

# July 2022

## 50+ Program At A Glance

### Congregate Meals

*No need to cook  
Meet new people  
Enjoy healthy meals*

Cafeteria-style meals are back at  
Goodbar & Evans

Ages 60 & better- \$1 Suggested Donation  
Advance registration is recommended

### Friday Night Dance

Feel the rhythm with  
**The Danny Romo Band**

Friday, July 15<sup>th</sup> from 7- 9 p.m.  
Cost is \$5 -includes a light snack

**Evans Recreation Center gym at  
1116 Hillcrest St, Mesquite 75149**

### TEXAS RANGERS BASEBALL

vs Baltimore Orioles

Bus departs Rutherford  
Wednesday, August 3  
11:00 a.m.

#### \$39 Cost Includes:

- Game ticket
- All you can eat Hot Dogs, Grilled Chicken Sandwiches, Nachos, Hamburgers, Peanuts, Popcorn and Soft Drinks
- Your choice of air conditioned or outdoor seats
- Transportation
- Parking

**Sign-up Friday, 7/1 Space is limited**

### Evans

1116 Hillcrest 972-204-4971

Friday	7/1	Firecracker Tie Dye Towel 9:30am Free
Monday	7/4	Holiday Closure
Tuesday	7/5	Smores w/Staff 10am \$1
Thursday	7/7	Red White & Blue Bingo 12pm \$3 sign up 6/23
Monday	7/11	Blood Pressure Checks w/ Cheyenne Medical
Tuesday	7/12	John Kline Magic Show 10am FREE
Wednesday	7/13	Site Council 9:30am
Wednesday	7/13	Brunch & Shopping – Parks Mall 9:30am \$1
Wednesday	7/13	Birthday Lunch 11:30am
Thursday	7/14	Pinterest Pro – Patriotic Wreath 9:30am \$9
Friday	7/15	Friday Night Dance 7pm The Danny Romo Band \$5
Monday	7/25	Dallas Museum of Arts 9:30am \$1 sign up 7/11
Wednesday	7/27	Morning Movie 9:30am
Weekly	M	Tai Chi 9:30am Free
Weekly	T	Chair Yoga Dance 11am
Weekly	T/TH	Bingo 12:15pm 50¢/card
Weekly	M-F	Fitness Room 8am-4pm
Weekly	M-F	Table Games 8am
Weekly	W/F	Chair volley 9:30am
Weekly	M-F	Washers 10am
Weekly	M-F	Basketball 8am
Weekly	M-F	Wii Bowling/Golf 8am
Weekly	M/W/F	Pickleball 1-3:30pm
Weekly	M/W-F	Senior Exercise 11am
Weekly	M-F	Walk A Mile 8am
Weekly	T	Walking Group 9:30am
Weekly	M/W	Crochet &Knitting 9 am
Weekly	TH	Line Dance 1:15-2:45pm
Weekly	T	Dance to Records 1:30-3

### Goodbar

3000 Concord 972-329-8705

Friday	7/1	Site Council 9:30am
Monday	7/4	Holiday Closure
Wednesday	7/6	Bunco 9:30am sponsored by Cambridge Court
Wednesday	7/6	Back the Blue Ice Cream Social 12:30pm sponsored by United Healthcare
Thursday	7/7	Bingo 9:30am sponsored Valora Medical
Wednesday	7/13	Doc Talk with Dr. T. "Diabetes" at 10am With Valora Medical Group
Wednesday	7/13	Birthday Lunch 11:30am
Thursday	7/14	Bingo 9:30am sponsored by Oak Street Health
Monday	7/18	Clay Pot Windchime 9 am With Always Accurate Hospice
Tuesday	7/19	PPP-PAN
Thursday	7/21	Bingo 9:30am with Cheyenne Medical Lodge
Wednesday	7/27	Top Golf \$7 bus departs 9:30am lunch at MiCocina
Thursday	7/28	Dinner Date Atheneo's Greek Café \$1 bus departs 5pm
Weekly	M	Line Dancing 9:30am
Weekly	T	Seated Volleyball 9:30am
Weekly	W	Ceramics Freestyle 9-2pm
Weekly	TH	Texas Hold'em 12:30pm
Weekly	TH	Bingo 50¢/card 9:30am
Weekly	F	Woodcarving 9-11am
Weekly	F	Knitting & Crochet 9-11am
Weekly	M-TH	Exercise to Music 8:30am
Weekly	M-F	Fitness Room 8am-3pm
Weekly	M-F	Cornhole 9:30am-2:30pm

