

# August 2019

## 50+ Program At A Glance

### Evans

1116 Hillcrest 972-204-4971

Friday	8/2	Pinterest Pro Cup w/ decal 9:30am \$5
Wednesday	8/7	Brunch & a Movie IHOP AMC 9:30am \$7
Friday	8/9	Walking Group 9am Free
Friday	8/9	50+ Dance w/ Rollin Country 7pm \$6
Tuesday	8/13	Vetro Glass Blowing 9:30am \$7
Wednesday	8/14	Site Council room 103
Wednesday	8/14	Birthday Lunch 11:30am
Thursday	8/15	42 Tournament 9 am Free
Friday	8/16	Pinterest Pro Ice cream in a bag 9:30am \$2
Thursday	8/22	Charter Eye Care 9am-12pm Free
Friday	8/23	Walking Group 9am Free
Friday	8/23	50+ dance w/ Lone Star Express 7pm \$6
Monday	8/26	Pool Party at City Lake Aquatic Center 10am
Tuesday	8/27	After Hours Café Gary Freeman 5:30pm \$7
Thursday	8/29	Golf Tournament 9:30am Free
Friday	8/30	Golf tournament continued 9:30am
Friday	8/30	Presentation- Signs & Symptoms to call 911
Monday	9/2	Closed for holiday

### Goodbar

3000 Concord 972-329-8705

Monday	8/5	Craft Day-Dip & Dabble 9:30am \$5
Tuesday	8/6	Site Council 9:15am
Wednesday	8/7	Palomino Place visits 10am Free
Thursday	8/8	Bingo Night 4pm \$10/session
Friday	8/9	Target, DQ, Applebee's in Rowlett 10am \$1
Monday	8/12	Karaoke 10am Free
Tuesday	8/13	Bunco 9:30am \$2 due at sign-up
Tuesday	8/13	Black Jack 12:30pm \$1/mo
Wednesday	8/14	Birthday Lunch 11:30am
Wednesday	8/14	Bankhead Brewery Tour 2pm \$1 plus cost of food
Friday	8/16	Volleyball 8:30am Free
Friday	8/16	I.T. Class- Apple phones 10am Free
Tuesday	8/20	Breakfast and Movie 9 am \$1 + food & ticket
Tuesday	8/20	PPP/PAN 9:30am
Thursday	8/22	I.T. Class- Android phones 10am Free
Monday	8/26	Pool Party at City Lake Aquatic Center 10am
Tuesday	8/27	Black Jack 12:30pm \$1/mo
Thursday	8/29	Hold'em tournament with prequalification 12:30pm
Thursday	8/29	Dinner Date Chicken Moto in Richardson 5pm \$1
Friday	8/30	Karaoke 10am Free
Monday	9/2	Closed for holiday

### Rutherford

900 Rutherford 972-204-4965

Thursday	8/1	Begin "Art Room" Drive for Rutherford Elementary
Friday	8/2	Sam Moon 10am \$1
Friday	8/2	Weight Room Orientation 10am
Tuesday	8/13	Begin sign-up "Secret Summer Friends"
Tuesday	8/13	Girlfriends "Native Plants" 6-8pm
Wednesday	8/14	Site Council 11am
Thursday	8/15	"Art Room" Brunch & Delivery 10am
Monday	8/19	Craft "Carne Guisada" 10am \$4
Monday	8/19	*NEW times* Pickleball- M/W/F 9:30am-3pm Open Play
Tuesday	8/20	Pickleball- Tues/Thurs 9:30am Dink Games 10am-3pm Open Play
Thursday	8/22	Progressive Dinner to "Ireland, Israel, Czech" 5pm \$8
Monday	8/26	Pool Party at City Lake Aquatic Center 10am
Tuesday	8/27	Birthday Potluck "Picnic" 11:30am
Friday	8/30	Game Day "Players Choice" bring a finger food 10am
Monday	9/2	Closed for holiday

