

NRRH

SENIOR CENTER

September 2026

Newsletter

**ONLINE
REGISTRATION!**

DANCING THROUGH THE DECADES

NATIONAL SENIOR CENTER MONTH

SOCIAL AND DANCE

Wednesday, September 23, 2026
4:00 pm to 6:00 pm
\$5 for members
\$10 for nonmembers

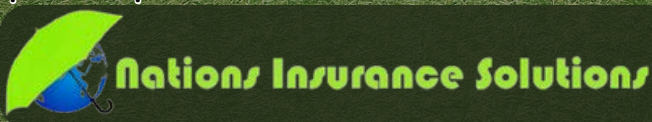


Join the NRRH Senior Center as we celebrate National Senior Citizen Month!
Enjoy dancing, snacks and time with amazing friends and neighbors!

September Luncheon

Wednesday, September 16, 2026
11:00 am

In partnership with



Annual Enrollment Period for Medicare

Wednesday, September 30, 2026
10:30 am



In partnership with

AMERILIFE®



SEPTEMBER CALENDAR

8:30am Silver Sneakers 9:00am Mahjong 9:30am Crafty Quilters 1:00pm Woodcarvers High Beginner 1:00pm /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 1st & 3rd: Stretch 2nd & 4th Strength 3:00pm Chair Cardio 3:30pm Chair Yoga	8:30am Silver Sneakers 9:00am Drawing 9:30am Light & Lively 1:00pm Hand & Foot 1:00pm Jam Session Register for two of the three Bingos!	8:30am Party Bridge 9:00am 1st & 3rd: Strength 2nd & 4th: Stretch 9:30am Chair Cardio 11:00am Dominoes (Mexican Train) 12:30pm Yoga with Connie 1:00pm Painting 1:00pm Support Group 2nd & 4th Thurs 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 with Rani 12:00pm 99 (Card Game) 12:30pm Intermediate Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 2:00 pm Bingo Atria Hometown	4 3:00 pm Chair Volleyball
CLOSED FOR LABOR DAY	8 10:00 am Brain Games	9 10:30 am Bingo Atria Hometown	10 1:00 pm Support Group 2:00 pm National Hot Cross Bun Day Dean Owen	11 3:00 pm \$10 Jenn's Shenanigans
14 8:00 am Operation: Cup of Joe 2:00 pm Birthday Party AmeriLife	15 10:00 am Flu Shot Clinic Tom Thumb 1:30 pm Nat'l Linguini Day RAM Insurance Services	16 11:00 AM Luncheon Nations Insurance 1:00 pm Discover Mackinac Island - Information Meeting with Collette	17 2:00 pm Plant Swap Soiree & Educational Program "Native Plants & Plant Tags"	18 3:00 pm LCR Tournament RAM Insurance Services
21 11:30 am Understanding Your Fall Risk Encompas Health	22 11:30 am Cup of Soup Green Valley Healthcare 12:30 pm How Strength & Stretch Improve your Balance	23 10:30 am Bingo Atria Hometown 11:30 am Decluttering Home Hazards that Contribute to Falls David Lesaffre, T.A.C.T. 4:00 pm - 6:00 pm \$5 Mem/\$10 Non Dancing Through The Decades Party	24 10am-October Registration ONLINE-Residents 10:30 am How Medication May Affect Fall Risk Mid-Cities Pharmacy 1:00 pm Support Group	25 10am-October Registration ONLINE-Everyone 3:00 pm 3D Card Making with Daysy 3:00 pm Fall Prevention Team Wrap Up Event
28 10:00 am Nat'l Drink a (Root) Beer Day AmeriLife	29 10:30 am \$9 Hideaway Pizza	30 10:30 am Annual Enrollment Period for Medicare AmeriLife	Book Club The Mitford Affair by Marie Benedict Mon September 14 12:30 pm Fri September 18 10:30 am	

FALL PREVENTION WEEK

FALL PREVENTION WEEK

Health & Education



**SEPTEMBER
BIRTHDAY PARTY**

In partnership with

AMERILIFE

Monday, September 14, 2026
2:00 pm



BINGO

THURSDAY, SEPTEMBER 3 2:00PM
WEDNESDAY, SEPTEMBER 9 10:30AM
WEDNESDAY, SEPTEMBER 23 10:30AM

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

In partnership with

Atria
AT HOMETOWN



**Nat'l Hot Cross
Bun Day**

Thursday, September 10, 2026
2:00 pm

In partnership with

**Dean Owen
Attorney**



**National
Linguini Day**

Tuesday, September 15, 2026
1:30 pm

In partnership with

RAM INSURANCE
Services, LLC

Health & Education

Flu Shot Clinic

Tuesday, September 15, 2026
10:00 am - 12:00 pm

In partnership with

Tom Thumb

Register for a time slot. Insurance, ID and completed form are required.



Quilt Raffle
for America's
250th!

Tickets \$1 each
or 25 for \$20



DRAWING -
OCTOBER 8

NATIONAL DRINK A ROOT BEER DAY

Monday, September 28, 2026
10:00 am



In partnership with

AMERILIFE

PLANT SWAP SOIREE

Thursday, September 17, 2026
2:00 pm

Bring a Plant, Take a Plant!

Presentation by Kimberly of Grow Wild Greenery on Native Plants and Plant Tags

- Bring up to **three** plants to swap.
- Potted or bare root.
- Pest-Free!
- Provide the plant name if possible.
- Seeds may be donated, but are not allowed for trade.



Trips, Health & Education

A Health and Wellness Expo for Seniors and Caregivers

EMPOWERING SENIORS *Expo 2026*

Thursday, October 1, 2026

8:30 am No Fee

Enjoy workshops, resources, entertainment, food, health screenings and fun!

www.empoweringseniors.com

Tarrant County Judge Tim O'Hare — Hosted by — Commissioner Matt Krause



Hideaway Pizza
Lunch Bunch

Tuesday
September 29, 2026
10:30 am \$9

JOIN THE NRH SENIOR CENTER & COLLETTE TRAVEL TO DISCOVER MACKINAC ISLAND

REGISTER BY NOVEMBER 4, 2026 TO GUARANTEE SPACE

INFORMATION MEETING
WEDNESDAY, SEPTEMBER 16, 2026
1:00 PM

TRAVEL DATES MAY 4-12, 2027

NRH Senior Center Support Group

Thursday, September 10, 2026, 1:00pm
Thursday, September 24, 2026, 1:00 pm

LCR Tournament

Friday, September 18, 2026
3:00 pm

In partnership with



SASSY STRENGTH

Thursday, September 3 9:00 am
Tuesday, September 8 2:30 pm
Thursday, September 17 9:00 am
Tuesday, September 22 2:30 pm

STRETCH & RESTORE

Tuesday, September 1 2:30 pm
Thursday, September 10 9:00am
Tuesday, September 15 2:30 pm
Thursday, September 24 9:00am
Tuesday, September 29 2:30 pm

Cup of Soup

Tuesday, September 22, 2026
11:30 am

In partnership with

Green Valley Healthcare

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.**

Partners

COMMUNITY PARTNERS

Gold



Nations Insurance Solutions

Silver

AMERILIFE®

*Green Valley Rehabilitation
& Healthcare Center*



Tom Thumb®

**Dean Owen
Attorney**

Bronze

Atria

AT HOMETOWN

AMERILIFE®



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

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