

NRH

SENIOR CENTER

October 2025

Newsletter



**ONLINE
REGISTRATION!**

You're Invited!



2025 Craft Fair

Wednesday, October 29, 10am - 6pm

Thursday, October 30, 10am - 6pm

*Located in the Grand Hall of the NRH Centre
6000 Hawk Ave., North Richland Hills, TX 76180*

**OCTOBER
LUNCHEON &
COSTUME CONTEST**

**Wednesday,
October 15, 2025
11:00 am**

 **Premiere**
Senior Advisors

Medicare Changes in 2026

Thursday, October 16, 2025

10:00 am

In partnership with



NATIONS

INSURANCE SOLUTIONS



**ONLINE
REGISTRATION!**



OCTOBER CALENDAR

8:30am Silver Sneakers 9:00am Mahjong 9:30am Crafty Quilters 10:00am Card Craft Group 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 12:30pm NRH Singers 1:00pm Painting 1:00pm Braz. Embroidery 2:30pm 1 st & 3 rd . Stretch 2 nd & 4 th Strength 3:30pm Chair Yoga	8:30am Silver Sneakers 9:00am Drawing 9:30am Light & Lively 9:30am Art Class 1:00pm Hand & Foot 1:00pm Jam Session 	8:30am Party Bridge 9:00am 1 st & 3 rd . Strength 2 nd & 4 th . Stretch 11:00am Dominoes (Mexican Train) 12:30pm Yoga with Connie 1:00pm Painting 1:00pm Support Group 2 nd Thurs Only 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 12:00pm 99 (Card Game) 1:00pm Intermediate Line Dance
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Book Club <i>The Small and Mighty</i> by Sharon McMahon Mon October 6 12:30 pm Fri October 17 10:30 am		1 10:30 am Wellness Seminar Nutritional Needs of the Mature Adult	2 8:30 am No Fee Empowering Seniors Trip 2:00 pm Bingo Amerilife	3 3:00 pm \$10 Jenn's Shenanigans Painted Haunted Houses
10:00 am 6 Trail Trek Tommy & Sue Brown Park 2:00 pm Birthday Party Atria at Hometown	7 9:30 am Brain Games	8 10:30 am Bingo Amerilife	9 9:00 am \$17 State Fair 10:00 am Play In The Dirt 1:00 pm Support Group	10 2:00 pm National Angel Food Cake Day SuperPatch - Carrigan
13 8:00 am Operation: Cup of Joe 2:00 pm National M&M's Day Encompass Health	14	15 October Luncheon & Costume Contest 11:00 am Premiere Senior Advisors	16 10am 2026 Medicare Changes Nations Insurance	17 3:00 pm Farkle Tournament Edward Jones Theresa Montya
20 10:00 am Trail Trek Northfield Park 11:00 am Picnic in the Park Northfield Park (Food Provided)	21 BOO! 10:00 am \$30 BOO!mont Hotel & Galleria Mall	22 10:30 am Bingo Amerilife	23	24 3:00 pm Chair Volleyball
27 November Registration ONLINE	28 November Registration ONLINE 11:30 am Cup of Soup Green Valley Healthcare	29 Craft Fair Wednesday & Thursday, 10:00am to 6:00pm	30 1:00 pm Nat'l Candy Corn Day Ashford Insurance	31 3:00 pm HALLOWEEN PARTY

