



HUMAN SERVICES



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
<p>Kids Summer Camp Continues Lunch @ 12pm</p>		<p>1 Field Trip: Walmart @ 10:45am</p>	<p>2 4th of July Pot Luck 9:00am-10:00am</p>	<p>3 Holiday -Center Closed</p>
<p>6 Benefits Navigation 8:00am</p>	<p>7 PM Cake Walk 5:00pm - 6:00pm</p>	<p>8 Benefits Assistance 9:00am-11:30am Unidad Gonzalez</p> <p> PM Karaoke 5:00pm - 6:00pm</p>	<p>9 Nutrition Education 9:30am</p> <p>New Member Orientation 6:00pm</p>	<p>10 Field Trip: World Heritage Center 9:45am</p>
<p>13 Field Trip: Michaels/Shopping Center 10 am</p> <p>PM Gardening on a Budget 3:30pm (Computer Lab)</p>	<p>14</p>	<p>15</p>	<p>16 FOOD BANK DISTRIBUTION BRING ID & Cart with your reusable bags Tickets @ 8 AM / GYM 9:30 AM</p>	<p>17 Movie 10:30am (Computer Lab)</p> <p>Staff Meeting Center Closes @ 2:30pm</p>
<p>20 SPIRIT WEEK (See Below Activities)</p> <p>Visit from Meals on Wheels CEO @ 12pm</p>	<p>21</p>	<p>22 Benefits Assistance 9am-11:30am Unidad Gonzalez</p> <p> PM Karaoke 5:00pm - 6:00pm</p>	<p>23 New Member Orientation 11:00am</p>	<p>24 Bomber Bucks Prize Store 11:15am (Gym)</p> <p>END OF SUMMER CARNIVAL (Gym)</p>
<p>27 Nutrition Education 9:30am</p> <p>JULY BIRTHDAY RECOGNITION @ 12:30pm</p> <p>PM Gardening on a Budget 3:30pm (Computer Lab)</p>	<p>28 Field Trip: SAM SAT Tech Museum @ 10am</p>	<p>29 PM Movie & Popcorn 5:00pm (Dining Rm)</p>	<p>30 PM Bomber Bucks Prize Store 4:30pm (Dining Rm)</p>	<p>31 Well Med Nutrition Class 10:45am (Computer Lab)</p>

DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Low Impact Cardio 8:30AM-9:15AM (RODNEY)</p> <p>WellMed Walking Club 9:30AM-10AM (GYM)</p> <p>Choir Group 9:30AM-11AM (ART RM) on 7/6 Computer Lab</p> <p>Basketball 10:00AM-11:45AM (Half Court)</p> <p>Chair Volleyball 10:00AM-11:45AM (Half Court)</p> <p>Jewelry/Crochet Class 11:00 AM - 12:00 PM Volunteer-Led Class (LOUNGE)</p> <p>Seniors in Play Class 1:00PM-2:30PM (DINING RM) No Class on July 6</p> <p>PM</p> <p>Zumba Gold 4:00PM - 4:50PM (VERONICA)</p> <p>OATS COMPUTER CLASS 5:00PM -6:00PM 07/13 Discovering Browser Extensions 07/20 Booking a Ride with Lyft Silver 07/27 Digital Coupon Tools</p>	<p>Joint Movement 9:00AM-9:45AM (YVONNE)</p> <p>Flower/Jewelry Making Volunteer - Led Class 9:00AM-11:00AM (ART RM) 7/07 No Class</p> <p>OASIS COMPUTER CLASS 9:00AM-11:00AM (JOHN SERENITA) 07/07 Exploring the Internet 07/14 Exploring the Internet 07/21 Exploring the Internet 07/28 Fitness Apps</p> <p>Fitness in the Park/Fit Lot Circuit Training (Outside) 9:00AM-10:00AM (Tiffany Segura)</p> <p>Line Dancing 10:00AM - 11:00AM (DIAMOND)</p> <p>Cardio & Fit 1:00PM - 2:00PM (STEFANI)</p> <p>Bihl Haus Painting Class 1:00PM - 2:30PM (DINING RM)</p> <p>PM</p> <p>Chair Volleyball 3:00PM-5:00PM</p> <p>Belly Dancing 5:15pm-6pm</p>	<p>Zumba Gold 7:30AM - 8:30AM (VERONICA)</p> <p>Joint Movement 8:30AM - 9:30PM (JORGE)</p> <p> LOTERIA DON CLEMENTE</p> <p>9:15 AM - 10:15 AM (DINING RM)</p> <p>Basketball 10:00 AM - 11:00 AM (Full Court) 11:00 AM - 11:45 AM (Half Court)</p> <p>Line Dancing 11:00 AM - 12:00 PM (DIAMOND)</p>	<p>OASIS COMPUTER CLASS 9:00AM-11:00AM (HANI ABDALLA) 07/02 Smartphone Photography 07/09 YouTube 07/16 Google Maps/Calendars 07/23 Google Maps/Calendars 07/30 Going Wireless-How to use WiFi</p> <p>Fitness in the Park/Fit Lot Circuit Training (Outside) 9:00 AM - 10:00 AM (TIFFANY SEGURA)</p> <p>Urban 15 Dance Allegra 10:00 AM - 11:00 AM (ROSIE)</p> <p>Strengthening Exercises 1:00 PM - 2:00 PM (STEFANI)</p> <p>PM</p> <p> BINGO 5:00PM-6:00PM 07/02 07/16 07/30</p> <p> LOTERIA DON CLEMENTE</p> <p>5:00PM-6:00PM 07/09 07/23</p>	<p>Zumba Gold 8:00 AM - 9:00 AM (VERONICA)</p> <p> BINGO</p> <p>9:15 AM - 10:15 AM (DINING RM) No Bingo on July 24</p> <p>Chair Volleyball 10:30 AM - 12:00 PM</p> <p>SPRIT WEEK July 20-24</p> <p>Monday - Crazy Hair Day Tuesday-Crazy Socks Day Wednesday-Twin Day Thursday - Nerd Day Friday-Space Theme Day</p>

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, July 09 @ 6pm

Thursday, July 23 @ 11am

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



- 07/01 Kids Summer Camp Continues - **Lunch at 12 pm**
- 07/02 4th of July Pot Luck @ 9am-10am
- 07/03 4th of July Holiday - Center Closed
- 07/09 Nutrition Education Class @ 9:30am
- 07/16 Food Bank Distribution Tickets @ 8am/Gym 9:30am/BRING YOUR CARTS
- 07/17 Staff Meeting @ 2:30pm (Center Closes Early)
- 07/20-07/24 Spirit Week
- 07/24 End of Summer Carnival (Gym)
- 07/27 July Birthday Recognition 12:30pm
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