

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
3 Evergreen: 10a-noon: Dominoes noon-3p: Hand & Foot Portman: 12- 3:30p: Bridge	4 Evergreen: 9-10a: Bone Builders 12:15-3:30p: 500 cards Morgan Park: 12:30-2:30p: Cribbage Portman: 5:30- 6:30p: Gentle Yoga	5 Evergreen: 12:30-3p: Evergreen Crafters noon-3:30p: Mahjong Morgan Park: 12:30-3p: BINGO	6 Evergreen: 99-10a: Bone Builders 12:30-3:30p: BINGO	7 Evergreen: 12:15-3:30p: 500 cards 12-3: Bridge SATURDAY: <i>Evergreen Senior Board Flea market/ Spaghetti Dinner</i>	
10 Evergreen: 10a-noon: Dominoes noon-3p: Hand & Foot Portman: 12- 3:30p: Bridge	11 Evergreen: 9-10a: Bone Builders 12:15-3:30p: 500 cards Morgan Park: 12:30-2:30p: Cribbage Portman: 5:30- 6:30p: Gentle Yoga	12 Evergreen: 12:30-3p: Evergreen Crafters noon-3:30p: Mahjong Morgan Park: 12:30-3p: BINGO	13 Evergreen: 9-10a: Bone Builders 12:30-3:30p: BINGO	14 Evergreen: 10:30-11:30a: Evergreen Board Meeting 12:15-3:30p: 500 cards 12-3: Bridge	
17 Evergreen: 10a-noon: Dominoes noon-3p: Hand & Foot Morgan Park: 1-5p: AARP Driver Safety Portman: 12- 3:30p: Bridge	18 Evergreen: 9-10a: Bone Builders 12:15-3:30p: 500 cards Morgan Park: 12:30-2:30p: Cribbage Portman: 5:30- 6:30p: Gentle Yoga	19 Evergreen: 11:30a-12:30p: APERG meeting 12:30-3p: Evergreen Crafters noon-3:30p: Mahjong Morgan Park: 12:30-3p: BINGO	20 Evergreen: 9-10a: Bone Builders 12:30-3:30p: BINGO	21 Evergreen: 10-11a: Curling, Cards & Coffee 12:15-3:30p: 500 cards 12-3: Bridge	
24 Evergreen: 10a-noon: Dominoes noon-3p: Hand & Foot Portman: 12- 3:30p: Bridge	25 Evergreen: 9-10a: Bone Builders 12:15-3:30p: 500 cards Morgan Park: 12:30-2:30p: Cribbage Portman: 5:30- 6:30p: Gentle Yoga	26 Evergreen: 11a-noon :Tech Help 12:30-3p: Evergreen Crafters noon-3:30p: Mahjong Morgan Park: 12:30-3p: BINGO	27 Evergreen: 9-10a: Bone Builders 12:30-3:30p: BINGO	28 Evergreen: 12:15-3:30p: 500 cards 12-3: Bridge	
31 HAPPY HALLOWEEN! Evergreen: 10a-noon: Dominoes noon-3p: Hand & Foot Portman: 12- 3:30p: Bridge	<h1>OCTOBER 2022</h1> <h2>Activity Clubs Calendar</h2>			REMINDER: Elections are on Tue., Nov. 8th. Evergreen and Morgan Park will be closed that day.	

ABOUT DULUTH PARKS AND RECREATION

Evergreen, Morgan Park and Portman senior centers serve as gathering spaces to socialize, enjoy lunch time meals and participate in fun activities such as exercise programs, bingo, card games and crafts. Each center has a regular program schedule with Activity Clubs. Activity Clubs are community run groups based on interests of individual members.

Duluth Parks and Recreation also offers programs led by our staff and affiliate partners. They include day trips, special events, holiday parties, hikes, educational programs, and more! **Not all of these programs are listed on the monthly calendars. These monthly calendars focus on Activity Club meetings and programs within the three centers.**

To learn more about additional programs, visit our website at duluthmn.gov/parks/seniors, pick up flyers at one of the senior centers, or contact Abby Proulx. Separate flyers are made for each program with detailed information. Please note, doors are locked when groups are not meeting.

If you would like to register for any of these programs, or learn more, you can contact Abby Proulx via email at aproulx@duluthmn.gov, or by phone at 218-730-4310. I am often out and about at programs, so please leave a detailed message and I will get back to you.

We also have a monthly email newsletter. To be added, please email aproulx@duluthmn.gov.

USEFUL ADDRESSES

EVERGREEN SENIOR CENTER

5830 Grand Ave.

MORGAN PARK

1242 88th Ave. W.

PORTMAN PARK

4601 McCulloch St.

PARKS AND RECREATION OFFICE

Duluth City Hall, 411 W 1st St.

USEFUL PHONE NUMBERS

Senior Program Information

218-730-4310

General Parks Information

218-730-4300

Senior Dining with AEOA

218-727-4321

Abby Proulx, Recreation Specialist

218-730-4307

UPCOMING NEWS AND EVENTS

New Programs:

- Curling, Cards, & Coffee: *FREE program to come socialize and play indoor curling!*
- Gentle Yoga: *\$3/ session. Tues. evenings at Portman. All abilities welcome.*
- 55+ Trail Trekkers: *Wed. evenings through the end of October. Fall Hiking Series.*

Day Trips:

- Sidekick Theatre: "Christmas with the Rat Pack". *\$98. Tues., Dec. 13. Performance features music of Sammy Davis Jr., Frank Sinatra, and Dean Martin. Transportation, lunch, and theatre ticket included. Registration deadline is Nov. 13.*

In the Works:

- Chair Yoga
- Annual Holiday Party
- Spring Fling Party

Please Note: *these are just a highlight of SOME of our upcoming programs! See above on how to find additional information.*



Abby Proulx
Recreation Specialist
aproulx@duluthmn.gov
218-730-4310

Senior Dining is available every weekday at Evergreen Senior Center.
Meals are provided by the Arrowhead Economic Opportunity Agency. Sign up by calling 218-727-4321.

To view the full listing of 55+ programs, please visit: duluthmn.gov/parks/seniors

