

Mesquite Adults 50+ Programs



December 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



Games

Game Day– Holiday Wheel of Fortune

Bring a snack to share

Rutherford Recreation Center

Friday, December 13 | 10 a.m.

Free with Membership

Shenanigans Game Night

Games, food, and unpredictable activity.

Bring a dish or snack to share.

Evans Recreation Center

Wednesday, December 18 | 5 p.m.

Free with Membership

Best Choice Homecare

Presentation and Bingo

Rutherford Recreation Center

Wednesday, December 4 | 12:30 p.m.

.50/card

Site Council

Meetings will resume in January

Let's Go Dancing

Dance to Records

Dance and be merry while the records play!

Evans Recreation Center

Tuesdays | 1:30-3:00pm

Free with Membership



Line Dancing

Learn the steps with our dance instructor.

Goodbar Recreation Center

Mondays 9:30 a.m.

Evans Recreation Center

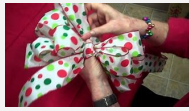
Tuesdays | 1:15 p.m.

Free with Membership



WWW.CityOfMesquite.com/50plus

Crafts



Christmas Bows

Craft beautiful Christmas Bows to adorn your packages. sponsored by Tabitha with AGA.
Goodbar Recreation Center
 Monday, December 9
 9:30 a.m.
 Free with Membership

Homemade Sugar Scrub

The natural holiday body scrubs are great DIY gifts ideas.
Rutherford Recreation Center
 Tuesday, December 10
 11:30 a.m. \$4/person



Ceramics

Create your masterpiece and share ideas for designs
Goodbar Recreation Center
 Wednesdays | 8 a.m.
Rutherford Recreation Center
 Thursdays | 9 a.m.
 Free with Membership

Creative Coloring Club

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

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
11 a.m.	10 a.m.	11 a.m.	10 a.m.	12 p.m.
Senior Exercise Walk A Mile	Stretch & Flex	Senior Exercise Walk A Mile	Stretch & Flex	Walk A Mile
12 p.m.	11 a.m.	12 p.m.	10:30 a.m.	12 :15 p.m.
Walk a Mile	Senior Exercise Walk A Mile	Walk a Mile	Canasta	Bingo
12:30 p.m.	12 p.m.	12 :15 p.m.	11 a.m.	1 p.m.
Cardio Drumming Black Jack	Walk a Mile Yoga for Everybody	Creative Coloring Club	Senior Exercise Walk A Mile	Pickleball Card Games
1 p.m.	12:15 p.m.	12:30 p.m.	12 p.m.	6 p.m.
Pickleball	Bingo	Bingo	Walk a Mile Yoga for Everybody	Pickleball
	12:30 p.m.	1 p.m.	12:15 p.m.	
	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

Deck the Halls

Help decorate & spread cheer
Goodbar Recreation Center
Monday, Dec. 2 | 10:30 a.m.
Free with Membership

Improv Recipes with Bruce

Learn to maximize what you have to create amazing dishes.
Evans Recreation Center
Tuesday, Dec. 3 | 9:30 a.m.
Free with membership

Tree Decorating

Bring an addition for the tree. We will serve Hot Chocolate.
Evans Recreation Center
Wednesday, Dec. 4 | 10 a.m.
Free with Membership

Blood Pressure Screen

Cheyenne Medical will also answer health questions.
Evans Recreation Center
Monday, Dec. 9 | 10 a.m.
Free with membership

The Girlfriends

"Christmas Ornament Craft" a dessert will be provided
Rutherford Recreation Center
Tuesday, Dec. 10 | 6 p.m.
\$2/person

Visiting Nurse & Cookies

Learn about service available to you through the VNA
Rutherford Recreation Center
Thursday, Dec. 12 | 11 a.m.
Free with membership

Christmas Party Potluck

Have a Holly Jolly Christmas with lots of musical fun. Bring a wrapped gift to exchange (\$10 limit) Center will provide meat.
Rutherford Recreation Center
Thursday, Dec. 17
11:30 a.m.
Free with Membership

Cookie Bake and Take

Bake & deliver cookies for the hard-working employees of the City of Mesquite. Bring homemade cookies, candy or store-bought with plates & tins.
Goodbar Recreation Center
Monday-Wednesday, December 16-18 (Delivery on 17th & 18th)
9 a.m.
Free with Membership

CHRISTMAS SPIRIT WEEK

- **Christmas Games**
Kick off the week with themed games.
Monday, Dec. 16 | 9:30 a.m.
- **Sweater Contest**
Day two a classic Christmas sweater contest with the most creative and festive sweaters.
Tuesday, Dec 17 | 9:30 a.m.
- **Christmas Sock Exchange**
Day three sock exchange with a thrilling Santa Story.
Wednesday, Dec. 18 | 9:30 a.m.
- **Christmas Carols**
Day four Sing along with local middle school choir & orchestra.
Thursday, Dec. 19 | 9:30 a.m.
- **Pictures with Santa**
End spirit week with the arrival of Santa Claus generously stopping for pictures.
Friday, Dec. 20 | 9:30 a.m.
Evans Recreation Center
Free with Membership

