

November 2009

YESTERDAY'S KIDS

NEWSLETTER PUBLISHED BY MESQUITE SENIOR CENTERS
Recreation Programs for Active Adults 55+

Inside this Issue

Holiday Closures

Thursday, November 26 Centers Closed
Friday, November 27 Centers Closed



Benefits Counseling

Dallas Area Agency on Aging will offer Benefits Counseling at Goodbar Senior Center **Wednesday, November 4**, from 9 a.m. to 12 noon. See Goodbar section for details.

Claude Hooker, AARP Volunteer will offer Benefits Counseling on a rotating basis at each Mesquite Senior Center the 3rd Wednesday of each month from 9-11 a.m. Mr. Hooker can assist with Income Tax, Insurance, Insurance Claims, Medicare, Veteran's Benefits, etc.

November 18, at Goodbar Senior Center

MTED

(Mesquite Transportation for the Elderly and Disabled)

1616 N. Galloway

972-329-6833

Donald White, Supervisor

Monday-Friday 8 am-5 pm

Renovation Update

Updates to our building are well underway. As the newsletter goes to press the parking lots and gym are complete and in use. Renovations have begun on the classrooms and weight room. Senior activities are scheduled to move to the front of the building at the end of October. During the month of November the senior area will be completely updated with fresh paint, new floors, lighting and counters. We are expecting to back in the senior area in early to mid December.

- Half Price Sale
Yesterday's Kids Cookbooks
- Taste of Texas Tour Trip
- Dixie Country Concert
- Christmas Cheer Collection
- Girlfriends Social Networking Group
- Gifts from the Kitchen Classes

Mesquite Senior Centers

EVANS

1116 Hillcrest (Entrance on Gross Road)

972-285-6761

Pam Folsom: Senior Center Supervisor

Monday - Friday 9:00 am - 4:00 pm

GOODBAR

3000 Concord (Behind McKenzie Elementary)

972-279-6881

Ralph Gordon: Senior Center Supervisor

Monday - Friday 8:00 am - 3:00 pm

RUTHERFORD

900 Rutherford Dr (Behind Rutherford Elementary)

972-216-7791

Lyn Boness: Senior Center Supervisor

Diane Mickelson, Senior Program Coordinator

Monday - Friday 9:00 am - 4:00 pm

The City of Mesquite does not discriminate because of age, race, sex, color, religion, national origin, or handicap.

EVANS SENIOR CENTER

Meet at the MAC

Evans Senior Program will meet at the MAC (Mesquite Arts Center) located at 1527 N Galloway on Friday, October 30. As the renovation on the Senior Center begins put on your best Halloween outfit and come on down for the Price is Right, spooky refreshments and a costume contest. The rehearsal hall will be open from 8:00 am-2 pm for senior center operations. Parking is available at the rear of the building. The schedule is as follows:

8:00-10:00 Coffee, Table Games
10:00 The Price is Right, Refreshments, Costume Contest
11:00 Exercise Class
11:45 Lunch
12:15 Bingo

Relocation is for one day only. Senior Program will resume at Evans Recreation Center Monday, 11/2.

VNA Nurse Program

The VNA nurse will sponsor two programs this month. Clients wishing to participate in the screening must be registered with the nurse.

Tuesday, November 10, at 9:00 am there will be a Cholesterol Screening.

Tuesday, November 24, at 11:00 am the nurse will present the health education program "Bone Health".

The VNA Nurse Health Promotion Program is supported, in part, by the Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services.

Wii Bowling League

Open bowling this summer has provided many weeks of practice. Now put those skills to use in the next Evans Wii Bowling League, a six-week mini-league on Wednesdays starting in November. No bowling the week of Thanksgiving. Sign up now for this mini-league before the regular season begins in January 2010.

Christmas Craft

Learn how to re-use your old Christmas cards to make pretty gift boxes with hinged lids. If you can use a hole-punch and tie a knot, this is the craft for you. Cost is \$2. Class will be Monday, November 16th. Space is limited and reservations are required. Sign up begins 11/2.



