

September 2019

50+ Program At A Glance

Evans

1116 Hillcrest		972-204-4971
Monday	9/2	Closed for holiday
Thursday	9/5	Tanger Outlet Mall 9:30am \$2
Friday	9/6	Pinterest Pro Grapevine Paw Wreath 9:30am \$7
Monday	9/9	Blood Pressure Checks 10am Free
Tuesday	9/10	ReUnion Tower 9:30am \$14
Wednesday	9/11	Site Council 9:30am Room 103
Wednesday	9/11	Birthday Lunch 11:30am
Thursday	9/12	"42" Tournament 9 am Free
Friday	9/13	Day Camp at Rorie 9:30am \$6
Friday	9/13	50+ Dance w/ Danny Romo Band 7pm \$6
Tuesday	9/17	Chair Volleyball Tournament Lewisville 8am \$5
Wednesday	9/18	Stories w/ Students Gentry Elementary 10am Free
Thursday	9/19	Volunteer Kitchen Training at Goodbar 9:30am Free
Friday	9/20	Pinterest Pro Balloon Art 9:30am \$6
Friday	9/20	Zip Line and lunch at Camp Rorie 10am \$3
Monday	9/23	Brunch & a Movie Rockwall 9:30am \$7
Wednesday	9/25	WinStar Casino 7:30am -5pm \$20
Friday	9/27	50+ Dance w/ Lone Star Express 7pm \$6

Goodbar

3000 Concord		972-329-8705
Monday	9/2	Closed for holiday
Tuesday	9/3	Site Council 9:15am
Friday	9/6	Sally Jo's Retirement Party 10am
Tuesday	9/10	Bunco 9:30am
Tuesday	9/10	Storywise 12:30pm
Wednesday	9/11	Reading with Students 10:15am
Wednesday	9/11	Birthday Lunch 11:30am
Thursday	9/12	Doc Talk with Dr. Joseph noon
Friday	9/13	Day Camp at Rorie 9:30am \$6
Tuesday	9/17	PPP-PAN 9:30am
Tuesday	9/17	Sip & Succulent 9 am \$1 plus lunch & plants
Wednesday	9/18	Carter Eye Screenings 9 am-noon Free
Thursday	9/19	Volunteer Kitchen Training 9:30am Free
Friday	9/20	DAAA Benefits Counselor 9 am-noon
Friday	9/20	Zip Line and lunch at Camp Rorie 10am \$3
Monday	9/23	Goodbar Open House 9:30am-11am
Tuesday	9/24	Harbor Lights Tour 9 am \$24 plus meal
Thursday	9/26	Hold' em tournament w/ prequalification 12:30pm
Thursday	9/26	Dinner Date w/ Kristen Casa Cha Cha 5pm \$1

Rutherford

900 Rutherford		972-204-4965
Monday	9/2	Closed for holiday
Wednesday	9/4	Site Council 11am
Friday	9/6	Weight Room Orientation 10am
Tuesday	9/10	Sign-up for Heard-Craig Center, Tea & Tour 9/10-9/24 \$12
Tuesday	9/10	Fire Prevention & Chili luncheon 12pm \$2
Tuesday	9/10	Girlfriends "Homemade Flea Shampoo" 6-8pm \$3
Thursday	9/12	Carter Eye Screenings 9 am-noon Free
Friday	9/13	Day Camp at Rorie 9:30am \$6
Tuesday	9/17	Hand & Foot Tournament 9:45 am Free
Friday	9/20	Zip Line and lunch at Camp Rorie 10am \$3
Monday	9/23	Craft "Fall Welcome Mat" 10am \$5
Tuesday	9/24	Birthday Potluck "Fall Harvest" 11:30am
Wednesday	9/25	Medicare Changes & Ice cream with Long Star 10am
Thursday	9/26	Autumn at the Arboretum 9:30am \$15 includes picnic lunch
Friday	9/27	Plant Exchange and lunch at JC's Burger 11am



Sally Jo's Retirement festivities

Friday, September 6
10am Fun and Photos
12:30pm Formal with Cake and Punch




Flu Shots are coming

Evans- Tuesday, October 1
Rutherford- Wednesday, October 2
Goodbar- Friday, October 4
10am-11am
Registration Required
Bring ID & Insurance card



Congregate Meal Menu September 2019

MONDAY 9/2/2019	TUESDAY 9/3/2019	WEDNESDAY 9/4/2019	THURSDAY 9/5/2019	FRIDAY 9/6/2019
Closed for Holiday	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
9/9/2019	9/10/2019	9/11/2019	9/12/2019	9/13/2019
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  Frosted Birthday Cake Vanilla Ice Cream Milk	Glazed Ham* Sweet Potato Puff  Mixed Greens Corn Muffin Oreo Vanilla Pudding Milk Margarine	Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Bread Pudding Milk Mustard and Ketchup
 9/16/2019 	9/17/2019	9/18/2019	9/19/2019	9/20/2019
Diez y Seis Beef Taco Mexican Rice Pinto Beans Flour Tortilla Oreo Cookies Milk Taco Sauce	Turkey Wild Rice Casserole  Herbed Green Peas Parsley Carrots Multi Grain Bread Brownie Milk	Shredded BBQ Pork* Macaroni and Cheese Broccoli Hamburger Bun Fresh Orange Milk	Turkey Pastrami Swiss Cheese Kidney Bean Salad Tomato Spoon Relish Wheat Bread (2) Orange Gelatin with Pineapple Milk	Meatloaf~ Tomato Gravy Parslied Potatoes Italian Green Beans Dinner Roll Ranger Cookie Milk
9/23/2019	9/24/2019	9/25/2019	9/26/2019	9/27/2019
Country Fried Steak with Gravy Garlic Whipped Potatoes Green Beans Wheat Bread Fresh Apple Milk	Margarita Chicken Mixed Beans Country Vegetables Multi Grain Bread Nutty Buddy Bar Milk	Beef Chili with Beans Rice Braised Carrots Saltine Crackers Fruited Yogurt  Milk	Grilled Pork with Gravy~* Baked Beans Asian Cabbage Wheat Bread Sugar Cookie Milk	Hamburger Patty~ Lettuce/Tomato/Onion Tater Tot Casserole Hamburger Bun Cinnamon Applesauce Milk Mustard and Ketchup
9/30/2019	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.			
Lemon Herb Chicken Scalloped Potatoes Capri Vegetables Wheat Bread Fig Bar Milk Margarine				

 - New Menu Item
* - Contains Pork
~ - Entrée Contains Soy

Sarah Hutsler, RD, LD #DT81463
Expires 11/30/2019

