

# NRH

## SENIOR CENTER

SPECIAL EDITION

# CHIT-CHAT



## JULIE ADKINS

SENIOR CENTER SUPERVISOR



February is a Great Time to let each of you know how truly **IMPORTANT** you are! The NRH Senior Center has always been a special place to **gather**, share stories, **make new friends**, share **common interests** and enhance knowledge **because of You!** Even during this closure, you all have endured! **Thank you** for letting Jennifer and I be a part of the magic! We can see the light at the end of the tunnel.

## JENNIFER MILLS

PROGRAM COORDINATOR

February is filled with chocolate, friendship, love, heart health, a sleepy groundhog, the hope for spring, remembering great presidents and chocolate! What's not to love? Treat our healthcare workers with a token of your thanks and let us treat YOU to a Drive Thru "Feels on Wheels." Won't you please be our Valentines?

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# February's Drive Thru Luncheon

Wednesday, February 17, 2021

In partnership with



STONECREEK  
Senior Living · North Richland Hills

CENTURY 21  
Mike Bowman, Inc.

Call NRH Senior Center (817) 427-6695 to register for a designated time slot. **Drive Thru is located in the north parking lot in front of the NRH Centre.** Please follow the signs for pick-up. **\*IMPORTANT\*** Register by 5pm, Friday, February 12. You must be registered for a time slot in order to receive a lunch.

# Valentine Drive Thru "Feels on Wheels"

FRIDAY, FEBRUARY 12, 2021

1:30 PM TO 2:30 PM

Join us for a Valentine Goody Bag!

Call NRH Senior Center at (817) 427-6695 to register. Drive Thru is located in the north parking lot in front of the NRH Centre. Please follow the signs for pick-up. **\*IMPORTANT\*** Spaces are limited. Registration is required.



## NRH Virtual Senior Center

Daily Challenges, Fitness, Trips and Classes!



<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.

### DAILY CHALLENGE

**Beginning Wednesdays, tune into Facebook & our website for a weeks worth of fun activities to keep you engaged.**

Monday  
MINDFULNESS  
DAY

Mindfulness exercises that aid in being aware of your body and mind.

### Tuesday's Question of the Day

**Don't miss the Tuesday QOD presented by fellow members or NRH staff.**

### Jenn's SHENANIGANS

Tune in for Jennifer's clever craft or cooking demonstrations.

### Thankful Thursday

**What better way to improve your mood than feeling grateful! Bonus, it's contagious!**

### Brain Business

Take part in weekly brain games to strengthen mental sharpness.

## FEBRUARY 2021 VIRTUAL SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAILY CHALLENGE	1 Monday MINDFULNESS DAY DAILY CHALLENGE	2 Trail Trek Tuesday's QOD DAILY CHALLENGE	3 DAILY CHALLENGE	4 Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE	5 Brain Business DAILY CHALLENGE	6 DAILY CHALLENGE
7 DAILY CHALLENGE	8 Monday MINDFULNESS DAY DAILY CHALLENGE	9 Trail Trek Tuesday's QOD DAILY CHALLENGE	10 Jenn's SHENANIGANS Valentine Candy Jar DAILY CHALLENGE	11 Thankful Thursday DAILY CHALLENGE	12 Valentine "Feels on Wheels" Brain Business DAILY CHALLENGE	13 DAILY CHALLENGE
14 DAILY CHALLENGE	15 Martin Luther King Jr. Day Monday MINDFULNESS DAY DAILY CHALLENGE	16 Trail Trek Tuesday's QOD DAILY CHALLENGE	17 February's Luncheon DAILY CHALLENGE	18 Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE	19 Brain Business DAILY CHALLENGE	20 DAILY CHALLENGE
21 DAILY CHALLENGE	22 Monday MINDFULNESS DAY DAILY CHALLENGE	23 Trail Trek Tuesday's QOD DAILY CHALLENGE	24 Jenn's SHENANIGANS Banana Bread DAILY CHALLENGE	25 Thankful Thursday DAILY CHALLENGE	26 Brain Business DAILY CHALLENGE	27 DAILY CHALLENGE
28 DAILY CHALLENGE						

### COMMUNITY PARTNERS

Even during the Covid-19 closure, we rely on our Community Partners! With the center closed, these agencies continue to assist in NRH Senior Center programs!



**CENTURY 21**  
Mike Bowman, Inc.



**STONECREEK**  
Senior Living · North Richland Hills

*Thank you!*

We would like to thank Sandra and Green Valley for your support of the NRH Senior Center Horn Honkin' Bingo.