Taste of Texas Tour

Wednesday, November 18th board the deluxe motor coach for a day of sampling Texas Favorites:

- Bancroft Pecan House Powell, Texas
- "Original" Collin St. Bakery Corsicana, Texas
- Dr. Pepper Museum Waco, Texas

The bus departs from Evans at 9:00 am. Lunch, served on the bus, will be a custom box lunch from Jason's Deli. Order your choice of sandwich and cookie when paying for your reservation. Wear comfortable shoes, as there will be quite a bit of walking. Cost is \$35 due at sign up includes transportation, lunch, admission ticket, and gratuities. Fee is non-refundable after 11/11.

Texas Winds

Clap your hands, tap your toes, dance or sing-a-long to "The Pace Makers" professional musicians that perform with Texas Winds Musical Outreach. There's plenty of room to get up and groove in the Evans gym on Thursday, November 5th at 11:00 am. Exercise will meet at 10:30 am.

Cookbook Sale

The perfect Christmas gift can be found right here at the center. Yesterday's Kids Cookbook will be on sale at half price during November and December. Get them now for only \$4. They make a great gift for family members, college students, newly weds or anyone you would like to share recipes with.

Site Council News

Time to elect new site council members. Nominations will be accepted November 2-13. Voting will be Monday, November 16. Anyone interested in serving is encouraged to attend the meeting on November 10th.

Site Council meeting is at 10 am Monday, November 10th in the craft room. Everyone is welcome. Bring your suggestions and questions!

Caps for Soldiers DFW Trip

November 11, 2009
See Rutherford Section

EVANS SENIOR CENTER

Evans Weekly Schedule

Monday	
9:00	Table Games
10:00	Walk-A-Mile
11:00	Senior Exercise
12:15	Bingo
5:30	Texas Bluegrass Network (Temporarily at 2 nd Baptist Church)
Tuesday	
9:00	Table Games
10:00	Walk-A-Mile
1:00	Party Bridge (Temporarily at Rutherford)
1:00	Dance to Records
Wednesday	
9:00	Table Games
9:00	Wii Open Bowling
10:00	Walk-A-Mile
11:00	Senior Exercise
12:15	Bingo
Thursday	
9:00	Table Games
10:00	Walk-A-Mile
11:00	Senior Exercise
12:15	Bingo
12:30	Line Dance Practice
Friday	
9:00	Table Games
10:00	Walk-A-Mile
11:00	Senior Exercise
12:15	Bingo
1:00	Party Bridge (Temporarily at Rutherford)
7:00-9:30 p.m.	Senior Dance (2 nd 4 th & 5 th Friday)

Nutrition Class

“Cooking for One” is the topic of discussion for November. Learn hints for preparing a few meals from one cut of meat. Inge Moran will teach class on Friday, November 20th at 9:30 am. Sign up begins 11/6.

Dance Corner

Band Schedule Friday Night Dance

November 13 Jimmy Gomez's Country Outlaws

Dances are held 7:00 - 9:30 p.m. on the second, fourth, and fifth Friday night. Admission is \$5 per person.

Evans Events at a Glance November 2009

Friday, 10/30	Meet at the MAC 8 am – 2 pm
Monday, 11/2	Site Council Nominations
Thursday, 11/5	Exercise Class 10:30 a.m. Texas Winds 11:00 am
Monday, 11/9	Site Council Meeting 10:00 am
Monday, 11/9	Mesquite Wal-Mart 12:30 pm
Tuesday, 11/10	VNA Health Screening “Cholesterol” 9:00 am
Wednesday, 11/11	Happy Birthday Lunch 11:45am DFW Caps for Soldiers 9:15 am
Monday, 11/16	Christmas Craft 9:30 am Site Council Voting
Wednesday, 11/18	Taste of Texas Tour 9:00 am
Friday, 11/20	Nutrition Education 9:30 am “Cooking for One”
Monday, 11/23	Super Target shopping trip 9:30 am
Tuesday, 11/24	VNA Health Education Talk “Bone Health” 11:00 am
Wednesday, 11/25	Thanksgiving Bingo 9:30 am
Thursday, 11/26	Evans Senior Center closed
Friday, 11/27	Evans Senior Center closed

Super Target

Time to start your Holiday gift shopping. Check out the brand new Super Target in Mesquite. Bus leaves Evans at 12:30 pm on Monday, November 23rd. Sign up begins 11/9.

