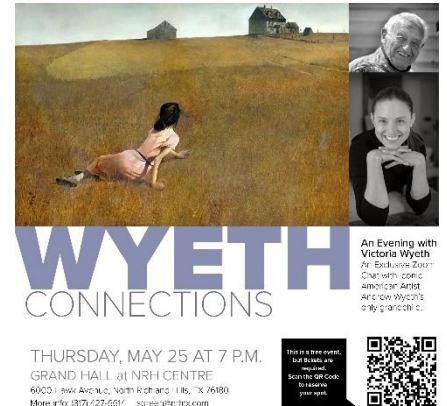




NRH Cultural Arts hosts Victoria Browning Wyeth Livestreaming—

Victoria Browning Wyeth, the iconic American painter Andrew Wyeth's only grandchild, will be speaking about her grandfather at **7 p.m., Thursday, May 25, 2023 at the Grand Hall at NRH Centre**, 6000 Hawk Avenue, NRH, 76180. Ms. Wyeth will join us from her home in Maine, interacting with the audience via large screen and answering your questions about her grandfather's work and artistic legacy, while also sharing family stories, sketches and seldom-seen paintings and drawings. We couldn't be more excited that the City of North Richland Hills is hosting this event free to the public! This is a free event, but tickets are required. Get yours here:

<https://bit.ly/VictoriaWyethNRH>



'Round the Town with Oscar—2023 is the 10th ANNIVERSARY season of the 'Round the Town with Oscar Monthly Bike Rides! Since the bike rides began in 2013 cyclists from the community have ridden over 600 miles at the bike rides and over 4,500 riders have participated. That is some achievement and we are looking forward to keeping it going in 2023.'Round the Town with Oscar bicycle rides and walks provide a great opportunity for you to get out in Nature Right Here, visit with Mayor Oscar Trevino and other city leaders, meet new people, and be active in North Richland Hills!

Mayor's Walks

With the 2023 season being the 10th Anniversary of 'Round the Town, there will be a walk option at the same time and same site as the bike ride. City staff will lead the walking routes on each date. All of the walking routes are trail or loop routes within or near each starting park site. The walks range from 1 to 2 mile routes.

Mayor's Bike Rides

Rides range from around 9 to nearly 13 miles in length. The route varies with each ride and includes portions of the city's trail system and our city streets. Be sure and bring your helmet along for safety. They are required on the monthly bike rides. These family-friendly rides are open to all ages.

The next Mayor's Walk/Bike Ride of the season will be on **Tuesday, June 6 at 6:30 p.m. leaving from the TexRail Smithfield Station, 6420 Smithfield Road**. Park in the South end of the lot. After the bike ride, Sunrise Bicycle Shop will host an exclusive Open House at their store just south of the parking lot. 'Round the Town with Oscar is sponsored by the City of NRH, and Sunrise Bicycle Shop. More info at: www.nrthx.com/roundthetown.



NRH Aquatics—Spring swim lessons just wrapped up, and enrollment for summer swim lessons is currently going on. There are four sessions of summer swim lessons beginning in June, including a daytime session not offered during the school year, with more to come in July. Summer swim lessons will launch the week of June 5. Private Pool Parties continue to sell out quickly, with the next available open party date not until July 2. The Aquatics Division is actively hiring and training in preparation for the summer.



NRH Fitness—On May 15, Fitness kicked off the coming of summer with a Treat Yo'Self event for members and guests. These are offered throughout the year to showcase a variety of classes and services available at the NRH Centre. A membership is not required and the event is free. Offerings included free group fitness classes, local chiropractors, lower body Normatec compression, Stretchlab sampling, Natural Grocers providing drinks/snacks, tours, a chance to visit with a trainer or a group fitness instructor, and a review on how to use equipment.

In accordance with the Equipment Replacement Plan, some of the fitness equipment was replaced on May 4. The Signature Series line of selectorized machines from 2012 for upper body and core, the Hammer Strength full rack, squat rack and spin bikes were replaced. The addition on some weight plates and heavier dumbbells were introduced as well as a seated Preacher Curl, a third weight rack/flat bench and seated/adjustable and flat benches



New Fitness Service! Aquatic Therapy, by a licensed physical therapist, is now available at the NRH Center! A great option for those experiencing: arthritis, Parkinson's, recent orthopedic surgery, Multiple Sclerosis, Cerebral Palsy, balance issues, COPD and more. Contact tzonker@nrhtx.com for details or reach out to Michelle directly at m.markovphysicaltherapy@gmail.com.

NRH Centre—the NRH Centre turned 11 on April 12, 2023! To celebrate, the NRH Centre will be running Anniversary Specials offering 10% Off all Paid-in-Full Memberships, 6-month packages for Individuals or Families with or without Group Fitness classes included, and a 2-week trial pass for all new members.

