



Newsletter

May 2026

**ONLINE
REGISTRATION!**



Health Fair

**Wednesday, May 27, 2026
10 AM - 1 PM**

**Geared for Senior Adults
but OPEN to ALL**

**Door Prize Drawings
throughout event**

**the Grand Hall
6000 Hawk Ave.
North Richland Hills, TX
76180**



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MAY LUNCHEON

Wednesday, May 20, 2026
11:00 am \$10

Join us for a Taps & Tunes performance along with a patriotic plate of brats!


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Stroke Awareness

Friday, May 15, 2026
12:00 pm



In partnership with







**Encompass
Health**

**ONLINE
REGISTRATION!**

NRH
SENIOR CENTER

MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30am Silver Sneakers 9:00am Mahjong 9:30am Crafty Quilters 1:00pm Woodcarvers High Beginner /Improver Line Dance 3:30pm Beginner Line Dance	8:00am Pinochle 8:30am Just Keep Movin' 9:45am Balance & Power 10:00am Knitwits 11:00am Tai Chi - Arthritis 12:00pm Dominoes (42) 12:30pm NRH Singers 1:00pm Painting 1:00pm Braz. Embroidery 2:30pm 1 st & 3 rd . Stretch 2 nd & 4 th Strength 3:30pm Chair Yoga	8:30am Silver Sneakers 9:00am Drawing 9:30am Light & Lively 1:00pm Hand & Foot 1:00pm Jam Session <div style="text-align: center;">  </div>	8:30am Party Bridge 9:00am 1 st & 3 rd . Strength 2 nd & 4 th . Stretch 11:00am Dominoes (Mexican Train) 12:30pm Yoga with Connie 1:00pm Painting 1:00pm Support Group 2 nd Thurs Only 3:30pm Chair Yoga	8:00am Pinochle 8:30am Just Keep Movin' 9:30am Light & Lively 9:30am Spanish 1 (Verbs) 10:30am Yoga/Pilates 12:00pm 99 (Card Game) 1:00pm Intermediate Line Dance
Book Club <i>The Diamond Eye</i> by Kate Quinn Mon May 4 12:30 pm Fri May 15 10:30 am				12:00 pm 1 National Chocolate Parfait Day AmeriLife 3:00 pm \$10 Jenn's Shenanigans Whipped Cream Clay
9:00 am 4 Trail Trek Green Valley Park Meet @ Front Parking Lot by Street 2:00 pm Birthday Party Holiday Lane Estates	1:30 pm 5 Cinco de Mayo RAM Insurance Services 3:00 pm Chair Cardio with Julie	10:30 am 6 Wellness Seminar Old Time Natural Remedies	2:00 pm 7 Bingo RAM Insurance Services	3:00pm 8 Mother's Day Tea
 8:00 am 11 Operation: Cup of Joe 11:00 am Lunch & Learn Senior Scams Tarrant County District Attorney's Office	10:15am 12 \$17 Kimbell Art Museum: The Holy Sepulcher	 10:30 am 13 Bingo RAM Insurance Services	10:00 am 14 You're Never Too Old to Play in the Dirt 1:00 pm Support Group	12:00 pm 15 Stroke Awareness Encompass Health 3:00 pm LCR Tournament RAM Insurance Services
9:00 am 18 Trail Trek Linda Spurlock Park Meet by park sign on Dawn Drive	10:00 am 19 Brain Games 3:00 pm Chair Cardio with Julie	May Luncheon 11:00 am \$10 20	10:30am 21 \$9 Lunch Bunch HG Sply Co Fort Worth	10am- June Registration ONLINE-Residents 22 3:00 pm Chair Volleyball
 25 CLOSED FOR MEMORIAL DAY Remember & Honor	10am- June Registration ONLINE-Everyone 26 11:30 am Cup of Soup Green Valley Healthcare	 10:30 am 27 Bingo RAM Insurance Services NRH SENIOR CENTER HEALTH FAIR 10am - 1pm	28	29 3:00 pm 3D Card Making with Daysy

Health & Education



MAY BIRTHDAY PARTY

In partnership with



HOLIDAY LANE ESTATES

Monday, May 4, 2026
2:00 pm




BINGO

THURSDAY, MAY 7 2:00PM
WEDNESDAY, MAY 13 10:30AM
WEDNESDAY, MAY 27 10:30AM

REGISTRATION REQUIRED. MEMBERS MAY ATTEND TWO OF THE THREE DAYS AVAILABLE.

