Important Information

The Mansfield Senior Lifestyles program is open Monday through Friday 9:00 am – 2:00 pm, except on some holidays.

Volunteers

Volunteers play a vital role in the success of senior activities. We need volunteers to be on committees, serve and clean up daily lunches, teach classes, play the piano, etc. See a Senior Lifestyles staff member to become a volunteer.

Our Mission Statement

To be a community focal point where older adults come together for services and activities that reflect their experiences and skills, respond to their diverse needs and interests, enhance their dignity, support their independence and encourage their involvement in the program and the community.

Helpful Numbers

Senior Information Line
Dial 2-1-1
United Way
(817) 258-8100
Meals on Wheels
(817) 336-0912
Senior Citizens of Greater Tarrant County
(817) 413-4949
Tarrant County Transportation Services
(817) 336-8714

Mansfield Senior Lifestyles
106 S Wisteria St
Mansfield, Texas 76063
(817) 728-3680, ext. 3687
www.mansfieldtexas.gov/seniors

A MAC Card is required for participation in the program. Some activities carry additional fees.
Welcome to Mansfield Senior Lifestyles

The Mansfield Senior Lifestyles program offers a wide variety of services, as well as many active, wellness and enrichment experiences for those 55+ years of age. We invite you to take advantage of all we offer and look to us to help you be your best!

NUTRITION
Nutritious, well-balanced meals provided by Senior Citizens Services of Greater Tarrant County are served Monday through Friday at 12:00 noon. Meals are to be reserved by 10:00 am the prior day. For meal cancellations, please call in by 10:00 am. If you are age 60 or over, or you are the spouse of a person age 60 or over, the recommended contribution for meals is $2. For participants who are 59 years or younger, the recommended contribution is $6.

TRANSPORTATION
Transportation to and from the MAC is provided for participants who reside within the Mansfield city limits and are unable to drive to the MAC. We currently have a 24-passenger bus that is handicap accessible and two 15-passenger vans. Donations are greatly appreciated from those that utilize this service.

Activities
There is so much going on with Mansfield Senior Lifestyles that we just cannot list everything. More information on activities, education classes and services may be found in the Mansfield Activities Center Recreation Guide that is distributed quarterly or in the monthly Senior Lifestyles newsletter.

- Health & Wellness Expo
- Choir Group
- Line Dance Lessons
- Zumba Gold
- Red Hat Society
- Art & Ceramics Classes
- Free Tax Counseling/Preparation
- Mahjong
- Dominoes
- Monthly Parties
- Devotional Singing
- Guest Speakers
- Light & Easy Exercise
- Bridge

We also offer trips and tours to such places as:
- Dallas Blooms
- State Fair
- Canton Trade Days
- Choctaw Casino
- Fort Worth Zoo
- Allen Outlet Mall, Grapevine Mills, etc.
- Fort Worth Stock Show
- Holiday Lights Tour

Schedule subject to change.

Daily Activities Schedule

MONDAY
9:00 Stepping Stones, Walk & Talk, Pinochle, Dominoes
10:00 Sit & Sculpt
11:00 Light & Easy Exercise
11:30 Bingo
12:00 Lunch
1:00 Beginner Line Dancing
2:00 Beginner-Intermediate Line Dancing

TUESDAY
9:00 Ceramics, Pinochle, Dominoes
10:30 Blood Pressure Checks
11:00 Light & Easy Exercise
11:30 Devotional Singing
12:00 Lunch
12:30 Rummy

WEDNESDAY
9:00 Walk & Talk, Art, Pinochle, Dominoes
10:00 Choir Group
11:00 Light & Easy Exercise
11:30 Bingo
12:00 Lunch
12:30 Beginner Line Dancing
12:45 Bridge
1:30 Intermediate Line Dancing

THURSDAY
9:00 Porcelain Dolls, Ceramics, Pinochle, Dominoes
9:30 Walmart Shopping Trip
11:00 Light & Easy Exercise
12:00 Lunch
12:30 Canasta
1:00 Mahjong

FRIDAY
9:00 Walk & Talk, Pinochle, Dominoes
10:00 Zumba Gold
11:00 Bingo
12:00 Lunch
12:30 Bridge, Rummy

(817) 453-5420 EXT. 2227
www.mansfield-tx.gov/seniors