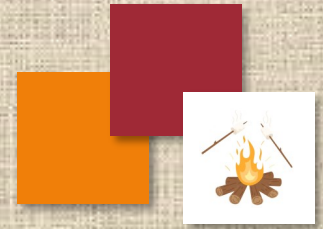




September 2022

50+ Program At A Glance



WinStar Casino

Thursday, September 8 sign-up now
 Departs Evans Parking lot at 7:30am

Cost \$38

Includes: Motor coach transportation
 and light snack

Bring money for lunch and games

Vaccine Clinic

Provided by Walgreens

Flu, Pneumonia & COVID

Wednesday, September 14

Evans 10 a.m.

Rutherford 12 p.m.

Thursday, September 15

Goodbar 10 a.m.

Bring Medicare card and I.D.
 Advance registration is recommended

Senior Day at Camp Rorie Galloway

Tuesday, October 4th

Sign up 9/20

Cost \$7

Includes: Lunch, Archery, Craft, Games,
 Hayride, and S'mores

Limited transportation provided

Evans

1116 Hillcrest 972-204-4971

Friday	9/2	Talent Show 9:30am hosted by Your Special Helper
Monday	9/5	Holiday Closure
Weekly	9/6	Every Tuesday Bingo 12:15pm sponsored by Humana
Wednesday	9/7	Site Council 9:30am
Thursday	9/8	WinStar Casino 7:30am Evans front parking lot
Monday	9/12	Blood Pressure 10am with Cheyenne Medical
Monday	9/12	Brunch & Shopping at Walmart \$1
Wednesday	9/14	Vaccine Clinic- 10am Flu, COVID, Pneumonia
Wednesday	9/14	Birthday Lunch 11:30am
Wednesday	9/21	Heritage Market 9:30am \$2
Thursday	9/22	Fall for All Bingo 10am \$3
Thursday	9/22	State Fair 10/6 Sign up today
Friday	9/23	Bubble Art 9:30am FREE Sponsored by Empower
Tuesday	9/27	42 Tournament 9am
Tuesday	9/27	Sushi w/ Stan \$2
Wednesday	9/28	Morning Movie 9:30am
Weekly	M	Tai Chi 9:30am Free
Weekly	T	Chair Yoga Dance 11am
Weekly	T	Dance to Records 1:30-3pm
Weekly	T/TH	Bingo 12:15pm 50¢/card
Weekly	TH	Bocce/ Putt Putt 9:30am
Weekly	TH	Line Dance 1:15-2:45pm
Weekly	M-F	Fitness Room 8am-4pm
Weekly	W/F	Chair Volleyball 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/W-F	Senior Exercise 11am
Weekly	M-F	Walk A Mile 8am
Weekly	T	Morning Walking 9:30am
Weekly	M/W	Crochet & Knit 9-10:30am

Goodbar

3000 Concord 972-329-8705

Thursday	9/1	Diabetes Talk 10:30am with Valora Medical
Friday	9/2	Site Council 9:30am
Monday	9/5	Holiday Closure
Tuesday	9/6	Weekly Black Jack Begins 12:30- 1:30pm Oak Street Health sponsors
Thursday	9/8	WinStar Casino 7:30am Evans Parking lot
Friday	9/9	Benefits Counseling 10am
Wednesday	9/14	Dandy Don's One-Man, 5-Instrument band 10am
Thursday	9/15	Flu Shots 10-11am
Friday	9/16	Coffee Bar 9:30am With Ultimate Home Health
Tuesday	9/20	PPP-PAN
Wednesday	9/21	Small Succulent Planting \$2 9:30am
Friday	9/23	Chicken N Pickle \$7 9:15am
Wednesday	9/28	Alzheimer's Assoc. "10 Warning Signs" 9:30am
Thursday	10/6	Dinner Date Tino's \$1 bus departs 5pm
Thursday	10/6	State Fair 10/20 Sign up begins today
Weekly	TH	Beginner Canasta 10:30am
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	Knit & Crochet 9-11am
Weekly	M-TH	Exercise to Music 8:30am
Weekly	M-F	Walk a Mile 11:15-12:45pm
Weekly	M-F	Fitness Room 8am-3pm
Weekly	M-F	Cornhole 9:30am-2:30pm

