

Mesquite Adults 50+ Programs



November 2024

Evans Recreation Center

1116 Hillcrest St.

972-204-4971

Kristen Herndon, Recreation Specialist

8 a.m.-4 p.m. Monday-Friday

Goodbar Recreation Center

3000 Concord Dr.

972-329-8705

Caroline Giles, 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

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



Scan for more Mesquite Parks & Recreation Programming and **Fun Guide**



Site Council Meetings

All 2025 Council Members are invited to attend the November meeting.

Goodbar Recreation Center

Thursday, Nov. 7 at 9:30 a.m.

Evans Recreation Center

Wednesday, Nov. 13 at 9:30 a.m.

Rutherford Recreation Center

Wednesday, Nov. 13 at 11 a.m.



Senior Day at Camp Rorie Galloway



WWW.CityOfMesquite.com/50plus

Crafts

Hot Cocoa Mix Ornament

Cute way to give everyone a hand made gift this season

Rutherford Recreation Center

Tuesday, November 19

11:30 a.m

\$3 per person



Wine Cork Keychain

Sponsored by AGA

Goodbar Recreation Center

Monday, November 18

9:30 a.m.

Free with Membership



Games

Game Day– Yahtzee

Bring a snack to share

Rutherford Recreation Center

Friday, November 15

10 a.m.

Skip Bo Tournament

Bring a snack to share

Evans Recreation Center

Tuesday, November 12

9:30 a.m.

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	Looms of Love
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	Creative Coloring Club	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" rehearsal	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, November 5

9:30 a.m.

Free with membership

Progressive Dinner

Escape for a well needed get away on "Rutherford Airlines".

Destinations include: Sweden, Bora Bora and Paris.

Rutherford Recreation Center

Tuesday, November 5

5-7 p.m.

Cost \$8/person

Medicare Changes Talk

Updates sponsored by AGA.

Light snack provided

Rutherford Recreation Center

Wednesday, November 6

10 a.m.

Free with membership

Visiting Nurse Presentation

Learn about the service available to you through the VNA

Rutherford Recreation Center

Thursday, November 7

11 a.m.

Free with membership

Talent Show

Be a part of our annual talents show or come to witness all the many talents on display.

Evans Recreation Center

Friday, November 8

9:30 a.m.

Free with membership

Blood Pressure Screen

Cheyenne Medical will also answer health questions.

Evans Recreation Center

Monday, November 11

10 a.m.

Free with membership

Caroline's Cuisine

Simple demonstration tips for preparing smaller portion meals.

Goodbar Recreation Center

"Applesauce Cake"

Monday, November 11

9:30- 11 a.m.

\$1 per person

The Girlfriends

"Turkey Trot" a dessert will be provided

Rutherford Recreation Center

November 12

6 p.m.

\$2 per person

Dallas College & Bingo

Learn about the Lifelong Learning Program and win some Dallas College swag

Rutherford Recreation Center

Wednesday, Nov. 13 12:30 p.m.

Goodbar Recreation Center

Friday, Nov. 15 12:30 p.m.

Evans Recreation Center

Tuesday, Nov. 19 12:30 p.m.

Friendsgiving Potluck

Thankful for friends. Bring a dish to share for the Thanksgiving meal. Center will provide meat.

Goodbar Recreation Center

Wednesday, November 13

11:30 a.m. – 1 p.m.

Sign-up begins 10/30

Free with Membership

Texas Winds Performance

Musical outreach bringing live concerts to the center

Goodbar Recreation Center

Wednesday, November 20

10am

Free with membership

Thanksgiving Potluck

One of the biggest events of the entire year. Bring a dish to share with your friends

Evans Recreation Center

Thursday, November 21

11:30am

Sign-up begins 11/7

Free with membership

Turkey Potluck & Bingo

We are Thankful for you. Celebrate together before a themed bingo. Bring a dish to share for the Thanksgiving meal. Center will provide meat.

