

Mesquite Adults 50+ Programs



July 2024

Evans Recreation Center

1116 Hillcrest St.
972-204-4971
Michael Borders,
Recreation Specialist

Goodbar Recreation Center

3000 Concord Dr.
972-329-8705
Kristen Herndon,
Recreation Specialist

Rutherford Recreation Center

900 Rutherford Dr.
972-204-4965
Pam Folsom, Recreation Supervisor

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 preferred



Thursday, July 4

Friday, July 5

**Holiday Closure Honoring
Independence
Day**



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Mesquite Parks & Recreation
programming

Games

Site Council Meetings

Evans Recreation Center
Wednesday, July 10, 9:30 a.m.

Rutherford Recreation Center
Wednesday, July 10 at 11 a.m.

Goodbar Recreation Center
Thursday, July 11 at 9:30 a.m.

Game Day

Pub Games
Rutherford Recreation Center
Friday, July 12 at 10 a.m.
Bring a dish to share

Hot Dog Bingo
Rutherford Recreation Center
Wednesday, July 17, 12:30 p.m.
.50/card

Senior Shenanigans

Exciting activity and
Evans Recreation Center
Wednesday, July 17, 5-7 p.m.
Bring a dish or snack to share

Game Nights at Goodbar
Goodbar Recreation Center
Tuesday, July 23, 4-7:30 p.m.
Bring a dish to share

Bingo with Live Health
Goodbar Recreation Center
Wednesday, July 24, 9:30 a.m.
.50/card



WWW.CityOfMesquite.com/50plus

Crafts

Bookmarks

Goodbar Recreation Center
Monday, July 8 9:30-11 a.m.
Free with membership

Silk Scarf

Design a colorful scarf for yourself or a friend.
Goodbar Recreation Center
Monday, July 15 9:30-11 a.m.
\$3 per person

Let There Be Paint

Create an acrylic painting in one evening. This class discusses color theory, technique and composition.
Ages 18+
Tuesday, July 23
Rutherford Recreation Center
6:00-8:00 p.m.
\$20 /person includes all supplies

Melted Color Jewelry

Create a beautiful pendant necklace
Rutherford Recreation Center
Tuesday, July 23
11:30 a.m.-12:30 p.m.
\$2 per person



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	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.	9 a.m.	9 a.m.	9 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
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.		12:30	
	Dance to Records		Texas Hold'em	
			1:15 p.m.	
			Line Dance	



Events

Community Council Services

Free to seniors, age 60+

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

Evans Recreation Center

Monday, July 8, 10 a.m.

Goodbar Recreation Center

Monday, July 29, 10:30 a.m.

Rutherford Recreation Center

Thursday, August 22, 11 a.m.

Be A Kid Again

A nostalgic morning of fun events that will bring out the kid in you.

Evans Recreation Center

Monday, July 8

10 a.m.

Free with Membership

Back the Blue Ice Cream Social

Help us honor Mesquite Police who serve our community daily.



Goodbar Recreation Center

Wednesday, July 10

12:15 – 1:15 p.m.

Free with Membership

Creative Poetry

A fun combination of National Poetry Day and National Hot Dog Day. Participate in a fun interactive poetry activity and have hot dogs.

Evans Recreation Center

Tuesday, July 16

9:30 a.m.

\$1

Friday Night Dance with Freightliners

Live band with a great night of dancing and fun with friends.

Evans Recreation Center

Friday, July 19

7-9:15 p.m.

\$5 per person

Birthday Lunch

Celebrate birthdays together as part of the Congregate Meals.

Evans Recreation Center

Wednesday, July 10

11:30 a.m.

The Girlfriends

Enjoy an indoor picnic

Rutherford Recreation Center

Tuesday, July 9

6 p.m.

\$2 per person Bring a picnic food to share

Improv Recipes with Bruce

Learn to maximize what you have to create amazing dishes.

Evans Recreation Center

Tuesday, July 2

9:30 a.m.

Free with membership

Hydration Presentation

Ultimate Home Health will discuss hydration

Goodbar Recreation Center

Monday, July 8

10 a.m.

Free with membership

Caroline's Cuisine

Simple demonstration tips for preparing smaller portion meals.