Reindeer Games

Games and contests to usher in the Christmas Spirit. Light snacks provided.
Goodbar Recreation Center
Friday, December 20
10:15 a.m.
Free with Membership

Christmas Bingo

Play for wrapped prizes. Keep or exchange a gift then unwrap together.
Evans Recreation Center
Monday, December 23
10 a.m.
Cost \$3 for 2 cards

Trips

Spill the Tea– JJ's Cafe

Chat over breakfast out
Rutherford Recreation Center
Friday, December 6 | 9 a.m.
\$1, plus cost of meal

Arboretum Lights at Night

* Adjusted cost and date *
Explore the lights and scenery in the outdoor gardens. Light snacks available for purchase.
Evans Recreation Center
Tuesday, December 10
5:30 p.m.
\$16/person

Christmas at the Gaylord

See beautiful Christmas lights, displays, including many photo opportunities. Lunch after at Esparza's Restaurante' Mexicano
Goodbar Recreation Center
Wednesday, December 11
10 a.m.
\$7, plus cost of meal

Galleria Mall

Shop for awesome Christmas gift deals.
Evans Recreation Center
Friday, December 13 | 9:30 a.m.
\$1, plus meal and shopping

Christmas Caroling

Spread joy this season singing to a local nursing home.
Goodbar Recreation Center
Friday, December 13 | 9:30 a.m.
Free with Membership

Christmas Lights Tour

Take in the sparkle of Christmas from the warm, music filled bus. Early dinner and shopping will be at the Cracker Barrel.
Rutherford Recreation Center
Thursday, December 19 | 4 p.m.
\$1, plus meal and shopping



December

Monday	Tuesday	Wednesday	Thursday	Friday
12/2/2024	12/3/2024	12/4/2024	12/5/2024	12/6/2024
Breaded Chicken Marsala~ Parsley Penne Pasta Country Tomatoes Wheat Bread Fresh Apple Milk	Pork Carnitas Pinto Beans Glazed Carrots Flour Tortilla Sugar Cookie Milk Taco Sauce	Baked Chicken Poultry Gravy Twice Whipped Potatoes Lemon Zest Broccoli Dinner Roll Oatmeal Cream Cookie ¹ Milk	Beef Chili with Beans Rice Spinach Saltine Crackers Strawberry Gelatin with Pears Milk	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Spiced Fruit Milk Mustard and Ketchup
12/9/2024	12/10/2024	12/11/2024	12/12/2024	12/13/2024
Mongolian Beef Meatballs~ Jasmine Rice Japanese Vegetables Wheat Bread Cinnamon Graham Crackers Milk	Cajun Breaded Chicken Lima Beans Okra and Tomatoes Texas Bread Pineapple Tidbits Milk	Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll  Frosted Birthday Cake Vanilla Ice Cream Milk	Glazed Ham* Macaroni and Cheese Broccoli and Carrots Wheat Bread Lime Gelatin with Pineapple Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
12/16/2024	12/17/2024	12/18/2024	12/19/2024	12/20/2024
Turkey Pasta Bolognese Cauliflower Herbed Green Beans Texas Bread Fig Bar Milk	Steakhouse Beef~ Delmonico Potatoes Brussels Sprouts Multigrain Bread Fresh Apple Milk	Lemon Caper Chicken Parslied Rice Catalina Vegetables Dinner Roll Craisins Milk	Homestyle Beef Casserole Broccoli Medley Cabbage Multigrain Bread Cinnamon Swirl Pudding Milk	Christmas Meal Turkey Breast with Gravy Cornbread Dressing Mixed Vegetables Dinner Roll Ambrosia Pudding Milk
12/23/2024	12/24/2024	12/25/2024	12/26/2024	12/27/2024
Meatloaf~ Tomato Gravy Garlic Whipped Potatoes Lemon Pepper Brussels Sprouts# Texas Bread Chocolate Graham Crackers Milk			Chicken and Dumplings Lentils Okra and Tomatoes Cornbread Oatmeal Cream Cookie ¹ Milk Margarine	Hamburger Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
12/30/2024	12/31/2024	<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.</p> <p>"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>		
Chicken Enchilada Soup Spanish Rice Mexican Style Tomatoes Fudge Cream Cookie ¹ Milk	New Year's Eve Honey Glazed Ham* Black-Eyed Peas Medley Cabbage Dinner Roll Brownie ¹ Milk Margarine			

* - Contains Pork
¹ - Contains Peanuts
~ - Entrée Contains Soy
- New Menu Item

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