

March 2018

50+ Program At A Glance

Evans

1116 Hillcrest 972-204-4971

Thursday	3/1	Town East Mall shopping \$1 9:30am
Thursday	3/1	Yoga for Everyone \$24 Tues/Thurs 12-1pm
Friday	3/2	Pinterest Pro Shirt Design \$5 9:30am
Wednesday	3/7	Stories w/ Students at Gentry 10am
Thursday	3/8	Brunch & a Movie \$6 9:30am
Friday	3/9	50+ Friday Night Dance Rollin Country \$6 7pm
Wednesday	3/14	Site Council 9:30am
Wednesday	3/14	Birthday Lunch 11:30am
Friday	3/16	Pinterest Pro Canvas Art \$5 9:30am
Friday	3/16	St. Patrick's Bingo \$2 (2-card limit) 10am
Wednesday	3/21	Stories w/ Students at Gentry 10am
Thursday	3/22	Volunteer Appreciation Breakfast 9:30am
Friday	3/23	50+ Friday Night Dance Yesterdays Country \$6 7pm
Tuesday	3/27	Waco Mammoth Museum \$9 9:30am
Tuesday	3/27	Movie Day free 9:30am
Thursday	3/29	Bunny Bingo 2-card limit \$2 10am
Friday	3/30	No STAR Transit

Goodbar

3000 Concord 972-329-8705

Friday	3/2	Volleyball 8:30am
Friday	3/2	Bingo -Montclair 12:30pm
Monday	3/5	Site Council 9 am
Tuesday	3/6	Sherman Classic Cars & lunch-Huck's Catfish gam
Wednesday	3/7	Reading @ McKenzie 12:30pm
Friday	3/9	Item Sale 7:30-1:30pm
Friday	3/9	Christian Care sponsors Nickel Bingo 12:30pm
Monday	3/12	Game Night -United HealthCare 4pm
Tuesday	3/13	Bunco 9:15am
Tuesday	3/13	Black Jack 12:30pm
Wednesday	3/14	Birthday Lunch 11:30am
Wednesday	3/14	Dixie Swing Band 12:30pm
Thursday	3/15	Mexican Train 9:30am
Friday	3/16	Volleyball 8:30am
Friday	3/16	DAAA Benefit Counseling 9 am
Monday	3/19	Craft Bunny Washcloth 9 am
Tuesday	3/20	PPP/PAN 9:30am
Wednesday	3/21	Lindale -Cracker Barrel, Pink Pistol & Collin St. Bakery 9 am
Friday	3/23	Reading @ McKenzie 9:30am
Monday	3/26	Bingo with United Health Care 12:30pm
Tuesday	3/27	TxDot ADA Presentation 10:30am
Tuesday	3/27	Black Jack 12:30pm
Thursday	3/29	Poker Tournament 12:30pm
Thursday	3/29	Dinner Date at Tatiano's 5pm
Friday	3/30	No STAR Transit

Rutherford

900 Rutherford 972-204-4965

Thursday	3/1	Progressive Dinner 5pm \$8
Friday	3/2	Weight Room Orientation 10am
Tuesday	3/6	Bunco Bring Finger food 10am \$2
Wednesday	3/7	Reading with Kinder 9:30am
Wednesday	3/7	Site Council 11:15am
Thursday	3/8	Texas Tulips in Pilot Point 9:30am \$12.50
Friday	3/9	Game Day- Mexican Train & Tacos 10am \$2
Tuesday	3/13	St Pat's Party Dallas Low Brass Choir & lunch 11am \$3
Tuesday	3/13	Girlfriends at Starbucks 6:30pm
Tuesday	3/20	Craft Borracho Beans 11am \$2
Wednesday	3/21	Reading with 1st grade 9:30am
Tuesday	3/27	Birthday Potluck "Easter" 11am
Thursday	4/1	Walk@Park Begins Monday & Thursdays City Lake Park
Thursday	4/5	East Texas Oil Museum Sign up 3/22 9:30am \$14

Congregate Meals

offered at Evans and Goodbar
Monday-Friday at 11:30am
2 day reservation recommended.