In partnership with

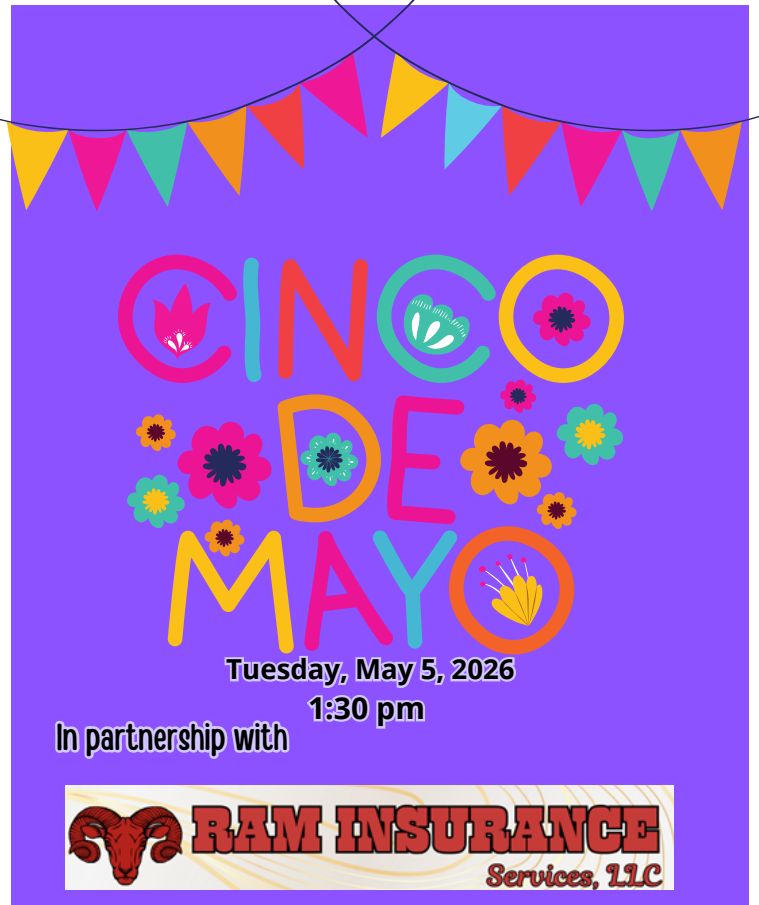


National Chocolate Parfait Day

Friday, May 1, 2026
12:00 pm




In partnership with

CINCO DE MAYO

Tuesday, May 5, 2026
1:30 pm

In partnership with



Health & Education



MOTHER'S DAY TEA

Friday, May 8, 2026
3:00 pm



Lunch & Learn

Scam Prevention

Monday, May 11, 2026
11:00 am

Bring your own lunch or order through the center for \$10.

In partnership with



Nathan J Martin
Tarrant County
District Attorney's
Office

A Reminder that Registering for an Activity is Considered an RSVP

Many Senior Center programs have a waiting list



It is **too late** to fill the spot...



When you **don't show or call to cancel** the day of the activity,



Supplies have been purchased by Community Partners or the Senior Center and **wasted** when your spot is not filled by someone on the wait list.

- 24 hour cancellation is necessary.
- Attendance for the entire activity is required to receive the eats and treats.
- Those that cancel less than 24 hours before an event receive a strike.
- After 3 strikes, **your account will be unable to register for activities until the third day of registration.**



Wellness Seminar

Wednesday, May 6, 2026
10:30 am

Old Time Natural Remedies

NRH Senior Center Support Group

Thursday, May 14, 2026
1:00 pm

You're Never Too Old to Play In the Dirt

Thursday, May 14, 2026
10:00 am

Trips, Health & Education

Kimbell Art Museum Tuesday, May 12, 2026
10:15 am \$17

THE Holy Sepulcher
Treasures from the Terra Sancta Museum, Jerusalem
MARCH 16-JUNE 28, 2026

SASSY STRENGTH
Thursday, May 7 9:00 am
Tuesday, May 12 2:30 pm
Thursday, May 21 9:00 am
Tuesday, May 26 2:30 pm

STRETCH & RESTORE
Tuesday, May 5 2:30 pm
Thursday, May 14 9:00am
Tuesday, May 19 2:30 pm
Thursday, May 28 9:00am

Lunch Bunch **HG SPLY CO.**
Thursday, May 21, 2026
10:30 am \$9

Cup of Soup
Tuesday, May 26, 2026
11:30 am

In partnership with
Green Valley Healthcare

Trail Trek
Monday, May 4, 2026
9:00 am
Green Valley Park
7701 Smithfield Road
Meet at front parking lot by street

NEW START TIME!

Monday, May 18, 2026
9:00 am
Linda Spurlock Park
6400 Glenview Drive
Meet by park sign on Dawn Drive

- Hit the trails with this member led group!
- Walks are cancelled if there is rain.
- Dogs **MUST** be on a leash at all times.

NRH SENIOR CENTER GIVES BACK!

NRH Senior Center is collecting items to be donated to Need, North East Emergency Distribution. They provide assistance with food and TXU assistance.

Items Accepted:
Money
Toilet Paper
Shampoo
Soap or Body Wash
Toothpaste
Toothbrushes
Laundry Detergent
Dish Washing Soap

LCR Tournament
Friday, May 15, 2026
3:00 pm

RAM INSURANCE Services, LLC

Partners

COMMUNITY PARTNERS

Gold



Silver



*Green Valley Rehabilitation
& Healthcare Center*



Bronze



HOLIDAY LANE
ESTATES



Julie Adkins

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NRH Senior Center

6000 Hawk Ave. NRH, TX 76180
(817) 427-6695

Open Monday through Friday, 8:00 am to 5:00 pm

<https://www.nrhseniorcenter.com>

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