

NRRH

SENIOR CENTER

November 2024

Newsletter



City of North Richland Hills

VETERANS DAY

Celebration

Honoring All Who Served

Monday, November 11 at 11 a.m.
NRH City Hall Plaza, 4301 City Point Drive

Transportation provided from NRH Senior Center to City Hall on November 11 at 10:30am. Registration required.

YOU ARE INVITED TO THE

Thanksgiving Luncheon

Wednesday, November 20, 2024
11:00 am

In partnership with

Encompass Health







OPERATION: CUP OF JOE

Monday, November 11, 2024
8:00 am

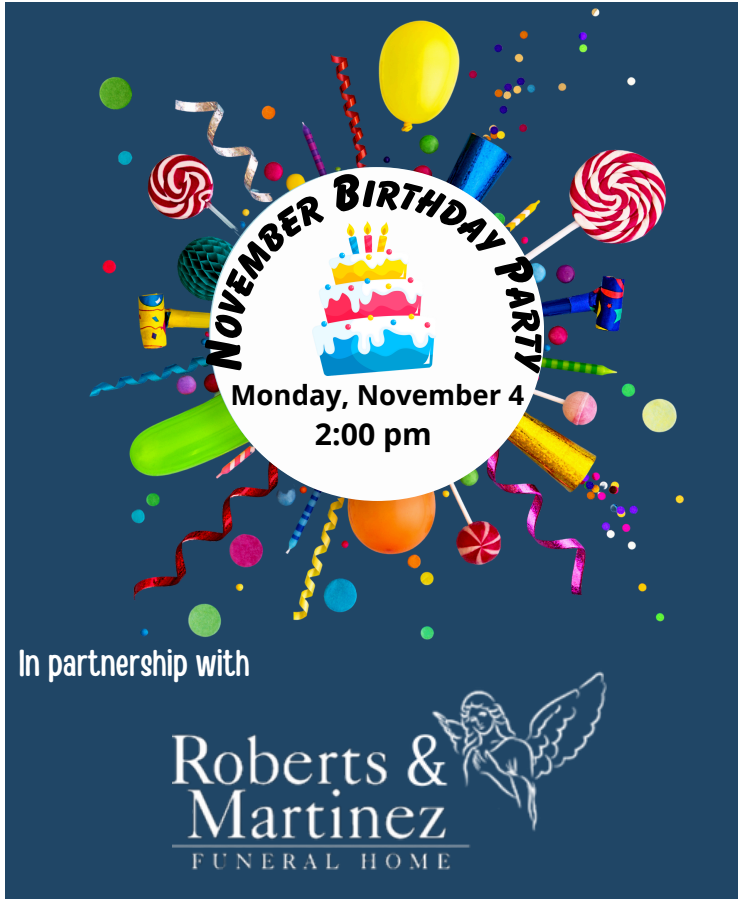
We welcome our members who are veterans to join us for a cup of coffee and a chance to visit with each other. All branches are welcome!



