



December 2025

Newsletter

**ONLINE
REGISTRATION!**

Caroling Caravan

Wednesday, December 10, 2025
1:00 pm



Spread festive cheer by caroling
around NRH!
Transportation Provided, Registration
Required

GINGERBREAD FLAPJACKS with Adrien & Antonio!

Thursday
December 18, 2025
10:00 am



DECEMBER LUNCHEON

Wednesday, December 17, 2025
11:00 am

In partnership with



Palm
PRIMARY CARE

THE BENEFITS OF INPATIENT REHAB: BEYOND THERAPY

Monday, December 22, 2025

11:30 am



In partnership with



**Encompass
Health**

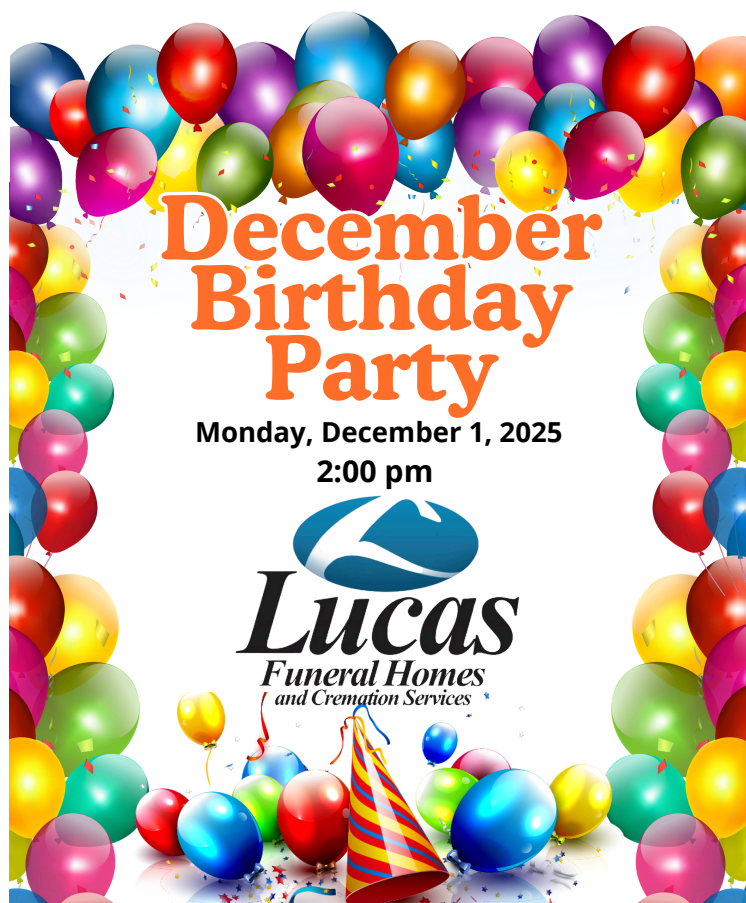
**ONLINE
REGISTRATION!**



DECEMBER CALENDAR

<p>8:30am Silver Sneakers</p> <p>9:00am Mahjong</p> <p>9:30am Crafty Quilters</p> <p>10:00am Card Craft Group</p> <p>1:00pm Woodcarvers</p> <p>High Beginner</p> <p>1:00pm /Improver Line Dance</p> <p>3:30pm Beginner Line Dance</p>	<p>8:00am Pinochle</p> <p>8:30am Just Keep Movin'</p> <p>9:45am Balance & Power</p> <p>10:00am Knitwits</p> <p>11:00am Tai Chi - Arthritis</p> <p>12:30pm NRH Singers</p> <p>1:00pm Painting</p> <p>1:00pm Braz. Embroidery</p> <p>2:30pm 1st & 3rd. Stretch 2nd & 4th Strength</p> <p>3:30pm Chair Yoga</p>	<p>8:30am Silver Sneakers</p> <p>9:00am Drawing</p> <p>9:30am Light & Lively</p> <p>9:30am Art Class</p> <p>1:00pm Hand & Foot</p> <p>1:00pm Jam Session</p> <p>Register for two of the three Bingos!</p>	<p>8:30am Party Bridge</p> <p>9:00am 1st & 3rd. Strength 2nd & 4th. Stretch</p> <p>11:00am Dominoes (Mexican Train)</p> <p>12:30pm Yoga with Connie</p> <p>1:00pm Painting</p> <p>1:00pm Support Group 2nd Thurs Only</p> <p>3:30pm Chair Yoga</p>	<p>8:00am Pinochle</p> <p>8:30am Just Keep Movin'</p> <p>9:30am Light & Lively</p> <p>9:30am