

# NRH

SENIOR CENTER

April 2024

# Newsletter



## SPLISH SPLASH POOL PARTY

BENEFITTING THE NRH FIRE DEPARTMENT

### NRH SENIOR CENTER GIVES BACK



**BRING A CASH DONATION TO GAIN ENTRANCE TO THE NRH SENIOR CENTER SPLISH SPLASH POOL PARTY BENEFITTING THE NRH FIRE DEPARTMENT! FUNDS WILL BE USED TO PURCHASE BOTTLED WATER FOR THE FIRE DEPARTMENT. ENJOY THE POOL AND SNACKS WHILE SUPPORTING YOUR FIRE DEPARTMENT.**

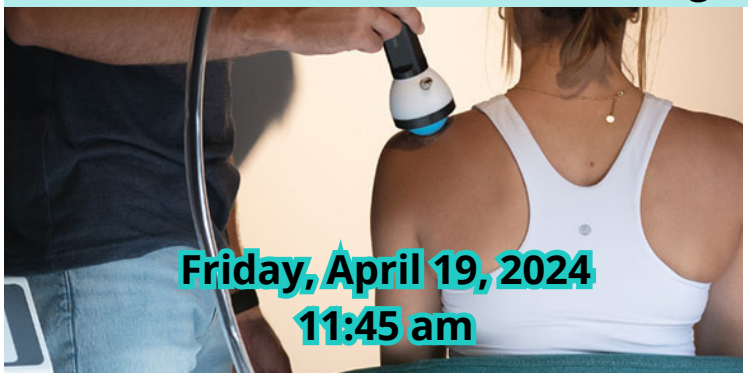
# DISCO LUNCHEON

Wednesday  
April 17, 2024  
11:00 am

In partnership with

**McGee Law Firm**  
YOUR TITLE AND LEGAL RESOURCE

## Learn How to Move and Feel Better with Stem Wave Therapy



**BACK IN MOTION**  
FAMILY CHIROPRACTIC

RELEASING HEALTH FROM WITHIN



# APRIL CALENDAR

8:30 am Silver Sneakers 9:00 am Mahjong 9:30 am Crafty Quilters 10:00 am Dominoes (42) 1:00 pm Woodcarvers 1:00 pm High Beginner/Improver Line Dance 3:30 pm Beg. Line Dance	8:00 am Pinochle 8:30 am Just Keep Movin' 9:30 am Beginning Guitar 9:45 am Yoga/Pilates 10:00 am Knitwits 11:00 am Tai Chi 12:30 pm NRH Singers 1:00 pm Painting 1:00 pm Brazilian Embroidery 3:30 pm Chair Yoga	8:30 am Silver Sneakers 9:00 am Drawing 9:30 am Light & Lively 9:30 am Art Class 1:00 pm Hand & Foot 1:00 pm Jam Session 3:30pm Chair Yoga Plus <div style="text-align: center;"> </div>	8:30 am Party Bridge 9:00 am Guitar 11:00 am Dominoes (Mexican Train) 12:30 pm Yoga with Connie 1:00 pm Painting 1:00 pm Support Group 2nd Thurs only 3:30 pm Chair Yoga	8:00 am Pinochle 8:30 am Just Keep Movin' 9:30 am Light & Lively 9:30 am Spanish 1 (Verbs) 10:30 am Yoga/Pilates 10:00 am SWANS Senior writers authoring new stories 12:00 pm 99 (Card Game) 1:00 pm Intermediate Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
2:00 pm Birthday Party Troup & Davis	11:00 am Prepare Your Home For Summer Homer Handyman	10:30 am Wellness Seminar Arthritis	2:00 pm Bingo with Ashford Insurance 9:00 am TAFB Healthy Eating Nations Insurance	10:00 am Deep Dish Pizza Day North Hills Chiropractic 3:00 pm \$15 Jenn's Shenanigans Fairy Garden Stakes
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
10:00 am Trail Trek Adventure World Park 1:00 pm Barfield Golf Cart Meet @ Cross Timbers	10:00 am \$18 Theater Arlington (Brunch Before Show)	10:30 am Bingo with Ashford Insurance 1:30 pm You're Never Too Old To Play In The Dirt	1:00 pm Support Group 9:00 am TAFB Healthy Eating Nations Insurance	Splish Splash Pool Party 1:00 pm to 2:30 pm (Donate \$\$ to Enter) benefitting NRH Fire Department
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Spring Cleaning 1:00 pm Barfield Golf Cart Meet @ Cross Timbers	Spring Cleaning 10:30 am Widowed Persons Brunch Nations Insurance	Disco Luncheon 11:00 am McGee Law Firm YOUR TITLE AND LEGAL RESOURCE	Spring Cleaning 9:00 am TAFB Healthy Eating Nations Insurance	11:45 am Move and Feel Better with Stem Wave Back in Motion 3:00 pm Bunco Tournament Humana
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
10:00 am Trail Trek Green Valley Park 1:00 pm Barfield Golf Cart Meet @ Cross Timbers	11:30 am Cup of Soup Green Valley Healthcare 12:00 pm Nat'l Cherry Cheesecake Day Fyzical	May Registration 10:30 am Bingo with Ashford Insurance	May Registration 8:00 am or 9:30 am \$11 Amazon Tour 9:00 am TAFB Healthy Eating Nations Insurance	11:00 am Nat'l Pretzel Day Dean Owen 3:00 pm Chair Volleyball
<b>29</b>	<b>30</b>	<div style="border: 2px dashed black; border-radius: 20px; padding: 10px;"> <h3 style="margin: 0;">Book Club</h3> <p style="margin: 5px 0;">Mon April 1 12:30 pm</p> <p style="margin: 5px 0;">Fri April 12 10:30 am</p> <p style="margin: 5px 0;"><b>THE RIVER WE REMEMBER</b> by William Kent Krueger</p> </div>		
10:15 am \$11 Marty B's 1:00 pm Barfield Golf Cart Meet @ Cross Timbers	12:00 pm National Oatmeal Cookie Day			

