

# NRH

## SENIOR CENTER

SPECIAL EDITION

# CHIT-CHAT



### JULIE ADKINS

SENIOR CENTER SUPERVISOR

### JENNIFER MILLS

PROGRAM COORDINATOR

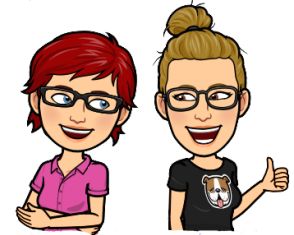
WOW, May is upon us and with it additional in-person programming, **How Exciting!** Jenn and I are hoping that in the very near future we'll be able to visit with you "in person" again at the center. We are working hard to get ready for just that.

**A HUGE Thank You to everyone that participated in our annual survey, over 200 submitted! We truly value your input** ♥

May is going to be amazing! Welcome back to Tai Chi, Drawing and Guitar. Trail Treks are beautiful with plenty of ducks and blooming plants. Want to join the Volunteer Team? We need smiling faces to assist with disinfecting, helping in the kitchen, and working the front desk. No opening date yet, but we want to be ready to GO!

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## Drive Thru BARNYARD HOEDOWN LUNCHEON

Wednesday, May 19, 2021

### \$5 Boxed Lunch

Exact Change Only at Drive Thru

**Includes 3 chicken strips, gravy, mashed potatoes, biscuit and bottle of water**

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, May 14.** You must be registered for a time slot in order to receive a lunch.

## National Senior Health & Fitness Day

Wednesday, May 26, 2021

1:30 pm - 2:30 pm

In partnership with



### NATIONS

INSURANCE SOLUTIONS



Dress up in your best workout attire and join us for a Drive Thru Photo Booth and Goodie Bag! 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.

## MAY 2021 VIRTUAL SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 DAILY CHALLENGE	3 Monday MINDFULNESS DAY DAILY CHALLENGE	4 Trail Trek Tuesday's QOD DAILY CHALLENGE	5 DAILY CHALLENGE	6 Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE	7 Brain Business DAILY CHALLENGE	1/8 DAILY CHALLENGE
9 Happy Mother's Day DAILY CHALLENGE	10 Monday MINDFULNESS DAY DAILY CHALLENGE	11 Trail Trek Tuesday's QOD DAILY CHALLENGE	12 Jenn's SHENANIGANS Hanging Kitchen Towel 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 Trail Trek Tuesday's QOD DAILY CHALLENGE	19 Dorie Hru BARNYARD HOEDOWN LUNCHEON DAILY CHALLENGE	20 Thankful Thursday Horn Honkin' Bingo DAILY CHALLENGE	21 Brain Business DAILY CHALLENGE	22 DAILY CHALLENGE
23 DAILY CHALLENGE	24 Monday MINDFULNESS DAY DAILY CHALLENGE	25 Trail Trek Tuesday's QOD DAILY CHALLENGE	26 Senior Health and Fitness Day Jenn's SHENANIGANS Chocolate Sheet Cake DAILY CHALLENGE	27 Thankful Thursday DAILY CHALLENGE	28 Brain Business DAILY CHALLENGE	29 DAILY CHALLENGE
30 DAILY CHALLENGE	31 MEMORIAL DAY DAILY CHALLENGE					

### 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 Nexon Health.  
Your local leader in nursing & rehabilitation services.