#### Pool Party & Potluck City Lake Aquatic Center

Monday, August 26, 10am-12:30pm

Bring your swimsuit & towel and a dish to share

Limited transportation from Evans and Goodbar



#### Progressive Dinner "Ireland, Israel, Czech"

at Rutherford

Thursday, August 22 at 5pm

Registration Required

Cost is \$8



# Congregate Meal Menu

## August 2019

Lunch is served Monday through Friday at Evans and Goodbar Senior Centers. There is a suggested donation of \$1 for adults 60+ and a cost of \$5.50 for adults 59 and under. The project is supported in part by the City of Mesquite, The Dallas Area Agency on Aging and the Texas Department of Health & Human Services. Reservations are requested 2 days in advance and may be made by calling or visiting the centers during hours of operation.

			Thursday 8/1/2019	Friday 8/2/2019
			King Ranch Chicken Casserole Broccoli Parsley Carrots Wheat Bread Chocolate Pudding Milk	Hamburger Patty~ Sliced Cheese Lettuce and Tomato Baked Beans Hamburger Bun Fruit Compote Milk Mustard and Ketchup
Monday 8/5/2019	Tuesday 8/6/2019	Wednesday 8/7/2019	8/8/2019	8/9/2019
Turkey Tetrizzini Mixed Vegetables Brussels Sprouts Wheat Bread Chocolate Chip Cookie Milk	Meatloaf with Tomato Gravy~ Garlic Whipped Potatoes Herbed Green Beans Multi Grain Bread Vanilla Oreo Pudding Milk	Apricot Baked Chicken Rice Florentine California Vegetables Texas Bread Fruited Cherry Gelatin Milk	Tuna Salad Pasta Salad Marinated Beet Salad Saltine Crackers Fudge Cream Cookie Milk	Ham and Lima Beans* Stewed Tomatoes Collard Greens Corn Muffin Fresh Orange Milk Margarine
8/12/2019	8/13/2019	8/14/2019	8/15/2019	8/16/2019
Marinara Chicken Meatballs~ Lemon Herb Pasta Peas and Carrots Breadstick Fresh Apple Milk	Smoked Sausage* Black-Eyed Peas Country Vegetables Corn Muffin Fruited Lime Gelatin Milk Margarine	Salisbury Beef~ Onion Gravy  Ranch Whipped Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	BBQ Chicken Tossed Salad Pinto Beans Texas Bread Carnival Cookie Milk Italian Salad Dressing	Hamburger Patty~ Sliced Cheese Lettuce and Tomato Ranch Beans Hamburger Bun Apple Crisp Milk Mustard and Ketchup
8/19/2019	8/20/2019	8/21/2019	8/22/2019	8/23/2019
Beef Spanish Rice Chuckwagon Corn Cauliflower Wheat Bread Sugar Cookie Milk	Shredded BBQ Pork* Macaroni and Cheese Medley Cabbage Hamburger Bun Fresh Orange Milk	Oven Fried Chicken Thigh Scalloped Potatoes Braised Carrots Dinner Roll Fruited Orange Gelatin Milk	Beef Hot Dog Baked Beans Coleslaw Hot Dog Bun Spiced Pineapple Tidbits Milk Mustard	Margarita Chicken Pinto Beans Zucchini and Tomatoes Wheat Bread Banana Pudding Milk
8/26/2019	8/27/2019	8/28/2019	8/29/2019	8/30/2019
BBQ Pork Rib Patty*~ Parslied Rice Italian Green Beans Hamburger Bun Gingerbread Cookie Milk	Beef Spaghetti with Meatballs~ Glazed Carrots Broccoli Texas Bread Fruited Cherry Gelatin Milk	Honey Glazed Turkey Au Gratin Potatoes Glazed Beets Wheat Bread Lemon Pudding Milk	Chicken Alfredo Green Peas Country Tomatoes Wheat Bread Fresh Orange Milk	Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Hot Cinnamon Ap- plesauce Milk Mustard and Ketchup

Sarah Hutsler, RD, LD #DT81463

Expires 11/30/2019

~ - Entrée Contains Soy

\* - Contains Pork

