

NCRH

SENIOR CENTER

OCTOBER 2021

SPECIAL EDITION

CHIT-CHAT

JULIE ADKINS

SENIOR CENTER SUPERVISOR


JENNIFER MILLS

PROGRAM COORDINATOR



Autumn weather is within reach and with that comes **sweater weather**, **s'mores** and **pumpkins**! This month I'd like to challenge you to step out of your comfort zone and try one, **just one**, new thing each week. Maybe its talking to a group, playing a game with a new friend or dressing up for the luncheon!

Small Steps=Big Habits!

October is here, so let's give them pumpkin to talk about! We'll be visiting the State Fair of Texas, throwing bones in Farkle, & dressing in costume for our Costume Contest Luncheon. If you witch, grab some trick or treats of your own on National Chocolate Day.

Bugs and Hisses, Jenn



IN THIS ISSUE

Events-----	1
Calendar-----	2
Health & Education-----	3
Activities & Trips-----	5
Activities-----	5
Brain Business-----	7
Partners & Announcements-----	9



HALLOWEEN COSTUME CONTEST & LUNCHEON



Wednesday,
October 13, 2021
11:00 am



In partnership with



NATIONS
INSURANCE SOLUTIONS

Join us for our October Luncheon in partnership with Nations Insurance and **come dressed in your finest costume!** Register September 24 or 27 at the front desk. Space is limited.

Medicare Q & A

Thursday, October 21, 2021
1:30 pm











In partnership with

Suzi McAlpine

Medicare isn't always scary. Suzi is here to help with your Medicare questions and concerns.



OCTOBER CALENDAR

8:30 am Silver Sneakers 9:00 am Mahjong 9:30 am Crafty Quilters 10:00 am Dominoes (42) 1:00 pm Meditation 1:00 pm Woodcarvers 1:00 pm High Beginner/Improver Line Dance 3:30 pm Beg. Line Dance	8:00 am Pinochle 8:30 am Just Keep Movin' 9:00 am Mahjong 10:00 am Knitwits 11:00 am Tai Chi 12:30 pm NRH Singers 1st & 3rd Tues. 1:00 pm Watercolor 1:00 pm Brazilian Embroidery 2:00 pm Yoga/Pilates 3:30 pm Chair Yoga	8:30 am Silver Sneakers 9:00 am Drawing 9:30 am Light & Lively 1:00 pm Jam Session <div>  </div>	8:30 am Party Bridge 9:00 am Guitar 9:00 am Dominoes (Mexican Train) 1:00 pm Oil Painting 3:30 pm Chair Yoga	8:00 am Pinochle 8:30 am Just Keep Movin' 9:30 am Light & Lively 10:00 am Spanish 1 (Verbs) 10:30 am Yoga/Pilates 1:00 pm 99 (Card Game) 1:00 pm Intermediate Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				10:30 am 1 Friday Book Club
10:00 am 4 Card Making 12:30 pm Monday Book Club	9:30 am 5 Write Your Own Story with AmeriLife 	9:30 am \$8 6 The Biscuit Bar 10:00 am \$28 Advent Calendar 10:30 am Wellness Seminar	2:00 pm 7 Bingo with United HealthCare 	2:00 pm \$6 8 Jenn's Shenanigan Candy Bowl
10:00 am 11 Card Making	12	11:00 am 13 HALLOWEEN COSTUME CONTEST & LUNCHEON By Nations Insurance	9:00 am \$17 14 STATE FAIR OF TEXAS 	9:30 am 15 Civitas & C21 Coffee & Conversation 3:30 pm Farkle Tournery All in All
18 10:00 am Card Making	11:30 am 19 Cup of Soup Green Valley Healthcare 12:30 pm Mini Golf & Medicare Nations Insurance 	10:30 am 20 Bingo with United HealthCare 1:00 pm \$10 Julie's TikTok Challenge Halloween Edition 	21 1:30 pm Medicare Q & A Suzi McAlpine	Register for October! 22 3:00 pm Chair Volleyball 
Register for October! 25 10:00 am Card Making	26	10:30 am 27 Bingo United HealthCare Craft Fair 11:00 am to 7:00 pm 	28 2:00 pm National Chocolate Day Healing Hands HealthCare Craft Fair 9:00 am to 6:00 pm	29 2:30 pm Halloween Party 

Health & Education



THURSDAY, OCTOBER 7 2:00PM
WEDNESDAY, OCTOBER 20 10:30AM
WEDNESDAY, OCTOBER 27 10:30AM

IN PARTNERSHIP WITH

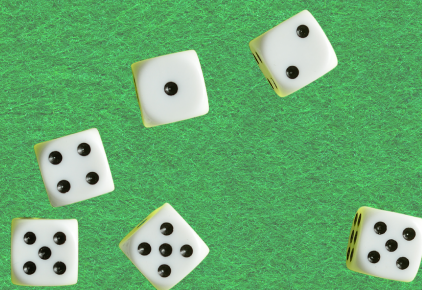


Registration required. Members may register for two of the three days available.

