

Mesquite Adults 50+ Programs



June 2024

Evans Recreation Center

1116 Hillcrest St.
972-204-4971
Michael Borders,
Recreation Specialist

Goodbar Recreation Center

3000 Concord Dr.
972-329-8705
Kristen Herndon,
Recreation Specialist

Rutherford Recreation Center

900 Rutherford Dr.
972-204-4965
Pam Folsom,
Recreation Supervisor

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

Holiday Closure
Wednesday, June 19

Honoring

Juneteenth
Freedom Day

Scan for more
Mesquite Parks & Recreation
programming



Games

Game Nights at Goodbar

Play your favorite game or learn
a new one.

Goodbar Recreation Center

Tuesday, June 4
4-7:30 p.m.- Bring a dish to
share
(see center for details)

Game Day

Wheel of Fortune

Rutherford Recreation Center

Friday, June 14

10 a.m.

Free with Membership- Bring a
dish to share

Coconut Luau Party Bingo

Rutherford Recreation Center

Wednesday, June 12

12:30 p.m.

.50/card



WWW.CityOfMesquite.com/50plus

Crafts

Macramé Throwback

Learn the basics of macramé with this simple keychain
Rutherford Recreation Center
 Tuesday, June 4
 11:30 a.m.-12:30 p.m.
 \$2 per person

Room Fragrance

Create a homemade spray to freshen any room.
Goodbar Recreation Center
 Monday, June 17
 9:30-11 a.m.
 \$2 per person



Let There Be Paint

Create an acrylic painting in one evening. This class discusses color theory, technique and composition.
 Ages 18+
 Tuesday, June 25
Rutherford Recreation Center
 6:00-8:00 p.m.
 \$20 /person includes all supplies

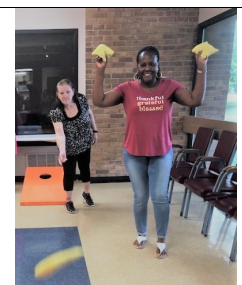
Ongoing Weekly Activities

Color Key: **Evans**, **Goodbar**, **Rutherford**, **Mutliple 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 Wii Games Pickleball Cornhole Walk a Mile Basketball	Table Games Fitness Room Wii Games Pickleball Cornhole Walk A Mile Basketball	Table Games Fitness Room Wii Games Pickleball Cornhole Walk A Mile Basketball Quilting	Table Games Fitness Room Wii Games Pickleball Cornhole Walk A Mile Basketball Ceramics	Table Games Fitness Room Wii Games Pickleball Cornhole Walk A Mile Basketball Wood Carving
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	Crochet & Knitting
9 a.m.	9 a.m.	9 a.m.	9 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	Chair Volleyball	Bingo	Walk A Mile Senior Exercise
10 a.m.	10 a.m.	11 a.m.	10 a.m.	12 p.m.
Move to Music	Stretch & Flex	Walk A Mile Senior Exercise	Stretch & Flex	Walk A Mile
11 a.m.	11 a.m.	12 p.m.	10:30 a.m.	12 :15 p.m.
Walk a Mile Senior Exercise	Walk A Mile Senior Exercise	Walk a Mile	Canasta	Bingo
12 p.m.	12 p.m.	12 :15 p.m.	11 a.m.	1 p.m.
Walk a Mile	Yoga for Everybody Walk a Mile	Family Feud	Walk A Mile Senior Exercise	Pickleball Spades
12:30 p.m.	12:15 p.m.	12:30 p.m.	12 p.m.	6 p.m.
Black Jack Cardio Drumming	Bingo	Bingo	Yoga for Everybody Walk a Mile	Pickleball
1 p.m.	1:30 p.m.	1 p.m.	12:15 p.m.	
Pickleball	Dance to Records	Pickleball	Bingo	



12:30
Texas Hold'em
1:15 p.m.
Line Dance



Events

After Hours Café

Dress up for Second Chance Prom with dj and a meal

Evans Recreation Center

Wednesday, June 26

5-7 p.m.

\$8

Audacity to Hope Day

Celebrate personal victories and seek to inspire others. Share moments of persevered obstacles and challenges.

Evans Recreation Center

Tuesday, June 4

10 a.m.

Free with membership

We All Scream for Ice Cream

Celebrate National Chocolate Ice Cream Day.

Evans Recreation Center

Friday, June 7

10 a.m.

Free with membership

Papa Party

Calling all Dads and Granddads for fun, food and Father's Day surprises.

Evans Recreation Center

Friday, June 14

9:30 a.m.

Free with membership

Donuts with Dad

Join Fathers and friends for donuts

Goodbar Recreation Center

Friday, June 14

10:30-11 a.m.

Free with Membership

Father's Day Ice Cream Party

Enjoy homemade Ice cream in honor of our Dads

Rutherford Recreation Center

Monday, June 17

11:30 a.m.

