



MARCH 2025

NORMOYLE SENIOR CENTER
 700 Culberson Ave.
 San Antonio, Texas 78211
 (210) 207-5650 M-F 7am-4pm

Our Apologies: This Calendar is tentative and may change at any time without advanced notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 UT Health Presentation @ 9:45am "Brain Health"	4 Mardi Gras Arts & Crafts @ 12pm	5 Benefits Assistance Unidad Gonzalez 9am-11:30am Produce Market Class @ 9:30 am Market 10:30am-12:30pm	6 Let's Go Green Presentation " Brain Health " Laura (Wellmed Caregiver SOS) 9:30am	7 New Member Orientation @ 9:30am
10 Gardening @ 9am w/ Vickie (Parks) SPRING BREAK KIDS CAMP 3/10-3/14 LUNCH TIME CHANGES 12PM-1PM	11 Field Trip: Pete's Billard's @ 10:45am	12 Benefits Assistance Unidad Gonzalez 9am-11:30am Field Trip: Craft Depot @ 9:45am Kids Vs Seniors Chair Volleyball 1pm-2pm	13 Nutrition Class & Food Sample @ 9:45am Scavenger Hunt @ 1pm	14 Field Trip: Shoppers World @ 10:45am
17 Wear Green "Irish Pub" Ale & Food Samples @ 12:15 pm	18 March Birthday Recognition 12pm 	19 Benefits Assistance Unidad Gonzalez 9am-11:30am Volunteer Meeting 11:45 am	20 Tickets @ 8am /GYM 9:30am Bring ID and Cart Bring your own Reusable Bags	21 Staff Meeting Center Closes @ 2:30
24 Movie & Popcorn @ 12 pm 	25 Field Trip: HEB @ 9:30 am	26 Benefits Assistance Unidad Gonzalez 9am-11:30am SA Food Bank Market Voucher Sign up 10am-12pm Nutrition Class & Demo W/Noley @ 12 pm	27 Field Trip: Sprouts @ 9:30am	28 Bomber Bucks Prize Store @ 12:30
31 HOLIDAY CENTER CLOSED			 SPRING FORWARD	Daylight Savings Time Sunday, March 9



DAILY ACTIVITY SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am-9:15am YWCA-Low Impact Cardio Rodney -gym	8:30am-9:30am YWCA-Joint Movement Yvonne-gym	7:30am-8:30am YMCA Zumba Gold Veronica-gym	9:00am-11:00am OASIS COMPUTER CLASSES iPad Basics 03/06 Cybercrime: Phishing & Identity Theft 03/13 & 03/20 What's APP (Essential Apps for your phone) 03/27	8am-9am YMCA Zumba Gold Veronica
9:30am-10am WellMed Walking Club Maria-Nurse (Gym)	9am-11am Flower Making Group Arts & Crafts Rm 9am-11am Crochet Arts-Craft Class Lounge Area	8:30am-9:30am YWCA-Joint Movement Chair Exercise-Jorge	10am-10:30am Fitness in the Park/ Fit Lot Circuit Training-outside Tiffany Segura	9am-10am ColoringGroup Lounge
9:30am-10:30am Coloring Group (Lounge)	9:00am-11:00am OASIS COMPUTER CLASSES Exploring the Internet 03/11 Intro to the Computer 03/18 & 03/25	9:30am-10:30am Loteria (Dining Rm) No Loteria on 03/05	10am-11am Urban 15 Dance Allegra Rosie-gym	9:30am-10:30am Dining Rm
9:30am -11am Choir (Art Room)	10am-10:30am Fitness in the Park/Fit Lot Circuit Training (outside) Tiffany Segura	10am -12pm Basketball (gym)	12pm-1pm YMCA Strengthening Stefani-gym	9:30am WellMed Walking Club Maria-Nurse (Gym)
10am -12pm Basketball (Gym)	10am-11am YMCA -Line Dancing Lissa (gym)	12:00pm-2:00pm Chair Volleyball (gym) 03/12 Time Change 1pm-2pm	1pm-2pm YMCA Stretch Stefani-gym 03/13 No Class	12pm-2pm Chair Volleyball Normoyle Open Play (If Available)
12pm-1pm Seniors in Play Class (Art Rm) 03/10 No Class	12pm-1pm YMCA-Cardio & Fit Stefani (gym)	1:00pm-2:30pm Jewelry Class (Art Rm) 03/12 No Class		No Volleyball on 03/14
12pm-2:00pm Chair Volleyball Normoyle Open Play No Volleyball on 03/10	12:30pm-2:30pm Bihl Haus Painting Class			
	2:00pm-5:00pm Chair Volleyball Normoyle Open Play			



WELCOME TO YOUR CENTER
All Independent Seniors **60+** years of age are eligible to register to be a member.


FITNESS ROOM
Wear Tennis for your Safety.
ONLY Water Bottles Allowed.



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
Friday, March 07, 2025

HEALTH SCREENINGS
Nurse **Maria Angeles**
Blood Pressure* Blood Sugar* **Fasting** Cholesterol
* Weight/BMI (*body mass index*)
Monday, Wednesday & Friday
8:00am–3:30pm
Walking Group—Mondays & Fridays@ 9:30am



FOOD BANK
Distribution Day-Every 3rd Thursday of each Month
Must Bring Your ID & Cart
Ticket Distribution
8AM (Dining)
Distribution Time
9:30am–10:30am (Gym)
(Time subject to change with delivery time)
Food Bank Applications
Mondays & Fridays @ 2pm with Nicole
Must be **ACTIVELY** participating at Center

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 Hotline: 311
VIA Link: 210-655-5465
CPS Energy: 210-353-2222
If there is a serious emergency please call: 911

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.

Important Center 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.

SPRING BREAK KIDS CAMP WEEK 03/10 to 03/14 - LUNCH CHANGES to 12pm–1pm

- 03/05 Produce Market Class @ 9:30am and Market 10:30am - 12:30pm
- 03/07 New Member Orientation @ 9:30am
- 03/13 Nutrition Class & Food Sample @ 9:45am
- 03/13 Scavenger Hunt @ 1:00 pm
- 03/17 Ale & Food Samples @ 12:15pm (Dining Room)
- 03/18 **March** Birthday Recognition @ 12pm (Dining Rm)
- 03/19 Volunteer Meeting @ 11:45 am
- 03/20 **CSFP & HOPE (Food Bank) Tickets@ 8:00am; Distribution 9:30am-10:30am Must Bring Your ID & Cart**
- 03/21 Staff Meeting Center Closes @ 2:30 pm
- 03/24 Movie & Popcorn @ 12pm Dining Room
- 03/26 **SAFB Market (Voucher Sign up)** 10am-12pm
- 03/26 Nutrition Class & Demo @ 12pm
- 03/28 Bomber Bucks Store @ 12:30pm
- 03/31 Cesar Chavez Holiday, Center will be Closed