

NRH

SENIOR CENTER

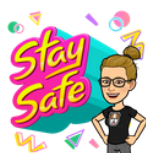
SPECIAL EDITION

CHIT-CHAT

JULIE ADKINS

SENIOR CENTER SUPERVISOR

If this **CCE (Crazy Covid Experience)** has taught us anything, it's that we need to take care of one another. Stay diligent with masks and social distancing. As we cautiously open a few classes each month, the center continues to be closed to the public. There is a light at the end of the tunnel, but in the interim, enjoy and share our **Chit Chat Newsletter**.



JENNIFER MILLS

PROGRAM COORDINATOR

Classes are slowly coming back to the NRH Senior Center and it's so exciting! A few notes: Registration is on the last working day of the month starting at 1:00pm. Emails cannot be accepted and voicemail does NOT guarantee a spot. Masks are required inside the NRH Senior Center facility. If you have questions, we want to help! We'll see you soon!

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April's Butterfly Luncheon

Wednesday, April 21, 2021

In partnership with

*Green Valley Rehabilitation
& Healthcare Center*



Call the NRH Senior Center at (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* Spaces are limited. Register by 5pm, Friday, April 12.** You must be registered for a time slot in order to receive a lunch.

A Very Merry Unbirthday to YOU!



Friday, April 16, 2021

1:30 pm - 2:30 pm

In partnership with



CONSERVATORY
AT KELLER TOWN CENTER
By Discovery Senior Living

NRH
CENTRE

We're celebrating everyone's unbirthday with cake and ice cream! Call the 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 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.

APRIL 2021 VIRTUAL SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE 1	Senior Center Closed 4.2.21 DAILY CHALLENGE 2	DAILY CHALLENGE 3
HAPPY EASTER! DAILY CHALLENGE 4	Monday MINDFULNESS DAY DAILY CHALLENGE 5	Trail Trek Tuesday's QOD DAILY CHALLENGE 6	DAILY CHALLENGE 7	Thankful Thursday DAILY CHALLENGE 8	Brain Business DAILY CHALLENGE 9	DAILY CHALLENGE 10
DAILY CHALLENGE 11	Monday MINDFULNESS DAY DAILY CHALLENGE 12	Trail Trek Tuesday's QOD DAILY CHALLENGE 13	f Jenn's SHENANIGANS Tie Dye DAILY CHALLENGE 14	Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE 15	Very Merry Unbirthday! Brain Business DAILY CHALLENGE 16	DAILY CHALLENGE 17
DAILY CHALLENGE 18	Monday MINDFULNESS DAY DAILY CHALLENGE 19	Trail Trek Tuesday's QOD DAILY CHALLENGE 20	April Luncheon DAILY CHALLENGE 21	Thankful Thursday DAILY CHALLENGE 22	Brain Business DAILY CHALLENGE 23	DAILY CHALLENGE 24
DAILY CHALLENGE 25	Monday MINDFULNESS DAY DAILY CHALLENGE 26	Trail Trek Tuesday's QOD DAILY CHALLENGE 27	f Jenn's SHENANIGANS Painted Rocks DAILY CHALLENGE 28	Thankful Thursday DAILY CHALLENGE 29	Brain Business DAILY CHALLENGE 30	

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!

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.



Dean Owen
Attorney at Law




Brain Business

NRH Senior Center Logic Puzzle

It's Spring! Three employees of the NRH Senior Center – Julie, Jennifer and Monte – are walking along and see the NRH Farmers Market. Cucumbers, tomatoes and apples are for sale. The NRH Senior Center group each decides to purchase a different item. They either purchase one, two or three items of their produce. While there, they also decide to buy juice. From the clues below, can you figure out what kind of juice, what kind of produce and how many they each purchased?

1. Lemonade was purchased by the one that bought apples, but it wasn't Monte.
2. The one that bought Orange Juice also bought the cucumber.
3. Julie bought the tomato (for her family)!
4. Monte bought two more produce item's than the one that bought Lemonade.

		Lemonade	Grape Juice	Orange Juice	Cucumber	Tomato	Apple	1	2	3
Julie										
Jenn										
Monte										
1										
2										
3										
Cucumber										
Tomato										
Apple										



Employee	Drink	Produce	#

Health, Fitness & Classes

APRIL TRAIL TREK

New Time! 9:00am

TUESDAYS AT 9:00AM

Join staff & volunteers as we highlight a different trail to trek each week in April. 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.



April 6 - Northfield (heading North to JB Sandlin Park), 7804 Davis Blvd

April 13 - Walkers Creek Park, 8403 Emerald Hills Way

April 20 - Green Valley Park, 7701 Smithfield Road

April 27 - Linda Spurlock Park, 6400 Glenview Drive



MONDAY AND FRIDAY BOOK CLUBS ON ZOOM!

The April book is "American Dirt" by Jeanine Cummins

Meetings will be Thursday (instead of Friday) April 1 and Monday April 5.

The May book is "The Book of Lost Friends" by Lisa Wingate

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





NRH SENIOR CENTER

HORN HONKIN' BINGO

PLAY FROM INSIDE YOUR CAR!

THURSDAY, APRIL 1 10:00AM
THURSDAY, APRIL 15 10:00AM

WALKERS CREEK PARKING LOT
8403 EMERALD HILLS PKWY

IN PARTNERSHIP WITH
DEAN OWEN, ATTORNEY AT LAW

REGISTRATION REQUIRED
817-427-6695





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, April 14 - Tie Dye

Wednesday, April 28 - Painted Rocks






Class Registration

- Classes are in person.
- Doors are unlocked 15 minutes before class.
- Masks are required at all times.
- Please remain 6 feet apart while inside the building.
- Registration begins Wednesday, March 31 at 1:00pm.
No registrations accepted early
- Register by phone at 817-427-6695.
- Emails will not be accepted.
- Voicemail does NOT guarantee a spot.



Journaling with Julie!
Second and Fourth
Wednesdays
10:30 am - 11:30 am



Light & Lively
Thursdays
9:30 am - 10:30 am



Chair Yoga (DVD)
Tuesdays
3:00 pm - 4:00 pm



Just Keep Movin'
Fridays
8:30 am - 9:30 am

More classes added each month!



Giving Back in 2021

FEBRUARY AND MARCH "GIVING BACK" UPDATE

Because of your generosity, **74** gift cards (\$**740** value) have been delivered to Medical City North Hills for their frontline workers. Thank you to all of the NRH Senior Center members that donated! You really make a difference in our community.

Journaling with Julie: A Brand New Class!

Second & Fourth Wednesdays 10:30 am - 11:30 am

Too busy. Will do it later. Don't have the supplies. Etc... Etc... Etc...
Dedicating the time for journaling is half the battle. Now there's no excuse!

Each class will include a quick 15 minute journaling craft at the beginning and 45 minutes of journal time. A journaling topic will be provided but is not necessary for writing.

Just Keep Movin'

Now with more Drumming!



Did I Remember to Register for:

- ☐ A Very Merry Unbirthday Party
- ☐ Drive Thru Luncheon
- ☐ Horn Honkin' Bingo
- ☐ Trail Trek
- ☐ Chair Yoga
- ☐ Journaling with Julie
- ☐ Light & Lively
- ☐ Just Keep Movin'

Did I Add to My Calendar?

- ☐ Jenn's Shenanigans

Julie Adkins

Senior Center Supervisor
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NRH Senior Center

(6000 Hawk Ave. NRH, TX 76180)

Closed until further notice

Jennifer Mills

Program Coordinator
(817) 427-6699
jmills@nrhtx.com

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