

# NRRH

## SENIOR CENTER

August 2021

SPECIAL EDITION

# CHIT-CHAT


**JULIE ADKINS**

SENIOR CENTER SUPERVISOR

**JENNIFER MILLS**

PROGRAM COORDINATOR

*Time flies when you're having fun!* Since reopening on June 1, we've had 346 members scan in 1,686 times for classes/events or just to sit and chat. It's been a dream come true to see everyone and catch up. *We missed you all so much!* Remain cautious in social distancing and vigilant in hand sanitizing. Keep this GOOD thing going!

We are so excited for August! Trips return in a big way. Join us for the Lunch Bunch at M&O Grill and for a visit to the SEA LIFE Aquarium. Cup of Soup with Green Valley Healthcare is back, along with Pokeno and '42'. New card game '99' has arrived, along with programs from our amazing partners.

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# August Luncheon

Wednesday, August 18, 2021

11:00 am

In partnership with



Join us in the Grand Hall for our August Luncheon in partnership with United Healthcare. Register July 26 or July 27 by 5pm at the front desk. Space is limited.

## Time to Upgrade your Joints?

Thursday, August 19

2:00 pm



In partnership with

THOMAS CARRELL, M.D.









BOARD CERTIFIED ORTHOPEDIC SURGEON

# stryker

**You have joint questions, and Dr. Thomas Carrell has answers. Learn about the latest and greatest in Stryker implants.**



# AUGUST CALENDAR

8:30 am Silver Sneakers 9:00 am Mahjong 9:30 am Crafty Quilters 10:00 am Dominoes (42) 1:00 pm Meditation (Begins Aug 16) 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 Paint 1:00 pm Brazilian Embroidery 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) 12:00 pm Samba Canasta 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
10:00 am <b>2</b> Card Making 10:00 am Coloring with Jeana 12:30 pm Monday Book Club	3 9:30 am ABCDs of Medicare with Suzi McAlpine	4 10:30 am Wellness Seminar Meditation Techniques	5 <div>  </div> 2:00 pm Bingo with Celis & Associates	6 10:30 am Friday Book Club 3:30 pm Pokeno
9 10:00 am Card Making	10 	<div>  </div> 10:30 am <b>11</b> Bingo with Celis & Associates 2:00 pm Jenn's Shenanigan Tie Dye	12 9:30 am \$18 SEA LIFE Aquarium & Grapevine Mills Mall	<div>  </div> 13 3:00 pm Chair Volleyball
16 10:00 am Card Making	17 	11:00 am <b>18</b> <b>August Luncheon</b> <div>  </div>	19 2:00 pm Joint Replacement Info Dr Thomas Carrell	20 9:30 am \$8 M&O Station Grill and Tour
23 10:00 am Card Making	24 11:00 am Cup of Soup with Green Valley Healthcare	<div>  </div> Register for September! 10:30 am <b>25</b> Bingo with Celis & Associates	<div>  </div> Register for September! 11:00 am <b>26</b> Fall & Injury Prevention Dr Kendall Miller	<div>  </div> 27 3:00 pm Chair Volleyball
30 10:00 am Card Making	31 1:00 pm Senior Fit with UTA			

# Health & Education

## The ABCDs of Medicare

Tuesday, August 3, 2021  
9:30 am



In partnership with

### Suzi McAlpine

Suzi McAlpine will explain the ABCDs of your Medicare options.

## Injury and Fall Prevention

Thursday, August 26, 2021  
11:00 am

In partnership with



**All in All**  
Neuro Rehab and Wellness

Dr. Kendall Miller shares helpful tips to minimize falls and injuries.

## Senior Fit

Tuesday, August 31, 2021  
1:00 pm

In partnership with



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

Participants are needed for studies increasing physical activities through technology, feedback and education.

Scan the QR code for more information



## You are now welcome to bring food into the center.

Please consider current health and safety recommendations while enjoying.

# Activities & Trips

## Cup of Soup

Tuesday, August 24, 2021

11:00 am

In partnership with

*Green Valley Healthcare*



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



THURSDAY, AUGUST 5 2:00PM  
WEDNESDAY, AUGUST 11 10:30AM  
WEDNESDAY, AUGUST 25 10:30AM

IN PARTNERSHIP WITH



CELIS & ASSOCIATES

Registration required

Maximum of two Registrations  
per member



Thursday, August 12, 2021

9:30 am \$18

Meet a rescued sea turtle, walk through a 360 degree ocean tunnel and brave the piranha tunnel. We'll also enjoy lunch and a little shopping in the mall.



## Lunch Bunch M&O Station Grill and Leonard's Museum

Friday, August 20, 2021

9:30 am \$8



Time for burgers, milkshakes and a tour of the old Leonard's Department Store!



# Activities

## National Coloring Book Day

Monday, August 2, 2021

11:30 am

Bring a sack lunch and *Color with Jeana!*



## BOOK CLUBS

August's book **"Something Worth Doing"** by Jane Kirkpatrick

Monday Club, August 2 at 12:30 pm

Friday Club, August 6 at 10:30 am

September's book **"The Return"**

by Nicolas Sparks



## Pokeno Tournament

Friday, August 6, 2021

3:30 pm

\$2 plus \$10 Gift Card



## Card Making Class

Mondays in August

10:00 am

\$5 per class, paid to instructor during registration



## Jenn's SHENANIGANS

Wednesday, August 11

2:00 pm

Tie Dye! \$4

Bring your own  
100% cotton shirt



- Continue to wash your hands often.
- Remain home when not feeling well.

## \$5 Monthly Donation

Monthly donations cover coffee & expenses such as cups, lids, creamer, sugar etc...





# Brain Business



## Summer Word Search

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



Adventure

Flipflops

Grill

Lunch

Rangers

Smores

Sunglasses

Vacation

Watermelon

Barbecue

Friends

Heat

Picnic

Sand

Sprinkler

Sunscreen

Volleyball

Beach

Fruit

Lemonade

Popsicles

School

Sunflowers

Swimming

Walking



# Partners & Announcements

## Garage Sale Items Needed!

Donate gently used, clean items to be sold at the NRH Senior Center Garage Sale. Drop off in the office during business hours. Proceeds pay for the December Luncheon.



### Garage Sale Dates

Fri. Sept. 10, 8:00 am - 5:00 pm  
Sat. Sept. 11, 8:00 am - 2:00 pm

## Please Open Your Receipts!



Without opening your receipt, you will not know if you are registered or on the wait list.

If you need assistance,  
please see the front desk.

## COMMUNITY PARTNERS

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

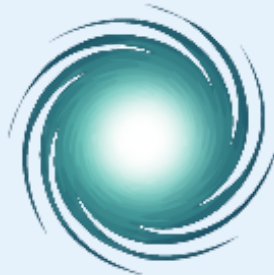


### Green Valley Rehabilitation & Healthcare Center

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

THOMAS CARRELL, M.D.  
BOARD CERTIFIED ORTHOPEDIC SURGEON

**stryker**



UNIVERSITY OF  
**TEXAS**  
ARLINGTON

**Suzi McAlpine**



**Celis & Associates**

**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/special-activities>**

**Jennifer Mills**

Program Coordinator

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