



**Cultural Arts hosts The Art of Music on September 29**— Artwork with a music theme will become an intrinsic part of a beautiful performance by members of the [Texas Guitar Society](#). Join us on Thursday, September 29 as we explore the deep connection that visual art and music share and enjoy a pre-performance artist's reception and art viewing before the music begins. The exhibition and concert will take place in the elegant Grand Hall at NRH Centre. 16 NRH area artists have been selected to exhibit their paintings and sculpture. The reception starts at 6:30 p.m. and will be followed by the concert at 7:30 p.m. The reception and concert are free, but tickets are required. Tickets can be obtained online at: <https://www.eventbrite.com/e/the-art-of-music-exhibition-concert-tickets-403172669307>



### **NRH2O Family Water Park**—

**NRH Centre**—NRH Centre Youth programming is now enrolling for Fall 2022. Offerings include youth gymnastics, dance, sports, after school/holiday camps and more! For a full list of our classes click [here](#).

**NRH Athletics**—NRH Centre Adult Coed Volleyball and Men's Basketball continue their late summer/early fall seasons, with playoffs starting for basketball soon and volleyball staying in mid-season form. Adult Slow-Pitch Softball at Northfield Park also continues to be a success with Mondays, Tuesdays, Thursdays and Fridays being the constant league nights. Lastly, youth fast-pitch softball tournaments at Walker's Creek Park will begin in early September, and continue through the fall season, ending before the Thanksgiving Holiday.



**NRH Aquatics**—The NRH Centre Aquatics division had another successful swim lesson session in July with 202 total swim lesson enrollments and a waitlist of over 75 additional kiddos! Due to a large portion of our aquatics staff returning to college at the end of August, we are in the process of needing to fulfill 28 aquatic position for the fall. Interested applicants can submit a job interest from at [www.nrhcentre.com/jobs](http://www.nrhcentre.com/jobs).

**NRH Fitness**—“Fall into Fitness” began this month with Healthy Home Living, Partner Yoga and a yoga-centered program called Transition into Fall (fall tea/snack recipes, meditation and breath work).

Group Fitness is doing well with 43 classes per week and online registration; classes include Yoga, Pilates, WaterFitness, Zumba, Cycle, SHiNE, Kettlebell, SilverSneakers, Total Body and more. Other wellness services provided include Personal Training, Health Coaching, Nutrition/Dietitian Consultations, Massage Therapy and Private Yoga. The insurance benefit program SilverSneakers/PRIME, Silver&Fit/Active&Fit, Optum continue to thrive with over 6,700 visits each month.

New service at the NRH Centre: Nutrition Consults by a Registered Dietitian.

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Imagine that you have a high-speed racecar. Would you run it on regular unleaded? No, you wouldn't. You would give it premium or even a nitrous boost. You are that racecar. Whether your goal is **weight loss, muscle building, or even managing diabetes**, I can show you what to put in your tank to pass that finish line. \$75 Initial Consult; \$45 Follow up; \$30 1 week meal plan; \$30 labs/bloodwork interpretation.

**'Round the Town with Oscar**—'Round the Town with Oscar monthly bike rides continues Rollin' on through '22! Join us for the September monthly bike ride on **Tuesday, September 6 at 6:00 p.m. at NRH2O Water Park**, 9001 Boulevard 26. This is a family-friendly ride and is open to all ages. It is a great opportunity to get outdoors in Nature Right Here and be active. Riders should bring their own personal water bottles and helmets are required for the ride. 'Round the Town with Oscar is sponsored by the City of NRH. More info at: [www.nrthx.com/roundthetown](http://www.nrthx.com/roundthetown).



**Richland Tennis Center**—RTC is excited to have registered more leagues this Fall totaling our most ever at 21 teams. This includes NETT, USTA, and TCD teams across the Dallas/Ft. Worth area. Our next monthly UTR tournament will be held September 24-25. Our new Fall in-house leagues kicked off Monday, August 29<sup>th</sup>. With summer coming to an end, we are happy to bring back the Friday mixed doubles in-house league which has been very popular.



**Grand Hall**—Grand Hall is excited to host “Meet Your Police Department”, Senior Center Luncheon, NRH FD Retirement Ceremony and of course the “The Art of Music” as well as over 20 paid bookings in September – with more on the way! Marketing this month will focus on Holiday Planning to support local NRH preferred vendors and provide resources to our current and future clients with the busy social season just ahead.

**NRH Senior Center**— The monthly tournament was held on Friday, August 19 and featured a first-time game called LCR (Left, Center, Right). The community partner was Humana. Our celebration for National Senior Citizen Day on Monday, August 22 had a very wet turn out due to torrential rains that day. Green Valley Healthcare and Texas Rehabilitation partnered with us to provide activities for the members. National Sponge Cake day was a hoot with the folks from Healing Hands Healthcare speaking on the importance of proper nutrition on Tuesday, August 23. A first-time community partner, Troup & Davis Realtors, provided yummy treats that brought back wonderful memories on National Banana Split Day Thursday, August 25. The Garage Sale team kept busy with pricing donated items, event presale days and preparations for the big event on September 9 & 10. Funds for the event will be utilized for the November and December luncheon events.



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