



HUMAN SERVICES



NORMOYLE SENIOR CENTER

700 Culberson Ave.
San Antonio, Texas 78211

Phone Number:

(210) 207-5650

Hours of Operation:

Mon - Thurs: 7:00AM - 7:00PM

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 <u>SAFB Chef Class</u> 9am	2 <u>Field Trip:</u> 9:45am <u>SA Black Int'l. Film Festival</u> "Invisible Fractures" <u>World Animal Day</u> (Wear Animal Print)
5 <u>FBI Elder Fraud Presentation</u> 10am	6 <u>Field Trip:</u> 10am <u>SA Fall Senior Expo.</u> <u>Neighbors Together</u> 6pm-6:30pm	7 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez  <u>Movie & Popcorn</u> 4:30am	8 <u>Tai Chi</u> 9am	9 <u>Bomber Bucks Prize Store</u> 12pm <u>World Mental Health Day.</u> (Wear Green)
12 <u>Field Trip:</u> 9:45am <u>Walking at the Mall</u> <u>Brain Games</u> 10am <u>Volunteer Meeting</u> 12pm <u>Gardening on a Budget</u> 3:30pm 	13 <u>Field Trip:</u> 9:45am <u>Walmart</u>	14 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez  <u>Movie & Popcorn</u> 11:30am	15  FOOD BANK DISTRIBUTION BRING ID & Cart with your reusable bags <u>Tickets @ 8 AM / GYM 9:30 AM</u>	16 <u>Staff Meeting</u> (Early Closure). Closes @ 2:30pm  <u>Normoilympics</u> 9:30am (Gym)
19 <u>Nutrition Education Class</u> 9:45am <u>New Member Orientation</u> 5pm	20	21 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez  <u>Movie & Popcorn</u> 4:30am	22 <u>Annual Pool Tournament</u> 9:30am	23  <u>Virtual Travel "Switzerland"</u> 11:30am
26 <u>Breast Cancer Awareness</u> (Wear Pink) <u>Field Trip:</u> 9:45am <u>Walking at the Mall</u> OCTOBER BIRTHDAY RECOGNITION  12pm 	27 <u>Field Trip:</u> 9:45am <u>Spirit Halloween/Harbor Freight</u>	28 <u>Benefits Assistance</u> 9am-11:30am Unidad Gonzalez <u>Halloween Bracelet Making</u> 5pm	29 <u>Nutrition Education Class</u> 9:45am <u>New Member Orientation</u> 12pm	30 <u>WellMed Dental Screening</u> HALLOWEEN PARTY DANCE AND COSTUME CONTEST 

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> 11:30AM-1:00PM (COMPUTER RM) <u>Zumba Gold</u> 4PM - 4:50PM (VERONICA) <u>OATS COMPUTER CLASS</u> 5PM -6PM (Veronica Duffey) 10/05 Everday Uses of AI 10/12 Intro to AI 10/19 Intro to Chatting with AI 10/26 YouTube	<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) 10/06 iPhone Basics 10/13 Android Tablet (Essentials) 10/20 Android Tablet (Essentials) 10/27 Cybercrime-Phishing & Id Theft <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) <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)  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) 10/1 Intro to Computer(Windows 11/Email) 10/08 Artificial Intelligence-What is it? 10/15 Cybercrime-Best Browser for Me 10/22 Smartphone Photography 10/29 Smartphone Photography <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)  5PM-6PM 10/01 10/15 10/29  5PM-6PM 10/08 10/22	<u>Zumba Gold</u> 8AM - 9AM (VERONICA)  9:30AM - 10:30 AM (DINING RM) <u>No Bingo on 10/16</u> <u>No Bingo on 10/30</u> <u>Stretch Class</u> 10:30AM - 11AM Rosemarie (Nurse) <u>No Class on 10/16</u> <u>No Class on 10/30</u> <u>Chair Volleyball</u> 12PM - 2PM <u>No Volleyball on 10/30</u>

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

10/19 @ 5pm

10/29 @ 12pm

FITNESS ROOM

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



Water Bottles are Only Allowed in Room



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



Just a friendly reminder...

- 10/01 SAFB Chef Class - 9am
- 10/02 World Animal Day (Wear animal print)
- 10/05 FBI Elder Fraud Presentation - 10am
- 10/06 Neighbors Together - 6pm-6:30pm
- 10/09 World Menal Health Day (Wear Green)
- 10/09 Bomber Bucks Prize Store - 12pm
- 10/12 Volunteer Meeting - 12pm
- **10/15 Food Bank Distribution Tickets @ 8am/Gym 9:30am (DON'T FORGET YOUR CARTS)**
- 10/16 Normoilympics - 9:30am (Gym)
- 10/16 Staff Meeting - 2:30pm (Center Closes Early)
- 10/19 Nutrition Education Class - 9:45am
- 10/22 Annual Pool Tournament - 9:30am
- 10/26 Breast Cancer Awareness (Wear Pink)
- 10/26 September Birthday Recognition - 12pm
- 10/29 Nutrition Education Class - 9:45am
- 10/30 Halloween Party (Dance & Costume Contest) 12pm