NRH SPECIAL OFFERS

► **FREE 2-WEEK TRIAL**
COME CHECK OUT ALL THE NRH CENTRE HAS TO OFFER!
(Must activate by 7/31/23. Valid for non-members. Limit 1 pass per person, per facility.)

► **6-MONTH PACKAGES***

Individual Membership - \$149	Family Membership - \$249
Individual + Group Fitness - \$199	Family + Group Fitness - \$325

*Membership must be activated by 7/31/23. 48 hours required at the end of trial (24 hrs. 6-month package special).

► **ANNUAL MEMBERSHIPS***
10% OFF ALL PAID-IN-FULL MEMBERSHIPS
*Membership must be activated by 7/31/23. Term is 12 months from date of enrollment. *Can not be combined with any other discount or offer.

Find Your Center
www.nrhcenre.com | 6200 Hound Ave., NRH, TX 76180

Athletics—The Athletics division has a few leagues finishing up right now. Volleyball leagues are on Tuesdays and Thursdays, and they will play until the end of June. Softball leagues are on Mondays, Tuesdays, Thursdays, and Fridays. The registrations for Summer I are closing memorial week for Softball and the end of next month for Volleyball. Summer I Softball Leagues will begin on June 5. Summer Volleyball Leagues will begin July 11.

The NRH Centre will be offering its next Pickleball 101 Class coming up on Friday, May 19 from 1 p.m. to 3 p.m. on the north side of the gym. This free class is designed to introduce new players to the game of pickleball and how it's played. Registration is required. The class is full and there is currently a waitlist.

Grand Hall—Grand Hall looks forward to closing out a great May, ending on Chief Perdue's retirement ceremony and two FREE public events: An Evening with Victoria Wyeth on May 25 and the Senior Center Health Fair on May 31. Looking ahead to June, Grand Hall will hold events 23 days out of the month and will begin facility upgrades on June 12.

Richland Tennis Center—RTC's monthly UTR will be held May 20-21. RTC was selected to host a national UTR event with matches and scores to be streamed live. The tournament will be held May 27-29. This is a unique opportunity for the community to see higher level player competition. The summer NETT and USTA adult leagues will be starting June 4. Also, we are ready to take on the summer campers along with kicking off the junior programs at the start of June.



NRH Poetry Trail - Poems celebrating the beauty of nature are now featured on plaques along the central walking trail at Linda Spurlock Park, 6400 Glenview Drive. The poems were written by four local authors including Lana Aarnos Jackson, Lisa Martinez, Jessica Copeland Bell and Lori Newbold, who each have deep connections to North Richland Hills. The four poems were inspired by the NRH Parks & Trail System. In addition to the poetry, every plaque features a photo and short biography of the author. The NRH Poetry Trail is a low-cost installation provided through the Cultural Arts Division of the Parks & Recreation Department. It is intended to encourage and promote the art of prose, poetry and self-expression by talented NRH community members. More information can be found at www.nrhpoetscorner.com



NRH Senior Center— Members enjoyed getting out of the center to enjoy an outdoor spring picnic at Northfield Park on April 18. Despite cloudy weather, over 60 seniors enjoyed hot dogs, chips, cookies, drinks and fellowship. The April Luncheon was a HUGE Sock Hop Success with entertainment featuring the Back Beats Band. Members donned poodle skirts and 50's attire. The decorations were a huge hit with a "candy bar" and photo booth. Canine Companions provided an educational opportunity on Wednesday, April 26 discussing the difference between Therapy and Service Dogs. At the end of April, Fyzical Therapy and Balance provide a balance workshop attended by over 50 members. This was the first of 4 quarterly balance clinics.

The NRH Senior Center Gives Back began the 2nd quarter campaign to collect money for bottled water to be donated to the NRH Fire Department. To date we have raised \$523. The last day to donate or drop off water is Friday, June 23. Wills, Trusts and Nursing Home Asset Protection was offered by McGee Law Firm on Wednesday, May 10. Our first "You're Never Too Old to Play in The Dirt" meeting was held on Wednesday, May 10. There were 26 members attending this new monthly discussion group. The Edward Jones Mother's Day Tea was a wonderful event featuring tea sandwiches, cookies and treats on Friday, May 12. Theresa Montoya of Edward Jones provided the goodies, give a-ways and important information on dealing with "Scammers". Later that evening, many NRH seniors attended the Sounds of Spring concert featuring the band "Moving Colors". Finally, Back in Motion partnered with the center to provide lunch for the May Monthly Luncheon. Entertainment was a crowd-pleasing Family Feud event. Prior to the luncheon the Team surveyed 255 seniors online. The surveys were tabulated for the Family Feud questions – all luncheon participants could take part in the game, Big Win!



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