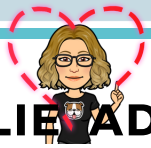
AUGUST 7, 2020 VOL 4

NRH SENIOR CENTER

SPECIAL EDITION

CHIT-CHAT



JULIE ADKINS

SENIOR CENTER SUPERVISOR

Stay vigilant and don't let down your guard with Covid-19. Wear those masks and wash your hands often! Don't neglect your mental and physical well-being, check out all we offer on the website and Facebook. Don't hesitate to give us a call 8 a.m. - 12 noon, Monday - Friday if you have a need or a question.
WE MISS YOU!

JENNIFER MILLS

PROGRAM COORDINATOR

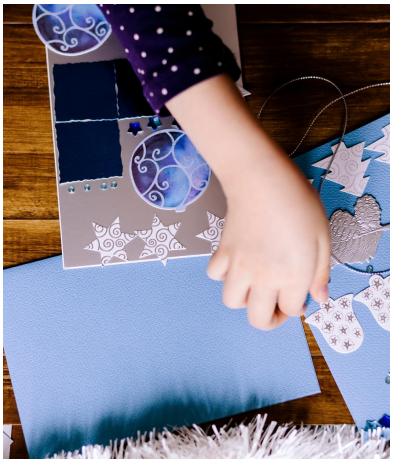
We hate being apart! Thank goodness we can stay together through emails, Facebook, the website and phone calls. We are still here for you! Reach out to us any time if you need help, to share good news, or to chat. If we can't help, we'll find someone who can.

IN THIS ISSUE

New Classes----------1
Virtual Schedule----------2
Community Partner----------2
Train Your Brain----------3
Health & Fitness----------4

WE ARE BRINGING SOME OF YOUR FAVORITE CLASSES TO YOU!

What programs would you like to see?



Tai Chi and Yoga are already scheduled for August!

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 & website for a weeks worth of fun activities to keep you engaged.

Tune in for Mindfulness exercises that aid in being aware of you body, mind and feelings in the present.

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

AUGUST 2020 VIRTUAL SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 Daily Challenge	10 Monday Mindfulness Day Daily Challenge	11 Tuesday's Question of the Day Daily Challenge	12 Jenn's Shenanigans Daily Challenge	13 Thankful Thursday Daily Challenge	14 Brain Business Daily Challenge	15 Daily Challenge
16 Daily Challenge	17 Monday Mindfulness Day Daily Challenge	18 Tuesday's Question of the Day Daily Challenge	19 NRH PD Scam Presentation Daily Challenge	20 Thankful Thursday Daily Challenge	21 Brain Business Daily Challenge	22 Daily Challenge
23 Daily Challenge	24 Monday Mindfulness Day Daily Challenge	25 Tuesday's Question of the Day Daily Challenge	26 Jenn's Shenanigans Daily Challenge	27 Thankful Thursday Daily Challenge	28 Brain Business Daily Challenge	29 Daily Challenge
30 Daily Challenge	31 Monday Mindfulness Day Daily Challenge	September 1 Tuesday's Question of the Day Daily Challenge	2 Daily Challenge	3 Thankful Thursday Daily Challenge	4 Brain Business Daily Challenge	5 Daily Challenge

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

TRAIN YOUR BRAIN

UNSCRAMBLE

TIA IHC _____

AYOG _____

EGSAM _____

ECEOFF _____

FIEDSNR _____

CRAD KNMAGI _____

NULCH BHNUC _____

EHSNOCNUL _____

VELSIR SEAREKSN _____

EINLDEACN _____

IMSODNOE _____

USTJ KEPE VMONI _____

GBNIO _____

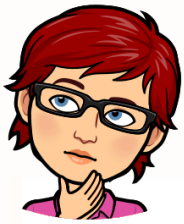
AEKC FRO AEABRKSTF _____

Book Club through Zoom!