NOVEMBER 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 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 <div style="text-align: center;">  </div>	8:30 am Party Bridge 11:00 am Dominoes (Mexican Train) 12:30 pm Yoga with Connie 1:00 pm Painting 1:00 pm Support Group 2nd Thurs only 2:00 pm Let's Dance! (No class 1st Thurs of month) 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) 10:00 am SWANS Senior writers authoring new stories 10:30 am Yoga/Pilates 12:00 pm 99 (Card Game) 1:00 pm Intermediate Line Dance
<div style="background-color: #2e7d32; color: white; padding: 10px; border-radius: 15px; display: inline-block;"> <h2 style="margin: 0;">Book Club</h2> <p style="margin: 0;">Never Have I Ever by Joshilyn Jackson</p> <p style="margin: 0;">Mon November 4 12:30 pm</p> <p style="margin: 0;">Fri November 8 10:30 am</p> </div>				
10:00 am 4 Trail Trek Dr Pillow Park 2:00 pm Birthday Party Robert Martinez Funeral Home	<div style="text-align: center;">  <p>5</p> </div> 10:00am \$11 Royal China Dallas Lunch Bunch	<div style="text-align: center;">  <p>6</p> </div> 10:30 am Brain Games 11:30 am National Nachos Day Humana 3:30 pm Three Texas Towns Trip meeting	<div style="text-align: center;">  <p>7</p> </div> 9:00 am Just Keep Stretchin' 2:00 pm Bingo with Ashford Insurance 11:00 am Healthy Carbs	<div style="text-align: center;"> <p>8</p> </div> 11:45 pm Lunch & Learn Senior Scams with NRHPD 3:00 pm \$10 Jenn's Shenanigans Thanksgiving Mug
<div style="text-align: center;">  <p>11</p> </div> 8:00 am Operation: Cup of Joe Military Vet Group 10:30 am Veterans Day @City Hall 2:00 pm National Sundae Day Encompass Health	<div style="text-align: center;"> <p>12</p> </div> 9:00 am \$15.00 Winstar Transportation Only 2:30 pm Just Keep Stretchin'	<div style="text-align: center;">  <p>13</p> </div> 10:30 am Bingo with Ashford Insurance 10:45 am AARP Safe Driving \$20 or \$25	<div style="text-align: center;"> <p>14</p> </div> 10:00 am You're Never Too Old To Play In The Dirt 1:00 pm Support Group 11:00 am Healthy Carbs	<div style="text-align: center;"> <p>15</p> </div> 3:00 pm Pokeno Tournament Humana
<div style="text-align: center;"> <p>18</p> </div> 8:00 am \$49 Fossil Rim tour 10:00 am Trail Trek Adventure World Park	<div style="text-align: center;"> <p>19</p> </div> 10:30 am Widowed Persons Brunch Nations Insurance 2:30 pm Just Keep Strengthenin'	<div style="text-align: center;">  <p>20</p> </div> November Luncheon 11:00 am Encompass Health 1:00 pm Islands of New England Trip Meeting	<div style="text-align: center;"> <p>21</p> </div> December Registration 9:00 am Just Keep Stretchin' 11:00 am Healthy Carbs	<div style="text-align: center;"> <p>22</p> </div> December Registration 3:00 pm Chair Volleyball
<div style="text-align: center;"> <p>25</p> </div>	<div style="text-align: center;">  <p>26</p> </div> 11:30 am Cup of Soup Green Valley Healthcare 2:30 pm Just Keep Stretchin'	<div style="text-align: center;">  <p>27</p> </div> 10:30 am Bingo with Ashford Insurance 1:00 pm Game Day	<div style="background-color: #4b4b4b; color: white; padding: 20px; border-radius: 10px;"> <h2 style="margin: 0;">Happy Thanksgiving</h2> <p style="margin: 0;">The Senior Center is Closed November 28 & 29</p>  </div>	