Goodbar Recreation Center

Homemade Mac n Cheese

Monday, July 3 9:30- 11 a.m.

\$1 per person

Blood Pressure Screen

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

Evans Recreation Center

Monday, July 8

10 a.m.

Free with membership

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

Spill the Tea-Einstein Bagels

Chat over breakfast out

Rutherford Recreation Center

Monday, July 1

9 a.m.

\$1 bring money for meal

Grapevine Mills Mall

A crowd favorite, Grapevine Mills Mall boasts North Texas' largest shopping destination.

Evans Recreation Center

Thursday, July 11

9:30 a.m.

\$1 bring money for lunch

Sam Moon

Shop with friends and enjoy lunch out.

Goodbar Recreation Center

Wednesday, July 17

9:30 a.m.

\$1 trip fee 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, July 23

9:30 a.m.

\$10 bring money for meal



Lunch Bunch at Rosi's

Salvadoran

Goodbar Recreation Center

Thursday, July 25

11 a.m.

\$1 bring money for lunch

IKEA Grand Prairie

Check out the high quality, low cost shopping and Swedish restaurant

Rutherford Recreation Center

Friday, July 26

9:30 a.m.

\$2 bring money for lunch

July Congregate Meal

Monday	Tuesday	Wednesday	Thursday	Friday
7/1/2024	7/2/2024	7/3/2024	7/4/2024	7/5/2024
Puttanesca Chicken Meatballs~# Lentils Parslied Carrots Wheat Bread Strawberry Craisins Milk	Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	Independence Day Hot Dog Oven Roasted Potatoes Catalina Vegetables Hot Dog Bun Brownie ⓘ Milk Mustard	Closed for Holiday 	Closed for Holiday
7/8/2024	7/9/2024	7/10/2024	7/11/2024	7/12/2024
Pork Carnitas Spanish Rice Pinto Beans Flour Tortilla Sugar Cookie Milk	Dijon Herb Breaded Chicken~ Black-Eyed Peas Garlic Parmesan Cauliflower Texas Bread Fresh Orange Milk	BBQ Pork Rib Patty~ Macaroni and Cheese  Spring Vegetables Dinner Roll Frosted Birthday Cake Chocolate Ice Cream Milk	Turkey Pastrami Swiss Cheese Lettuce and Tomato Herbed Potato Salad Wheat Bread (2) Oatmeal Cream Cookie ⓘ Milk	Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Pineapple Cobbler Milk Mustard and Ketchup
7/15/2024	7/16/2024	7/17/2024	7/18/2024	7/19/2024
Chicken Alfredo Lemon Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	Beef and Bean Burrito# Queso Sauce Mexican Rice Mexican Style Tomatoes Fudge Cream Cookie ⓘ Milk	Baked Chicken Poultry Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	Italian Beef Macaroni Whole Kernel Corn Broccoli Texas Bread Animal Crackers Milk	Polish Sausage* Black Beans Stewed Tomatoes Hot Dog Bun Fig Bar Milk Mustard
7/22/2024	7/23/2024	7/24/2024	7/25/2024	7/26/2024
Espagnole Beef Meatballs~# Espagnole Sauce Penne Noodles Herbed Green Peas Texas Bread Fresh Orange Milk	Chicken Enchilada Soup Mexican Rice Stewed Tomatoes Oatmeal Cream Cookie ⓘ Milk	Salisbury Beef~ Brown Gravy Mashed Potatoes Italian Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk	Christmas in July Honey Glazed Ham* Whipped Potatoes Mixed Vegetables  Dinner Roll Oreo Vanilla Pudding Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
7/29/2024	7/30/2024	7/31/2024	<p>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."</p>	
Mozzarella Breaded Chicken~ Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk	Turkey Taco Charro Beans Olé Mixed Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	Breaded Pork Patty*~ Country Gravy Parslied Rice Sliced Carrots Wheat Bread Chocolate Graham Crackers Milk		

Sarah Hutslers, RD, LD #DT81463 Expires 11/30/2025

* - Contains Pork

ⓘ - Contains Peanuts

~ - Entrée Contains Soy

- New Menu Item