



NRH Senior Center Annual March 2026 Satisfaction Survey Results



For those at least 55 years old, the NRH Senior Center, located at 6000 Hawk Avenue, offers a variety of amenities and enrichment opportunities. The dedicated senior facility adjoins the main concourse of the NRH Centre, and is designed for socialization, educational and physical activities.

The Satisfaction Survey was **emailed out to 918 members** on Monday, March 16. The deadline was Wednesday, March 31. Hard copy surveys were distributed upon request at the front desk. Total responses totaled 231. There were 18 completed hard copies and 213 electronic replies.

Overall Satisfaction

4.8

The overall satisfaction rating indicates a strong positive response from participants, with an average satisfaction score of **4.8 out of 5**. This rating reflects a very high level of approval among respondents regarding their experience with the Senior Center's programs, services, and environment. The data suggests that current offerings are meeting participant expectations and supporting engagement among senior adults effectively.

March 31, 2026 Stats....

937 members

705 Residents

232 Non-residents

Age 55 - 59 24

Age 60 - 69 191

Age 70 - 79 438

Age 80 - 89 254

Age 90 - 99 28

19 members do not have email



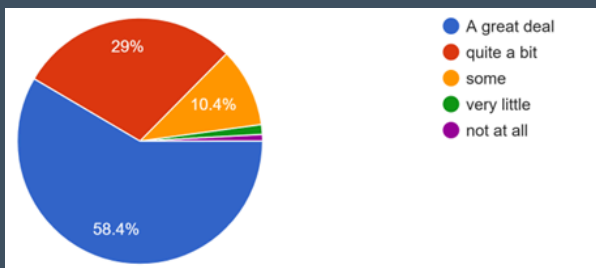
Importance of Staying Social and Physically Active as Senior Adults

Maintaining social connections and engaging in physical activity are essential components of healthy aging. Social interaction helps reduce feelings of isolation, improves mental well-being, and contributes to overall life satisfaction. Physical activity supports mobility, independence, cardiovascular health, and cognitive function. Senior Center programming provides opportunities that promote both social engagement and active lifestyles, which are critical for maintaining quality of life as we age.

The Survey Says...

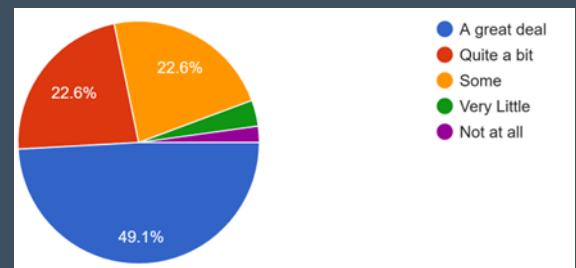
Social Engagement

To what extent do you feel the NRH Senior Center helps you stay socially connected and engaged?



Physical Activity

To what extent do you feel the NRH Senior Center helps you stay physically active and healthier?



Social Engagement

- A great deal: 135 responses
- Quite a bit: 67 responses
- Some: 24 responses
- Very little: 3 responses
- Not at all: 2 responses

Physical Activity

- A great deal: 113 responses
- Quite a bit: 52 responses
- Some: 52 responses
- Very little: 8 responses
- Not at all: 5 responses



Volunteer Program

What sets the NRH Senior Center apart – **Our Members!**

Volunteering plays a vital role in supporting both individual wellness and community strength. Seniors who volunteer often experience improved purpose, stronger social networks, and increased physical and mental activity levels. Volunteer participation also enhances the Senior Center’s ability to expand programming and strengthen peer support among members.

Survey - Do you Volunteer?

Volunteer Participation (Column D Results)

- Yes: 70 responses (31%)
- No: 158 responses (69%)



Volunteer Positions (number of volunteers)

- Gives Back Team (10)
- Plant Swap Team (11)
- Birthday Card Team (16)
- Health Fair Team (7)
- Craft Fair Team (5)
- Celebrate Nat’l Senior Center Mo. (7)
- Fall Prevention Week (4)
- Gratitude Gurus (4)
- Mo. Luncheon Decor (8)
- Mo. Luncheon Serving Team (11)
- Mo. Luncheon Fun Time Team (5)
- Center Decor (6)
- Birthday Party Team (4)
- Program Reminder Calls (4)
- Books and Puzzles (3)
- Bingo Team (3)
- Instructors (47)
- Kitchen Team (18)
- Front Desk (4)
- NRH Singers Outreach (19)

Financial Impact of Volunteer hours for FY25

8,882

Volunteer hours

\$64,395

Financial Impact at \$7.25 per hour

In summary

Overall survey findings demonstrate very high satisfaction (4.8) with strong participation in both social and physical programming. Most respondents reported meaningful engagement benefits, and the majority reside within North Richland Hills, confirming the Center's strong local impact. Volunteer participation remains an opportunity area for growth and future engagement strategies. Continued investment in wellness programming, social connection opportunities, and volunteer pathways will support sustained success and community benefit.

Report completed by Julie Adkins

