

March 2022

50+ Program At A Glance

Life-long Learning

Chronic Pain Self- Management

March 4-April 8

Fridays at Rutherford

Elder Law Planning & Advice

Monday, March 21 at Goodbar

Heart Health

Tuesday, March 29 at Goodbar

Thursday, March 31 at Rutherford

Rough Riders Baseball

May 17

Bus leaves Goodbar at 9:15am

Cost \$20 and includes ; admission with Bull Pen seating, \$10 food voucher and transportation

Sign up by 4/1

Crafty Classes

Evans

Easter Centerpiece March 4

Sign-up now

Goodbar

Ceramic Garden Mushrooms

4-week Class Wednesdays

Sign-up now

Rutherford

Soap Sheets March 15

Sign-up 3/1

Evans

1116 Hillcrest 972-204-4971

Friday	3/4	Easter Center Piece 9:30am \$5
Monday	3/7	Ice Cream Social 10am Sponsored by Valora
Wednesday	3/9	Site Council 9:30am
Wednesday	3/9	Birthday Lunch 11:30am
Friday	3/11	Sam Moon 9:30am \$5 sign up 2/25
Thursday	3/17	St. Patrick's Day Bingo 10am \$3
Monday	3/21	Morning Movie Madness 9:30am
Wednesday	2/23	Stop and Shop 9:30am \$2
Weekly	TH	Bingo 12:15pm 50¢/card
Weekly	M-F	Fitness Room 8am-4pm
Weekly	M-F	Table Games 8am
Weekly	W/F	Chair volley 9:30am
Weekly	M-F	Washers 10am
Weekly	M-F	Basketball 8am
Weekly	M-F	Wii Bowling/Golf 8am
Weekly	M/W/F	Pickleball 1-3:30pm
Weekly	M-F	Senior Exercise 11am
Weekly	M-F	Walk A Mile 8am
Weekly	M/W	Crochet & Knitting 9-10:30am
Weekly	TH	Line Dance 1:15-2:45pm
Weekly	T	Dance to Records 1:30-3pm

Goodbar

3000 Concord 972-329-8705

Tuesday	3/1	Mardi Gras Celebration with Always Accurate Hospice 9:30am
Wednesday	3/2	BUNCO with Cambridge Court 9:30am \$3
Wednesday	3/2	Ceramic Garden Piece 5- week class 9:30am \$4
Friday	3/4	Site Council 9:30am
Wednesday	3/9	Birthday Lunch 11:30am
Tuesday	3/15	PPP-PAN 9:30am
Tuesday	3/15	Game Night 4-7:30pm Bring Chili sides sign-up 3/1
Monday	3/21	Elder Law 10:30am sponsored by Cambridge Court
Friday	3/25	Texas Freshwater Fisheries 8:45am \$7 Bring a sack lunch
Tuesday	3/29	Heart Health with Vanguard High -Health Students 10am
Thursday	3/31	Dinner Date at Snuffer's 5pm \$1
Weekly	M	Line Dancing 9:30am
Weekly	T	Seated Volleyball 9:30am
Weekly	T	Black Jack 12:30pm
Weekly	W	Ceramics Freestyle 9-2pm
Weekly	TH	Texas Hold'em 12:30pm
Weekly	TH	Bingo 50¢/card 9:30am
Weekly	F	Woodcarving 9-11am
Weekly	F	Knitting & Crochet 9-11am
Weekly	M-TH	Exercise to Music 8:30am
Weekly	M-F	Fitness Room 8am-3pm
Weekly	M-F	Cornhole 9:30am-2:30pm

Rutherford

900 Rutherford 972-204-4965

Fridays	3/4-4/8	Chronic Pain Self- Management 6-week Workshop 10am-12:30pm Registration required
Tuesday	3/8	Girlfriends-St. Pat's Fun 6pm FREE Bring baked potato toppings
Wednesday	3/9	Site Council 11am
Wednesday	3/9	Bingo 12:30pm 50¢/card Sponsored by Velora Medical
Tuesday	3/15	Craft "Soap Sheets" 11am \$4 sign up 3/1
Wednesday	3/16	Bingo 12:30pm 50¢/card Sponsored by Cheyenne Lodge
Friday	3/18	Parks Mall Arlington 9:30am \$5 sign up 3/4
Friday	3/25	Game Day "Players Choice" bring a dish 10am FREE
Tuesday	3/29	Birthday Potluck "Rainy Day Recipe's" 11:30am
Wednesday	3/30	Bingo 12:30pm 50¢/card Sponsored by Velora Medical
Thursday	3/31	Heart Health with Vanguard High -Health Students 9:30am
Weekly	T/TH	Yoga for Everybody 12pm-1pm \$30
Weekly	M/TH	Table Games 9-4pm
Weekly	M-F	Cornhole 10-11am
Weekly	M-F	Pickleball 9:30am-1pm
Weekly	F	Pickleball Nights 6-9pm
Weekly	M/W/F	Basketball 9-10am
Weekly	M/W/F	Wii Games 9-11am
Weekly	TH	Ceramic Freestyle 9 am
Weekly	W	Bingo 12:30pm 50¢/card
Weekly	M-F	Walk a Mile 11am-12pm
Weekly	T/TH	Stretch & Flex 10-11am
Weekly	M-F	Fitness Room 9am-4pm



