

# NRH

SENIOR CENTER

SPECIAL EDITION

## CHIT-CHAT



**JULIE ADKINS**

SENIOR CENTER SUPERVISOR

Wow, September is here already, we **Miss You All So Much!** We LOVE seeing your comments on Facebook and hearing your voices when we talk! New this month, we will begin "Zoom Chats with Staff". This will be a good time to learn the Zoom technology in a friendly environment and see some familiar faces. Check the calendar for dates and times.



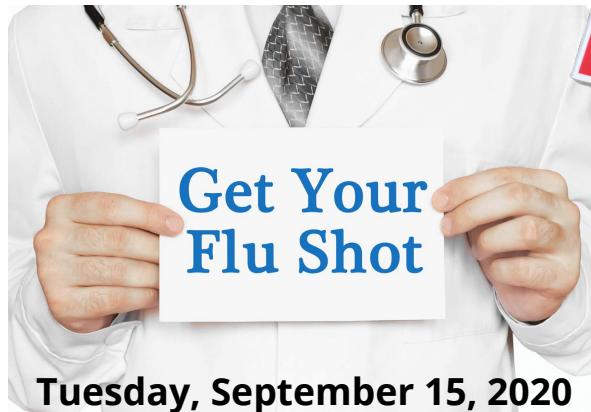
**JENNIFER MILLS**

PROGRAM COORDINATOR

I'm excited for what September brings! As the temps drop, it's time to enjoy NRH parks and anything outside. Shake up your routine and keep it fun! Now is a great time to prepare for the holidays by testing new recipes and projects. Miss you tons! Call us anytime to visit.

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**Tuesday, September 15, 2020**



In partnership with  
**Tom Thumb**

Call NRH Senior Center, (817) 427-6695, to register for a designated time slot. **Insurance card** and a form of ID is required. Informed Consent Forms may be picked up prior to appointment at the NRH Senior Center or completed on that day.

In partnership with  
**Suzi McAlpine**

Call NRH Senior Center (817) 427-6695 to Register for a designated time slot. **The Drive Thru is located in the parking lot between the NRH Centre and the NRH Library.** Please follow the signs for pick-up. **\*IMPORTANT\*** Register by 5pm, Friday, September 11. You must be registered for a time slot in order to receive a lunch.

# 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 & 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.



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

# SEPTEMBER 2020 VIRTUAL SENIOR CENTER

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

6 DAILY CHALLENGE	7 <b>Labor Day</b> Monday MINDFULNESS DAY DAILY CHALLENGE	8 Tuesday's Question of the Day DAILY CHALLENGE	9 Jenn's SHENANIGANS Soap Making DAILY CHALLENGE	10 Thankful Thursday DAILY CHALLENGE	11 Brain Business DAILY CHALLENGE	12 DAILY CHALLENGE
13 DAILY CHALLENGE	14 Monday MINDFULNESS DAY DAILY CHALLENGE	15 Flu Shot Clinic, By Appointment Tuesday's Question of the Day DAILY CHALLENGE	16 Nat'l Guacamole Day Lunch Drive Thru DAILY CHALLENGE	17 Thankful Thursday DAILY CHALLENGE	18 Zoom Chat with Staff (Julie & Jenn) Brain Business DAILY CHALLENGE	19 DAILY CHALLENGE
20 DAILY CHALLENGE	21 Monday MINDFULNESS DAY DAILY CHALLENGE	22 Tuesday's Question of the Day DAILY CHALLENGE	23 Jenn's SHENANIGANS Mug Rug DAILY CHALLENGE	24 Thankful Thursday DAILY CHALLENGE	25 Brain Business DAILY CHALLENGE	26 DAILY CHALLENGE
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## COMMUNITY PARTNERS

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

NRH Senior Center  
**Thank You Suzi**

Together we can solve the Medicare Maze!

**Suzi McAlpine**  
Your Independent Broker  
817-501-8732 Cell  
Toll Free & Fax 1-888-227-0535  
MySmartHealthPlan@abcglobal.net

Medicare Supplements & Advantage Plans Medicare Rx Dental  
Individual Health / Life Insurance Long Term Care  
Walking People Through the Medicare Maze since 2000!

