

February 2020

50+ Program At A Glance

Evans

1116 Hillcrest

972-204-4971

Monday	2/3	Library 9:30am Free
Wednesday	2/5	Stories w/ Students 10am
Wednesday	2/5	Carter Eye Care 10am Free
Thursday	2/6	Brunch & a Movie 9:30am \$6
Friday	2/7	Pinterest Pro "Heart Pillow" 9:30am \$3
Monday	2/10	Holocaust Museum 9:30am \$15
Tuesday	2/11	AARP Smart Driver Safety Course 9 am \$20
Wednesday	2/12	Site Council 9:30am
Wednesday	2/12	Birthday Lunch 11:30am
Thursday	2/13	Sam Moon & Lunch 9:30am \$2
Friday	2/14	Valentine's Bingo 10am \$2
Friday	2/14	50+ Dance w/Lone Star Express 7pm \$6
Monday	2/17	Wii Bowling League Begins 9 am Free
Wednesday	2/19	Stories w/ Students 10am
Thursday	2/20	Volunteer Lunch by Invitation depart 10:30am
Friday	2/21	Pinterest Pro Make Up Brush Vase 9:30am \$4
Friday	2/21	Chair Volleyball Scrimmage
Thursday	2/27	Wii Golf Partners Tournament 9 am
Friday	2/27	Wii Golf Partners Tournament (Day 2) 9 am
Friday	2/28	50+ Dance w/ Final Showdown 7pm \$6

Goodbar

3000 Concord

972-329-8705

Monday	2/3	Paper Heart Wreath 9:30am \$2
Tuesday	2/4	Site Council 9:15am
Wednesday	2/5	Talk Dental w/ Dental Impressions 10:30am
Thursday	2/6	Doc Talk w/ Dr. Joseph 12pm
Monday	2/10	Holocaust Museum 10am \$15
Tuesday	2/11	Bunco 9:30am \$2
Tuesday	2/11	Black Jack 12:30pm
Wednesday	2/12	Carter Eye Care Screening 9 am-12pm Free
Wednesday	2/12	Reading w/ Kinder 10am
Wednesday	2/12	Birthday Lunch 11:30am
Friday	2/14	Vintage Valentines 9:30am Free
Monday	2/17	Family Feud-Baked Potato Game Night 4pm-7:30pm
Tuesday	2/18	PPP-PAN 9:30am
Wednesday	2/19	Palomino Place Talk 10:30am
Thursday	2/20	Volunteer Lunch by Invitation depart 10:30am
Friday	2/21	Volleyball Scrimmage at Evans 9:45am
Tuesday	2/25	Black Jack 12:30pm
Wednesday	2/26	Cigna Heart Health Talk 10am
Thursday	2/27	Hold'em Tournament w/ prequalification 12:30pm
Thursday	2/27	Dinner Date w/ Kristen Pappadeaux 5pm \$2

Rutherford

900 Rutherford

972-204-4965

Monday	2/3	Craft "Felt Fortune Cookies" 10am \$3
Tuesday	2/4	Bunco 10am bring finger foods \$2
Wednesday	2/5	Site Council 11am
Friday	2/7	Weight Room Orientation 10am
Tuesday	2/11	Girlfriends "Gal-entine" baked potatoes 6-8pm
Wednesday	2/12	Reading w/ Kinder 10am
Wednesday	2/12	Book Club Begins "The Book Thief" by Markus Zusak 2pm
Thursday	2/13	Paint U in the Horseshoe 1pm
Friday	2/14	Love Songs from Long Ago Brunch 10:30am \$5
Tuesday	2/18	Game Day-Players Choice & finger foods 10am
Wednesday	2/19	Reading with 1st grade 10:30am
Thursday	2/20	Volunteer Lunch by Invitation
Friday	2/21	Little Reds Antiques & Latham Bakery -Forney 9:30am \$1
Tuesday	2/25	Birthday Potluck and "Talent Show" 11:30am Sign up 1/31-2/14
Wednesday	2/26	Connect to Hearing Screenings 10am-12pm
Friday	2/28	Hand & Foot Tournament Bring finger food for lunch 9:45am \$2

