

Mark Your Calendars!



## THE ESCAPE GAME

Wednesday, March 4  
8:40 am \$38

You and your team will have 60 minutes to uncover clues, crack codes, solve puzzles and complete your mission.

We'll stay until 2:00 pm so you can shop and eat anywhere in the Grapevine Mills Mall!

(Lunch and time to shop on your own)

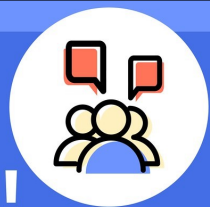


Lunch at M&O Station Grill

Tour Leonard's Department Store Museum

Tuesday, March 17  
10:30 am \$8  
(Lunch on your own)

We Want  
to **HEAR**  
from **YOU!**



**Senior Center Annual Survey**  
Monday, March 2 through  
Tuesday, March 31

**Please submit one survey only.**

**Small thank you available to first 100 responses.**



*The vision of the North Richland Hills Parks and Recreation Department is a Healthy, Happy and Engaged community where everyone matters.*

Do It Yourself!



## DIY Floating Tea Cup

Friday, March 20  
10:30 am \$10

## DIY Welcome Sign

Friday, March 27  
10:30 am \$9



## Instructor/Leader Team Training For New and Current Volunteers

If you currently teach or lead an NRH Senior Center program or have a special talent you would like to share, this meeting is for YOU!

Thursday, March 5, 10:00 am  
Wednesday, March 11, 1:30 pm  
Monday, March 23, 9:30 am  
Tuesday, March 31, 3:00 pm



## Barfield Trail Rides

- Enjoy a beautiful ride down the Barfield Trail beginning at Cross Timbers Park.
- Register for a 10:00 am or 1:00 pm time slot on Mondays and Tuesdays during the month of March.
- The trail ride is offered in a six-person golf cart donated by John Barfield specifically for senior trail rides. Senior Center Volunteers drive and provide information.



MONTHLY GUIDE

# March 2020

## SPECIAL ACTIVITIES!

Dr. Seuss' Birthday  
Dean Owen, Attorney

Monday, March 2  
2:00 pm

Nat'l "I Want You To Be Happy" Day  
Nations Insurance Solutions

Tuesday, March 3  
10:00 am

The Escape Game & Grapevine Mills Mall

Wednesday, March 4  
8:40 am

Nat'l Pancake Day  
Celis & Associates

Thursday, March 12  
9:00 am

M&O Station Grill &  
Leonard's Department Store Museum

Tuesday, March 17  
10:30 am \$8

Celebrate Dr. Seuss! Luncheon

Wednesday, March 18  
11:00 am

AARP Safe Driving  
Thursday, March 19  
8:15 am \$15/\$20

Happiness Bunco  
Emerald Hills Rehabilitation

Friday, March 20  
2:30 pm

Cup of Soup - Green Valley Healthcare

Tuesday, March 24  
11:30 am

National Nutrition Month  
Nations Insurance Solutions

Monday, March 30  
2:00 pm



## Celebrate Dr. Seuss! Luncheon

Wednesday, March 18  
11:00 am

## Dr. Seuss' Birthday Celebration

Monday, March 2 2:00 pm  
*In Partnership with*

**Dean Owen,  
Attorney**



## Nat'l I Want You To Be Happy Day

Tuesday, March 3 10:00 am

*In Partnership with*  
**Nations Insurance  
Solutions**



## National Pancake Day

Thursday, March 12 9:00 am  
*In Partnership with*

**Celis & Associates**



## National Nutrition Month

Monday, March 30 2:00 pm

*In Partnership with*  
**Nations Insurance  
Solutions**



## Recurring Schedule

*What we do every day!*

8:30 am Silver Sneakers  
9:00 am Mahjong  
9:45 am Crafty Quilters  
10:30 am Fast Track  
12:30 pm Woodcarvers  
1:00 pm Beg. Line Dance 2  
2:15 pm Line Dance Favorites  
3:30 pm Beg. Line Dance 1

