



NRH Centre Membership— the NRH Centre will be running membership specials beginning in November 2023. Memberships specials to include 10% off all paid-in-full memberships, 6-month packages with or without Group Fitness for both Individuals and Families, and a 2-week trial membership for all new members. These specials will be delivered via a mailer/digital promotions to NRH residents the first part of November.



NRH Veterans Wall of Honor—The City of NRH will host a Veterans Day Display in the NRH City Hall Lobby, 4301 City Point Drive, from November 6 through November 10 daily between 8 a.m. and 5 p.m. The display will feature flags recognizing all branches of the military, patriotic decorations, and a Wall of Honor for all Veterans who have served or are currently serving. Members of the public are invited to SUBMIT 4"x6" photos of their loved ones who have served or are currently serving in the Armed Forces. The photos will be displayed on the Wall of Honor. Please submit your photos to tearle@nrhtx.com with the following information: Veterans first and last name, branch of service and years of service. The deadline to submit a photo is Thursday, November 2. Photos will be accepted by email or in person and should NOT be the original photo, but a copy or emailed image to digitally print for display. Photos will not be able to be returned.



NRH Veterans Day Celebration—The City of North Richland Hills is hosting the 16th Annual Veterans Day Celebration to honor those who have served in the armed forces on Friday, November 10, 2023 at 11:00 a.m. The celebration will be held in the NRH City Hall Outdoor Plaza, 4301 City Point Drive and will include: a wreath of honor, NRH Police and NRH Fire Honor Guard presenting the colors, patriotic music and performances . In case of inclement weather, the Veterans Day Celebration would move into NRH City Hall Lobby. For more information, please call 817-427-6620.



Run Run Rudolph 5K Family Fun Run & Walk—The annual Run Run Rudolph 5K event provides a great opportunity for families and friends to share their holiday spirit and enjoy fitness and fun. This run benefits the NRH WS365 Water Safety program. It is an un-timed run, all for holiday fun! Participants are encouraged to dress in fun and festive holiday attire! **Register early by Sunday, November 26, 2023 for the best rate.** On November 27 registration increases by \$5. T-shirts are included with each PAID registration. T-shirts will be available for pick up on Thursday, December 7th from 8:00 a.m. until 10:00 p.m. and Friday, December 8th from 8am to 10pm at the NRH Centre, 6000 Hawk Avenue, or at the walk/run check in starting at 8:00 a.m. Saturday, December 9. Your on-leash canine (limit 2) is welcome to walk with you during Run Run Rudolph. Thank you to our Sponsors the City of NRH, the NRH Centre and Medical City North Hills. Register Here: <https://bit.ly/2023RunRunRudolph>



NRH Aquatics— The October Lessons are wrapping up with 76 participants. The next session will begin on Tuesday, November 7, 2023. Classes are wrapping up on October 26, 2023. Registration for current participants will start on Friday, October 27, 2023 and new participants on Monday, October 30, 2023.

Planning is underway for a December Splash Flix Movie on Friday, December 15, 2023. It will be holiday themed with activities and games before the movie. More details will be released soon. This is a registration event with a fee.

NRH Fitness—This fall, our new program “Free Community Yoga” was a hit! The parks for this first season were Linda Spurlock, Northfield and Stormy Plaza serving 54 people – some taking Yoga for the first time! Staff received a complimentary email following the session at Stormy: “I really enjoyed your Yoga class this morning. So relaxing. Thank you so much.” – Angela P.



Wellness classes for the remainder of 2023 include: Aging without Injury, Healthy Happy Holidays, Yoga Flow (English/Spanish), Affirmations Jar, Vision Board Workshop, Meditation for Finding Your Center, Aqua Zumba/Weights, Intro to Cycle, Holiday Ornament/Card Making, SHiNE Dance Fitness Camp and Holiday Yoga Pajama Party.

NRH Centre Family & Youth Programs—



Early Childhood programs started after Labor Day! The NRH Centre was pleased to welcome 32 students into our Just for Threes and Pre-K programs. Mrs. Kim has returned for her 2nd year at the NRH Centre and has planned many wonderful activities for the school year. Recently, our PreK kids learned all about Space and took a Moon Walk with the helmets and jetpacks created in class. She is excited about the school year and getting all the students ready for Kindergarten. We have many exciting things planned for the Fall including Trick or Treating at the NRH Centre and a Thanksgiving Feast. We are happy to have all our preschool programs back at the NRH Centre.