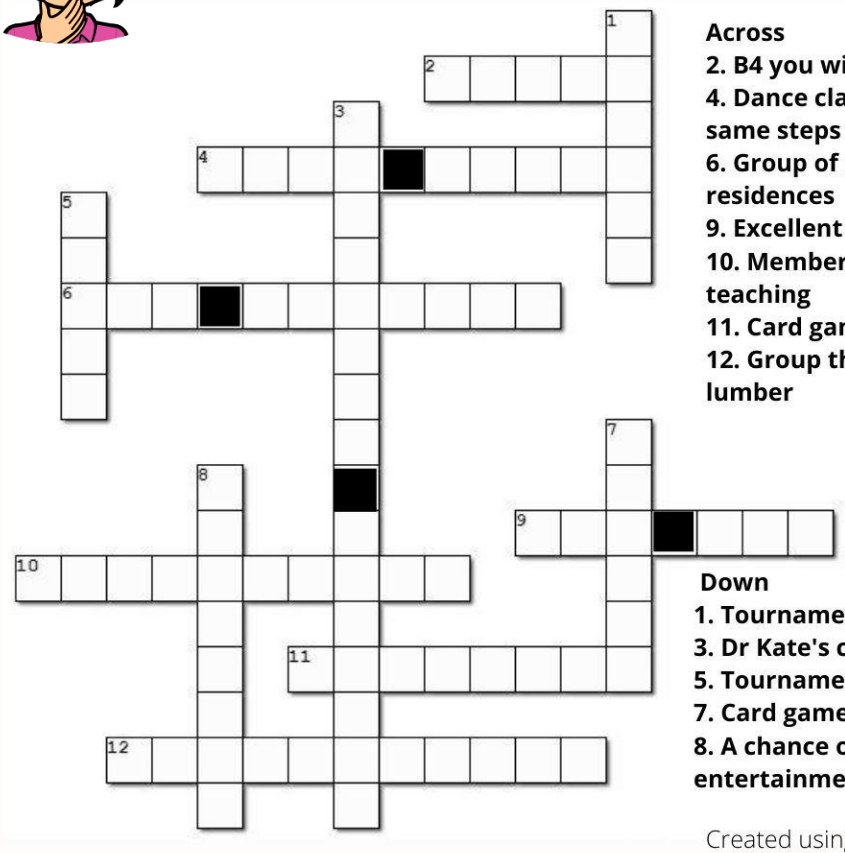
Next book is This Tender Land by William Kent Krueger.

Zoom Meeting is September 4th at 10am. To join, please email janetscott4102@gmail.com.

The NRH Senior Center is happy to try to help with Zoom. 817-427-6695



NRH SENIOR CENTER CROSSWORD



Across

2. B4 you win a prize, you have to yell this word

4. Dance class with great music where everyone does the same steps

6. Group of members that travels to perform at senior residences

9. Excellent class for balance

10. Members that help with everything from snacks to teaching

11. Card game played that uses tricks and melds

12. Group that meets to create beautiful items out of lumber

Down

1. Tournament that is like Bingo but with playing cards

3. Dr Kate's class to keep you healthy and informed

5. Tournament game played with dice

7. Card game played that uses tricks with partners

8. A chance once a month to eat with friends and enjoy entertainment.

Created using the Crossword Maker on TheTeachersCorner.net

AUGUST 7, 2020

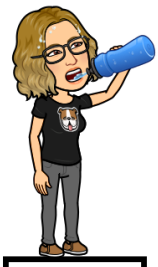
VOL 4

Health & Fitness

Get Started

Track your water intake and cardio progress beginning the week of Aug. 9 through Sept. 5. Everyone has to start sometime, let this be your time. Be sure and check with your doctor before starting any fitness routine. Don't forget to stretch.

Email or call the Senior Center to let us know how it's going.



Water is measured in ounces

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
wk of Aug 9							
wk of Aug 16							
wk of Aug 23							
wk of Aug 30							
Total							

Cardio can be walking inside, in place, outside or in a chair.
Cardio is measured in minutes.

	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
wk of Aug 9							
wk of Aug 16							
wk of Aug 23							
wk of Aug 30							
Total							

NRH Senior Center - Closed until further notice

Julie Adkins (817) 427-6697 jadkins@nrhtx.com
Jennifer Mills (817) 427-6699 jmills@nrhtx.com