

October 2019

50+ Program At A Glance

Evans

1116 Hillcrest 972-204-4971

Tuesday	10/1	Flu Shots 10am-11am
Wednesday	10/2	Stories w/ Students 10:30am
Thursday	10/3	State Fair 9:30am \$1
Friday	10/4	Gym Closed NO Senior Exercise
Friday	10/4	Pink Bingo 10am \$2
Friday	10/4	Pinterest Pro "Ghost Mason Jar" 9:30am \$5
Wednesday	10/9	Site Council -Rm 103 9:30am
Wednesday	10/9	Birthday Lunch 11:30am
Wednesday	10/9	Site Council 2020 Nominations
Friday	10/11	Chair Volleyball Tournament 8am \$5
Friday	10/11	50+ Dance w/ "Lone Star Express" 7pm \$6
Monday	10/14	Blood Pressure Check 10am Free
Wednesday	10/16	Stories w/ Students 10:30am
Friday	10/18	Pinterest Pro "Fall Décor Sign" 9:30am \$4
Friday	10/18	Brunch & a Movie in Terrell 9:30am \$7
Monday	10/21	Memphis TN trip departing 7:30am
Wednesday	10/30	"Hootenanny Trio" Texas Winds 11am Free
Wednesday	10/30	M&W Ceramics 9:30am \$2
Friday	10/31	Halloween Party and Bingo 10am \$2

Goodbar

3000 Concord 972-329-8705

Tuesday	10/1	Site Council 9:15am
Wednesday	10/2	Cheyenne - "Medication Management" 10:30am
Thursday	10/3	United Health Care- "Medicare Info" 10am
Friday	10/4	Flu Shot 10am-11am
Monday	10/7	Site Council 2020 Nominations 9:30am
Monday	10/7	Craft Day "Wine Cork Pumpkins" 9:30am
Tuesday	10/8	Bunco 9:30am \$2
Wednesday	10/9	Reading w/ Kindergarten 10:15am
Wednesday	10/9	Birthday Lunch 11:30am
Thursday	10/10	State Fair 9:30am \$1
Friday	10/11	"Spin The Wheel" with Cigna 10am
Monday	10/14	Site Council 2020 Elections
Monday	10/14	Dallas Banjo at Heritage Farmstead 9 am \$5
Tuesday	10/15	PPP-PAN 9:30am
Wednesday	10/16	Halloween Movie 9:30am
Thursday	10/17	Dr. Joseph talk 12pm
Monday	10/21	Angels Care sponsors "T-shirt Craft" 9:30am \$5
Tuesday	10/22	Announce Site Council members 2020 9:30am
Tuesday	10/22	Farkle 9:30am
Thursday	10/24	Dinner Date w/ Kristen The Biscuit Bar 5pm
Tuesday	10/29	Willow Bend "Outpatient Rehab"
Wednesday	10/30	"Hootenanny Trio" Texas Winds 10am Free
Thursday	10/31	Halloween Party 9:30am
Thursday	10/31	Hold' em Tournament w/ prequalification 12:30pm

Rutherford

900 Rutherford 972-204-4965

Tuesday	10/1	Bunco 10am \$2
Wednesday	10/2	Flu Shot 10-11am
Wednesday	10/2	Site Council 11am
Friday	10/4	Game Day-Farkle & Gumbo 10am \$2
Friday	10/4	Weight Room Orientation 10am
Tuesday	10/8	Heard-Craig Center, Tea & Tour 9:30am
Tuesday	10/8	Girlfriends Manicures & Sub Sandwiches 6-8pm
Wednesday	10/9	Reading with Kinder 10am
Monday	10/14	Site Council 2020 Nominations
Tuesday	10/15	Medicare Q & A and donuts 10am Free
Wednesday	10/16	Reading with 1st grade 10:30am
Thursday	10/17	State Fair 9:30am \$1
Friday	10/18	Game Day- Phase 10 & finger foods 10am
Monday	10/21	Craft "Wine Glass Scarecrow" 10am \$3
Tuesday	10/29	Birthday Potluck "Halloween" 11:30am
Tuesday	10/29	Vote for Site Council 2020 11:30am
Thursday	10/31	Halloween Party & Bingo 11:30am