Thanksgiving Bingo

What are you thankful for...Bingo! All day bingo will be played at Evans Senior Center on Wednesday, November 25th. Game play will be 9:30-11:00 am then break for exercise and lunch. Play will resume from 12:15-1:15 pm. There is a strict two-card limit and no charge.

Goodbar Senior Center

Goodbar Weekly Schedule

MONDAY

8:15	Fitness Workout
8-3	Table Games
9:00	Ceramics
11:30-12:00	Walk in Gym
12:30	Bingo

TUESDAY

8:15	Fitness Workout
9-3	Table Games
9:00	Woodcarving
11:30-12:00	Walk in Gym
12:30	Bingo

WEDNESDAY

8:15	Fitness Workout
9-3	Table Games
9:00	Ceramics & Crafts
11:30-12:00	Walk in Gym

THURSDAY

8:15	Fitness Workout
9-3	Table Games
9:00	Oil Painting
11:30-12:00	Walk in Gym
12:30	Water Colors

FRIDAY

9-3	Table Games
9:00	Woodcarving
11:30-12:00	Walk in Gym
12:30	Bingo

LUNCH SERVICE:

Lunch is served daily at 11:45 a.m. at the Goodbar Senior Center. Suggested donation for participants 60+ is seventy-five cents.

Benefits Counseling

Ms. Michelle Dixon, Benefits Specialist with the Dallas Area Agency on Aging will be at Goodbar Senior Center from 9 a.m. to 12 noon the following day:

- **Wednesday, November 4**

A minimum of 3 persons must sign up for individual counseling in order for the counselor to come out. Open enrollment for Medicare Part D is coming up soon! Counseling appointments can be made in the office or by calling 972-279-6881.



Goodbar Senior Center

5th Annual "Being Young Fair" Celebration

With Thanksgiving celebrated this month, here is a picture that shows some things to be thankful for like having a place to socialize, play, laugh and just have fun. Sometimes people forget to stop and be thankful. This picture is a reminder of good friends and good times. My staff and I are thankful for the seniors that came and spent time with us at the Goodbar Senior Center. **THANKS!!!!**

Ralph Gordon, Senior Center Supervisor

Jean McMasters, Recreation Leader

Keith Monette, Recreation Leader

November Trips

- Wal-Mart shopping trip is scheduled on Tuesday, November 3rd. Bus departs Goodbar Senior Center at 9:00 a.m.
- Dollar Store & Wendy's is scheduled for Wednesday, November 18th. Bus departs Goodbar Senior Center at 10:30 a.m.

Critical Thinking

Critical Thinking Class will be held on Wednesday, November 4th and Wednesday, November 18th. Come test your brain and win a prize...it's a contest of the brains. Come join in on the fun and test your knowledge at Goodbar Senior Center Critical Thinking Class.

Goodbar Senior Center

Dixie Country

Texas Winds Musical Outreach

The "Dixie Country" ensemble from Texas Winds Musical Outreach will be performing at Goodbar Senior Center on Friday, November 6, at 11:00 am. Dallas Area professional musicians will entertain with great country classics. Invite a friend!

VNA Nurse

Health Promotion Programs

- On Monday, November 9th at 9 a.m. The VNA Nurse will be at Goodbar Senior Center doing "Cholesterol" screenings for seniors.
- Monday, November 23rd at 10:30 a.m. the VNA Nurse will be at Goodbar Senior Center with a presentation of "Bone Health"

Caps for Soldiers DFW Trip

November 11, 2009
See Rutherford Section

Mesquite Social Services Christmas Cheer

Every holiday season Mesquite Social Services collects new unwrapped toys and books for children in need. Last year Mesquite Social Services partnered with the Mesquite Independent School District to serve 990 local school-aged children. From November 2-25 Goodbar Senior Center will be accepting:

- New unwrapped toys
- New children's books

These items will be delivered to Mesquite Social Services. Let's help meet the need this holiday season.

