



June











NORMOYLE SENIOR CENTER

700 Culberson Ave.
San Antonio, Texas 78211







Phone Number:
(210) 207-5650

Hours of Operation:
Mon - Thurs: 7:00AM - 8:00PM
Friday: 7:00AM - 4:00PM

Our apologies: This calendar is tentative and may change at any time without advance notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Field Trip: Trinkets & Treasures Shopping-9:30am	3 Benefits Assistance 9am-11:30am Unidad Gonzalez Field Trip: Q-Tip Painting @ the Library- 9:45am	4 Herbs Produce Market/ Class @ 9:30am	5 Project Cool Kick-Off-9:30am  Signup to attend
8  Kids Summer Camp Begins Lunch @ 12pm	9 Financial Security Presentation 9:00am  PM Cake Walk 5:00pm - 6:00pm	10 Benefits Assistance 9am-11:30am Unidad Gonzalez  PM Karaoke 4:00pm - 5:00pm	11 Field Trip: Hobby Lobby /Mall- 10am  PM Corn in a Cup 4:30pm New Member Orientation 6pm (Dining Rm)	12 Bomber Bucks Prize Store 10:45 am
15 Elder Abuse Awareness Day Walkathon 9:00am GYM WEAR PURPLE	16  PM Corn Hole 5:00pm - 6:00pm	17 Benefits Assistance 9am-11:30am Unidad Gonzalez Volunteer Meeting 11am (Computer Lab)	18  FOOD BANK DISTRIBUTION BRING ID & Cart with your reusable bags Tickets @ 8 AM / GYM 9:30 AM  Father's Day Celebration 12:30pm (Dining Rm)	19  Juneteenth Holiday -Center Closed
22 Nutrition Education 9:30am	23 "Stress Relief Tool Kit for Caregivers" Presentation Laura Keown 9am (Dining Rm) Volunteer Appreciation Day 4pm (Dining Rm)	24 Benefits Assistance 9am-11:30am Unidad Gonzalez  Movie & Popcorn 12:30pm  PM Karaoke 4:00pm - 5:00pm	25 New Member Orientation 11am (Computer Lab)	26 WellMed Nutrition Class 10:45am Staff Meeting Center Closes @ 2:30pm
29  JUNE BIRTHDAY RECOGNITION @12:30pm	30 Field Trip: SAS General Store @ 9:30am	CHANGES TO CLASSES & ACTIVITY TIMES BELOW BEGIN ON JUNE 8		

DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WellMed Walking Club 9:30AM-10AM (GYM)	Joint Movement 9:00AM-9:45AM (YVONNE)	Zumba Gold 7:30AM - 8:30AM (VERONICA)	OASIS COMPUTER CLASS 9:00AM-11:00AM (HANI ABDALLA)	Zumba Gold 8:00 AM - 9:00 AM (VERONICA)
Low Impact Cardio 8:30AM-9:15AM (RODNEY)	Flower/Jewelry Making Volunteer - Led Class 9:00AM-11:00AM (ART RM)	Joint Movement 8:30AM - 9:30PM (JORGE)	06/04 Word Basics 06/11 Word Basics 06/18 Cybercrime 06/25 Smartphone photography	 9:15 AM - 10:15 AM (DINING RM)
Choir Group 9:30AM-11AM (ART RM)	OASIS COMPUTER CLASS 9:00AM-11:00AM (JOHN SERENITA)	 9:15 AM - 10:15 AM (DINING RM)	Fitness in the Park/Fit Lot Circuit Training (Outside) 9:00 AM - 10:00 AM (TIFFANY SEGURA)	Chair Volleyball 10:30 AM - 12:00 PM
Basketball  10:00AM-11:45AM (Half Court)	06/02 Android Essentials 06/09 Android Essentials 06/16 Google Photos 06/30 Cybercrime-Phishing /ID Theft 06/23 Google Photos	Basketball  10:00 AM - 11:00 AM (Full Court) 11:00 AM - 11:45 AM (Half Court)	Urban 15 Dance Allegra 10:00 AM - 11:00 AM (ROSIE)	
Chair Volleyball 10:00AM-11:45AM Half Court	Fitness in the Park/Fit Lot Circuit Training (Outside) 9:00AM-10:00AM (Tiffany Segura)	Line Dancing 11:00 AM - 12:00 PM (DIAMOND)	Strengthening Exercises 1:00 PM - 2:00 PM (STEFANI)	
Jewelry/Crochet Class 11:00 AM - 12:00 PM Volunteer-Led Class (LOUNGE)	Line Dancing 10:00AM - 11:00AM (DIAMOND)		PM	
Seniors in Play Class 1:00PM-2:30PM DINING RM	Cardio & Fit 1:00PM - 2:00PM (STEFANI)		 5:00pm-6:00pm	
PM	Bihl Haus Painting Class 1:00PM - 2:30PM (DINING RM)		06/04 06/18  5:00 PM - 6:00 PM	
Zumba Gold 4:00PM - 4:50PM (VERONICA)	PM		06/11 06/25	
OATS COMPUTER CLASS 5:00PM -6:00PM	Chair Volleyball 3:00PM-5:00PM			
06/01 Finding Money-Saving Programs 06/08 Intro to Selling Online 06/15 Smartphone Camera Uses 06/22 Cloud Storage 06/29 Tech Basics for Caregiving				

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 8:00 AM - 10:30 AM
Lunch is served from 11:00 AM - 12:00 PM 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, June 11 @ 6 PM
Thursday, June 25 @ 11 AM

FITNESS ROOM

- Wear Sneakers for your Safety.
- Wipe down machines. **ONLY Water Bottles Allowed**



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

Monday & Fridays @ 1PM with Nicole



Must be **ACTIVELY** participating at Center for a **Month** to apply.



Health Screenings

Nurse - Rosemarie Luna

WellMed will be on Site at Normoyle Senior Center

Mondays, Wednesdays & Fridays.

From 7:30AM - 3:30PM

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

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 caps or lids are 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



- 06/04 Produce Market/Class 9:30am
- 06/05 Project Cool Kick-Off 9:30am
- 06/08 Kids Summer Camp Begins - Lunch Changes to 12 pm
- 06/15 Elder Abuse Awareness Day Walkathon (Wear Purple) 9am
- 06/17 Volunteer Meeting 11am (Computer Lab)
- 06/18 Food Bank Tickets @ 8am/GYM 9:30am /BRING YOUR CARTS
- 06/18 Father's Day Celebration 12:30pm (Dining Rm)
- 06/19 Juneteeth Holiday - Center Closed
- 06/22 Nutrition Education 9:30am (Dining Rm)
- 06/23 Volunteer Appreciation Day 4pm (Dining Rm)
- 06/26 WellMed Nutrition Class 10:45am
- 06/26 Staff Meeting, Center Closes at 2:30pm
- 06/29 June Birthday Recognition 12:30pm

