ID and Cart with your own Reusable Bags <b>Tickets</b> @ 8am/GYM 9:30am	20 <b>Produce Market &amp; Class</b> @ 9:30 am <b>(Box Pickup @ 11:45am)</b> <b>Center Early Closure</b> @ 2:30pm
23  <b>February Birthday Recognition</b> @ 12pm	24 <b>Field Trip:</b> Parks & Recreation Wild West Breakfast & Dance @ 10:30am  <b>PM Corn Hole</b> 5pm-6pm 	25 <b>Benefits Assistance</b> - 9am-11:30am Unidad Gonzalez (Computer Lab)  <b>WellMed Health Class</b> @ 12pm	26 <b>Field Trip:</b> Walmart @ 9:30am  <b>Nutrition Education Class</b> 12pm	27 <b>Bomber Bucks Prize Store</b> 11am  <b>Quarterly Meeting Today</b> No Lunch or Transportation  

## DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Table Games</b> 7:00am-3:00pm (Lounge)	<b>Table Games</b> 7:00am-3:00pm (Lounge)	<b>Table Games</b> 7:00am-3:00pm (Lounge)	<b>Table Games</b> 7:00am-3:00pm (Lounge)	<b>Table Games</b> 7:00am-3:00pm (Lounge)
<b>Low Impact Cardio</b> 8:30am-9:15am (Rodney)	<b>Joint Movement</b> 9:00am-9:45am (Yvonne)	<b>Zumba Gold</b> 7:30am-8:30am (Veronica)	<b>OASIS COMPUTER CLASS</b> 9:00am-11:00am	<b>Zumba Gold</b> 8am-9am (Veronica)
<b>WellMed Walking Club</b> 9:30am-10am Nurse (Gym)	<b>Flower/Jewelry Making Class</b> Volunteer-Led Class 9am-11am (Arts & Crafts Rm)	<b>Joint Movement</b> 8:30am-9:30am (Jorge)	<b>02/05 iPad Basics</b> <b>02/12,02/19,02/26 Android Essentials</b>	
<b>Choir Group</b> 9:30am -11am (Art Room)	<b>OASIS COMPUTER CLASS</b> 9:00am-11:00am	<b>LOTERIA</b> 9:30am-10:30am (Dining Rm)	<b>Fitness in the Park/Fit Lot</b> <b>Circuit Training (outside)</b> 9:00am-10:00am (Tiffany Segura)	<b>BINGO</b> 9:30am-10:30am (Dining Rm)
<b>Basketball</b> 10:00am -12:00pm 	<b>02/03 Google Calendars</b> <b>02/10 You Tube</b> <b>02/17 Cybercrime:</b> What Browser is best for me? <b>02/24 Exploring Google</b>	<b>Basketball</b> 10:00am -12:00pm 	<b>Urban 15 Dance Allegra</b> 10am-11am (Rosie)	<b>No Bingo on 02/13</b>
<b>Coloring Group</b> 10:00am-11:00am Volunteer-Led Class (Lounge)		<b>Line Dancing</b> 12pm-1pm (Diamond)	<b>Strengthening Exercises</b> 12:00pm-1:00pm (Stefani)	<b>Chair Volleyball</b> 12:00pm-2:00pm
<b>Seniors in Play Class</b> 12:00pm-1:30pm (Dining Rm)	<b>Fitness in the Park/Fit Lot</b> <b>Circuit Training (outside)</b> 9:00am-10:00am Tiffany Segura	<b>Jewelry Class</b> 1:00pm-2:30pm Volunteer-Led Class (Art Rm)	<b>Stretch Exercises</b> 1:00pm-2:00pm (Stefani)	
<b>Chair Volleyball</b> 12pm-2pm	<b>Line Dancing</b> 10am-11am (Lissa)	<b>LOTERIA</b> 9:30am-10:30am (Dining Rm)	<b>PM 4:30pm-5:30pm</b>  <b>BINGO</b> PM 4:30pm-5:30pm	
<b>PM Zumba Gold</b> 4:00pm - 4:50pm (Veronica)	<b>Cardio &amp; Fit</b> 12:00pm-1:00pm (Stefani)			
<b>OATS COMPUTER CLASS</b> <b>PM</b> 4:00pm-5:30pm	<b>Bihl Haus Painting Class</b> 12:30pm-2:30pm (Dining Rm)			
<b>02/02 Exploring AI Program</b> Series 3/10				
<b>02/09 Exploring AI Program</b> Series 4/10				
<b>02/16 NO CLASS TODAY</b>	<b>PM Chair Volleyball</b> 3:00pm-5:00pm	<b>PM Pickle Ball</b> 5:00pm-6:00pm (Gym) 		
<b>02/23 Exploring AI Program</b> Series 5/10				

## 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.



### 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.**

### New Member Orientation Dates

Thursday, Feb. 5 @ 12pm

Wednesday, Feb. 18 @ 2pm

### 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)

### 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

1. 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.
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 unsullied 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**

02/04 Volunteer Meeting @ 12pm  
02/05 Cowboy Breakfast & Pot Luck 9am (Wear Western)  
02/05 New Member Orientation @ 12pm  
02/06 Heart Health Month (**Wear Red Today**)  
02/11 SAFB Nutrition Class 12pm  
02/13 Valentine's Day Party 9am-12pm (Gym)  
02/17 Mardi Gras/Fat Tuesday 10am (Dining Rm) (Wear Purple, Gold & Green)  
02/18 New Member Orientation @ 2pm  
02/19 **Food Bank Distribution** Tickets @ 8am/GYM 9:30am **Bring ID and Cart with your own Reusable Bags.**  
02/20 Produce Market & Class @ 9:30am **Box to be picked up @ 11:45am**  
02/20 Staff Meeting, Early Closure @ 2:30pm  
02/23 **February** Birthday Recognition @ 12pm  
02/25 WellMed Health Class @ 12pm  
02/26 Nutrition Education Class @ 12pm  
02/27 Bomber Bucks Prize Store @ 11am  
02/27 Quarterly Meeting- No Lunch or Transportation on this day.