

2019 NRH Road Runner 5K Recap—The 2019 NRH Road Runner 5K was held on Saturday, October 5 and was a very successful event! The Road Runner benefited Children's Literacy through the NRH Library, the Community Enrichment Center in NRH and H.E.L.P Inc., a non-profit organization that helps orphans in Nigeria. There were at total of 312 runners/walkers in the event, 15 Sponsors/Vendors in attendance and 500 Breakfast Tacos from Fuzzy's! A special thank you to the Park and Recreation Board, the Road Runner Committee, all of the sponsors and the volunteers that support the NRH Road Runner 5K.







Fall Lights and Music Concert and Laser Show Enjoyed at City Hall—

The Lights and Music Concert and Laser spectacular held on Saturday, October 5 at NRH City Hall has a large crowd and garnered many positive comments from the public. Escape, a Journey tribute band, played audience favorites in front of City Hall, and the 20-minute laser light show, presented by Inside Image Design out of Fort Worth, wowed the crowd of an estimated 1,500 concert-goers.

Rating) tournament October 19-20. These tournaments are not based on gender or age which means a 12 year old girl may play against a 50 year old man, etc. Players from the North

Texas area will be participating.



<u>Hoot n' Howl</u>—A spooktacular NRH family tradition continues in 2019 with Hoot n' Howl on **Saturday**, **October 26** from 5 p.m. to 8 p.m. at Green Valley Park, 7701 Smithfield Road. Activities will include: live owls, a haunted hayride, midway games, tot games, storytelling, puppet show, performances by community groups and candy for all. Admission, parking and activities are free and concessions will be available for purchase. Volunteers from area schools and community organizations will assist with the games and activities. Don't miss out on the family fun! Hoot n' Howl is sponsored by the City of NRH, Kyrstin Davis State Farm, Visionary Martial Arts and Family Pet Clinic NRH.



NRH Pop Up Art Gallery Call for Art—The NRH Pop Up Art Gallery call for art is going

on now and an artist reception will be held on Friday, November



1. Artists aged 16 and up are invited to submit one photo sample by email of their best work for consideration to appear in the November 2019 NRH Pop Up Gallery exhibition. Email submissions only. No fee to submit work. The deadline is October 11, 2019 at 5 PM and Artists will be notified of acceptance by email no later than Tuesday, October 15. The exhibition will feature 2D works, including paint, ink, graphite, photography, digital, fabric, metal, plastic and wood. Artwork accepted into the show will be on view daily to customers of Kindred Coffee Co. Art sales will be made directly between the artist and purchaser. Opening reception for the artists: Friday, November 1 at Kindred Coffee Co. 8700 N Tarrant Parkway #109. Please learn more about how to submit artwork visitina www.nrhpopupgallery.com.

NRH Veteran's Day Celebration—The City of North Richland Hills will host the 12th Annual Veterans Day Celebration to honor those that have served in the armed forces on Monday, November 11, 2019 at 11:00 a.m. in the NRH City Hall Lobby, 4301 City Point Drive. The celebration will include: musical entertainment, NRH Police and NRH Fire Honor Guard presenting the colors and special guests. This year's keynote speaker is on-air broadcast professional, Jody Dean, member of the Texas Radio Hall of Fame.



NRH Senior Center—Upcoming Senior Programs:

- Over 20 seniors have registered to walk from the NRH Senior Center to Andy's Frozen Custard on Monday, October 21 at 1:30 p.m. for a sweet treat.
- "How Can a Medicare Review Save Time, Money and Improve your Wellness" will be the topic for National Insurance Solutions educational session on Wednesday October 16 at 11:00 a.m.
- The Annual Craft Fair will be Wednesday, October 23 and Thursday, October 24. The fair will comprise
 of over 37 senior crafters selling all handmade items. Evening hours will be offered on Wednesday
 from 11:00 a.m. 8:00 p.m. Thursday hours are 9:00 a.m. 6:00 p.m. The fair will be held in the
 Grand Hall at the NRH Centre.
- WellMed Medical Management will be offering an educational session regarding "Preventive Health Care for a Healthier You!" on Wednesday, October 23 at 11:30 a.m.
- Trick or Treat Pokeno will be offered on Friday, October 25 at 2:30 p.m.. Entry for the event is \$2.00 and a \$15 gift card.

Hope this if of interest and useful to you.

Vickie Loftice, Managing Director