Valentine Fun

Paper Heart Wreath Craft at Goodbar 2/3
 Valentine Felt Fortune Cookie Craft at Rutherford 2/3
 Pinterest Pro -Heart Pillow at Evans 2/7
 Girlfriends "Gal-entine" at Rutherford 2/11
 Valentine Bingo at Evans 2/14
 50+ Dance with Lone Star Express at Evans 2/14
 Vintage Valentine at Goodbar 2/14
 Love Songs from Long Ago Brunch at Rutherford 2/14

February Tournaments

Hold'em at Goodbar February 27
 Wii Golf at Evans February 27-28
 Hand & Foot at Rutherford February 28



Congregate Meal Menu February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/3/2020	2/4/2020	2/5/2020	2/6/2020	2/7/2020
Loaded Potato Casserole#* Green Peas Country Tomatoes Wheat Bread Fresh Apple Milk	Country Fried Steak~ Country Gravy Whipped Potatoes Green Beans Wheat Bread Nutty Buddy Bar ☒ Milk	Turkey Breast with Gravy Butternut Squash# Sliced Carrots Dinner Roll Butterscotch Swirl Pudding Milk	Beef Pepper Caserole Broccoli Cauliflower Dinner Roll Strawberry Gelatin w/Fruit Cocktail Milk	Black History Month Baked Chicken Thigh w/ Gravy Black-Eyed Peas Mixed Greens Corn Muffin Brownie ☒ Milk
2/10/2020	2/11/2020	2/12/2020	2/13/2020	2/14/2020
Garlic Rosemary Meatballs~ Rotini and Tomatoes Parslied Carrots Whole Wheat Breadstick Cinnamon Crisp Bar Milk	BBQ Pork Rib Patty*~ Corn O'Brien Broccoli Dinner Roll Fresh Orange Milk	Meatloaf~ Brown Gravy Garlic Whipped Potatoes Spring Vegetables Wheat Bread Frosted Birthday Cake Chocolate Ice Cream Milk 	Turkey Tetrazzini Green Beans Diced Beets Texas Bread Vanilla Pudding Milk	Chicken Alfredo Herbed Green Peas Creole Tomatoes Wheat Bread Oatmeal Cream Cookie ☒ Milk
2/17/2020	2/18/2020	2/19/2020	2/20/2020	2/21/2020
Mushroom Pork Patty*~ Whipped Potatoes California Vegetables Wheat Bread Fresh Apple Milk	Beef Taco Pinto Beans Mexican Rice Flour Tortilla Brownie ☒ Milk Taco Sauce	Oven Fried Chicken Thigh Ranch Whipped Potatoes Italian Green Beans Wheat Bread Cherry Gelatin with Peaches Milk	Smoked Sausage* Baked Beans Sliced Carrots Hot Dog Bun Fudge Cream Cookie ☒ Milk Mustard	Hamburger Patty~ Lettuce/Tomato/Onion Ranch Beans Hamburger Bun Cranberry Crisp # ☒ Milk Mustard and Ketchup
2/24/2020	2/25/2020	2/26/2020	2/27/2020	2/28/2020
Beef Stroganoff Broccoli Country Tomatoes Whole Wheat Breadstick Gingerbread Cookie Milk	Southwest Chicken Spanish Rice Cilantro Lime Corn Wheat Bread Creamsicle Pudding Milk	Swiss Steak~ Whipped Potatoes Mixed Vegetables Dinner Roll Chocolate Chip Cookie Milk	Chicken Chili# Confetti Rice Mixed Greens Corn Muffin Fresh Orange Milk Margarine	Hamburger Patty~ Lettuce/Tomato/Onion Potato Wedges Hamburger Bun Applesauce Milk Mustard and Ketchup

Sarah Hutsler, RD, LD
#DT81463

* - Contains Pork

- New Menu Item

☒ Contains Peanuts

~ - Entrée Contains Soy

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.

