

Mesquite Adults 50+ Programs



August 2025

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 & Evans

Adults 60+ can enjoy lunch for
a suggested donation of \$1.

Ages 59 and under may
purchase a meal for \$7.25.

**Advance reservations are
preferred**

Site Council Meetings

Evans Recreation Center

Wednesday, August 13 | 9:30 a.m.

Goodbar Recreation Center

Wednesday, August 13 | 9:30 a.m.

Rutherford Recreation Center

Wednesday, August 13 | 11 a.m.

50+ Membership

This membership offers FREE access to the
above listed recreation centers with multiple
senior programs, fitness rooms and courts.
Non-residents may purchase a
membership for \$10 annually.

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



Family Feud

Teams compete to see who can
guess the most popular answers
to survey
questions.

Evans Recreation Center

Wed., August 6 | 12:15 p.m.

FREE with membership

Games

42 Domino Tournament

Show off your skills in a 42 -
domino tournament.

Evans Recreation Center

Mon., August 11 | 9:30 a.m.

FREE with membership

Game Day—Minute to Win It

Bring a snack to share

Rutherford Recreation Center

Friday, August 20 | 10 a.m.

FREE with membership



WWW.CityOfMesquite.com/50plus

Crafts

Painted Stones

With simple steps and acrylic paint, express creative thoughts or designs to donate to cancer patients for encouragement and also keep one for yourself.

Goodbar Recreation Center

Monday, August 4 | 9:30 a.m.
Free with membership

Paper Embroidery

This technique can be used on cards, notes, journals or any type of paper.

Rutherford Recreation Center

Tues., August 12 | 11:30 a.m.
\$3/person

Diamond Painting Art

Create an easy yet elegant mosaic art.

Evans Recreation Center

Wednesday, August 13 | 12:15 p.m.
\$2/person

Resin 101- Coasters

Learn the art of resin pouring while creating a drink coaster.

Rutherford Recreation Center

Tues., August 26 | 11:30 a.m.
\$7/person

Let There Be PAINT

Create an acrylic painting, discuss color theory, technique, and composition. Perfect for a novice painter or an experienced artist. All supplies included.

Registration closes the Friday before the class.

Ages 18+

Rutherford Recreation Center

Tuesday, August 26 | 6 p.m.
\$20/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 Gym Walking Wii Games Walk a Mile Pickleball	Table Games Fitness Room Basketball Cornhole Gym Walking Portable Pantry-3rd Tues Wii Games Walk A Mile	Table Games Fitness Room Basketball Cornhole Gym Walking Wii Games Walk A Mile Quilting Pickleball	Table Games Fitness Room Basketball Cornhole Gym Walking Wii Games Walk A Mile Ceramics	Table Games Fitness Room Basketball Cornhole Gym Walking 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 Chair Volleyball	Exercise to Music	Exercise to Music Chair Volleyball	Looms of Love
9 a.m.	9:30 a.m.	9 a.m.	9:30 a.m.	9:30 a.m.
Crochet & Knitting	Chair Volleyball Crochet & Knitting	Ceramics Crochet & Knitting	Bingo	Chair Volleyball
9:30 a.m.	10 a.m.	9:30 a.m.	10 a.m.	11 a.m.
Line Dancing	Stretch & Flex	Chair Volleyball	Stretch & Flex	Senior Exercise Walk A Mile
10:30 a.m.	11 a.m.	11 a.m.	11 a.m.	12 p.m.
Bust A Move	Senior Exercise Walk A Mile	Senior Exercise Walk A Mile	Senior Exercise Walk A Mile	Walk A Mile
11 a.m.	12 p.m.	12 p.m.	12 p.m.	12 :15 p.m.
Senior Exercise Walk A Mile	Walk a Mile Yoga for Everybody	Walk a Mile	Walk a Mile Yoga for Everybody	Bingo
12 p.m.	12:15 p.m.	12 :15 p.m.	12:15 p.m.	12:30 p.m.
Walk a Mile	Bingo	Creative Coloring Club	Bingo	Cardio Drumming
12:30 p.m.	12:30 p.m.	12:30 p.m.	12:30 p.m.	1 p.m.
Cardio Drumming	Black Jack	Bingo	Texas Hold'em	Pickleball
1 p.m.	1:30 p.m.	1 p.m.	1:15 p.m.	6 p.m.
Pickleball	Dance to Records	Pickleball	Line Dance	Pickleball

Events

Register 2-weeks in advance unless otherwise noted

Improv Recipes with Bruce

Maximize what you have to create amazing dishes.

Evans Recreation Center

Tuesday, August 5 | 9:30 a.m.
FREE with membership

Caroline's Cuisine

Festive Salads

Simple recipe, demo & tips

Goodbar Recreation Center

Wed., August 6 | 9:30 a.m.
\$1/person

Root Beer Float Day

Celebrate National Root Beer Float Day with a cool tasty treat.

Rutherford Recreation Center

Wed., August 6 | 11:30 a.m.
FREE with membership.



Blood Pressure Screenings

Cheyenne Medical will also answer health questions.

