



Newsletter

May 2024



NRRH SENIOR CENTER HEALTH FAIR

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.



MAY LUNCHEON

Wednesday
May 15, 2024
11:00 am

In partnership with

Premiere
Senior Advisors

CenterWell
Senior Primary Care

ESTATE PLANNING 101

Wednesday, May 22, 2024
10:30 am



McGee Law Firm
YOUR TITLE AND LEGAL RESOURCE



MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 	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
Book Club Mon May 6 12:30 pm Fri May 10 10:30 am BECOMING MRS. LEWIS by Patti Callahan		10:30 am 1 Wellness Seminar <i>Your Inner Child</i> 11:30 am How Do You Know What You Don't Know? Nations Insurance	12:00 pm 2 \$39 Texas Rangers vs Washington Nationals 2:00 pm Bingo with Ashford Insurance	11:30 am 3 Just Keep Stretching with Julie (30 mins)
10:00 am 6 Trail Trek Dr. Pillow Park 2:00 pm Birthday Party Roberts & Martinez Funeral Home	1:00 pm 7 Volunteer at NRH AARC - Limited Space	9:30 am \$10 8 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 9 Winstar 1:00 pm Support Group	11:45 am 10 Lunch & Learn Avoiding & Reporting Senior Scams - FEPC 3:00 pm \$10 Jenn's Shenanigans The NRHSC Era Bracelets
1:00 pm 13 Barfield Golf Cart Meet @ Cross Timbers 2:00 pm Nat'l Apple Pie Day Encompass Health	10:30 am \$11 14 Benihana Lunch Bunch	 May Luncheon 11:00 am Premiere Senior Advisors & Centerwell 	11:00 am 16 Picnic in the Park Northfield Park (Food Provided)	3:00 pm 17 LRC Tournament Edward Jones 7:00 pm Senior Night at Sounds of Spring!
10:00 am 20 Trail Trek Walker's Creek Park 2:00 pm Nat'l Quiche Lorraine Day Healing Hands	11:30 am 21 Cup of Soup Green Valley Healthcare	10:30am 22 Estate Planning 101 McGee Law Firm	 2:00 pm Bingo with Ashford Insurance 	 3:00 pm Jazzminton! Try out our new game!
 27 CLOSED FOR MEMORIAL DAY Remember & Honor	June Registration 12:00 pm 28 Nat'l Hamburger Day North Hills Chiropractic	June Registration 29 10:00 AM - 1:00 PM NRH SENIOR CENTER HEALTH FAIR	30	31 3:00 pm Chair Volleyball

Health & Education

MAY BIRTHDAY PARTY
 Monday, May 6
 2:00 pm

In partnership with

Roberts & Martinez
 FUNERAL HOME

How Do You Know What You Don't Know?

Wednesday, May 1, 2024
 11:30 am

NATIONS
 INSURANCE SOLUTIONS

BINGO!

THURSDAY, MAY 2 2:00PM
 WEDNESDAY, MAY 8 10:30AM
 THURSDAY, MAY 23 2:00PM

In partnership with

A Ashford Insurance

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

Lunch & Learn

Avoiding & Reporting Senior Scams

Friday, May 10, 2024
 11:45 am

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

In partnership with

FINANCIAL EXPLOITATION PREVENTION CENTER
 of TARRANT COUNTY

Health & Education

National Apple Pie Day

Monday, May 13, 2024

2:00 pm

In partnership with



Encompass Health



PICNIC IN THE PARK

Thursday, May 16, 2024

11:00 am

at Northfield Park

Food Provided. Join us for fun and games!



National Quiche Lorraine Day

Monday, May 20, 2024

2:00 pm

In partnership with



Healthcare



National Hamburger Day

Tuesday, May 28, 2024

12:00 pm

In partnership with




North Hills Chiropractic



Activities & Trips

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

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



WinStar
 WORLD CASINO™
 Thursday, May 9, 2024
 9:00 am \$15
 Fee is for Transportation Only

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.

Wellness Seminar
 Wednesday, 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



Edward Jones[®]

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
- QR Code
- Gateway.gocollette.com/link/1252073

Jazzminton

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.

Trail Trek

Monday, May 6, 2024
10:00 am

Dr. Pillow Park
7501 Continental Trail

Monday, May 20, 2024
10:00 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.

The City of North Richland Hills Presents SOUNDS OF SPRING

Meet for Amazing Music & Food Trucks!

NRH City Hall Plaza,
4301 City Point Drive.

Gates open at 6pm,
concert begins at 7 p.m.

Free admission & parking. Lawn seating, so bring blankets and lawn chairs!

Senior Center Night
MAY 17 BACKROADS

JUST KEEP STRETCHING WITH JULIE

Friday, May 3, 2024
11:30 am

Join Julie for a 30 minute stretch class.

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



Silver



North Hills Chiropractic



McGee Law Firm
YOUR TITLE AND LEGAL RESOURCE



FINANCIAL EXPLOITATION
PREVENTION CENTER
of TARRANT COUNTY



Healthcare

Bronze



Julie Adkins
Senior Center Supervisor
(817) 427-6697
jadkins@nrhtx.com

NRH Senior Center
6000 Hawk Ave. NRH, TX 76180

Jennifer Mills
Program Coordinator
(817) 427-6699
jmills@nrhtx.com

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

<https://www.nrhseiorcenter.com>