**NATIONS**  
INSURANCE SOLUTIONS

# Brain Business

## Word Unscramble

TEITDINMOA

INANGPTI

GOYA TAPEISL

ATI ICH

WRIGAND

GTURAI

NCUNLHEO

OINGB

OAERITITRSNG

ENROIS

SSHGAIENNAN

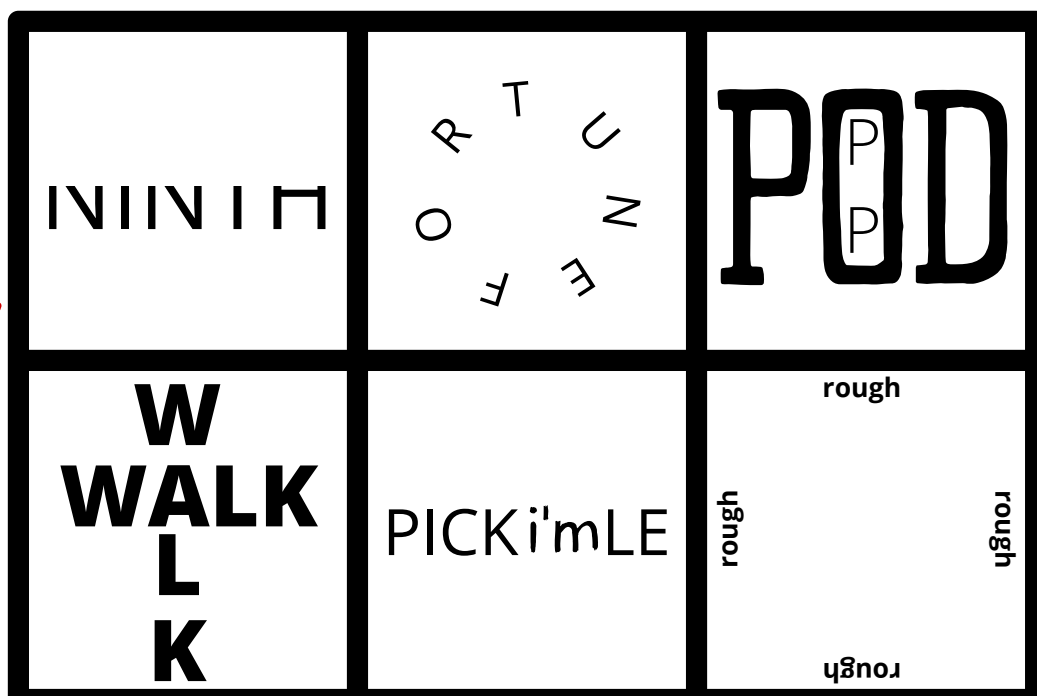
IALRT

HHLTAE

SFIENTST

*All of the  
words can be  
found in this  
month's  
newsletter!*

## Word Puzzles





# Health, Fitness & Classes

## MAY TRAIL TREK

## TUESDAYS AT 9:00AM

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



**May 4 - Northfield (heading South towards Rumfield), 7804 Davis Blvd**

**May 11 - Walkers Creek Park, 8403 Emerald Hills Way**

**May 18 - Adventure World Park, 7451 Starnes Road**

**May 25 - Barfield Trail (Meet at NRH Fire Station 1), 8001 Shadywood Lane**



### MONDAY AND FRIDAY BOOK CLUBS ON ZOOM!

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

Meetings will be Monday May 3 and Friday May 14.

The June book is "The Girl You Left Behind" by JoJo Moyes

Call the NRH Senior Center to register and  
receive the Zoom invite! (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, May 12 - Hanging Kitchen Towel

Wednesday, May 26 - Texas Sheet Cake



## NRH SENIOR CENTER HORN HONKIN' BINGO

PLAY FROM INSIDE YOUR CAR!

THURSDAY, MAY 6 10:00AM

THURSDAY, MAY 20 10:00AM

WALKERS CREEK PARKING LOT  
8403 EMERALD HILLS PKWY

IN PARTNERSHIP WITH  
GREEN VALLEY HEALTHCARE

REGISTRATION REQUIRED  
817-427-6695







# Class Registration

- Classes are in person.
- Doors are unlocked 15 minutes before class.
- Masks are highly recommended.
- Please remain 6 feet apart whenever possible.
- Registration begins Friday, April 30 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.

<b>Meditation</b>	<b>Mondays</b>	<b>1:00 pm</b>
<b>Tai Chi</b>	<b>Tuesdays</b>	<b>11:00 am</b>
<b>Drawing</b>	<b>Wednesdays</b>	<b>9:00 am</b>
<b>Guitar</b>	<b>Thursdays</b>	<b>9:00 am</b>
<b>Light &amp; Lively</b>	<b>Thursdays</b>	<b>9:30 am</b>
<b>Painting</b>	<b>Thursdays</b>	<b>1:00 pm</b>
<b>Yoga/Pilates</b>	<b>Fridays</b>	<b>10:00 am</b>



Face Coverings are highly recommended for all members and guests. Please continue to maintain good social distancing practices while attending classes or visiting the NRH Senior Center.

# VOLUNTEER TEAM

Join the team that keeps the NRH Senior Center running!

Preparing for our future reopening, we need assistance with

- Sanitizing
- Kitchen
- Front Desk

If interested, please email [jmills@nrhtx.com](mailto:jmills@nrhtx.com)

## Did I Remember to Register for:

- ☐ National Senior Health and Fitness Day
- ☐ Drive Thru Luncheon(\$5)
- ☐ Horn Honkin' Bingo
- ☐ Trail Trek
- ☐ Guided Meditation
- ☐ Tai Chi
- ☐ Drawing
- ☐ Guitar
- ☐ Painting
- ☐ Yoga/Pilates

## Did I Add to My Calendar?

- ☐ Jenn's Shenanigans

**Julie Adkins**

Senior Center Supervisor  
(817) 427-6697  
[jadkins@nrhtx.com](mailto:jadkins@nrhtx.com)

**NRH Senior Center**

(6000 Hawk Ave. NRH, TX 76180)

***Closed until further notice***

**Jennifer Mills**

Program Coordinator  
(817) 427-6699  
[jmills@nrhtx.com](mailto:jmills@nrhtx.com)

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