Rutherford

900 Rutherford 972-204-4965

Monday	9/5	Holiday Closure
Tuesday	9/6	Craft- Bleached Pumpkin Shirt 11am \$7
Wednesday	9/7	Prizes by Players Bingo 12:30pm 50¢/card
Thursday	9/8	WinStar Casino 7:30am Evans Parking lot
Friday	9/9	Game Day "Sliders, Scrabble & Wii Bowling" 10am FREE bring a side dish
Tuesday	9/13	Girlfriends 6pm "Line Dancing" cost \$2 Bring a finger food, ages 6+
Wednesday	9/14	Vaccine Clinic- Flu, COVID, Pneumonia 12pm
Wednesday	9/14	Site Council 11am
Wednesday	9/21	Bingo 12:30pm 50¢/card Sponsored by Cheyenne Medical
Tuesday	9/27	Birthday Potluck 11:30am "Tailgate Party"
Thursday	9/29	State Fair 10/13 Sign up begins today
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	M	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 9 am-4pm

-Extra Walking
 \$\$ -Cost During Event

www.CityOfMesquite.com/50plus



Congregate Meal Menu

September 2022

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."

			Thursday	Friday
			9/1/2022	9/2/2022
			Chicken Piccata Penne Pomodoro# Italian Green Beans Texas Bread Fresh Orange Milk	Turkey Breast with Gravy Mashed Spiced Yams Spring Vegetables Texas Bread Oatmeal Cream Cookie ⓘ
Monday	Tuesday	Wednesday	9/8/2022	9/9/2022
9/5/2022	9/6/2022	9/7/2022	Turkey Taco Bell Pepper Medley Mexican Rice Flour Tortilla Lime Gelatin with Peaches Milk Taco Sauce	Hamburger Patty~ Lettuce and Tomato Baked Beans Hamburger Bun Cranberry Crisp Milk Mustard and Ketchup
Closed for Holiday 	Homestyle Beef Casserole Green Peas Rosemary Carrots Wheat Bread Fresh Orange Milk	Breaded Chicken w/Gravy~ Garlic Whipped Potatoes Italian Green Beans Dinner Roll Brownie ⓘ Milk	9/15/2022	9/16/2022
9/12/2022	9/13/2022	9/14/2022	Cheesy Beef Ziti Whole Kernel Corn Country Tomatoes Wheat Bread Fresh Apple Milk	Apricot Breaded Chicken#~ Mixed Beans Mixed Vegetables Wheat Bread Creamsicle Pudding Milk
Turkey and Noodles Cauliflower Sliced Carrots Wheat Bread Fudge Cream Cookie ⓘ Milk	Chicken Meatballs with Gravy~ Parslied Rice Brussels Sprouts Wheat Bread Graham Crackers Milk	Meatloaf~ Brown Gravy Whipped Potatoes Herbed Green Beans Dinner Roll  Birthday Cake/Ice Cream (congregate) Zee Zee Bar (pre-plated meals) Milk	9/22/2022	9/23/2022
9/19/2022	9/20/2022	9/21/2022	Marinara Breaded Chicken#~ Lemon Herb Pasta# Italian Vegetables Texas Bread Lemon Gelatin w/Mixed Fruit Milk	Hamburger Patty~ Lettuce and Tomato Tater Gems Hamburger Bun Spiced Pineapple Tidbits Milk Mustard and Ketchup
Chicken Chili Dirty Rice# Braised Carrots Saltine Crackers Strawberry Cereal Bar Milk	BBQ Pork Rib Patty*~ Black-Eyed Peas Broccoli Hamburger Bun Animal Crackers Milk	Swiss Steak~ Whipped Potatoes Italian Green Beans Dinner Roll Fresh Orange Milk	9/29/2022	9/30/2022
9/26/2022	9/27/2022	9/28/2022	Turkey Pasta Bolognese Stewed Tomatoes Green Beans Wheat Bread Oatmeal Cream Cookie ⓘ Milk	Glazed Ham* Lima Beans Spinach Corn Muffin Fresh Apple Milk Margarine
Polish Sausage* Ranch Whipped Potatoes Garden Vegetables Hot Dog Bun Graham Crackers Milk	Confetti Chicken#~ Yellow Rice Pinto Beans Texas Bread Oreo Cookies Milk	Salisbury Beef~ Brown Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Animal Crackers Milk		

* - Contains Pork

ⓘ - Contains Peanuts

Sarah Hutsler, RD, LD #DT81463

~ - Entrée Contains Soy

- New Menu Item