**Green Valley Rehabilitation & Healthcare Center**

6850 Rufe Snow Drive  
North Richland Hills, TX 76148  
T 817-514-4940

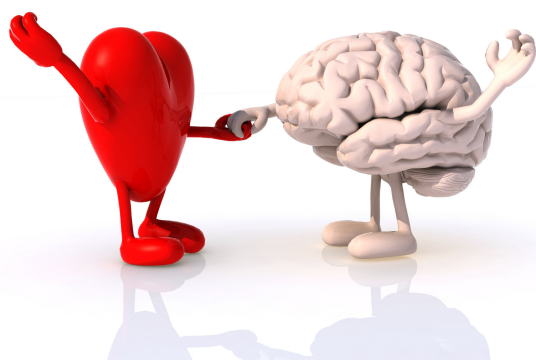


Affiliated with Nexion Health.  
Your local leader in nursing & rehabilitation services.

# Brain Business

YOUR ❤️

## Word Puzzles



JOB I'm JOB	BIG BIG His Britches His Britches His Britches His Britches	EAT
C	HEADTEN	cOUNTry
_NHAPPY	PLACE PLACE	Love_

## February Word Scramble

IELETAVNN

IPUDC

HCCOAETOL

THARE

ISCEERXE

GOGDRONHU

SIRNEDPTE

YDTBRAIH

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# Health, Fitness & Classes

## FEBRUARY TRAIL TREK

## TUESDAY'S AT 10:00AM

Join staff & volunteers as we highlight a different trail to trek each week in February. Walk with us or walk on your own.

- Social distancing and masks required when walking with group.
- Registration is encouraged but not mandatory, (817) 427-6695



Walk is cancelled  
when Temp is < 50°  
and/or precipitation.



**New Time - 10:00 a.m.**



**Feb 2 - JoAnn Johnson Trail (Meet at Harbor Freight Parking Lot) 7828 Hwy 26**

**Feb 9 - Walkers Creek Park, 8403 Emerald Hills Way**

**Feb 16 - Adventure World Park, 7451 Starnes Road**

**Feb 23 - Dr. Pillow Park, 7501 Continental Trail**



## MONDAY & FRIDAY BOOK CLUBS ON ZOOM!

The February book is "The Secrets We Kept" by Lara Prescott. Meetings will be Monday, February 1 and Friday, February 12.

The March book is "Allie and Bea" by Catherine Ryan Hyde.

Call the NRH Senior Center to register and receive the Zoom invite! (817) 427-6695.



Hear Ye!  
Hear Ye!

January "Gives Back" Update  
**BECAUSE OF YOUR GENEROSITY**



- 8 boxes/bags of towels
  - 4 boxes of newspapers
- were delivered to NRH Animal Services

**NRH SENIOR CENTER**  
**HORN HONKIN' BINGO**  
PLAY FROM INSIDE YOUR CAR!

**THURSDAY, FEBRUARY 4 10:00AM**  
**THURSDAY, FEBRUARY 18 10:00AM**

**WALKERS CREEK PARKING LOT**  
**8403 EMERALD HILLS PKWY**

IN PARTNERSHIP WITH  
**GREEN VALLEY HEALTHCARE**

REGISTRATION REQUIRED  
**817-427-6695**

**HONK!**

**HONK!**







# Giving Back in 2021

## FEBRUARY'S COMMUNITY Medical City North Hills ORGANIZATION

During the month of February, NRH Senior Center will be accepting **\$10 gift card donations** to area food establishments.

- Cards will be delivered to Medical City North Hills front-line and support staff.
- Cards will be collected during the Drive Thru Luncheon or by appointment on February 25 & 26.

## Jenn's SHENANIGANS

Jenn finds crafty things to make or do  
and invites you to try it for yourself!

<https://www.facebook.com/nrhseiorcenter>

Wednesday, February 10 - Valentine's Candy Jar

Wednesday, February 24 - Banana Bread

*Did I Remember To Register  
And Add To My Calendar:*

- Valentine "Feels on Wheels?"
- Drive Thru Luncheon?
- Horn Honkin' Bingo?
- Trail Trek?

**Did I remember to  
add Jenn's  
Shenanigans to my  
calendar?**



**Julie Adkins**

Senior Center Supervisor  
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jadkins@nrhtx.com

**NRH Senior Center**

(6000 Hawk Ave. NRH, TX 76180)

***Closed until further notice***

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

**Jennifer Mills**

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