

June 2023

50+ Program At A Glance



After Work Activities

Friday Night Pickleball 6-9 p.m. Rutherford
 Friday Night Dance 7-9 p.m. Evans
 Let There Be Paint 6-8 p.m. Rutherford
 Senior Shenanigans Games 5-7 p.m. Evans
 Game Night 4-7 p.m. Goodbar
 Girlfriends 6-8 p.m. Rutherford
 Other Adult Recreation Programs online

For more information see details below or
 Contact any 50+ Program location



Evans

1116 Hillcrest 972-204-4971

Monday	6/5	Floats and Tunes 9:30am Free
Tuesday	6/6	Improve Recipes w/ Bruce 9:30am Free
Thursday	6/8	George W. Bush Library 9:30am \$23 sign up 5/25
Friday	6/9	Health Education by Dr. Moe 9:30am with Oak Street Health
Monday	6/12	Blood Pressure check w/ Cheyenne Medical 10am
Wednesday	6/14	Site Council 9:30am
Wednesday	6/14	Birthday Lunch 11:30am
Thursday	6/15	Cancer Survivor Headwear w/ Clara Horn 10am Free sign up 6/1
Friday	6/16	Father's Day Breakfast 9:30am
Friday	6/16	Friday Night Dance 7-9pm \$5 "Tear Drops & Laughter"
Monday	6/19	Holiday Closure-- Juneteenth
Tuesday	6/20	Brunch & Shopping - Terrell Shopping Center 9:30am \$1 sign up 6/6
Tuesday	6/20	PPP-PAN 10am
Wednesday	6/21	Senior Shenanigans 5-7pm Free sign up 6/7
Monday	6/26	Lemonade Stand 9:30am Free
Wednesday	6/28	Morning Movie Madness 9:30am Free

Goodbar

3000 Concord 972-329-8705

Thursday	6/1	Site Council 9:30am
Monday	6/5	Caroline's Cooking "Middle Eastern" 9:30am \$1
Tuesday	6/6	Tech Time with Teen Camp 10:30am Free
Monday	6/12	Zentangle Abstract Craft 9:30am \$1
Tuesday	6/13	Game Night - Bring a dish to share 4-7pm
Wednesday	6/14	Birthday Lunch 11:30am
Thursday	6/15	Ham's Orchard \$1 depart 9:30am
Friday	6/16	Father's Day Luau 10am Free no sign-up
Monday	6/19	Holiday Closure-- Juneteenth
Tuesday	6/20	PPP-PAN
Tuesday	6/20	Caption Call Representative 9 am FREE
Tuesday	6/20	Free Blood Pressure Checks 9 am with Oak Street Health
Wednesday	6/21	Summer Painting 9:30am Free sponsored by Agape
Thursday	6/22	Teen Camp Car Wash 9 am-12pm Free
Thursday	6/29	Lunch Bunch Alejandro's 11am \$1

Rutherford

900 Rutherford 972-204-4965

Friday	6/2	Game Day- Basketball & National Donut Day 10am Free
Mondays	6/5- 7/31	Tell My Story Weekly Workshop 1pm Free
Monday & Tuesday	6/5 6/6	Faux Stained Glass Craft 11am \$5
Wednesday	6/7	Prizes by Players Bingo 12:30pm 50¢/card
Friday	6/9	African American Museum 10:30am \$1
Tuesday	6/13	Grief Support lunch with Glenda Lee from Ultimate Home Health 11am Free Sign up 5/30
Tuesday	6/13	Girlfriends Ages 6+ "What's in your Purse" Game 6pm Bring a finger food \$2
Wednesday	6/14	Site Council 11am
Friday	6/16	Father's Day Wacky Wii Races 11:30am Free snacks
Monday	6/19	Holiday Closure-- Juneteenth
Wednesday	6/21	Bingo 12:30pm 50¢/ card w/Cheyenne Medical
Tuesday	6/27	Let There Be Paint \$20 supplies included 6-8pm Ages 18+
Wednesday	6/28	Summer Birthday's Potluck 11am
Friday	6/30	Cooking Club 11am \$5
Weekly	W	Relaxation Meditation 10am \$5/week, \$20/mo

-Extra Walking
 \$\$ -Cost During Event

www.CityOfMesquite.com/50plus




Congregate Meal Menu June 2023

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 at 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
			6/1/2023	6/2/2023
			Turkey Tetrizzini Broccoli Country Tomatoes Wheat Bread Lime Gelatin with Peaches Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Apples & Pineapple Milk Mustard and Ketchup
Monday	Tuesday	Wednesday	6/8/2023	6/9/2023
6/5/2023	6/6/2023	6/7/2023	Chicken Piccata~ Penne Pomodoro Green Beans/Peppers/Onions Wheat Bread Chocolate Pudding Milk	Meatloaf~ Brown Gravy Whipped Potatoes Spring Vegetables Texas Bread Fig Bar Milk
Mediterranean Beef Meatballs~# Parslied Rice Green Beans Wheat Bread Fresh Orange Milk	Thai Chili Chicken~ Fried Rice Broccoli/Carrots/Onions Wheat Bread Fortune Cookie Milk	Salisbury Beef~ Brown Gravy Mixed Beans Medley Cabbage Dinner Roll Nutty Buddy Bar  Milk	6/12/2023	6/13/2023
6/12/2023	6/13/2023	6/14/2023	6/15/2023	6/16/2023
Chicken Chili Parslied Rice Sliced Carrots Wheat Bread Fresh Apple Milk	Pomodoro Beef Meatballs~# Parsley Penne Pasta Lemon Broccoli Wheat Bread Animal Crackers Milk	Breaded Chicken with Gravy~ Delmonico Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream  Milk	Turkey Macaroni & Cheese Whole Kernel Corn Catalina Vegetables Wheat Bread Cherry Gelatin with Pineapple Milk	Father's Day / Juneteenth Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Apple Crisp  Milk  Mustard and Ketchup
6/19/2023	6/20/2023	6/21/2023	6/22/2023	6/23/2023
Closed 	Creamy Paprika Chicken~# Red Beans and Rice Seasoned Cabbage Wheat Bread Oatmeal Cream Cookie  Milk	Swiss Steak~ Whipped Potatoes Mixed Vegetables Dinner Roll Fresh Orange Milk	Creamy Caper Chicken~# Lentils Stewed Tomatoes Wheat Bread Craisins Milk	Tuna Salad Beet Salad Pasta Salad Wheat Bread (2) Lemon Gelatin w/Mixed Fruit Milk
6/26/2023	6/27/2023	6/28/2023	6/29/2023	6/30/2023
Turkey Pasta Bolognese Whole Kernel Corn Green Beans Texas Bread Fudge Cream Cookie  Milk	Rosemary Beef~ Confetti Rice Broccoli Wheat Bread Animal Crackers Milk	Polish Sausage* Chili Beans# Stewed Tomatoes Hot Dog Bun Strawberry Gelatin w/Peaches Milk	Lemon Pepper Chicken~ Macaroni and Cheese Sliced Carrots Dinner Roll Fresh Apple Milk	Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup

* - Contains Pork

 - Contains Peanuts

~ - Entrée Contains Soy

- New Menu Item

Sarah Hutsler, RD, LD #DT81463