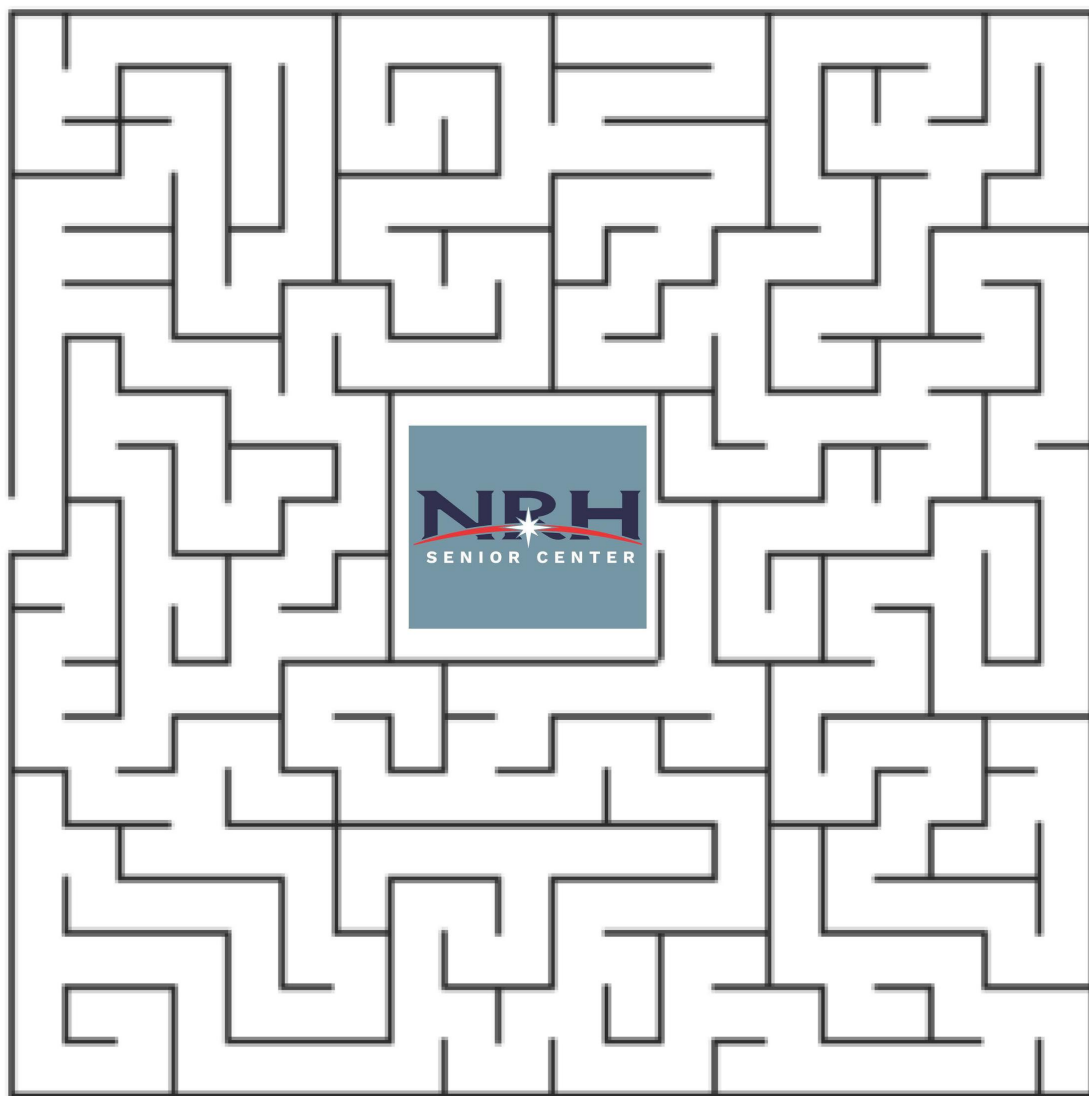


**Tom Thumb**



# TRAIN YOUR BRAIN

*HELP JULIE & JENNIFER GET TO THE SENIOR CENTER*



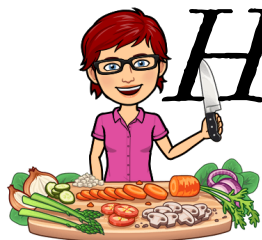
## MOVIE QUOTE CRYPTOGRAM

*Figure out the movie quote. The numbers are not assigned to the letters in any particular order.*

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
				25				20										4							

26	17	26	17	,	I	'	E	9	E	E	I	5	25	11	25									
20	22	25	14	25	25	6	20	8	18	20	8	16	9	8	4	9	4	9	8	3	21	17	11	25
8	17	26	I	S	S	E																		





# Health, Fitness & Classes

## Small Steps

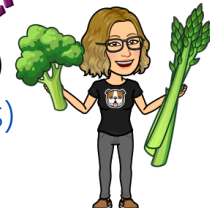


### Healthy eating:

It is so easy to eat more often or to eat less healthy foods when we are stressed, bored or lonely. But now more than ever, eating healthy foods can be an important part of improving your health and strengthening your immune system.

- Add more color to your plate by eating fruits and vegetables each day
- If eating canned vegetables, rinse them in water first (to lessen the salt)
- Minimize sugary treats or high processed food (cookies, crackers, chips)
- Drink plenty of water and minimize sugary drinks

**EAT YOUR GREENS**



Excerpt from NCOA, Self-Care During the Covid-19 Outbreak

By Michelle Fritsch, PharmD, BCGP, BCACP | Kathleen Cameron, BS Pharm, MPH | 4.24.2020

## Jenn's SHENANIGANS Supply List

### September 9, Soap Making

Clear soap for soap making  
Mica powder for color  
Rubbing alcohol in spray bottle  
Glass measuring cup or double boiler

### September 23, Mug Rug

12"x 12" fabric – 2 patterns that work together  
Quilt binding to match  
12"x 12" thin batting  
Sewing machine or needle and thread

## Zoom Chat with Staff (Julie and Jenn)

**TALK soon**



If you are new to Zoom or just want to chat, call the NRH Senior Center (817) 427-6695 and register for one of the Zoom Chats offered this month.

**Friday, September 18 @ 10 am**

**Wednesday, September 30 @ 2 pm**

**NRH Senior Center - Closed until further notice**

Julie Adkins (817) 427-6697

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