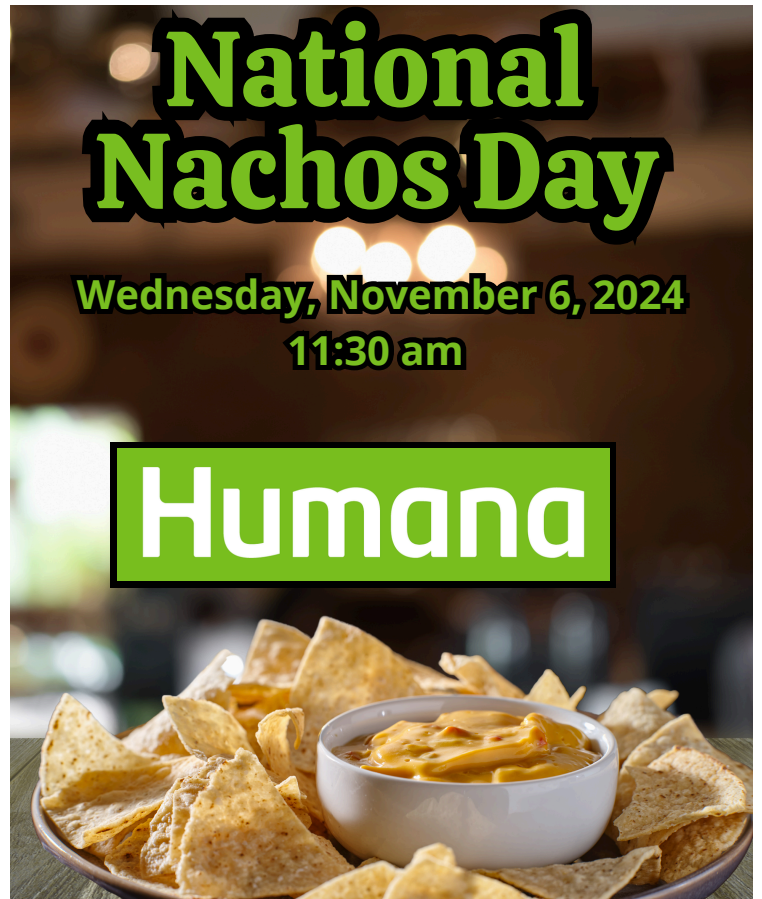
Health & Education



NOVEMBER BIRTHDAY PARTY
 Monday, November 4
 2:00 pm

In partnership with

Roberts & Martinez
 FUNERAL HOME



National Nachos Day
 Wednesday, November 6, 2024
 11:30 am

Humana



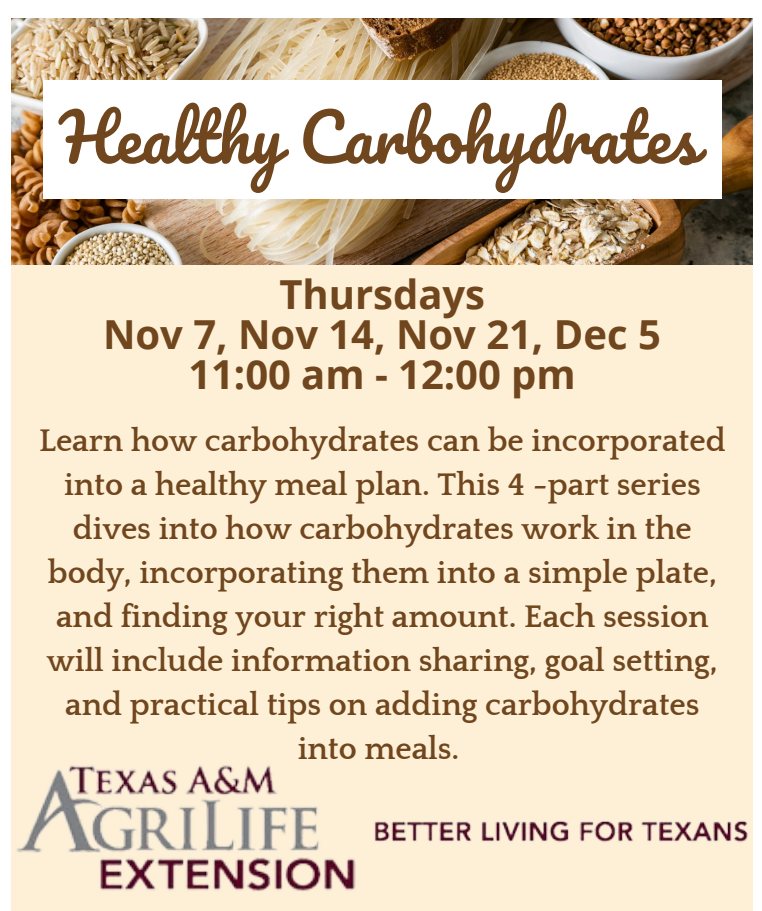
BINGO!

THURSDAY, NOVEMBER 7 2:00PM
 WEDNESDAY, NOVEMBER 13 10:30AM
 WEDNESDAY, NOVEMBER 27 10:30AM

In partnership with

A Ashford Insurance

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



Healthy Carbohydrates

Thursdays
 Nov 7, Nov 14, Nov 21, Dec 5
 11:00 am - 12:00 pm

Learn how carbohydrates can be incorporated into a healthy meal plan. This 4 -part series dives into how carbohydrates work in the body, incorporating them into a simple plate, and finding your right amount. Each session will include information sharing, goal setting, and practical tips on adding carbohydrates into meals.