NRH Centre Youth programming is off and running for Fall 2023, the 2nd session of classes started the week of October 16. Gymnastics classes are tumbling right along as we welcomed back over 100 gymnasts. Mrs. Stacey of Movin' N' Groovin' Childrens Dance and Fitness welcomed 75 dancers in her classes. Classed offerer include Ballet, Tap, Jazz, and Hip Hop. Children will work on their coordination through the use of props and dance techniques. This Fall has brought many exciting programs to the NRH Centre including Ballet Folklorico, Fine Arts After School Class, and Lego Based STEM Afterschool classes.

NRH Centre Athletics—The athletic division has been working on new leagues. For current leagues, Tuesday and Thursday Adult Coed Volleyball Leagues just started their fall session in September and will continue for 10 weeks. The Adult Men's E Doubleheader Softball League for Mondays is still going and will end on November 13th for Fall I. Tuesday Men's E Doubleheader will begin their fall II session on November 7th. Thursday Men's E Doubleheader began their fall session on October 19 and will continue for 5 weeks. Our first Pickleball League made its way to the NRH Centre back on Wednesday, September 13. The next Pickles n' Paddles league will start on Wednesday, November 29th. We opened registration on Wednesday, October 18th to current and waitlisted players only and the league is already sold out.



Grand Hall—Grand Hall is going nonstop with over 75 events on deck to close out 2023. Highlights for October included the Color Their World Banquet, Harvest of Blessings Dinner, the Senior Center Craft Show, and the Character Strong Conference.

Richland Tennis Center—This fall RTC has many tournaments scheduled including the Fall Katch tournament (Nov 7 and 9), the USTA Adult Tri-Level tournament (Nov 10-12), and the November UTR (Nov 18-19). December we will be hosting the USTA Adult Playoffs on December 1-3. RTC is currently organizing the annual Toys for Tennis tournament to be held on December 9.



Park Maintenance and Operations—



Park Operations staff have been busy performing a variety of tasks in many areas. Stormy Plaza is currently undergoing a landscaping update. Aged landscaping coupled with the harsh summer created a need to improve this area. Staff is installing yaupon holly, vitex, liriope and will be coming back in the spring with some native perennials. Educational Plant identification signs will also be installed adjacent to some of the plants to provide an educational component to this heavily trafficked space.



Concrete repairs have been made to one section of the Cottonbelt Trail north of Eden road and will be followed by a drain in this section to eliminate standing water faster after rainfall. Walkers Creek Park will also be receiving concrete repairs in the coming month as soon as additional bids are received.

Significant flooding Wednesday October 25 left several areas in need of immediate attention. Park staff has been working to address these issues, beginning with clearing and cleaning trails for safety. Substantial amounts of trash washed up in localized areas and was picked up the next day. Organic debris that washed out of the creeks is cleaned up last. Cleanup efforts are expected to continue until Friday November 3.



Flower Log Refurbished and Relocated—Delbert Beckham's *Flower Log* has been refurbished and placed in a new location this week. Made entirely of salvaged steel parts arc-welded together, the delightful sculpture sat along Bedford-Eules Parkway for over a decade. Earlier this year, the artwork was removed and placed into storage before major renovations to the roadway began. During the summer, Chris Lamar from Parks Operations repainted and re-welded the metal, which had faded and corroded after years of outdoor exposure. Staff determined that relocating the work to a plant bed near the south entrance to the Grand Hall at NRH Centre located along 6000 Hawk Avenue, would provide the public a fresh new way to enjoy the fun and beauty of this piece, which is fully realized when real flowers are blooming among the flowers and butterflies of painted steel. This bright and breezy sculpture will now enjoy renewed life and higher visibility in its new location.



NRH Senior Center—October has been a busy month for the NRH Senior Center. Insurance Broker, Suzi McAlpine was our Luncheon Gold Level Partner for our annual Halloween Contest on Wednesday, October 18. Fyzical Therapy and Balance stopped in for their quarterly Balance Workshop on Thursday, October 19. Finally, the NRH Senior Center Craft Fair was held on Wednesday, October 25 and Thursday, October 26. There were 45 vendors and 70 booths at the fair. Holiday shopping was on everyone's mind.



If you have any questions, or for more information, please contact 817-427-6620.