

Mesquite Adults 50+ Programs



September 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

Holiday Closure Monday, Sept. 2, 2024
Happy Labor Day

Save the Date



October 3	Evans	Sign up 9/19
October 10	Goodbar	Sign up 9/26
October 17	Rutherford	Sign up 10/3

Cost at sign up \$1 Bus Departs 9:30 a.m.
\$5 Admission at the gate

Scan for more
Mesquite Parks & Recreation
programming



Site Council Meetings

Goodbar Recreation Center
Thursday, Sept. 5 at 9:30 a.m.

Evans Recreation Center
Wednesday, Sept. 11 9:30 a.m.

Rutherford Recreation Center
Wednesday, Sept. 11 at 11 a.m.

Games

Sponsor Bingo
Prizes sponsored by CenterWell
Evans Recreation Center
Thursday, Sept. 5, 12:15 p.m.
.50/card

Game Day
Dominoes
Rutherford Recreation Center
Friday, September 13 at 10 a.m.
Bring a dish to share

Lucky Fall Bingo
Prizes sponsored by Cheyenne
Medical Lodge
Rutherford Recreation Center
Wed., Sept. 18, 12:30 p.m.
.50/card

Senior Shenanigans
Exciting activity & games
Evans Recreation Center
Wednesday, Sept. 18, 5-7 p.m.
Bring a dish or snack to share



WWW.CityOfMesquite.com/50plus

Crafts



3-D Paper Rose

With Tabitha Bayon from AGA
Goodbar Recreation Center
 Monday, September 9
 9:30- 11 a.m.
 Free with Membership

Let There Be Paint

Create an acrylic painting in one evening. This class discusses color theory, technique and composition.
 Ages 18+
 Tuesday, September 28
Rutherford Recreation Center
 6:00-8:00 p.m.
 \$20 /person includes all supplies

New

Creative Coloring Club

Create with gel pens, colored pencils and other mediums.
Evans Recreation Center
 Wednesdays | 12 p.m.
 Free with Membership



Painted Tote Bag

Great for a gift or to keep
Rutherford Recreation Center
 Tuesday, September 17
 11:30 a.m.-12:30 p.m.
 \$5 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 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, September 3

9:30 a.m.

Free with membership

Caroline's Cuisine

Simple demonstration tips for preparing smaller portion meals.

Goodbar Recreation Center

"Chickpea Salad"

Wednesday, September 4

9:30- 11 a.m.

\$1 per person

Vintage 1st Performance

Rutherford Recreation Center

Wednesday, September 4

11:30 a.m.

Free with membership

Blood Pressure Screen

Cheyenne Medical will also answer health questions.

Evans Recreation Center

Monday, September 9

10 a.m.

Free with membership

The Girlfriends

Fall Flower Pots

Rutherford Recreation Center

September 10

6 p.m.

\$2 per person

Birthday Lunch

Celebrate birthdays together as part of the Congregate Meals.

Evans Recreation Center

Wednesday, September 11

11:30 a.m.

Grandparents Party in a bag

Create some activities to share with your Grands.

Rutherford Recreation Center

Thursday, September 5

11:30 a.m.

\$3 per person

Chocolate Milkshake Day

Enjoy a cool treat.

Evans Recreation Center

Thursday, September 12

10 a.m.

\$1 per person

Intergenerational Respect

Students and seniors learning over an activity together

Evans Recreation Center

Monday September 16

10 a.m.

Free with membership

Herb Exchange

Bring herbs or seeds to trade

Goodbar Recreation Center

Monday, September 16

9:30-10:30 a.m.

Free with Membership

Wills Clinic & Dessert

w/Janet Launza

Rutherford Recreation Center

Monday, September 16

11 a.m.

Free with membership

Mini Manicures

w/Tabitha Bayon from AGA

Evans Recreation Center

Friday, September 20

9:30 a.m.

Free with membership

Friday Night Dance

Rollin' Country

Live band & light refreshments.

Evans Recreation Center

Friday, September 20

7-9:15 p.m.

\$5 at the door

Hat & Tea Party

Be pampered with dainty treats

Evans Recreation Center

Monday, September 23

10 a.m.

Free with Membership

Fun with Johnny Appleseed

Trivia and themed snacks

Evans Recreation Center

Thursday, September 26

10 a.m.

Free with Membership

Trips

Discount Shopping

Visit some favorites like Ollie's, Pop Shelf, and Five Below

Evans Recreation Center

Thursday, September 5

9 a.m.

Cost \$1, meal cost separate

Spill the Tea-Seven Mile cafe

Chat over breakfast out

Rutherford Recreation Center

Friday, September 6

9 a.m.

\$1/person bring money for meal

Texas Zoofari Park

Drive-thru safari adventure

Goodbar Recreation Center

Friday, September 20

9:30 a.m.

\$12

Graham's Edgewood Market

Fresh produce and the best fall plants and produce. Lunch will be at the famous Lumber Yard Café.

Rutherford Recreation Center

Friday, September 27

9:30 a.m.

\$2 plus cost of meal

Box Office Brunch

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

Evans Recreation Center

Monday, September 30

9:30 a.m.

\$1 bring money for movie & meal

Lunch Bunch- Torchy's Taco

Goodbar Recreation Center

Thursday, September 26

11 a.m.

\$1 bring money for lunch





September

Monday	Tuesday	Wednesday	Thursday	Friday
9/2/2024	9/3/2024	9/4/2024	9/5/2024	9/6/2024
Closed for Holiday	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 Cinnamon Graham Crackers 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
9/9/2024	9/10/2024	9/11/2024	9/12/2024	9/13/2024
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 Frosted Birthday Cake Vanilla Ice Cream 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
9/16/2024	9/17/2024	9/18/2024	9/19/2024	9/20/2024
Diez y Seis Beef Taco Pinto Beans Fiesta Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	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	Turkey Pasta Bolognese Broccoli Parslied Carrots Texas Bread Strawberry Gelatin w/Fruit Milk	Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
9/23/2024	9/24/2024	9/25/2024	9/26/2024	9/27/2024
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	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

9/30/2024
Swedish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk

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."

* - Contains Pork • - Contains Peanuts ~ - Entrée Contains Soy # - New Menu Item