

Community Services Report: Senior Center

January 2020

Senior Center Key Indicators

Indicator	January 2020	January 2019	FY20 YTD	FY19 YTD
Number of Classes/Programs	81	69	313	282
Program/Event Attendance	3,252	3,380	13,437	13,457
Total Attendance	2,394	2,741	9,678	10,332
Volunteer Hours	1,271	1,235	4,677	4,600
Average Daily Attendance	114	130	117	116

NRH Senior Center Highlights

- Tarrant County Public Health began a six-week pain management workshop beginning January 9, 2020. Twenty members registered for this program that met for two-hours once a week. Featured topics included: Dealing with frustration, weakness, pain and loneliness; exercises that help; Medicine and using it the right way; How to tell family, friends and doctors what you feel; New treatment choices; and more...
- The NRH Senior Center Karaoke Program provided entertainment before the January Monthly Luncheon on Wednesday, January 15. Braum's Strawberry Ice cream was served in recognition of "National Strawberry Ice Cream Day"
- Kitchen Team Training was offered five times during the month of January. This is a mandatory training for current kitchen volunteers and an opportunity for new members to learn what is involved with the process.
- AARP Safe Driving was offered on Thursday, January 23 from 8:15am – 1:15pm.
- Our partners from Encompass Health offered an educational session on Wednesday, January 29, 2020.
- Amerilife partnered with the NRH Senior Center on Friday, January 31 at 2:00pm to offer a variety tasty hot chocolate on "National Hot Chocolate Day".

Upcoming Events

- February 5, 13, 18, 25, & 28, Front Desk Volunteer Team Training
- February 6 & 13 10:00 a.m., Tarrant County Public Health Chronic Pain Workshop
- February 7, 10:30 a.m., DIY Paper Flowers Project
- February 13, 11:00 a.m., Dr. Kate Learly, Wellness Seminar
- February 14, 10:30 a.m., Tulle Wreath Project
- February 19, 11:00 a.m., National Heart Month Luncheon and CPR presentation by Sarah Hageman
- February 21, 2:30 p.m., Pokeno Party