

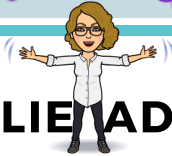
NRH

SENIOR CENTER

SPECIAL EDITION

CHIT-CHAT

AIR HUGS!

Miss You
So Much
JULIE ADKINS
JENNIFER MILLS

SENIOR CENTER SUPERVISOR

PROGRAM COORDINATOR

These are unusual times to say the least, but I hope you find strength in knowing that you are not alone. If you are at a loss in dealing with senior issues, call the center and Jennifer and I will help with finding resources.

We are in this together! Daily challenges, DIY's, exercise, virtual tours and more can be found on Facebook and on the website. Looking for conversation? Our Ambassadors make weekly phone calls. Call to sign up!

IN THIS ISSUE

Virtual Schedule-----	1
Stay Healthy-----	1
Virtual Senior Center-----	2
Community Partners-----	2
Mental Fitness-----	3
Exercise for You-----	4



Weekly Programs	
MONDAY	JOURNALING PROMPT
TUESDAY	QUESTION OF THE DAY
WEDNESDAY	DAILY CHALLENGE
THURSDAY	THANKFUL THURSDAY
FRIDAY	BRAIN GAME



Never Miss A Post!

Go to [www.Facebook.com/NRHSeniorCenter](https://www.facebook.com/NRHSeniorCenter)

Click 'Like' button
on top right.



FIND US ON FACEBOOK
AS
NRH SENIOR CENTER

OR ONLINE AT
[WWW.NRHCENTRE.COM](https://www.nrhcentre.com/special-activities)
/SPECIAL-ACTIVITIES

Y'ALL WEAR A MASK.



Help Yourself While Helping Others

- + Stay at home, limit interaction with others
- + Wash your hands often
- + Wear a mask

NRH Virtual Senior Center

Daily Challenges, Fitness, Trips and Classes!



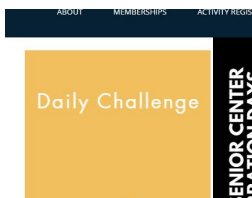
NRH Virtual Senior Center

<https://www.nrhcentre.com/special-activities>

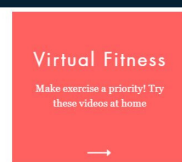
With the Covid-19 closure of the NRH Senior Center, programming and activities were moved from face-to-face to "virtual" through the use of our website (address listed above). Additionally, activities are posted to Facebook. Activities are posted in these categories :

- Daily Challenge
- Fitness
- Trips
- Classes
- Reflection
- Mental Fitness

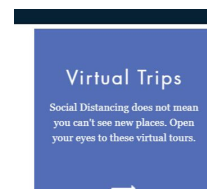
VIRTUAL SENIOR CENTER



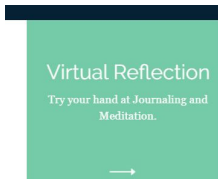
Enjoy one or all fun daily challenge. Follow up on Facebook or email.



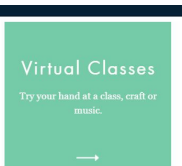
Enjoy different workout exercises available in different levels.



Fancy yourself touring fun destinations from the comfort of your own home.



Take time to grow with our self reflective activities



Learn fun & easy cooking and crafts projects.



Brain power exercises for different levels.

COMMUNITY PARTNERS

Even during the Covid-19 closure, we rely on our Community Partners! With the center closed, these agencies assisted in providing gift cards and agency swag for winners of the Virtual Senior Center Daily Challenge and Bingo. Additionally, **Atria at Hometown** generously provided agency swag for our "Mini Jewels" awarded for Bingo.