# Health & Education



**APRIL BIRTHDAY PARTY**  
 Monday, April 1  
 2:00 pm

In partnership with



CARIN TROUP & DEBBIE DAVIS  
 Realtors®

817.480.3302 | 817.485.8160  
 CarinTroup@kw.com | DKDavis@kw.com



**Prepare Your Home for Summer**

Tuesday, April 2, 2024  
 11:00 am

**HOMER**  
 Handyman



**BINGO!**

THURSDAY, APRIL 4 2:00PM  
 WEDNESDAY, APRIL 10 10:30AM  
 WEDNESDAY, APRIL 24 10:30AM

In partnership with



**A** Ashford Insurance

REGISTRATION REQUIRED. MEMBERS MAY REGISTER FOR TWO OF THE THREE DAYS AVAILABLE.



**HEALTHY EATING**

TARRANT AREA  
**FOOD BANK**

Thursdays  
 April 4 to April 25, 2024  
 9:00 am

In partnership with



**NATIONS**  
 INSURANCE SOLUTIONS

# Health & Education

## NATIONAL DEEP DISH PIZZA DAY

Friday, April 5, 2024  
10:00 am

In partnership with



North Hills Chiropractic



## Widowed Persons Brunch

Tuesday, April 16, 2024  
10:30 am

In partnership with




**NATIONS**  
INSURANCE SOLUTIONS




## National Cherry Cheesecake Day

Tuesday, April 23, 2024  
12:00 pm

In partnership with



**FYZICAL**  
Therapy & Balance Centers



## National Pretzel Day

Friday, April 26, 2024  
11:00 am

In partnership with



**Dean Owen**  
Attorney

# Activities & Trips



**Alice In Wonderland**  
**Tuesday, April 9, 2024**  
**10:00 am \$18**  
 Enjoy brunch and then off to Wonderland! Theatre Arlington presents a show adapted in house as part of their Family Series.

**NRH Senior Center Support Group**  
**Thursday, April 11, 2024**  
**1:00 pm**  
 Member led group. Great for caretakers, those with health issues and anyone that could use some extra support.



**Wellness Seminar**  
**Wednesday, April 3, 2024**  
**10:30 am**  
**Arthritis**



**Amazon Fulfillment Tour**  
**Thursday, April 25, 2024**  
**8:00am or 9:30am \$11**  
**Two Trips! One will leave at 9am, the other at 11am.**



**You're Never Too Old to Play In the Dirt**  
**Wednesday, April 10, 2024**  
**1:30 pm**



**MARTY B's**  
**Lunch Bunch**  
**Monday, April 29, 2024**  
**10:15 am \$11**



**BUNGO TOURNAMENT**  
**Friday, April 19, 2024**  
**3:00 pm**  
**Humana**

**Barfield Trail Rides**

Nature is blooming! Enjoy the spring plants and animals while riding a six person golf cart along the trails.

Meets Mondays at 1:00pm at Cross Timbers Park, 7680 Douglas Lane. Registration Required.




**Cup of Soup**  
**Tuesday, April 23, 2024**  
 In partnership with **11:30 am**  
**Green Valley Healthcare**

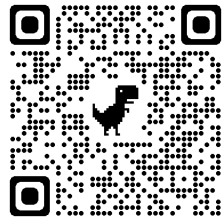
# NRH Senior Center Activities

## SPOTLIGHT ON NEW YORK CITY



Join the NRH Senior Center and Collette Travel on a 5 day trip to New York City. Includes tickets to Hamilton. February 12-16, 2025

For More Information, Visit [gateway.gocollette.com/link/1252073](http://gateway.gocollette.com/link/1252073) or scan the QR Code.



## National Oatmeal Cookie Day

Tuesday, April 30, 2024  
12:00 pm



## Trail Trek

Monday, April 8, 2024  
10:00 am  
Adventure World Park  
7451 Starnes Road

Monday, April 22, 2024  
10:00 am  
Green Valley Park  
7701 Smithfield Road

- Hit the trails with this member led group!
- Walks are cancelled if there is rain or temperature is below 45 degrees.
- Dogs MUST be on a leash at all times.

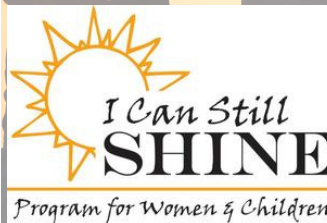
## NRH SENIOR CENTER GIVES BACK!

NRH Senior Center is collecting toiletry items for I Can Still Shine. The organization helps abused women and their children.

Last day to donate Friday, June 21, 2024

### Items Needed:

- Shampoo and Conditioner
- Bath Soap
- Toiletry Items
- Laundry Detergent
- Toilet Paper
- Paper Towels
- Cleaning Supplies
- Baby Wipes
- Toiletry/Makeup Bags



# Partners

## COMMUNITY PARTNERS

Gold



McGee Law Firm  
YOUR TITLE AND LEGAL RESOURCE

Silver

**HOMER**  
Handyman



North Hills Chiropractic



**Dean Owen**  
Attorney



*Green Valley Rehabilitation  
& Healthcare Center*

Bronze

Ashford  
Insurance

**Humana**



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

<https://www.nrhseniorcenter.com>