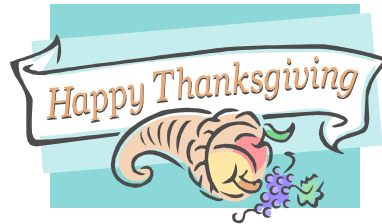


Taste of Texas Tour

Wednesday, November 18
(See Evans Section for Details)

Grapevine Mills Outlet Mall

Tuesday, November 10th we will be heading to Grapevine Mills Mall to start early Holiday shopping. Or you could just come if you love to walk, window shop or watch people. We will be leaving Goodbar Senior Center at 9:00 a.m. and returning from the mall at 2:00 p.m. Seating is limited. The sign-up sheet will be available on Monday, November 2nd.



Thanksgiving Dinner

Monday, November 23rd at 11:30 a.m. Goodbar will sponsor the annual Thanksgiving "Pot Luck" dinner. The center will provide the main course. Participants are asked bring a side dish, bread or dessert to complete the meal. There will be a sign-up sheet placed out on Monday, November 16th to sign up and list the dish you are bringing.

Goodbar Events at a Glance November 2009

Monday, 11/2	Site Council 10:30 a.m.
Monday, 11/2	Christmas Cheer Project Begins
Tuesday, 11/3	Wal-Mart 9:00 a.m.
Tuesday, 11/3	Movie TBA
Wednesday, 11/4	Critical Thinking Class 9:00 am
Friday, 11/6	Texas Winds 11:00 a.m.
Monday, 11/9	"Dixie Country" will be performing VNA Nurse 9:00 a.m. "Cholesterol Screenings"
Wednesday, 11/11	Birthday Lunch 11:45 a.m.
Tuesday, 11/10	Grapevine Mills Mall 9:00 a.m.
Wednesday, 11/18	Critical Thinking class 9:00 a.m.
Wednesday 11/18	Dollar Store & Wendy's 10:00 am
Monday, 11/23	Potluck Dinner 11:30 a.m.
Monday, 11/23	VNA Nurse 10:30 a.m. "Bone Health"
Thursday, 11/26	Closed for Thanksgiving
Friday, 11/27	Closed for Thanksgiving

RUTHERFORD SENIOR CENTER

Rutherford Weekly Schedule

MONDAY

9:00 Wii Bowling League
10:00 Weight Room
Cards/games
10:30 Walk- A- Mile
12:00 Brown Bag Lunch

TUESDAY

10:00 Weight Room
Stretch & Flex
Canasta
10:30 Walk- A- Mile
12:00 Brown Bag Lunch

WEDNESDAY

9:00 Wii Bowling League
10:00 Weight Room
10:30 Walk- A- Mile
12:00 Brown Bag Lunch
12:30 Bingo

THURSDAY

9:00 Crafts & Ceramics
10:00 Weight Room
Stretch & Flex
10:30 Walk- A- Mile
42/Canasta
12:00 Brown Bag Lunch

FRIDAY

9:00 Crafts & Ceramics
10:00 Weight Room
10:30 Walk-A-Mile
“74” and “42”

Pot Luck/Birthday Lunch

November 24

Birthday/Potluck Luncheon will be Tuesday, November 24. Bring a covered dish and come join the fun and fellowship at 11:00 a.m. Everyone with a November Birthday will be honored. After lunch from 12:30 – 4:00 p.m. play Black Jack. Stick around and try your luck. Regular card games and dominos will also be played.

Hostesses for November Potluck

The volunteer hostesses are vital to the success of the potluck luncheons. Hostesses for November are:

Kim Lightfoot Betty Kinder
Barbara Ditwiler Carole Williams

The Dealer is in the House!
Black-Jack Tuesday, November 24,
12:30 p.m.

Girlfriends

The Girlfriends will meet November 10, at 7:00 p.m. at Rutherford Recreation Center. Jump-start DYI (do-it-yourself) holiday preparation. This month the Girlfriends will bring their Holiday cards, address book, pen and stamps and get their seasons greetings ready for mailing.

As bonus learn how to...