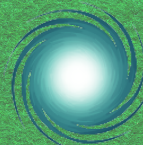
Farkle Tournament

Friday, October 15, 2021

3:30 pm



In partnership with



All in All
Neuro Rehab and Wellness

Gather with friends and let the good times roll!

JULIE'S TIKTOK CHALLENGE: HALLOWEEN EDITION

Wednesday, October 20, 2021

1:00 pm \$10



Julie has been enjoying the crafts, snacks and challenges on TikTok and she's ready to try them with YOU!

National Chocolate Day

Thursday, October 28, 2021

2:00 pm

In partnership with



Health & Education

Power Hour 2022 Medicare New Plans and Changes

Tuesday, October 19, 2021

12:30 pm

In partnership with



Nations Insurance, along with representatives from Medicare supplemental insurances, are bringing indoor putting to the NRH Senior Center.



2021

Craft Fair!

**Last day to register
as a vendor is
Monday, October 18.**

Cup of Soup

Tuesday, October 19, 2021

11:30 am

In partnership with

Green Valley Healthcare



Join your friends for a quick meal at the NRH Senior Center.

Advent Calendar

Wednesday, October 6, 2021

10:00 am \$28

**Create your own light up, rotating
Advent Calendar that can be used
year after year!**



Activities & Trips

Coffee and Conversation

Friday, October 15, 2021
9:30 am

In partnership with

CENTURY 21

Mike Bowman, Inc.

MICHELLE APPLING



CIVITAS
SENIOR LIVING

Medicare 101



Write your Own Story

Tuesday, October 5, 2021

9:30 am

In partnership with

AMERILIFE



Back by popular demand! Join AmeriLife and write your own story. Great for the beginner and those that participated last month.



STATE FAIR
OF
TEXAS

Thursday, October 14, 2021
9:00 am \$17

It's time for Ferris Wheels,
Midway Games and Deep
Fried Everything!

Lunch Bunch at The Biscuit Bar

Wednesday, October 6, 2021

9:30 am \$8

THE
BISCUIT BAR

Enjoy everything biscuit, from the croutons on the salad to the hot chocolate biscuit! We'll take a little time and stroll the stockyards as well.

Activities

Card Making Class

Mondays in October, 10:00 am



\$5 per class, paid to instructor during registration

BOOK CLUBS

October's book **"Small Great Things"**
by Jodi Picoult

Friday Club, October 1 at 10:30 am

Monday Club, October 4 at 12:30 pm

November's book **"The Women in the Castle"**

by Jessica Shattuck



Jenn's
SHENANIGANS

Friday, October 8
2:00 pm \$6

Candy Bowl

Wellness Seminar

Wednesday, October 6, 2021

10:30 am

Cholesterol - How Evil is it?



A MESSAGE FROM MONTE!

As some of you know I have retired from the NRH Senior Center after 5 wonderful years. I am so thankful for the many friendships developed during this time and will be forever grateful. The Senior Center is fantastic and I cherish my time there. It is time for me to move on to the next chapter in my life but you all will always be in my thoughts and prayers.

Brain Business

WORD JUMBLE

Unscramble each jumble...



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CHITW

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ATRIA

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NROSH

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NOWLC

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ARNPK

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CSYAR

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Then use each circled letter to complete the below phrase.



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2021

Craft Fair!

Wednesday, October 27, 11:00am - 7:00pm

Thursday, October 28, 9:00am - 6:00pm

Handmade Items by Senior Crafters

Located in the Grand Hall of the NRH Centre

6000 Hawk Ave.

North Richland Hills, TX 76180

Glass Mobiles Wood Carving Leatherworking

Jewelry Quilts Runners Aprons Pottery

Holiday Decor and MUCH MORE

For additional Information (817) 427-6695

Partners & Announcements

Dan Echols Saturday Jamboree

Saturdays, 6:00 pm - 9:00 pm

6801 Glenview Road, North Richland Hills, TX 76180

Come join us for LIVE MUSIC every Saturday night!

Play - Sing - Dance - Enjoy

Donations accepted at the door

NO Saturday Jamboree on the Following Dates
Oct. 16, 23 & 30, Nov. 20 and Dec. 25

COMMUNITY PARTNERS

We rely on our amazing Community Partners! Many programs would not be possible without their support.

Suzi McAlpine



CENTURY 21

Mike Bowman, Inc.
MICHELLE APPLING

*Green Valley Rehabilitation
& Healthcare Center*



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

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



All in All
Neuro Rehab and Wellness



AMERILIFE

Julie Adkins

Senior Center Supervisor
(817) 427-6697
jadkins@nrhtx.com

NRH Senior Center

6000 Hawk Ave. NRH, TX 76180

Open Monday through Friday, 8:00 am to 5:00 pm

<https://www.nrhcentre.com/senior-center>

Jennifer Mills

Program Coordinator
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jmills@nrhtx.com