Barfield Trail Ride 10am & 1pm

8:00 am Pinochle  
8:30 am Just Keep Movin'  
9:00 am Mahjong  
9:30 am Light & Lively  
10:15 am Yoga with Connie  
10:00 am Dominoes (42)  
11:30 am Beg. Tai Chi  
1:00 pm Party Bridge  
1:00 pm Watercolor Paint  
1:00 pm Yoga/Pilates  
1:00 pm Brazilian Embroidery  
2:30 pm Chair Yoga

Barfield Trail Ride 10am & 1pm

8:30 am Silver Sneakers  
9:00 am AM Party Bridge  
9:00 am Drawing  
9:30 am Light & Lively  
10:00 am Dominoes (Old Fashion)  
12:30 pm Beading/Jewelry  
1:00 pm Guided Meditation  
1:00 pm PM Party Bridge  
1:30 pm Jam Session

8:30 am Just Keep Movin'  
9:00 am Party Bridge  
9:00 am Beginning Bridge 1  
9:30 am Light & Lively  
9:30 am Duplicate Bridge  
10:30 am Beginning Bridge 2  
11:00 am Samba Canasta  
12:15 pm Beg. Tai Chi  
1:00 pm Oil Painting  
1:30 pm Tai Chi for Health Workshop  
2:30 pm Chair Yoga

8:00 am Pinochle  
8:30 am Silver Sneakers  
9:00 am Guitar  
9:30 am Spanish 1 (Verbs)  
10:00 am Dominoes (Mexican Train)  
10:30 am Conver. Spanish  
10:30 am Yoga/Pilates  
11:45 am Tai Chi for Health  
1:00 pm Beg. Line Dance 3  
1:00 pm Art Girlz —  
2 Fri. only

**SUN**

**MON**


**TUE**

**WED**

**THU**

**FRI**

**SAT**

1 10:00 am Card Making A \$4 2  
2:00 pm Dr. Seuss' Birthday  
*Partnering with Dean Owen, Attorney*  


3 10:00 am Nat'l "I Want You To Be Happy" Day *in partnership with Nations Insurance Solutions*

4 8:40 am \$38 The Escape Game *(Lunch & shopping on your own)*  
10:30 am Grocery Bingo \$1

5 10:00 am Instructor/Leader Team Training  
2:00 pm Karaoke

6 10:30 am First Friday Book Club  
2:00 pm Second Chance Bingo!

7 Jam Session  
Not in session for today

8 10:00 am Card Making B \$4 9

10

11 1:30 pm Instructor/Leader Team Training

12 9:00 am Nat'l Pancake Day *Partnering with Celis & Associates*  
11:00 am Wellness Seminar  
1:15 pm NRH Singers Rehearsal

13

14 Jam Session  
6 pm – 9 pm  
\$1.00 donation  
Dan Echols Center  
6801 Glenview Dr. NRH

15 10:00 am Card Making (Box) \$4 16

17 10:30 am \$8 M&O Station Grill and Leonard's Department Store *(Lunch on your own)*  


18 11:00 am Celebrate Dr. Seuss! Luncheon  


19 AARP Safe Driving  
8:15 am-1:00 pm \$15/\$20  
2:00 pm Karaoke

20 10:30 am DIY Floating Tea Cup \$10  
2:30 pm Happiness Bunco *partnering with Emerald Hills Rehabilitation*  


21 Jam Session  
6 pm – 9 pm  
\$1.00 donation  
Dan Echols Center  
6801 Glenview Dr. NRH

22 9:30 am Instructor/Leader Team Training  
10:00 am Card Making C \$4 23

24 11:30 am Cup of Soup *partnering with Green Valley Healthcare*  


25 10:30 am Grocery Bingo \$1

26 1:15 pm NRH Singers Rehearsal

27 10:30 am DIY Welcome Sign \$9  
Registration Input Mar. 27  


28 Jam Session  
6 pm – 9 pm  
\$1.00 donation  
Dan Echols Center  
6801 Glenview Dr. NRH

29 10:00 am Card Making D \$4  
2:00 pm Nat'l Nutrition Month *in partnership with Nations Insurance Solutions*  


31 3:00 pm Instructor/Leader Team Training

Registration payment due by 5:00 pm March 31

March Registration  
Turn forms in by  
5:00 pm February 25

Registration Forms due by March 26, 5:00pm