

Mesquite Adults 50+ Programs



April 2026

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 \$1 donation.

Ages 59 and under may purchase a meal for \$7.75.

Advance reservations are preferred



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Mesquite Parks & Recreation
Programming and **FUN GUIDE**

Site Council Meetings

Evans Recreation Center 9:30 a.m.

Wednesday, April 15

Goodbar Recreation Center 9:30 a.m.

Wednesday, April 22

Rutherford Recreation Center 11 a.m.

Wednesday, April 15

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.

Games

APRIL FOOL'S DAY BINGO

No joke – the best Bingo is at Rutherford.

Rutherford Recreation Center

Wednesday, April 1 | 12:00 p.m.

50¢/card

Blackjack

Compete in an hour long battle for chips.

Rutherford Recreation Center

Friday, April 17 | 1:00 p.m.

FREE with membership, \$2 drop in

GAME DAY–Trivia Pursuit

Bring a snack to share

Rutherford Recreation Center

Friday, April 24 | 10:00 a.m.

FREE with membership, \$2 drop in



WWW.CityOfMesquite.com/50plus

Crafts

GREETING CARD MAKING

Washi Tape Variety

Create a beautiful card in easy steps. No experience needed.

Goodbar Recreation Center

Monday, April 6

9:30 a.m.

\$2/person



Book Bouquet

Craft romantic flower arrangement out of a vintage book.

Rutherford Recreation Center

Tuesday, April 21

11:30 a.m.

\$3/person

LET THERE BE PAINT

Create an acrylic painting in one evening. Perfect for a novice painter or an experienced artist looking for practice and fellowship. All supplies included. Registration closes the Friday before the class.

Ages 18+

Rutherford Recreation Center

Tuesday, April 28

6:00 p.m.

\$20 (Residents) \$30 (Non-Residents)



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.	10:30 a.m.
Line Dancing Chair Volleyball	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 Mahjong	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 Poker 101	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	Walk with Friends
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

EASTER CELEBRATION

Pose for a picture with the Easter Bunny and share food and games to celebrate the special holiday.

Goodbar Recreation Center

Wednesday, April 1 | 10:00 a.m.
FREE with membership, \$2 drop in

GAG AUCTION

Experience the excitement of a gag auction using funny money to bid on hilarious prizes.

Evans Recreation Center

Thursday, April 2 | 10 a.m.
\$1/person

CAROLINE'S CUISINE

"Salad Medley"

Try new foods and new skills. Leave with a recipe to use again.

Goodbar Recreation Center

Wednesday, April 8 | 9:30 a.m.
\$2/person

BIRTHDAY LUNCH

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

Evans Recreation Center

Goodbar Recreation Center

Wednesday, April 8
11:30 a.m.

OUR JOYOUS WORLD "Crete"

Travel virtually to discover local customs and flavors. Snack provided.

Rutherford Recreation Center

Thursday, April 9 | 1 p.m.
\$2/person

GRILLED CHEESE GALLORE

Enjoy one of America's most popular comfort foods on National Grilled Cheese Sandwich Day.

Rutherford Recreation Center

Friday, April 10 | 11:30 a.m.
\$2/person

BLOOD PRESSURE SCREENING

Ridgecrest Healthcare & Rehab

Rutherford Recreation Center

Thursday, April 13 | 9:45 a.m.
FREE with membership, \$2 drop in

BLOOD PRESSURE SCREENING

Cheyenne Medical will also answer health questions.

Evans Recreation Center

Monday, April 13 | 10 a.m.
FREE with membership, \$2 drop in

THE GIRLFRIENDS

"Easter Rock Painting"

An intergenerational girl's night out. Daughters and grand-daughters are welcome.

Rutherford Recreation Center

Tuesday, April 14 | 6 p.m.
\$2/person

MINDFULNESS MEDITATION

Focus of developing mindfulness skills, enhancing calmness, and enjoying the people and world around us.

Rutherford Recreation Center

Thursday, April 16 | 11 a.m.
FREE with membership, \$2 drop in

Spring Snakes

With snakes on their way out of brumation learn ways to prevent & treat snake bites.

Rutherford Recreation Center

Wednesday, April 22 | 11 a.m.
FREE with Membership, \$2 drop in

MEN'S ROUND TABLE

"Athlete Salaries"

Join men discussing unique talents, professions & hobbies.

Rutherford Recreation Center

Thursday, April 23 | 1 p.m.
FREE with membership, \$2 drop in

BOOK CLUB

"The Last Days Night"

By Robin MacArthur

Read the selected book in advance and discuss over snacks.

