

Newsletter

SENIOR CENTER

May 2024





- **MAY 29, 2024**
- (10:00 AM 1:00 PM
- © GRAND HALL BALLROOM
 6000 HAWK AVE, NORTH RICHLAND HILLS

Don't miss your chance to connect with providers in our community regarding physical, mental and financial tools, screens and knowledge.

Door Prize Drawings Throughout Event.







Wednesday, May 22, 2024 10:30 am



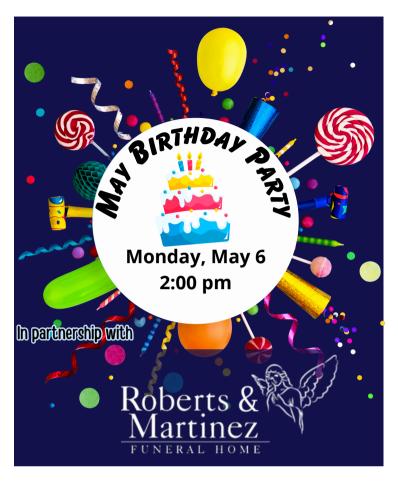




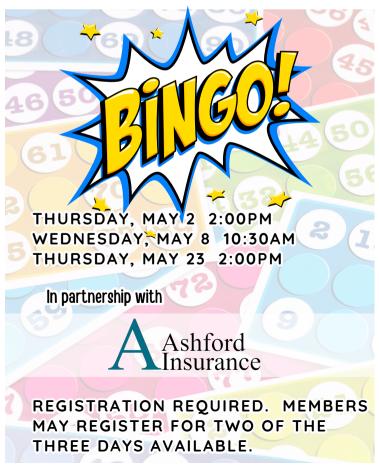
MAY CALENDAR

8:30 am Silver Sneakers 9:00 am Mahjong 9:30 am Crafty Quilters 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 12:30 pm Samba 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 Register for two of the three Bingos!	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
Mon Fri May 6 May 12:30 pm 10:30	MRS. LEWIS by Patti 10 Callahan	10:30 am Wellness Seminar Your Inner Child 11:30 am How Do You Know What You Don't Know? Nations Insurance	12:00 pm \$39 Texas Rangers vs Washington Nationals 2:00 pm Bingo with Ashford Insurance	11:30 am Just Keep Stretching with Julie (30 mins)
10:00 am Trail Trek Dr. Pillow Park 2:00 pm Birthday Party Roberts & Martinez Funeral Home	1:00 pm Volunteer at NRH AARC - Limited Space	9:30 am \$10 You're Never Too Old To Play In The Dirt - Master Gardener Community Garden 10:30 am Bingo with Ashford Insurance	9:00 am \$15 Winstar 1:00 pm Support Group	11:45 am Lunch & Learn Avoiding & Reporting Senior Scams - FEPC 3:00 pm \$10 Jenn's Shenanigans The NRHSC Era Bracelets
1:00 pm Barfield Golf Cart Meet @ Cross Timbers 2:00 pm Nat'l Apple Pie Day Encompass Health	10:30 am \$11 Benihana Lunch Bunch	May Luncheon 11:00 am Premiere Senior Advisors & Centerwell Premiere Senior Advisors CenterWell Senior Advisors	11:00 am Picnic in the Park Northfield Park (Food Provided)	3:00 pm LRC Tournament Edward Jones 7:00 pm Senior Night at Sounds of Spring!
10:00 am Trail Trek Walker's Creek Park 2:00 pm Nat'l Quiche Lorraine Day Healing Hands	11:30 am Cup of Soup Green Valley Healthcare	10:30am Estate Planning 101 McGee Law Firm	23 2:00 pm Bingo with Ashford Insurance	3:00 pm Jazzminton! Try out our new game!
CLOSED FOR MEMORIAL DAY Remember & Honor	June Registration 12:00 pm Nat'l Hamburger Day North Hills Chiropractic	10:00 AM - 1:00 PM NRH SENIOR CENTER HEALTH FAIR	30	3:00 pm Chair Volleyball

Health& Education

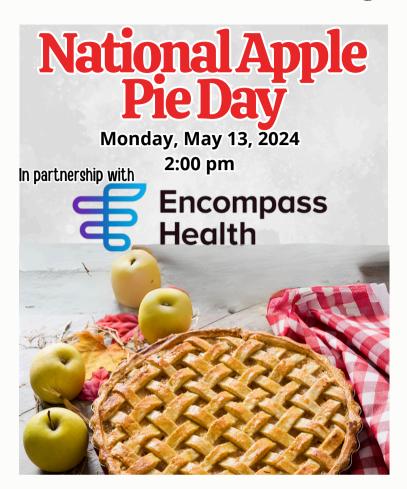








Health& Education









Activities & Trips

Lunch Bunch Tuesday, May 14, 2024 10:30 am \$11 transportation only

vs Washington Nationals Thursday, May 2, 2024 12:00 pm \$39



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.

NRH Senior Center Support Group

Thursday, May 9, 2024 1:00 pm

Member led group. Great for caretakers, those with health issues and anyone that could use some extra support.

Mednesday, May 1, 2024

10:30 am Your Inner Child

You're Never Too Old to Play In the Dirt Wednesday, May 8, 2024

9:30 am \$10

Field Trip to Master Gardener Garden

LRC TOURNAMENT

Friday, May 17, 2024 3:00 pm



Cup of Soup

Tuesday, May 21, 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:

- Meeting: June 19, 1:00pm
- Gateway.gocollette.com/link/1252073

Friday, May 24, 2024 3:00 pm

Do you like

- **Table tennis?**
- Pickleball?
- Tennis?
- **Badminton?**
- Laughing?



If so, you're going to LOVE Jazzminton! Come by and see for yourself.

Monday, May 6, 2024 10:00 am **Dr. Pillow Park 7501 Continental Trail**

Monday, May 20, 2024 0:00 am Walker's Creek Park 8403 Emerald Hills Way

- 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 BACKI

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















Green Valley Rehabilitation & Healthcare Center











Julie Adkins

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NRH Senior Center

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

https://www.nrhseniorcenter.com

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