- . Age 60+, \$1 donation
- . Meet new people
- . Dietitian planned & Nutritious
- . No cooking at home



Congratulations City of Mesquite Volunteers of the Year



Brenda Dever- Evans

Mary Beth Kallaus -Goodbar



Fay Modglin -Rutherford



Congregate Meal Menu

March 2018

Lunch is served Monday through Friday at Evans and Goodbar Senior Centers. There is a suggested donation of \$1 for adults 60+ and a cost of \$5.50 for adults 59 and under. The project is supported in part by the City of Mesquite, The Dallas Area Agency on Aging and the Texas Department of Health & Human Services. Reservations are requested 2 days in advance and may be made by calling or visiting the centers during hours of operation.

			Thursday 3/1/2018	Friday 3/2/2018
			Beef Ziti Italian Green Beans Braised Carrots Wheat Bread Cherry Fruited Gelatin Milk	Sweet and Sour Chicken Fried Rice Japanese Vegetable Blend Wheat Bread Lemon Glazed Bread Pudding Milk Soy Sauce Margarine
			3/8/2018	3/9/2018
Monday 3/5/2018	Tuesday 3/6/2018	Wednesday 3/7/2018	Confetti Chicken Thigh Hashbrown Potatoes Spinach Texas Bread Vanilla Pudding Milk	Hamburger Patty ~ Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Mixed Fruit Cobbler Milk Mustard and Ketchup
Chicken and Rice Casserole Mexican Corn Spring Vegetable Blend Dinner Roll Fresh Orange Milk	Chili with Beans Spanish Rice Broccoli Mexican Cornbread Muffin Chocolate Chip Cookie Milk	BBQ Pork Rib Patty ~ * Ranch Beans Italian Green Beans Dinner Roll Orange Fruited Gelatin Milk		
3/12/2018	3/13/2018	3/14/2018	3/15/2018	3/16/2018
Beef Burgundy ~ Whipped Potatoes Brussels Sprouts with Lemon Dinner Roll Butterscotch Pudding Milk	Chicken Etouffee Parslied Rice Mixed Greens Dinner Roll Carnival Cookie Milk	Oven Fried Chicken Thigh Au Gratin Potatoes Okra and Tomatoes Dinner Roll White Cake with Chocolate Frosting Vanilla Ice Cream Milk	Country Fried Steak w/ Country Gravy ~ Oven Roasted Potatoes Herbed Green Beans Dinner Roll Orange Fruited Gelatin Milk	<u>St. Patrick's Day</u> <u>Holiday Meal</u> Hamburger Stew Buttered Rice Cabbage Dinner Roll Lime Swirl Pudding Milk
3/19/2018	3/20/2018	3/21/2018	3/22/2018	3/23/2018
Chicken a la King Brown Rice Peas and Carrots Biscuit Gingerbread Cookie Milk	Chopped BBQ Beef Baked Beans Coleslaw Hamburger Bun Spiced Pineapple Tidbits Milk	Salisbury Beef with Gravy & Onions ~ Whipped Potatoes Broccoli Dinner Roll Strawberry Fruited Gelatin Milk	Sweet and Sour Meatballs ~ Fried Rice Chinese Cabbage Dinner Roll Fresh Orange Milk	Hamburger Patty ~ Lettuce and Tomato Oven Roasted Potatoes Hamburger Bun Cranapple Crisp Milk Mustard and Ketchup
3/26/2018	3/27/2018	3/28/2018	3/29/2018	3/30/2018
Creole Beef ~ Ranch Potatoes Braised Carrots Wheat Bread Fresh Apple Milk	Grilled Pork Patty w/Dijon Herb Sauce * Oven Roasted Potatoes Squash, Zucchini and Tomatoes Wheat Bread Lime Fruited Gelatin Milk	BBQ Chicken Thigh Macaroni & Cheese Spring Vegetable Blend Breadstick Carnival Cookie Milk	Mexican Chicken Chili Rice Turnip Greens Saltine Crackers Oatmeal Creme Cookie Milk Margarine	<u>Easter Holiday Meal</u> Sliced Turkey Breast with Gravy Mashed Sweet Potatoes Italian Green Beans Dinner Roll Frosted Carrot Cake Milk

Blair Mize, RD, LD

Blair Mize, RD, LD #DT84696

Expires 2/28/2019

* - Contains Pork

~ - Entrée Contains Soy