NRH Senior Center
Thank You Suzi
 Together we can solve the Medicare Maze!
Suzi McAlpine
 Your Independent Broker
 817-501-8732 Cell
 Toll Free & Fax 1-888-227-0535
 MySmartHealthPlan@abcglobal.net
 Medicare Supplements & Advantage Plans Medicare Rx Dental
 Individual Health / Life Insurance Long Term Care
 Walking People Through the Medicare Maze since 2000!
 Thank you Suzi McAlpine for your support of
 NRH Senior Center Virtual programs

NRH SENIOR CENTER
*Thank you **
 We would like to thank Sandra and Green Valley Healthcare for their support of NRH Senior Center Virtual programs.
Green Valley Healthcare & Rehabilitation Center
Sandra Earl
 Director of Business Development
 GreenValley.DBD@nexion-health.com
 6850 Rufe Snow Drive
 North Richland Hills, TX 76148
 T 817-514-4940
 C 817-681-4121
 www.nexion-health.com
 nexion Affiliated with Nexion Health

THANK YOU
NRH Senior Center Community Partner
 Thank you Carol Taylor and AmeriLife for your support of NRH Senior Center Virtual programs
AMERILIFE
CAROL TAYLOR
 INDEPENDENT REPRESENTATIVE
AmeriLife of Texas, LLC
 CELL (817) 988-3147
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 www.caroltaylor.alagent.net
 Carol.Taylor@AmeriLifeAgent.com

Mental Fitness

NRH Senior Center

Word Search



COMPUTER
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FAMILY
FRIENDS
GAMES
HERO
HOBBY
ISOLATION
JOURNAL
MASK
NATURE
NURSE
PANDEMIC
READ
SEASONS
THERMOMETER
WALK
WRITE
ZOOM

S	O	F	A	M	I	L	Y	J	N	R	R	D	J	D
J	U	C	R	O	S	S	W	O	R	D	E	I	G	O
I	P	R	C	S	G	W	I	F	F	A	T	S	X	C
M	I	O	I	A	D	T	A	F	L	L	E	T	S	T
Z	O	O	M	V	A	N	A	L	A	R	M	A	N	O
K	T	E	S	L	A	C	E	N	K	E	O	N	O	R
B	S	F	O	U	E	N	R	I	R	A	M	C	S	I
K	P	S	A	T	K	U	O	G	R	D	R	E	A	V
O	I	A	I	R	O	A	G	R	I	F	E	S	E	Q
M	N	M	N	J	C	C	H	I	O	Q	H	R	S	C
L	E	A	O	D	E	T	I	R	W	C	T	U	Z	Y
Q	L	O	T	R	E	T	U	P	M	O	C	N	B	O
P	Q	R	D	U	E	M	K	S	A	M	K	B	Z	Q
M	T	E	U	A	R	H	I	K	N	V	O	X	A	C
C	L	S	H	Z	S	E	H	C	O	H	R	O	L	L

$$\underline{1} + \underline{6} \times \underline{6} \div \underline{3} = \underline{6} + \underline{4}$$

Swap two digits to restore the correct equation

AID ←
AID
AID

YGOLOHCYSP

ME RUB

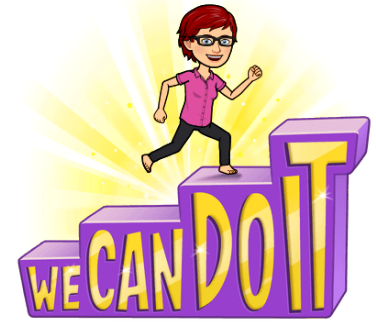
estimate me



COVER
AGENT

Fitness

As with any exercise, talk with your doctor before starting new activities. Listen to your body and do not push yourself if the exercise doesn't feel right.



The Goal is to exercise everyday, even a short walk will do. Make sure to start each workout with a stretch.

Stretch prior to any exercise

Aerobic Activity - to a sweat & then cool down

Build in lower body strength training

Build in upper body strength training



HIGH Impact

Stretch before exercise

Aerobic Activity - slowly
work to a sweat & then
cool down

MEDIUM Impact

Walking 20/30 min. on
good steady surface

Build in strength
slowly for arms & legs



Stretch before exercise

Tai Chi - Slow and gentle focusing on control

Walking 15/20 min. on good steady surface

Low Impact yoga or chair yoga- Slow and gentle

NRH Senior Center - Closed until further notice

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