Spanish 1 (Verbs)</p> <p>10:30am Yoga/Pilates</p> <p>12:00pm 99 (Card Game)</p> <p>1:00pm Intermediate Line Dance</p>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2:00 pm Birthday Party Lucas Funeral Home	2 10:30 am \$10 Lunch Bunch Cracker Barrel & Decorators Warehouse	3 3:00 pm Christmas/Winter Mug Exchange Bring a mug & fillings worth \$15	4 2:00 pm Bingo Palm Primary Care CLOSED AT 3PM FOR TREE LIGHTING	5 3:00 pm Chair Volleyball 3:00 pm \$10 Jenn's Shenanigans
8 8:00 am Operation: Cup of Joe 10:00 am Trail Trek Liberty Park	9 3:00 pm National Pastry Day Encompass Health	10 10:30 am Bingo Palm Primary Care 1:00 pm Caroling Caravan Spread festive cheer by caroling around NRH! Transportation Provided	11 1:00 pm Support Group CLOSED AT 3PM 4:00 pm Volunteer Appreciation Party	12 3:00 pm Cookies, Cocoa & a Movie - <i>Spirited</i> (PG13) with Will Ferrell & Ryan Reynolds
15 2:00 pm National Cupcake Day Carrigan/SuperPatch	16 10:30 am \$54 Texas Tenors, Harvest Hall and more	17 December Luncheon 11:00 am Palm PRIMARY CARE	18 10:00 am Gingerbread Flapjacks	19 3:00 pm LRC Tournament Holiday Bonanza
22 10am- January Registration ONLINE-Residents 11:30 am The Benefits of Inpatient Rehab: Beyond Therapy Encompass Health	23 10am- January Registration ONLINE-Everyone 11:30 am Cup of Soup Green Valley Healthcare 1:00 pm Carols and More! with the NRH Singers	24 10:30 am Bingo Palm Primary Care 1:00 pm Game Day!	25 CLOSED FOR THE HOLIDAY	
29 9:30 am Brain Games	30 3:00 pm National Bacon Day Keller Oaks Healthcare	31 11:30 am "Noon" Year's Eve Celebration CLOSED AT 1PM	Book Club The Monuments Men by Robert Edsel Mon Fri December 1 December 19 12:30 pm 10:30 am	

