



FEBRUARY 2026

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

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

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*)



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

- 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.**