Free with Membership



Homemade Ice Cream

Cool down on a hot summer day with homemade ice cream.

Goodbar Recreation Center

Friday, June 21

10-11 a.m.

Free with Membership

Birthday Lunch

Celebrate birthdays together as part of the Congregate Meal Program.

Evans Recreation Center

Wednesday, June 12

11:30 a.m.

The Girlfriends

Create a Vision/Prayer Board

Tuesday, June 11

Rutherford Recreation Center

6 p.m.

\$2 per person Bring a finger food to share

Improv Recipes with Bruce

Learn to maximize what you have to create amazing dishes.

Evans Recreation Center

Tuesday, June 4

9:30 a.m.

Free with membership

Caroline's Cuisine

Simple demonstration tips for preparing smaller portion meals.

Goodbar Recreation Center

Quinoa Salad Monday, June 5

9:30- 11 a.m.

\$1 per person

Blood Pressure Screen

Cheyenne Medical will check your blood pressure and answer health questions.

Evans Recreation Center

Monday, June 10

10 a.m.

Free with membership

Trips

Spill the Tea-Black Bear Diner

Chat over breakfast out

Rutherford Recreation Center

Monday, June 3

9 a.m.

\$1 bring money for meal

Mystery Trip

Risk an adventure for lunch & shopping into the Dallas area. There will be extra walking this trip.

Rutherford Recreation Center

Friday, June 7

10 a.m.

\$1 bring money for lunch

Ham Orchards in Terrell

Arguably the best peaches in Texas with Eddie Deen bbq and homemade ice cream.

Goodbar Recreation Center

Thursday, June 12

Evans Recreation Center

Tuesday, June 25

9:30 a.m.

\$1 bring money for lunch

Thrift Store Shopping

Get thrifty exploring our popular local thrift stores.

Evans Recreation Center

Thursday, June 13

9:30 a.m.

\$1 bring money for lunch

Juanita J. Craft Civil Rights House and Museum

Her 2618 Project encourages participants to make a list of positive lifestyle changes they can do to improve quality of life.

Rutherford Recreation Center

Tuesday, June 18

10 a.m.

\$1 bring money for lunch

Lunch Bunch- Chili's

Goodbar Recreation Center

Thursday, June 27


11 a.m.

\$1 bring money for lunch

June Congregate Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
6/3/2024	6/4/2024	6/5/2024	6/6/2024	6/7/2024
Mozzarella Breaded Chicken~ Orzo Pasta Herbed Brussels Sprouts Wheat Bread Fresh Apple Milk	Turkey Taco Charro Beans Olé Mixed Vegetables Flour Tortilla Sugar Cookie Milk Taco Sauce	Breaded Pork Patty*~ Country Gravy Parslied Rice Sliced Carrots Wheat Bread Chocolate Graham Crackers Milk	Beef Chili with Beans Oven Roasted Potatoes Spinach Saltine Crackers Fig Bar Milk	Lemon Caper Chicken Lentils Country Tomatoes Wheat Bread Cinnamon Swirl Pudding Milk
6/10/2024	6/11/2024	6/12/2024	6/13/2024	6/14/2024
Swedish Beef Meatballs~ Rice Florentine Broccoli Texas Bread Cinnamon Graham Crackers Milk	Glazed Ham* Lima Beans Okra and Tomatoes Corn Muffin Fresh Orange Milk	Meatloaf~ Tomato Gravy Delmonico Potatoes Peas and Carrots Dinner Roll  Frosted Birthday Cake Vanilla Ice Cream Milk	Turkey Macaroni and Cheese Cauliflower Brussels Sprouts Texas Bread Lemon Gelatin with Peaches Milk	Hamburger Patty~ Sliced Cheese Ranch Beans Hamburger Bun Hot Pineapple Tidbits Milk Mustard and Ketchup
6/17/2024	6/18/2024	6/19/2024	6/20/2024	6/21/2024
Tarragon Chicken Mixed Beans Tangy Spinach Wheat Bread Oatmeal Cream Cookie  Milk	Rosemary Beef~ Whipped Potatoes Catalina Vegetables Wheat Bread Cinnamon Graham Crackers Milk	Closed 	Beef Stroganoff Broccoli Cauliflower Texas Bread Craisins Milk	BBQ Pork Rib Patty* Green Beans Glazed Carrots Texas Bread Cherry Gelatin w/Fruit Cocktail Milk
6/24/2024	6/25/2024	6/26/2024	6/27/2024	6/28/2024
Turkey Tetrazzini Green Peas Stewed Tomatoes Wheat Bread Sugar Cookie Milk	Chicken Chili Corn O'Brien Sliced Carrots Saltine 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 w/Pineapple Milk	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Peach Cobbler Milk Mustard and Ketchup

* - Contains Pork

 - Contains Peanuts

Sarah Hutselle, RD, LD

~ - Entrée Contains Soy

- New Menu Item

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."