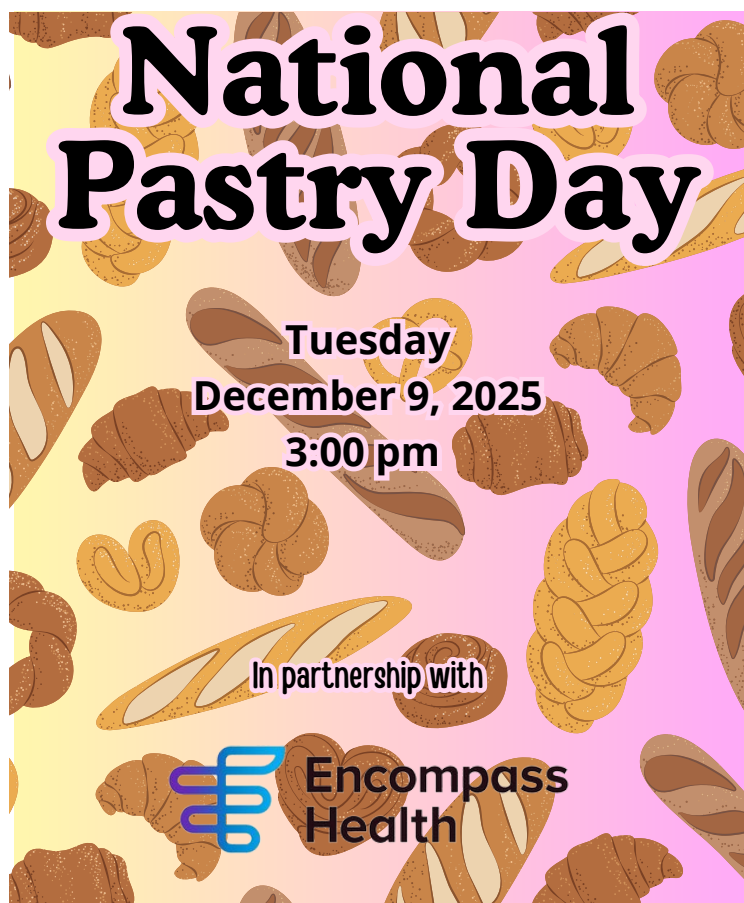
Health & Education



December Birthday Party

Monday, December 1, 2025
2:00 pm


Lucas
Funeral Homes
and Cremation Services



National Pastry Day

Tuesday
December 9, 2025
3:00 pm

In partnership with

 **Encompass Health**



BINGO

THURSDAY, DECEMBER 4 2:00PM
WEDNESDAY, DECEMBER 10 10:30AM
WEDNESDAY, DECEMBER 24 10:30AM

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

 **Palm**
PRIMARY CARE



National Cupcake Day

Monday, December 15, 2025
2:00 pm

 **The Super**
PATCH COMPANY™

Health & Education

NATIONAL BACON DAY

Tuesday, December 30, 2025
3:00 pm

In partnership with



Keller Oaks
Healthcare Center



COOKIES, COCOA &

Will Ferrell

Ryan Reynolds

SPIRITED

Friday, December 12, 2025
3:00 pm PG13

Christmas/Winter Mug & Exchange

Wednesday, December 3, 2025
3:00 pm

Bring a wrapped mug filled with fun items for the exchange. The total value of the mug and filling should equal \$15

NRH Senior Center Support Group

Thursday, December 11, 2025
1:00 pm

Trail Trek

Monday, December 8, 2025
10:00 am

Liberty Park
5825 Holiday Lane
Meet in the small parking lot



- 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, December 24, 2025

1:00 pm

Join us as we play games together before the Holiday closure.



SASSY STRENGTH

Thursday, December 4 9:00 am
Tuesday, December 9 2:30 pm
Thursday, December 18 9:00 am
Tuesday, December 23 2:30 pm

STRETCH & RESTORE

Tuesday, December 2 2:30 pm
Thursday, December 11 9:00 am
Tuesday, December 16 2:30 pm

Trips, Health & Education

Cracker Barrel & Decorators Warehouse

Tuesday, December 2, 2025

10:30 am \$10

LRC Tournament

Friday, December 19, 2025

3:00 pm



THE TEXAS TENORS



Tuesday

December 16, 2025

10:30 am \$54

Spend an afternoon in Grapevine with lunch at Harvest Hall, shopping on your own, finishing with a 3pm show of The Texas Tenors: Deep in the Heart of Christmas at the Palace Arts Center.

Cup of Soup

Tuesday, December 23, 2025

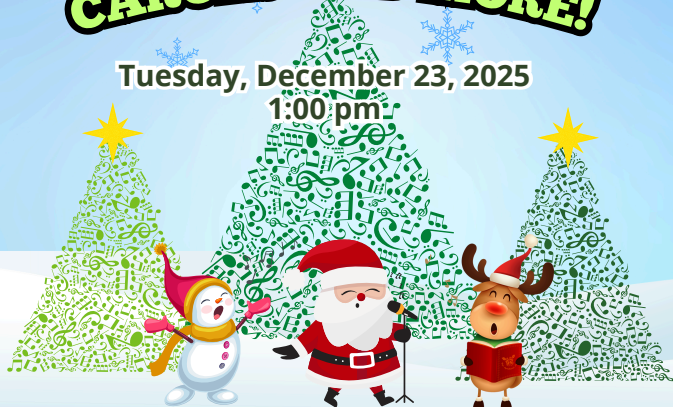
11:30 am



NRH SINGERS CAROLS AND MORE!

Tuesday, December 23, 2025

1:00 pm



Caroling Caravan

Wednesday, December 10, 2025

1:00 pm



NRH SENIOR CENTER GIVES BACK!



The NRH Senior Center Gives Back will be collecting NEW toys in through December 17 for the Community Enrichment Center. *Teens need love, too! Consider gift cards, makeup, basketballs and more.*



NOON YEAR'S EVE

**Wednesday
December 31, 2025
11:30 am**

**Celebrate the
New Year
at Noon with us!**

Partners

COMMUNITY PARTNERS

Gold



Silver

*Green Valley Rehabilitation
& Healthcare Center*



Bronze



Julie Adkins

Senior Center Supervisor

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NRH Senior Center

6000 Hawk Ave. NRH, TX 76180

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

<https://www.nrhseniorcenter.com>

Jennifer Mills

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