

Mesquite Adults 50+ Programs



August 2024

Evans Recreation Center

1116 Hillcrest St.

972-204-4971

8 a.m.-4 p.m. Monday-Friday

Goodbar Recreation Center

3000 Concord Dr.

972-329-8705

Kristen Herndon, Recreation Specialist

8 a.m.-3 p.m. Monday-Friday

Rutherford Recreation Center

900 Rutherford Dr.

972-204-4965

Pam Folsom, Recreation Supervisor

8 a.m.-4 p.m. Monday-Friday

Congregate Meals

Lunch is served 11:30 a.m. Monday-Friday

Goodbar and Evans

Adults 60+ can enjoy lunch for a suggested donation of \$1.

Ages 59 and under may purchase a meal for \$5.50.

Advance reservations are



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Mesquite Parks & Recreation
programming



Site Council Meetings

Goodbar Recreation Center

Thursday, August 1 at 9:30 a.m.

Evans Recreation Center

Wednesday, Aug. 14, 9:30 a.m.

Rutherford Recreation Center

Wednesday, Aug. 14 at 11 a.m.

Games

Game Day

Pictionary

Rutherford Recreation Center

Friday, Aug. 2 at 10 a.m.

Bring a dish to share

National Senior Citizen Day

Have a laugh- dress like an "old person"

Prizes sponsored by Cheyenne Medical Lodge

Rutherford Recreation Center

Wednesday, Aug 21, 12:30 p.m.

.50/card

Senior Shenanigans

Exciting activity & games

Evans Recreation Center

Wednesday, Aug. 21, 5-7 p.m.

Bring a dish or snack to share

Domino Tournament

Evans Recreation Center

Monday, Aug 5, 9:30 a.m.

Free with Membership

Pickleball Tournament

Evans Recreation Center

Friday, Aug 9, 10 a.m.

\$8/person, includes lunch



WWW.CityOfMesquite.com/50plus

Crafts

Hand Salve

Natural emollient for your hands

Goodbar Recreation Center

Monday, August 19

9:30- 11 a.m.

\$2 per person



Painted Drinkware

Choose from 2 kinds drinkware

Rutherford Recreation Center

Tuesday, August 20

11:30 a.m.-12:30 p.m.

\$4 per person



Let There Be Paint

Create an acrylic painting in one evening. This class discusses color theory, technique and composition.

Ages 18+

Tuesday, August 27

Rutherford Recreation Center

6:00-8:00 p.m.

\$20 /person includes all supplies

Ongoing Weekly Activities

Color Key: **Evans**, **Goodbar**, **Rutherford**, Multiple locations

Monday	Tuesday	Wednesday	Thursday	Friday
8 a.m.	8 a.m.	8 a.m.	8 a.m.	8 a.m.
Table Games Fitness Room Basketball Cornhole Wii Games Walk a Mile	Table Games Fitness Room Basketball Cornhole Portable Pantry-3rd Tues Wii Games Walk A Mile Pickleball	Table Games Fitness Room Basketball Cornhole Wii Games Walk A Mile Quilting Pickleball	Table Games Fitness Room Basketball Cornhole Wii Games Walk A Mile Ceramics	Table Games Fitness Room Basketball Cornhole Wood Carving Wii Games Walk A Mile Pickleball
8:30 a.m.	8:30 a.m.	8:30 a.m.	8:30 a.m.	9 a.m.
Exercise to Music	Exercise to music	Exercise to Music	Exercise to Music	Crochet & Knitting
9 a.m.	8:45 a.m.	9 a.m.	8:45 a.m.	9:30 a.m.
Crochet & Knitting	Chair Volleyball	Ceramics Crochet & Knitting	Chair Volleyball	Cardio Drumming Chair Volleyball
9:30 a.m.	9:30 a.m.	9:30 a.m.	9:30 a.m.	11 a.m.
Line Dancing	Chair Volleyball Crochet & Knitting	Chair Volleyball	Bingo	Senior Exercise Walk A Mile
10 a.m.	10 a.m.	11 a.m.	10 a.m.	12 p.m.
Move to Music	Stretch & Flex	Senior Exercise Walk A Mile	Stretch & Flex	Walk A Mile
11 a.m.	11 a.m.	12 p.m.	10:30 a.m.	12 :15 p.m.
Senior Exercise Walk A Mile	Senior Exercise Walk A Mile	Walk a Mile	Canasta	Bingo
12 p.m.	12 p.m.	12 :15 p.m.	11 a.m.	1 p.m.
Walk a Mile	Walk a Mile Yoga for Everybody	Family Feud	Senior Exercise Walk A Mile	Pickleball Card Games
12:30 p.m.	12:15 p.m.	12:30 p.m.	12 p.m.	6 p.m.
Cardio Drumming Black Jack	Bingo	Bingo	Walk a Mile Yoga for Everybody	Pickleball
1 p.m.	12:30 p.m.	1 p.m.	12:15 p.m.	
Pickleball	Black Jack	Pickleball	Bingo	
	1:30 p.m.	2 p.m.	12:30 p.m.	
	Dance to Records	Vintage Practice	Texas Hold'em	
			1:15 p.m.	
			Line Dance	



Events

Improv Recipes with Bruce

Learn to maximize what you have to create amazing dishes.

Evans Recreation Center

Tuesday, August 6
9:30 a.m.

Free with membership

Caroline's Cuisine

Simple demonstration tips for preparing smaller portion meals.