Rutherford Recreation Center

Wednesday, November 27

11:30 a.m. – 1 p.m.

Sign-up begins 10/30

Free with Membership

Trips

Spill the Tea– Rosa's

Chat over breakfast out

Rutherford Recreation Center

Friday, November 1

9 a.m.

\$1, plus cost of meal

Old City Park Dallas Heritage Village

Enjoy a self-guided tour of historic buildings and furnishings as old as 1840. Lunch will be at Off the Bone BBQ.

Rutherford Recreation Center

Friday, November 8 | 9:30 a.m.

\$1, plus cost of meal

Lunch Bunch– Pei Wei

Goodbar Recreation Center

Thursday, November 21

11.a.m.

\$1, plus cost of meal

North Park Christmas Shopping

North Park Mall is a flurry of holiday events, let's get in the spirit and shop.

Goodbar Recreation Center

Friday, November 22 | 9:30 a.m.

\$1, plus cost of meal

Pecan House in Mineola

Travel to the infamous Pecan house filled with various delectable goods and treats.

Evans Recreation Center

Monday, Nov. 25

9:30 a.m.

\$5, plus cost of meal

November

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."



				Friday
				11/1/2024
				Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
Monday	Tuesday	Wednesday	Thursday	Friday
11/4/2024	11/5/2024	11/6/2024	11/7/2024	11/8/2024
Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie [Ⓛ] Milk	Italian Beef Macaroni Broccoli Sliced Carrots Texas Bread Fresh Apple Milk	Polish Sausage* Chili Beans Tangy Spinach Hot Dog Bun Cherry Craisins# Milk	Sloppy Joe Roasted Diced Potatoes Mixed Vegetables Hamburger Bun Orange Gelatin w/Fruit Cocktail Milk	Baked Chicken Country Gravy Chuckwagon Corn Green Beans Texas Bread Oreo Cookies Milk
11/11/2024	11/12/2024	11/13/2024	11/14/2024	11/15/2024
Beef Stroganoff Broccoli Glazed Carrots Texas Bread Fresh Orange Milk	Orange Chicken# Confetti Rice Garlic Parmesan Cauliflower Multigrain Bread Cinnamon Graham Crackers Milk	Meatloaf~ Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Frosted Birthday Cake Strawberry Ice Cream Milk	Turkey Spaghetti Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	Hamburger Patty~ Sliced Cheese Baked Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup
11/18/2024	11/19/2024	11/20/2024	11/21/2024	11/22/2024
Parmesan Breaded Chicken Penne Pasta Lemon Zest Broccoli Texas Bread Fresh Apple Milk	Thai Chili Beef Meatballs#~ Rice Ginger Carrots Wheat Bread Oatmeal Cream Cookie [Ⓛ] Milk	Country Fried Steak~ Country Gravy Garlic Whipped Potatoes Herbed Green Beans Dinner Roll Strawberry Craisins Milk	Salisbury Beef~ Onion Gravy Black-Eyed Peas Creole Tomatoes Wheat Bread Tropical Fruit Milk	Thanksgiving Turkey Breast with Gravy Cornbread Dressing Mixed Vegetables Dinner Roll Pumpkin Pie Parfait Milk Margarine
11/25/2024	11/26/2024	11/27/2024	11/28/2024	11/29/2024
BBQ Pork Rib Patty*~ Ranch Whipped Potatoes Broccoli and Cauliflower Wheat Bread Chocolate Chip Cookie Milk	Bruschetta Chicken Meatballs Parmesan Penne Pasta Spinach Texas Bread Fresh Orange Milk	Picante Meatloaf~ Mexican Rice Calabasa Squash# Texas Bread Fudge Cream Cookie [Ⓛ] Milk	Closed for Holiday 	Closed for Holiday

* - Contains Pork

[Ⓛ] - Contains Peanuts

Sarah Hutsler, RD, LD #DT81463

~ - Entrée Contains Soy

- New Menu Item