



**NRH2O Family Water Park**—Are you *brrrrrrave* enough? This event is a unique opportunity for individuals, businesses and organizations to support more than 58,000 Special Olympics Texas athletes. All money raised for Polar Plunge will go toward providing year-round sports training and competition, health and inclusion programs for individuals with intellectual disabilities in your community. Be freezin' for a reason at NRH2O on February 4. Registration at 9 am and the plunge at 10 am! Sign up today at: <http://bit.ly/3Gxdpd4>



**2023 Daddy Daughter Dance set for February 18**—The Daddy Daughter is coming to the Grand Hall on Saturday February 18, 2023. Dance times for ages 3-6 is 4:00 p.m. to 5:30 p.m., ages 7-10 6:00 p.m. to 7:30 p.m. and ages 11-14 will be from 8:00 p.m. to 9:30 p.m. We are looking forward to another fun night at this annual tradition! Registration can be done online [here](#). No tickets will be sold at the door.

**Park Maintenance Update**—Contractors recently performed tree pruning maintenance at Cross Timbers, Faram Park, North Tarrant Parkway, The Lakes of Hometown, Linda Spurlock and JB Sandlin Parks. The EF-1 tornado on December 13 caused significant damage at Tipps Canine Hollow. Staff and City contractors removed several large oak trees that were uprooted by the storm. Fencing was also damaged by these falling trees and was also repaired. All cleanup and repairs were performed to be able to open the park by the end of week. Park Operations staff performed some repairs around the pond edge at Linda Spurlock Park. These repairs consisted of concrete around some erosion issues, grading of topsoil, and the establishment of new sod. Park water fountains and irrigation pumps have been winterized to prevent damage as temperatures consistently drop below freezing. Several water fountains are set to be replaced at Walkers Creek, Norich, and Ace Parks. New fountains are typically being replaced with the standard drinking fountain, plus a bottle filler and dog fountain.

**Park Maintenance Staffing Update**—Positions within the new Park Operations staffing structure have been filled, with the exception of Maintenance Work I new hire positions. Matt Johnston has replaced Gary Bechthold as Park Superintendent. Michael Salazar has filled the Athletic Field Supervisor position, Cody Lewis has filled the Irrigation Supervisor Position, and Scott Pearce has filled the Landscape Supervisor position. Chris Lamar has been in a supervisory role and will continue to serve as the Infrastructure Supervisor.

**NRH Aquatics**—January Swim Lessons are in full swing with 189 participants and 93% capacity. We had 4 Instructors attend Water Safety Instructor Training over the holiday break and 6 new Team Members completed Aide training which has helped us launch this Swim Lesson season. Last fall we ran an abbreviated session due to lack of staffing. We are working through some staffing challenges during the day and continue to search for daytime help. The goal is to keep the Aquatics area open for member and guest usage. All other hours have been filled for nights and weekends.

**NRH Centre Youth Programs**—Classes for [Winter/Spring 2023](#) kicked off the week of January 9! This spring we are offering some new programming with our partner Snapology of Grapevine for Afterschool and preschool programming during the day. Other offerings this Spring include Fine Art Classes, Karate, Dance, Gymnastics, and Sports Clinics. There are over 250 kids registered for programs that started in January!



Preschool teachers were excited to welcome kids back from Winter Break. They are currently celebrating the Wild West and learning about all things Cowboy/Cowgirl. The classroom has been transformed into a ranch. Preschoolers have posed for their Wanted Posters, decorated cowboy boots, they will learn how to pan for gold, and build their own gumdrop corral. The Wild West adventure will conclude with stick pony races! Preschool has an exciting semester with upcoming Valentine's Day activities, a field trip to the zoo, and graduation!

**NRH Centre**—The NRH Centre has developed a turn-of-the-year membership special that was sent out via direct mail prior to the start of the Thanksgiving holiday. The 2023 New Year's promotion will run from November 2022 – February 2023 highlighting:

- 10% off all paid-in-full memberships for new and renewing members.
- 6-month Individual and Family Membership Options
- Free Two-Week Trial for those NRH residents that are not currently members and would like to try the facility before they commit to a membership.



**Open Trail Ride at Fossil Creek Mountain Bike Trails in March**—NRH Parks and Recreation will host an Open Trail Ride at the Fossil Creek Mountain Bike Trails, 6101 Onyx Drive South, on Saturday, March 4,



2023, from 10:00 a.m. to 1:00 p.m. Grab your bicycle and helmet and join us and partner Fort Worth Mountain Bike Association for trail rides, raffles, food and fun! The Mountain Bike Trails include approximately 5 miles of trails, a trailhead kiosk and a small parking lot. Fossil Creek Mountain Bike Trails are a great beginner/intermediate experience for riders of all ages and a great trail for continuing to work on the technical skills of mountain biking for more advanced riders.

More info at <https://bit.ly/FossilCreekMountainBike>.

**Richland Tennis Center** —RTC just completed January UTR which had 110 players participate. The next UTR event is scheduled for February 25-26. The monthly UTRs have been a great success and an opportunity for juniors to play tournaments in the DFW area. Registration has begun for the January/February adult and junior classes which will run through February 22. Also, registration continues for the RTC in-house league which begins February 27. During the winter months, we are reviewing options on what changes could be made to increase the junior program for the upcoming Spring and Summer.



**NRH Senior Center**—January signals the beginning of annual volunteer team training. With over 15 kitchen volunteer time slots per week, training includes food preparation, storage and kitchen cleaning and disinfection. This year, training will be divided into Returning and New team members.

All senior classes are offered by senior volunteer instructors, we are happy to see the interests for our new "Music Reading" class that will be offered twice a month. New in 2023 is a monthly Community Partner opportunity – Monthly Birthday Brunch. Healing Hands Healthcare kicked off the year with beagles/cream cheese and fruit during this event. The Birthday Card team expanded for 2023 and has offered more volunteer

team opportunities for members. Over 1,000 Handmade cards were made by Center member Paula Farr. The 12-member team was divided up into groups of 4 rotating through the 12 months to acquire member signatures. Cards are returned to the front desk for address and mailed out at the beginning and middle of each month. Monthly Educational Sessions in January included SOAR (Stand Out, Act Responsibly) with Prescription Drug Safety, Taming Your Paper Piles with Barbie Manley, owner of Organizing by Barbie and Listening to your Body by Dr. Kate. AARP Safe Driving started back at the center this month after the long break during the pandemic. Our 3<sup>rd</sup> Annual Fiona the Hippo Birthday Party was held on January 24 in honor of the feisty hippo princess from the Cincinnati Zoo. The birthday song video was posted on the Zoo's Facebook page.



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