Dianne Worth will also show you a quick and easy craft you can make using old or new Christmas cards.

Diane Mickelson will show you how to make the perfect bow for a wreath or other decoration. Bring a roll of ribbon that is 2-3 inches wide and at least 3 yards long.

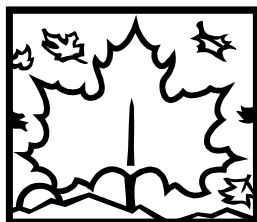
Wii Bowling League

Our Wii Bowling Fall League is well underway and everyone is having a “striking” good time! There are some very good teams this league.

Congratulations...

- To the ‘Newcomers’ team for a game average of 203!
- Ruth Shimek bowled a 299 during a practice (?) session. Way to go Ruth.
- To 200+ Individual Game Average Bowlers
248 Shirley Dosier
220 Mary Millet
208 Bobby Williams

**Thanksgiving Holiday
Center Closed
November 26 and 27**



Thanksgiving Thought

“To be happy is easy enough if...
we give ourselves
we forgive others
and live with thanksgiving.”

Joseph Fort Newton

RUTHERFORD SENIOR CENTER

Stocking Stuffers

Let's "stuff" the stocking with stockings this Holiday Season. A "pair" or "a plenty" bring new pairs of stockings or socks for men, women, boys, and girls, and fill up the stocking located on the Craft Room door. Starting November 2 through November 30, we will fill it to the top and then take it to Sharing Life to distribute for the Holidays.

Gifts from the Kitchen

Homemade food items are the one size fits all gift. Join us to create your own instant mixes and treats. Cost is \$8 and each participant will receive a 2009 Recipe Brochure, sample items to take home, helpful tips and a taste of the goodies. Classes will be held at Rutherford Senior Center:

- Thursday, November 12, from 7-9 pm
- Friday, November 13, from 10 am-12 pm

Sign up begins 10/30 at Rutherford Senior Center.

Homemade Lotion and Gift Boxes

Continuing a DIY or "Do It Yourself" theme learn to make a rich homemade lotion and a cute gift box. Friday, November 20, at 10 am bring \$2 supply fee and a small glass jar to Rutherford Senior Center. Dianne Worth will demonstrate and share instructions for these two quick and easy projects. Participants will go home with a sample of lotion and a completed box.

Site Council News

2009 Rutherford Senior Site Council

Jerry Combs
Shirley Dosier
Alice Lambert
Jo Ross
Carole Williams

The staff wishes to extend a very special thanks to this dedicated advisory group. Some of their contributions...Updated call list

Birthday Cards sent out monthly
Assistance with center special events
Great suggestions

Site Council will meet November 3, at 10:00 a.m.
New Site Council participants are asked to come to this meeting.

Rutherford Events at a Glance November 2009

Tuesday, 11/03	Site Council 10:00 am
Wednesday, 11/03	National Diabetic Center Information 11 am
Tuesday, 11/10	Girlfriends 6-9 pm Card Craft and Bow Making
Wednesday, 11/11	DFW Trip 9 am
Thursday, 11/12	Gifts from the Kitchen 7 pm
Friday, 11/13	Gifts from the Kitchen 10 am
Wednesday, 11/18	Taste of Texas Tour 9 am See Evans Section for More Info
Friday, 11/20	Homemade Lotion & Gift Boxes 10 am
Tuesday, 11/24	Birthday Potluck Luncheon 11:30 am Site Council Election Black Jack 12:30-4 pm
Thursday, 11/26	Center Closed - Thanksgiving
Friday, 11/27	Center Closed

Bingo and Lunch

Come join the fun on Wednesday, November 18 at 11:00 am. Montclair will provide a complimentary lunch. Bingo begins at 12:30 pm.

Caps for Soldiers DFW Trip

Rutherford Senior Center participants are invited to pass out caps and see the soldiers off at DFW Airport on Wednesday, November 11, Veteran's Day. The group will depart Rutherford at 9 am and from Evans at 9:15 am stopping at The Mecca for breakfast on the way to the airport. With walls covered with pictures and celebrity autographs The Mecca is a Dallas institution.