Congregate Meal Menu

March 2022

May your pockets
Be heavy
May your heart
Be light
May good luck
Pursue you
Both day and night.
Irish Blessing 

	Tuesday	Wednesday	Thursday	Friday
	3/1/2022	3/2/2022	3/3/2022	3/4/2022
	Turkey Rice Casserole Squash/Zucchini/Tomatoes Brussels Sprouts Wheat Bread Gingerbread Cookie Milk	Baked Chicken with Gravy Macaroni and Cheese Italian Green Beans Dinner Roll Graham Crackers Milk	Beef Chili with Beans Parslied Rice Rosemary Carrots Saltine Crackers Fresh Orange Milk	Honey Baked Chicken Black-Eyed Peas Cauliflower w/Red Peppers Texas Bread Brownie Milk
Monday	3/7/2022	3/8/2022	3/9/2022	3/10/2022
Lemon Pepper Chicken Whole Kernel Corn Broccoli Texas Bread Chocolate Pudding Milk	Thai Chili Pork Patty* Rice Japanese Vegetables Texas Bread Fresh Apple Milk	Meatloaf~  Brown Gravy Delmonico Potatoes Herbed Green Beans Dinner Roll Zee Zee Birthday Bar Milk	Buffalo Ranch Chicken Pasta Florentine Squash/Zucchini/Tomatoes Wheat Bread Oatmeal Raisin Cookie Milk	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Hot Spiced Peaches Milk Mustard and Ketchup
	3/14/2022	3/15/2022	3/16/2022	3/17/2022
Beef with Onion Gravy~ Whipped Potatoes Parsley Carrots Wheat Bread Cherry Gelatin w/Pineapple Milk	Garlic Ginger Chicken# Fried Rice Japanese Vegetables Texas Bread Chocolate Chip Cookie Milk	Turkey Pasta Bolognese Brussels Sprouts Cauliflower Dinner Roll Strawberry Craisins# Milk	 St. Patrick's Day  Smoked Sausage* Parslied Potatoes Cabbage Dinner Roll Sugar Cookie Milk	Country Breaded Chicken# Country Gravy Crispy Cubed Potatoes Green Beans Wheat Bread Mud Pie Pudding Milk
	3/21/2022	3/22/2022	3/23/2022	3/24/2022
Ham and Lima Beans* Chuckwagon Corn Cauliflower Wheat Bread Orange Gelatin w/Mixed Fruit Milk	Mediterranean Chicken# Lemon Herb Pasta Greek Brussels Sprouts# Wheat Bread Oatmeal Cream Cookie Milk	Swiss Steak~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Sugar Cookie Milk	Turkey Taco Yellow Rice Glazed Carrots Whole Wheat Tortilla Fresh Apple Milk Taco Sauce	Hamburger Patty~ Lettuce and Tomato Ranch Beans Hamburger Bun Hot Cinnamon Applesauce Milk Mustard and Ketchup
	3/28/2022	3/29/2022	3/30/2022	3/31/2022
Smoked Sausage* Mexican Corn Creole Tomatoes# Hot Dog Bun Fig Bar Milk Mustard	Turkey Pastrami Swiss Cheese Three Bean Salad Cold Pickled Beets Rye Bread (2) Oatmeal Cream Cookie Milk Mustard	Chicken Nuggets Whipped Potatoes Spring Vegetables Wheat Bread Oreo Cookies Milk Ketchup	Sloppy Joe Chili Beans# Parslied Carrots Hamburger Bun Fresh Orange Milk	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 at 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."

- New Menu Item

* - Contains Pork

- Contains Peanuts

- Entrée Contains Soy

Sarah Hutsler, RD, LD #DT81463
Expires 11/30/2023