State Fair of Texas

Evans- Thursday, October 3
Goodbar- Thursday, October 10
Rutherford- Thursday, October 17

9:30am Bus departs center
2:30pm Bus leaves state fair
Cost \$1- bring money for food & games

Congratulations to
Kristen Herndon new
Recreation Specialist
Goodbar 50+ Program



Halloween Parties

Evans- Party & Bingo 10am
Rutherford- Party & Bingo 11:30am
Goodbar- Party 9:30am
Thursday, October 31
Sign up 10/17
Cost varies per location

Congregate Meal Menu October 2019

	TUESDAY 10/1/2019	WEDNESDAY 10/2/2019	THURSDAY 10/3/2019	FRIDAY 10/4/2019
	BBQ Pork Rib Patty ~* Whole Kernel Corn Broccoli Texas Bread Fresh Orange Milk	Baked Chicken Thigh Chicken Gravy Parslied Rice Mixed Vegetables Wheat Bread Ranger Cookie Milk	Spinach Lasagna Torte Tossed Salad Green Beans with Onions Whole Wheat Breadstick Cherry Gelatin with Peaches Milk Ranch Salad Dressing	Smoked Sausage* Lima Beans Okra and Tomatoes Corn Muffin Chocolate Pudding Milk Margarine
MONDAY 10/7/2019	10/8/2019	10/9/2019	10/10/2019	10/11/2019
Beef and Spanish Rice Charro Beans Cauliflower Wheat Bread Gingerbread Cookie Milk	Parmesan Chicken~ ⊗ Penne Pomodoro Summer Vegetables Wheat Bread Fresh Apple Milk	Swiss Steak~ Ranch Roasted Potatoes Italian Green Beans Dinner Roll Frosted Birthday Cake Chocolate Ice Cream  Milk	Chicken & Sausage Cajun Pasta* Green Peas Braised Carrots Wheat Bread Lemon Gelatin with Pears Milk	Hamburger Patty~ Lettuce/Tomato/Onion Baked Beans Hamburger Bun Apple Raisin Compote Milk Mustard and Ketchup
10/14/2019	10/15/2019	10/16/2019	10/17/2019	10/18/2019
Salisbury Beef~ Rosemary Gravy Whipped Potatoes Catalina Vegetables Wheat Bread Nutty Buddy Bar Milk	Cajun Pork Patty~* Country Corn Green Beans Wheat Bread Fresh Orange Milk	Meatballs with Spaghetti~ ⊗ Oregano Broccoli Glazed Carrots Dinner Roll Creamsicle Pudding Milk	Cranberry Turkey Breast Mashed Spiced Yams Cabbage Whole Wheat Breadstick Chocolate Chip Cookie Milk	Teriyaki Diced Chicken Egg Fried Rice Japanese Vegetables Dinner Roll Mixed Fruit Crisp Milk
10/21/2019	10/22/2019	10/23/2019	10/24/2019	10/25/2019
Turkey Gumbo Cajun Rice Stewed Tomatoes Saltine Crackers Oatmeal Cream Cookie Milk	Pizza Casserole* Broccoli Beef Braised Carrots Texas Bread Peanut Butter Cookie Milk	Oven Fried Chicken Thigh Whipped Potatoes Brussels Sprouts Wheat Bread Fresh Orange Milk	Glazed Ham* ⊗ Sweet Potato Puffs Mixed Greens Corn Muffin Oreo Vanilla Pudding Milk Margarine	Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Bread Pudding Milk Mustard and Ketchup
10/28/2019	10/29/2019	10/30/2019	10/31/2019	
Beef Taco Mexican Rice Pinto Beans Flour Tortilla Fudge Cream Cookie Milk Taco Sauce	⊗ Wild Rice Turkey Casserole Herbed Green Peas Parsley Carrots Multi Grain Bread Brownie Milk	Shredded BBQ Pork* Macaroni and Cheese Broccoli Hamburger Bun Fresh Orange Milk	Halloween Chicken Chili Tossed Salad Sliced Carrots Corn Chips Lime Gelatin with Pears Milk Ranch Salad Dressing	⊗ - New Menu Item * - Contains Pork ~ - Entrée Contains Soy <i>Sarah Hutsler, RD, LD</i> Sarah Hutsler, RD, LD #DT81463 Expires 11/30/2019

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.