TEXAS A&M
AGRI LIFE
 EXTENSION

BETTER LIVING FOR TEXANS

Health & Education



Senior Scams

Friday, November 8, 2024
11:45 am

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

In partnership with



NRH
POLICE DEPARTMENT

National Sundae Day

Monday, November 11, 2024
2:00 pm



In partnership with



Encompass Health

AARP® Safe Driving

Wednesday, November 13, 2024
10:45 am to 2:30 pm



- \$20 for AARP members with valid AARP membership number
- \$25 for nonmembers
- To be paid after registration

Widowed Persons Brunch

Tuesday, November 19, 2024
10:30 am

In partnership with



NATIONS
INSURANCE SOLUTIONS



FOSSIL RIM

WILDLIFE CENTER

Monday, November 18, 2024

8:00 am \$49

Enjoy a guided Safari tour from an open air truck. Must be able to climb three steps into the truck.



皇家 ROYAL CHINA

est 1974

Lunch Bunch

Tuesday, November 5, 2024

10:00 am \$11

Known for homemade noodle and dumplings, Royal China celebrates their 50th anniversary in Dallas this year.



WORLD CASINO

Tuesday, November 12, 2024

9:00 am \$15

Fee is for Transportation Only

JUST KEEP STRETCHIN' WITH JULIE & MELBA

Thursday, November 7 9:00 am
 Tuesday, November 12 2:30 pm
 Thursday, November 21 9:00 am
 Tuesday, November 26 2:30 pm

NRH Senior Center Support Group

Thursday, November 14, 2024

1:00 pm

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

You're Never Too Old to Play In the Dirt

Thursday, November 14, 2024

10:00 am

BRAIN GAMES

Wednesday, November 6, 2024

10:30 am



Pokeno Tournament

Friday, November 15, 2024

3:00 pm

Humana



Cup of Soup

Tuesday, November 26, 2024

In partnership with

11:30 am

Green Valley Healthcare



NRH Senior Center Activities

Discover the Islands of New England



Escape the heat with the NRH Senior Center and Collette Travel on an 8 day tour of Rhode Island and Massachusetts.
July 25 - August 1, 2025

For More Information:

- Meeting: November 20, 1:00pm
- QR Code
- Gateway.gocollette.com/link/1290688

Three Texas Towns

Muenster, Nocona & St Joe

Information Meeting

Wednesday, November 6, 2024
3:30pm

Travel with SENIOR GETAWAYS

Tuesday, March 25 - 8:30am to 5:00pm

Visit three Texas towns just south of Oklahoma at the intersection of the 1880's Chisholm Trail and the 1930's California Road. Visit the birthplace of Nocona and Justin Boots & a tiny town with a 120 year old unchanged town square with two unique museums. Enjoy lunch in a 110 year old building. Next visit a town still true to its German heritage, followed by a visit to one of the Painted Churches of Texas!

\$79 (Includes Lunch)

TO RESERVE -

Send an email to info@myseniortravel.com with your name & phone number. \$25 deposit holds your spot.

Trail Trek

Monday, November 4, 2024
10:00 am
Dr Pillow Park
7501 Continental Trail

Monday, November 18, 2024
10:00 am
Adventure World Park
7451 Starnes Road

Hit the trails with this member led group!

- Walks are cancelled if there is rain.
- Dogs **MUST** be on a leash at all times.

GAME DAY AT THE NRH SENIOR CENTER

Wednesday, November 27, 2024

1:00 pm

We're thankful for a day to play games with friends! Join us as we enjoy time together before the Thanksgiving closure.



JUST KEEP STRENGTHENIN'



Tuesday, November 19, 2024

2:30 pm

Join Julie as you Just Keep Strengthenin' using resistance bands and light weights.

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.*



Partners

COMMUNITY PARTNERS

Gold



Encompass Health

Silver



Green Valley Rehabilitation & Healthcare Center

Bronze



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Jennifer Mills
Program Coordinator
(817) 427-6699
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Open Monday through Friday, 8:00 am to 5:00 pm

<https://www.nrhseniorcenter.com>