Health & Education

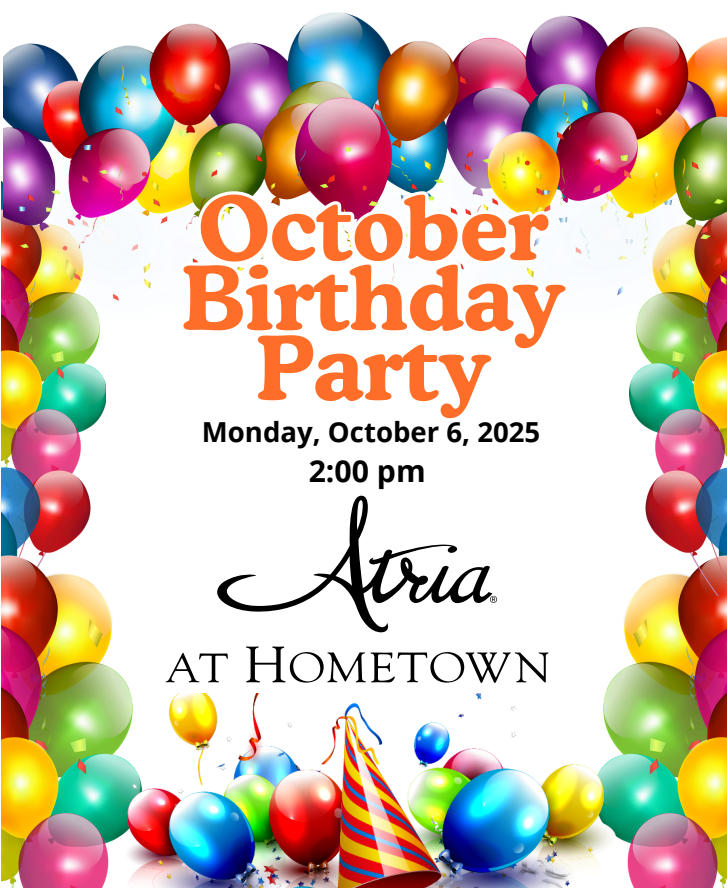


BINGO

THURSDAY, OCTOBER 2 2:00PM
WEDNESDAY, OCTOBER 8 10:30AM
WEDNESDAY, OCTOBER 22 10:30AM

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

AMERILIFE®



October Birthday Party

Monday, October 6, 2025
2:00 pm

Atria
AT HOMETOWN



National Angel Food Cake Day

Friday, October 10, 2025
2:00 pm

In partnership with



The Super
PATCH COMPANY™



National M&M's Day

Monday, October 13, 2025
2:00 pm

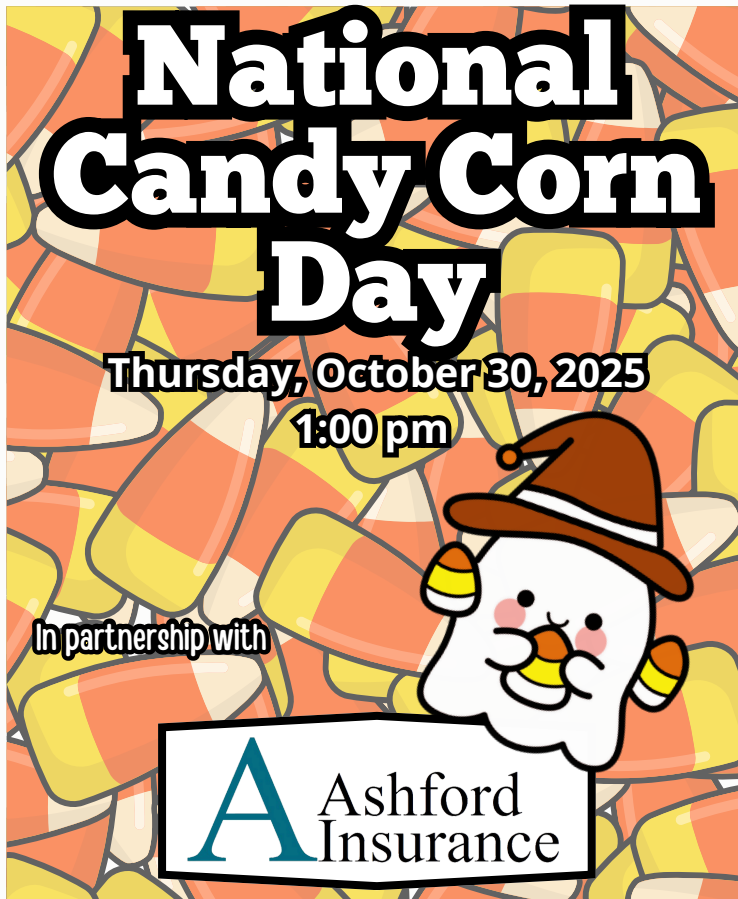
In partnership with



Encompass Health



Health & Education



National Candy Corn Day

Thursday, October 30, 2025
1:00 pm

In partnership with

A Ashford Insurance



PICNIC IN THE PARK

Monday, October 20, 2025
11:00 am
at Northfield Park

Food Provided. Join us for fun and games!



Trail Trek

Monday, October 6, 2025
10:00 am
Tommy & Sue Brown Park
8250 Shadywood Lane
Meet at Back Parking Lot

Monday, October 20, 2025
10:00 am
Northfield Park
7804 Davis Boulevard
Meet at Park Sign

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



Halloween Party

Friday, October 31, 2025
3:00 pm

Join us for snacks and fun as we celebrate the spooky, kooky holiday!

Costumes are our favorite! (but not required)

Trips, Health & Education



**STATE FAIR
OF
TEXAS**

Thursday, October 9, 2025

9:00 am \$17

Howdy, Folks! Join Big Tex and the NRH Senior Center at the Great State Fair of Texas.

Farkle Tournament

Friday, October 17, 2025

3:00 pm

In partnership with

Edward Jones®
Theresa Montya



BOO!MONT HOTEL & GALLERIA MALL

Tuesday, October 21, 2025

10:00 am \$30

Visit the BOO!mont Hotel to see room after room of Halloween fun! No jump scares- just fantastic photo opportunities! After, enjoy the Galleria Mall for shopping and lunch.

Cup of Soup

Tuesday, October 28, 2025

In partnership with

11:30 am



Green Valley Healthcare

EMPOWERING SENIORS EXPO

Thursday, October 2, 2025

8:30 am No Fee

Enjoy workshops, resources, entertainment, food, health screenings and fun! Hosted by Tarrant County Judge Tim O'Hare and Commissioner Matt Krause

NRH SENIOR CENTER GIVES BACK!



The NRH Senior Center Gives Back will be collecting NEW toys in October, November and December for the Community Enrichment Center. Teens need love, too! Consider gift cards, makeup, basketballs and more.



Wellness Seminar

Wednesday, October 1, 2025

10:30 am

Nutritional Needs of the Mature Adult

You're Never Too Old to Play In the Dirt

Thursday, October 9, 2025

10:00 am

Partners

COMMUNITY PARTNERS

Gold



Silver



*Green Valley Rehabilitation
& Healthcare Center*



Bronze



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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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