Evans Recreation Center

Monday, August 11 | 10 a.m.
FREE with membership

The Girlfriends

Favorite Book Show & Tell

Dessert will be provided.

Rutherford Recreation Center

Tuesday, August 12 | 6 p.m.
\$2/person

Birthday Lunch

Celebrate birthdays with a special dessert as part of the Congregate Meals.

Evans Recreation Center

Goodbar Recreation Center
Wed, August 13 | 11:30 a.m.

Benefits Counseling

Presentation on services available for Medicare Open Enrollment,

Rutherford Recreation Center

Friday, August 15 | 11 a.m.
FREE with membership.

What A Burger Anniversary

What A Burger turns 75. It's a party for this Texas favorite.

Rutherford Recreation Center

Friday, August 15 | 11 a.m.
FREE with membership.



After Hours Café-Gary Freeman

Enjoy a night out with dinner, and live entertainment.

Evans Recreation Center

Wed., August 20 | 5p.m.
\$8 per person

Headwraps

Create beautiful one of a kind headwraps with Clara.

Evans Recreation Center

Thursday, August 21 | 10am
\$2 per person

Book Club- "The Magic Lemon Drop Pie"

by Rachel Linden

Read the selected book in advance and discuss over snacks.

Rutherford Recreation Center

Monday, August 25 | 1 p.m.
FREE with membership



Trips

Ham's Orchard

Last call for peach & strawberry ice cream, pies, peaches and other preserves with local Texas style BBQ for lunch.

Bus departs Rutherford

Friday, August 1 | 10 a.m.
\$1/person plus lunch & shopping
Sign up 7/18



Spill the Tea- Huddle House

Chat over a breakfast out

Bus departs Rutherford

Friday, August 8 | 9 a.m.
\$1, plus cost of meal
Sign up 7/25

Box Office Brunch

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

Bus departs Evans

Thursday, August 14 | 9:30 a.m.
\$1/person, plus meal and movie ticket. Sign up 7/31

Haas Motorcycle Museum

Be mesmerized by classic motorcycles in a rare collection found nowhere else.

Bus departs Goodbar

Wed, August 20 | 9:30 a.m.
\$8/person, sign up 8/6

Bowling at Film Alley

Bowling for an hour with different options for lunch in the shopping center.

Bus Departs Evans

Wed., August 27 | 9:30 a.m.
\$15/person, sign up 8/13

Lunch Bunch- J.C.'s Burger

Visit a new restaurant each month.

Bus departs Goodbar

Thursday, August 28 | 11 a.m.
\$1/ person, plus cost of meal
Sign up 7/17



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 \$7.25. 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
				8/1/2025
				Romesco Chicken# Pasta Florentine Country Tomatoes Wheat Bread Chocolate Pudding Milk
Monday	Tuesday	Wednesday	Thursday	8/8/2025
8/4/2025	8/5/2025	8/6/2025	8/7/2025	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Peach Crisp Milk Mustard and Ketchup
Turkey Tetrizzini Country Vegetables Stewed Tomatoes Wheat Bread Sugar Cookie Milk	Chicken Chili Corn O'Brien Sliced Carrots Club Crackers Fresh Orange Milk	Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Oreo Cookies Milk	Lemon Scarpariello Chicken# Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	
8/11/2025	8/12/2025	8/13/2025	8/14/2025	8/15/2025
Marsala Chicken Oven Roasted Potatoes Parslied Carrots Texas Bread Cherry Craisins# Milk	Creole Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	Breaded Chicken Picatta~ Rotini and Tomatoes California Vegetables Texas Bread 🍰 Frosted Birthday Cake Strawberry Ice Cream Milk	Sausage w/Onions/Peppers* Black-Eyed Peas Spinach Corn Muffin Mandarin Oranges Milk	Turkey and Dumplings Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
8/18/2025	8/19/2025	8/20/2025	8/21/2025	8/22/2025
Horseradish Beef Meatballs~# Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk	Glazed Ham* Cheesy Rice Okra and Tomatoes Corn Muffin Fresh Orange Milk	Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Mandarin Oranges Milk	Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	Special Upgrade All Beef Patty Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup
8/25/2025	8/26/2025	8/27/2025	8/28/2025	8/29/2025
Turkey Taco Mexican Rice Mexican Style Tomatoes Flour Tortilla Fudge Cream Cookie 🍪 Milk	Chicken Alfredo Lemon Pepper Brussels Sprouts Sliced Carrots Wheat Bread Fresh Apple Milk	Italian Macaroni and Beef Whole Kernel Corn Tossed Salad Texas Bread Pineapple Tidbits Milk Ranch Salad Dressing	Baked Chicken with Gravy Whipped Potatoes Herbed Green Beans Texas Bread Strawberry Craisins Milk	Polish Sausage* Baked Beans Mixed Vegetables Hot Dog Bun Lemon Gelatin with Peaches Milk Mustard

* - Contains Pork

🍪 - Contains Peanuts

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

~ - Entrée Contains Soy

- New Menu Item