Goodbar Recreation Center

"Gluten Free Biscuits"

Wednesday, Aug 7

9:30- 11 a.m.

\$1 per person

Dog Days of Summer

Mesquite Animal Shelter will discuss their services and bring a furry friend to pet. There will also be tips on cutting cost of being a good pet parent.

Rutherford Recreation Center

Wednesday, August 7
11 a.m.

Free with Membership

Blood Pressure Screen

Cheyenne Medical will check your blood pressure and answer health questions.

Evans Recreation Center

Monday, August 12
10 a.m.

Free with membership

The Girlfriends

Movie Night

Rutherford Recreation Center

Tuesday, August 13
6 p.m.

\$2 per person

Popcorn will be provided

Birthday Lunch

Celebrate birthdays together as part of the Congregate Meals.

Evans Recreation Center

Wednesday, August 14
11:30 a.m.

End of Summer Backyard Games

Join us in the a/c and play giant yard games indoors.

Goodbar Recreation Center

Wednesday, August 21
9:30-10:30 a.m.

Free with Membership

Community Council Services

Free to seniors, age 60+

Residential home repairs, utility assistance, wheelchair ramps, medical supplies and Legal Assistance to prepare Wills.

Rutherford Recreation Center

Thursday, August 22, 11 a.m.
Free with Membership

Texas Winds Musical Outreach

Enjoy the sounds of summer with this beautiful ensemble of string instruments.

Goodbar Recreation Center

Wednesday, August 28
10-10:45 a.m.

Free with Membership

After Hours Café

Enjoy a night out with dinner, entertainment and memories

Evans Recreation Center

Wednesday, August 28
5-7 p.m.

\$8/person

Labor Day Cookout

Celebrate the hard working Americans with grilled hamburgers and yard games. Bring a side dish to share.

Rutherford Recreation Center

Friday, August 30
11:30 a.m.

Vintage -performance group

Join the newest performance group for singing, dancing, and a dash of comedy.

Rutherford Recreation Center

Wednesdays
2-3 p.m.

Free with membership

Trips

Ft Worth Bureau of Engraving & Printing

See the wonders of the currency printing process in Fort Worth.

Evans Recreation Center

Thursday, August 1
9:30 a.m.

\$2/person

Spill the Tea-Panera Bread

Chat over breakfast out

Rutherford Recreation Center

Monday, August 5
9 a.m.

\$1/person bring money for meal

Chocolate Angel Tea Room and Antique Mall

Enjoy antiques and lunch with friends.

Goodbar Recreation Center

Wednesday, August 14
9:30 a.m.

\$1/person bring money for lunch

Heritage Market & Bakery

Lunch and shopping in Kemp, TX for Amish made foods and goods.

Rutherford Recreation Center

Friday, August 16
9:30 a.m.

\$2 per person – bring money for lunch

Box Office Brunch

Visit the amazing Film Alley in Terrell for a movie and enjoy a meal together.

Evans Recreation Center

Tuesday, August 27
9:30 a.m.

\$10 bring money for meal

Lunch Bunch

Tastebud Temptations

Goodbar Recreation Center

Thursday, August 29
11 a.m.

\$1 bring money for lunch



Good nutrition is part of maintaining a healthy lifestyle. 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."

			Thursday	Friday
			8/1/2024	8/2/2024
			Beef Chili with Beans Oven Roasted Potatoes Spinach Saltine Crackers Fig Bar Milk	Lemon Caper Chicken Lentils Country Tomatoes Wheat Bread Cinnamon Swirl Pudding Milk
Monday	Tuesday	Wednesday	8/8/2024	8/9/2024
8/5/2024	8/6/2024	8/7/2024	8/8/2024	8/9/2024
Swedish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk	Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Fudge Cream Cookie Milk	Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup
8/12/2024	8/13/2024	8/14/2024	8/15/2024	8/16/2024
Tarragon Chicken Mixed Beans Tangy Spinach Wheat Bread Oatmeal Cream Cookie Milk	Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Cinnamon Graham Crackers Milk	Polish Sausage* Baked Beans Medley Cabbage Texas Bread Frosted Birthday Cake Strawberry Ice Cream Milk	Beef Stroganoff Broccoli Cauliflower Texas Bread Craisins Milk	BBQ Pork Rib Patty* Green Beans Glazed Carrots Texas Bread Cherry Gelatin w/Fruit Cocktail Milk
8/19/2024	8/20/2024	8/21/2024	8/22/2024	8/23/2024
Turkey Tetrazzini Green Peas Stewed Tomatoes Wheat Bread Sugar Cookie Milk	Chicken Chili Corn O'Brien Sliced Carrots Saltine Crackers Fresh Orange Milk	Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Oreo Cookies Milk	Lemon Scarpariello Chicken# Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin w/Pineapple Milk	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
8/26/2024	8/27/2024	8/28/2024	8/29/2024	8/30/2024
Puttanesca Chicken Meatballs~# Lentils Parslied Carrots Wheat Bread Strawberry Craisins Milk	Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	Breaded Chicken Picatta~ Rotini and Tomatoes~ California Vegetables Texas Bread Fudge Cream Cookie Milk	Sausage w/Onions/Peppers* Kidney Beans Spinach Corn Muffin Chocolate Graham Crackers Milk	Turkey and Dumplings Broccoli Cauliflower Texas Bread Lime Gelatin with Pears Milk

- Contains Peanuts

* - Contains Pork

~ - Entrée Contains Soy

- New Menu Item