Taste of Texas Tour

Wednesday, November 18
(See Evans Section for Details)

VNA Dallas Congregate Meal Program

November 2009



11/02/2009 Monday	11/03/2009 Tuesday	11/04/2009 Wednesday	11/05/2009 Thursday	11/06/2009 Friday
BBQ Pork Chop# Tater Gems # Bayou Slaw #* Hamburger Bun Hot Diced Apples # Milk # Margarine	Frito Pie # Capri Vegetables # Spanish Rice # Corn Chips Fresh Orange * Milk # Margarine	Turkey Brst/Gravy # Green Bean/Red Pep#* Whipped Potatoes #* Wheat Bread Cherry Fluff Milk # Margarine	Grilled Chicken # Tomato Basil Sauce Egg Noodles # Broccoli w/Cheese #* Wheat Bread Marble Cake Milk # Margarine	Mexican Chili# Corn On Cob# Country Tomatoes #* White Bread Vanilla Pudding # Milk # Margarine
11/09/2009 Monday	11/10/2009 Tuesday	11/11/2009 Wednesday Birthday Meal	11/12/2009 Thursday	11/13/2009 Friday
BBQ Beef Cass# Potato Salad # Broccoli# Texas Bread Lime Gelatin Milk # Margarine	Creole Pork #* Okra/Tomatoes/Corn# Field Peas # Cornbread Cheesecake Pudding# Milk # Margarine	Salisbury Beef # Brown Gravy w/Onion Whipped Potatoes #* Broccoli/Cauliflwr#* Texas Bread Birthday Cake Frosting w/Sprinkles Ice Cream # Milk # Margarine	Chicken Fajita Meat# Shredded Cheese Lettuce/Tomato * Pinto Beans # Flour Tortilla Man Org/P'apple #* Milk # Taco Sauce	Trky Ham/White Bean# Cabbage #* Glazed Carrots # Wheat Bread Ambrosia Salad# Milk # Margarine
11/16/2009 Monday	11/17/2009 Tuesday	11/18/2009 Wednesday	11/19/2009 Thursday	11/20/2009 Friday
Baked Chicken# Chicken Gravy# Blackeyed Peas # Stewed Okra # Wheat Bread Orange Gelatin Milk # Margarine	Beef Spaghetti Cass# Whole Kernel Corn # Sliced Carrots # White Bread Mixed Fruit Cobbler# Milk # Margarine	Lemon Pepper Fish # Lemon Sauce Yam Patties #* Broccoli# Dinner Roll Sugar Cookie Milk # Margarine	Grilled Chicken # Sweet & Sour Sauce Fried Rice # Broccoli & Carrots#* White Bread Fresh Fruit * Milk # Margarine	 Turkey Brst/Gravy # Cornbread Dressing # Grn Beans Amandine# Wheat Roll Peach Cobbler # Cranberry Juice * Milk # Margarine Cranberry Sauce Thanksgiving Meal
11/23/2009 Monday	11/24/2009 Tuesday	11/25/2009 Wednesday	11/26/2009 Thursday	11/27/2009 Friday
BBQ Beef # Mexican Corn #* Mediterranean Peas # Hamburger Bun Peaches # Milk # Margarine	Sausage/Beans # Rice# Mixed Greens # Cornbread Peach/Pear/Oranges#* Milk # Margarine	Grill Chick Strips # Mushroom Gravy # Whipped Potatoes #* Herbed Green Peas# Wheat Bread Pears# Milk # Margarine	Closed for Holiday	Closed for Holiday
11/30/2009 Monday				
Hmstyle Chick/Rice # Brussels Sprouts #* Northern Beans # Texas Bread Fresh Orange * Milk # Margarine				

- Check Temperature * - Vitamin C Source

Jennifer Eckerson, RD, LD, DT80902

Lunch is served Monday-Friday at 11:45 a.m. at Evans and Goodbar Senior Centers. Cost is a suggested donation of seventy-five cents for adults 60+ and \$5.45 for adults 59 and under. The project is supported by the City of Mesquite, Dallas Area Agency on Aging and the Texas Department of Aging and Disability Services.