Rutherford Recreation Center

Monday, April 27 | 1 p.m.
FREE with membership, \$2 drop in



Trips

SPILL THE TEA-

Original Pancake House DFW

Chat over breakfast monthly.

Bus Departs Rutherford

Friday, April 3 | 9 a.m.

\$1/person, meal cost separate.

Sign up 3/20

HISTORIC DOWNTOWN

WAXAHACHIE &

The Crafty Scrapper

Quaint downtown to peruse shops, eat lunch in a local café of choice.

Visit the novel & extensive Crafty Scrapper.

Bus Departs Goodbar

Wednesday, April 15 | 9:30 a.m.

\$1/person, meal cost separate.

Sign up 4/1

BOX OFFICE BRUNCH

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

Bus departs Evans

Thursday, April 16 | 9:30 a.m.

\$1/person, plus meal and movie ticket.

Sign up 4/2

GOAT FARM COFFEE & HEB

Fantastic coffee, baked goods, shopping in the farm store &

hanging out with a herd of friendly Nigerian Dwarf goats.

Then, check out the newly opened HEB in Forney.

Bus Departs Rutherford

Friday, April 17 | 9:30 a.m.

\$1/person, meal cost separate.

Sign up 4/3

Spectacular Follies 2026

"Best of Broadway"

This vibrant revue brings classic hits, dazzling choreography, and powerhouse performances by entertainers 55 and over.

Bus Departs Evans

Friday, April 24 | 1 p.m.

\$40/person

Sign up 4/3

LUNCH BUNCH- Salata

Visit a new restaurant each month.

Bus departs Goodbar

Thursday, April 30 | 11 a.m.

\$1/ person, plus meal

Sign up 4/16



April



Lunch is offered for a low suggested donation of \$1 to qualified 60+ participants. Those 59 and under may purchase a meal for \$7.75. 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."

		Wednesday	Thursday	Friday
		4/1/2026	4/2/2026	4/3/2026
		Glenn's Meatloaf Brown Gravy Twice Whipped Potatoes Herbed Green Beans Dinner Roll Nutty Buddy Bar ⓘ Milk	Turkey Spaghetti Lemon Pepper Brussels Sprouts Country Tomatoes Wheat Bread Butterscotch Pudding Milk	All Beef Patty Lettuce and Tomato Baked Beans Hamburger Bun Apple Cobbler Milk Mustard and Ketchup
Monday	Tuesday	4/8/2026	4/9/2026	4/10/2026
4/6/2026	4/7/2026	4/8/2026	4/9/2026	4/10/2026
Marsala Chicken Meatballs~ Dirty Rice Parslied Carrots Texas Bread Cherry Craisins Milk	Steakhouse Beef~ Whipped Potatoes Herbed Green Beans Wheat Bread Fresh Apple Milk	Chicken Picatta Rotini and Tomatoes California Vegetables Dinner Roll 🍰 Frosted Birthday Cake Vanilla Ice Cream Milk	Cheese Omelet# Tomato Salsa Seasoned Black Beans Spinach Biscuit# Cinnamon Applesauce Milk	Turkey Noodle Casserole Sliced Carrots Cauliflower Texas Bread Lime Gelatin with Pears Milk
4/13/2026	4/14/2026	4/15/2026	4/16/2026	4/17/2026
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 Strawberry Applesauce Milk	Lemon Scarpariello Chicken Confetti Rice Brussels Sprouts Texas Bread Orange Gelatin with Pineapple Milk	All Beef Patty Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup
4/20/2026	4/21/2026	4/22/2026	4/23/2026	4/24/2026
Tarragon Chicken Pesto Penne Pasta Tangy Spinach Wheat Bread Oatmeal Cream Cookie ⓘ Milk	Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Mandarin Oranges and Pineapple Milk	Kielbasa Sausage* Baked Beans Medley Cabbage Hot Dog Bun Fresh Apple Milk	Beef Stroganoff Broccoli Sliced Carrots Texas Bread Strawberry Gelatin with Pears Milk	Chef Salad Corn Salad Mixed Fruit Club Crackers Milk Light Ranch Dressing
4/27/2026	4/28/2026	4/29/2026	4/30/2026	
Horseradish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Emerald Pears# Milk	Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	Glenn's Meatloaf Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll Oatmeal Cream Cookie ⓘ Milk	Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	~ - Entrée Contains Soy ⓘ - Contains Peanuts * - Contains Pork # - New Menu Item <i>Sarah Hutsler, RD, LD</i>

Sarah Hutsler, RD, LD #DT81463
Expires 11/30/2027