

April 2018

50+ Program At A Glance

Evans

1116 Hillcrest 972-204-4971

Wednesday	4/4	Stories w/ Students 10:15am Gentry
Friday	4/6	Pinterest Pro Air freshener \$4 9:30am
Wednesday	4/11	Site Council 9:30am
Wednesday	4/11	Birthday Lunch 11:30am
Thursday	4/12	Thrift Store Shopping \$1 9:30am
Friday	4/13	Bake Sale 9:30am
Friday	4/13	50+ Friday Night Dance Honky Tonkers \$6 7pm
Wednesday	4/18	Stories w/ Students 10:15 am Gentry
Thursday	4/19	Brunch and a Movie Terrell \$6 9:30am
Friday	4/20	Pinterest Pro "Sun Flower Wreath" 9:30am \$5
Tuesday	4/24	SeaQuest in Fort Worth 9:30am \$13
Tuesday	4/24	Movie In House "Pete's Dragon" 9:30am
Wednesday	4/25	M&W Ceramics 9:30am \$2
Friday	4/27	50+ Friday Night Dance City Lights \$6 7pm

Goodbar

3000 Concord 972-329-8705

Tuesday	4/3	Site Council 9 am
Tuesday	4/3	Black Jack 12:30pm
Friday	4/6	Volleyball 8:30am
Friday	4/6	Bingo- Montclair Estates 12:30pm
Monday	4/9	Bunco 9:15am
Tuesday	4/10	Ennis Bluebonnets 9 am
Wednesday	4/11	Christian Care Rehab Presentation 10:30am
Wednesday	4/11	Birthday Lunch 11:30am
Wednesday	4/11	Reading @McKenzie 12:30pm
Friday	4/13	Western Movie 9:30am
Friday	4/13	Bingo-Christian Care 12:30pm
Wednesday	4/16	Craft Day-Painted Rocks 9 am FREE
Tuesday	4/17	PPP/PAN 9:30am
Wednesday	4/18	Waco-Magnolia Silos 8:30am
Thursday	4/19	Volunteer Appreciation 10am
Friday	4/20	SkipBo! 9:30am
Friday	4/20	Latino Cultural Center and Mia's Mexican Restaurant 10:30am
Monday	4/23	Bingo-United Health 12:30pm
Tuesday	4/24	Black Jack 12:30pm
Thursday	4/26	Dinner Date w/Kristen La Pradera Mexican Restaurant 5pm
Friday	4/27	Reading @ McKenzie 9:30am

Rutherford

900 Rutherford 972-204-4965

Monday	4/2	Walk@Park Begins Monday & Thursdays City Lake Park 6pm
Tuesday	4/3	Bunco Bring Finger food 10am \$2
Wednesday	4/4	Site Council 11am
Thursday	4/5	East Texas Oil Museum 9:30am \$14
Friday	4/6	Weight Room Orientation 10am
Monday	4/9	Craft-Dried Fruit Potpourri 10am \$5
Tuesday	4/10	Girlfriends at Cracker Barrel 6:30pm
Wednesday	4/11	Reading with Kinder 9:30am
Friday	4/13	Game Day- Uno & Charro Beans 10am \$2
Tuesday	4/17	Volunteer Appreciation Breakfast 10am RSVP by 4/13
Wednesday	4/18	Reading with 1st grade 9:30am
Tuesday	4/24	Birthday Potluck "Lunch on a train car" 11:30am
Friday	4/27	Magician's Brunch 10:30am \$3

10th and Final City-Wide Wii Bowling Tournament

Don't miss the final playoff for
Evans, Goodbar and Rutherford
Friday, May 4th, 9 am at Rutherford

\$3 for pizza lunch
Sign up 4/30



Fun day trips in April



Congregate Meal Menu

April 2018

Monday 4/2/2018	Tuesday 4/3/2018	Wednesday 4/4/2018	Thursday 4/5/2018	Friday 4/6/2018
Chicken Alfredo Penne Pasta with Parsley Italian Green Beans Dinner Roll Fig Bar Milk	Beef Taco Meat and Cheese Cilantro Lime Rice Black Beans and Corn Flour Tortilla Sugar Cookie Milk	Oven Fried Chicken Thigh Broccoli and Rice Casserole Country Tomatoes Dinner Roll Fresh Banana Milk	Meatloaf with Tomato Gravy ~ Delmonico Potatoes Braised Carrots Dinner Roll Lemon Fruited Gelatin Milk	Hamburger Patty ~ Sliced Cheese Lettuce, Tomato and Onion Potato Wedges Hamburger Bun Apple Crisp Milk Mustard and Ketchup
4/9/2018	4/10/2018	4/11/2018	4/12/2018	4/13/2018
Chicken Fajita Meat Fiesta Rice Refried Beans Flour Tortilla Fudge Creme Cookie Milk	Smoked Sausage * Baked Beans Cabbage Hot Dog Bun Strawberry Swirl Pudding Milk Mustard	Swiss Steak ~ Garlic Whipped Potatoes  Ratatouille Wheat Bread Chocolate Cake w/White Sprinkle Frosting Chocolate Ice Cream Milk	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
4/16/2018	4/17/2018	4/18/2018	4/19/2018	4/20/2018
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	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
4/23/2018	4/24/2018	4/25/2018	4/26/2018	4/27/2018
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 Fresh Banana Milk	Country Fried Steak w/ Country Gravy ~ Oven Roasted Potatoes Herbed Green Beans Dinner Roll Orange Fruited Gelatin Milk	Meatballs with Spaghetti Sauce ~ Whole Grain Spaghetti Mixed Green Salad Breadstick Spiced Apples Milk Italian Salad Dressing
4/30/2018	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.			~ - Entrée Contains Soy * - Contains Pork
Chicken a la King Brown Rice Peas and Carrots Biscuit Gingerbread Cookie Milk				

Blair Mize, RD, LD

Blair Mize, RD, LD #DT84696

Expires 2/28/2019