### Rutherford

900 Rutherford 972-204-4965

Friday	7/1	Peanut Butter & Jelly Drive All Summer-Benefits Sharing Life
Friday	7/1	Game Day "Uno & Burgers" 10am FREE bring side to share
Monday	7/4	Holiday Closure
Tuesday	7/5	Craft "Yarn Word Art" 12pm \$2
Wednesday	7/6	Prizes by Players Bingo 12:30pm 50¢/card
Friday	7/8	"42" Tournament 9:30am \$2 bring side to share
Tuesday	7/12	Girlfriends Movie 6pm "13 Going on 30" cost \$2 Bring a finger food, ages 6 and up
Wednesday	7/13	Site Council 11am
Wednesday	7/13	Bingo 12:30pm 50¢/card Sponsored by Valora Medical
Wednesday	7/20	Bingo 12:30pm 50¢/card Sponsored by Cheyenne Lodge
Tuesday	7/26	Birthday Potluck 11:30am "Dog Days of Summer"
Wednesday	7/27	Bingo 12:30pm 50¢/card Sponsored by Valora Medical
Weekly	T/TH	Yoga for Everybody 12pm-1pm \$30
Weekly	M/TH	Table Games 9-4pm
Weekly	M-F	Cornhole 10-11am
Weekly	M-F	Pickleball 9:30am-1pm
Weekly	M	Pickleball Nights 6-9pm
Weekly	M/W/F	Basketball 9-10am
Weekly	M/W/F	Wii Games 9-11am
Weekly	TH	Ceramic Freestyle 9 am
Weekly	W	Bingo 12:30pm 50¢/card
Weekly	M-F	Walk a Mile 11am-12pm
Weekly	T/TH	Stretch & Flex 10-11am
Weekly	M-F	Fitness Room 9 am-4pm



# Congregate Meal Menu


## July 2022

Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$5.50. Lunch is served Monday-Friday at Goodbar and Evans Senior Centers 11:30 a.m. Advanced reservations are required. "This program is supported, in part, by the City of Mesquite, the Dallas Area Agency on Aging and the Texas Department of Health and Human Services."

				Friday
Monday	Tuesday	Wednesday	Thursday	7/1/2022
7/4/2022	7/5/2022	7/6/2022	7/7/2022	7/8/2022
<p style="text-align: center;"><b>Closed for Holiday</b></p> 	Breaded Chicken Patty Orzo Pasta Mixed Vegetables Dinner Roll Fig Bar Milk	Meatloaf~ Tomato Gravy Whipped Potatoes Braised Carrots Cornbread Lemon Berry Pudding Milk Margarine	Mediterranean Chicken Lemon Herb Pasta Broccoli Texas Bread Brownie Milk	Independence Day Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Apple Crisp Milk  Mustard and Ketchup
7/11/2022	7/12/2022	7/13/2022	7/14/2022	7/15/2022
Turkey Pasta Bolognese Whole Kernel Corn Green Beans Texas Bread Sugar Cookie Milk	Beef with Rosemary Gravy~ Confetti Rice Broccoli Wheat Bread Fudge Cake Stick# Milk	Chipotle BBQ Chicken# Macaroni and Cheese Glazed Carrots Dinner Roll Zee Zee Birthday Bar  Milk	Ham, Red Beans & Rice#* Herbed Green Peas Creole Tomatoes Texas Bread Chocolate Chip Cookie Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
7/18/2022	7/19/2022	7/20/2022	7/21/2022	7/22/2022
Turkey Rice Casserole Green Peas Squash/Zucchini/Tomatoes Multigrain Bread Fresh Orange Milk	Curry Chicken# Egg Fried Rice Broccoli/Carrots/Onions Texas Bread Sugar Cookie Milk	Salisbury Beef~ Brown Gravy Mixed Beans Medley Cabbage Dinner Roll Nutty Buddy Bar  Milk	Chicken Piccata Penne Pomodoro# Italian Green Beans Texas Bread Lime Gelatin with Peaches Milk	Christmas in July Turkey Breast with Gravy Cornbread Dressing Spring Vegetables Dinner Roll Oreo Cookies  Milk Margarine
7/25/2022	7/26/2022	7/27/2022	7/28/2022	7/29/2022
Parmesan Chicken Penne with Asparagus# Parsley Carrots Wheat Bread Lemon Blueberry Crisps# Milk	Swiss Steak~ Garlic Whipped Potatoes Green Beans Dinner Roll Fresh Apple Milk	Lemon Butter Pork Patty*~ Dirty Rice Spinach Wheat Bread Fudge Cream Cookie  Milk	Turkey and Noodles Broccoli Country Tomatoes Wheat Bread Lime Gelatin with Peaches Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup

Sarah Hübner, RD, LD

\* - Contains Pork

 - Contains Peanuts

~ - Entrée Contains Soy

# - New Menu Item

