



HUMAN SERVICES

August

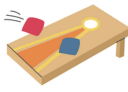
NORMOYLE SENIOR CENTER

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
3 <u>Stress Relief Crafts</u> 9am-10am	4 <u>Field Trip:</u> Trinkets & Treasures Sale 9:45 am  <u>PM Cake Walk</u> 5pm-5:30pm (Gym)	5 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez <u>Office of US Rep. Joaquin Castro</u> <u>Information Table (Ray Salinas)</u> 10am-1pm  <u>PM Karaoke</u> 4pm-5pm (Dining Rm)	6 <u>Caregivers SOS Presentation</u> “Early Signs of Dementia” Laura Keown 9am-9:30am <u>PM New Member Orientation</u> 6pm (Computer Rm)	7 <u>Produce Market & Class</u> 9:30am
10 <u>“SA Climate Ready”</u> <u>Information Table</u> 9am-10:45am <u>Field Trip:</u> Walking Group @ the Mall 9:45am <u>PM Gardening on a Budget</u>  3:30pm-4:30pm (Dining Rm)	11 <u>Volunteer Meeting</u> 12pm	12 <u>Field Trip:</u> Meals on Wheels of SA 10am  <u>PM Corn Hole</u> 4pm-5pm (Gym)	13 <u>Field Trip:</u> Hobby Lobby 9:45 am	14  <u>Movie & Popcorn</u> 11:30am
17 <u>Nutrition Education</u> 9:45am <u>Seniors in Play Showcase</u> 12pm <u>PM Velcro Ball Toss</u>  4:30pm-5:30pm (Gym)	18 <u>AACOG Information Table</u> 9am	19 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez <u>Well Med Nutrition Class</u> 10:30am  <u>PM Karaoke</u> 4pm-5pm (Dining Rm)	20  <u>FOOD BANK DISTRIBUTION</u> BRING ID & Cart with your reusable bags <u>Tickets @ 8 AM / GYM 9:30 AM</u>	21 <u>Staff Meeting</u> <u>Center Closes Early</u> 2:30pm
24 <u>Field Trip:</u> Walking Group @ the Mall 9:45am <u>Bomber Bucks Prize Store</u> 12pm  <u>PM Gardening on a Budget</u> 3:30pm-4:30pm (Dining Rm)	25 <u>Financial Assistance</u> <u>Presentation</u> Deborah Romo 9:30am-10am	26  <u>PM National Paleta Day</u> 4:30pm  <u>PM Movie & Popcorn</u> 5pm (Dining Rm)	27 <u>Field Trip:</u> Community Thrift Store 9:45 am <u>New Member Orientation</u> 12pm (Computer Rm)	28  <u>Movie & Popcorn</u> 11:30am
31 <u>AUGUST</u> <u>BIRTHDAY RECOGNITION</u> 12pm				

DAILY ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Low Impact Cardio</u> 8:30AM-9:15AM (RODNEY) <u>WellMed Walking Club</u> 9:30AM-10AM (GYM) <u>Choir Group</u> 9:30AM-11AM (Art Room) <u>Basketball</u> 10AM-12PM (GYM) <u>Chair Volleyball</u> 12PM-2PM (GYM) <u>Jewelry/Crochet Class</u> 10AM - 11AM Volunteer-Led Class (LOUNGE) <u>Seniors in Play Class</u> 12PM-1:30PM (DINING RM) PM <u>Zumba Gold</u> 4PM - 4:50PM (VERONICA) <u>OATS COMPUTER CLASS</u> 4PM -5PM 08/03 Landline Changes 08/10 Google Maps 08/17 Intro to Digital Wallets 08/24 Tips for Device Disposal 08/31 Streaming & Smart TVs	<u>Joint Movement</u> 9AM-9:45AM (YVONNE) <u>Flower/Jewelry Making</u> Volunteer - Led Class 9AM-11AM (ART RM) <u>OASIS COMPUTER CLASS</u> 9AM-11AM (JOHN SERENITA) 08/04 iPad Basics 08/11 iPad Basics 08/18 Discovering Wellness Through the Web 08/25 YouTube <u>Fitness in the Park/Fit Lot</u> <u>Circuit Training (Outside)</u> 9AM-10AM (TIFFANY SEGURA) <u>Line Dancing</u> 10AM -11AM (DIAMOND) <u>Cardio & Fit</u> 12PM - 1PM (STEFANI) <u>Bihl Haus Painting Class</u> 12:30PM - 2:30PM (DINING RM) PM <u>Chair Volleyball</u> 3PM-5PM <u>Belly Dancing</u> 5:15pm-6pm	<u>Zumba Gold</u> 7:30AM - 8:30AM (VERONICA) <u>Joint Movement</u> 8:30AM - 9:30AM (JORGE)  <u>LOTERIA</u> 9:30 AM - 10:30 AM (DINING RM) <u>Basketball</u> 10AM - 12PM (GYM) <u>Line Dancing</u> 12PM - 1PM (DIAMOND)	<u>OASIS COMPUTER CLASS</u> 9AM-11AM (HANI ABDALLA) 08/06 Beginners Guide to the Cloud 08/13 WhatsApp 08/20 Virtual Libraries 08/27 All About Passwords <u>Fitness in the Park/Fit Lot</u> <u>Circuit Training (Outside)</u> 9AM - 10AM (TIFFANY SEGURA) <u>Urban 15 Dance Allegra</u> 10AM - 11AM (ROSIE) <u>Strengthening Exercise</u> 12PM - 1PM <u>Stretch Exercise</u> 1PM - 2PM (STEFANI) PM  <u>LOTERIA</u> 5PM-6PM 08/06 08/20  <u>BINGO</u> 5PM-6PM 08/13 08/27	<u>Zumba Gold</u> 8AM - 9AM (VERONICA)  <u>BINGO</u> 9:30AM - 10:30 AM (DINING RM) NO BINGO ON 08/07 <u>Stretch Class</u> 10:30AM - 11AM Rosemarie (Nurse) <u>Chair Volleyball</u> 12PM - 2PM

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

Aug.06 @ 6pm

Aug.27 @ 12pm

FITNESS ROOM

- Wear Sneakers for your Safety.
- Wipe down machines.
- See front desk for Orientation



Water Bottles are Only Allowed in Room



WELLMED®

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



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.

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

- 08/05 Office of US Representative Joaquin Castro Information Table (Ray Salinas) 10am-1pm
- 08/07 Produce Market and Class - 9:30am (Sign up at the front desk)
- 08/11 Volunteer Meeting -12pm
- 08/17 Nutrition Education - 9:45am
- 08/17 Seniors in Play Showcase -12pm
- 08/19 Well Med Nutrition Class -10:30am
- 08/20 Food Bank Distribution Tickets @ 8am/Gym 9:30am/BRING YOUR CARTS
- 08/21 Staff Meeting @ 2:30pm (Center Closes Early)
- 08/24 Bomber Bucks Prize Store-12pm
- 08/25 Financial Assistance Presentation 9:30am-10am
- 08/31 August Birthday Recognition-12pm

