

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>City Closed: New Years</i>	3	4	5	6
9 Morgan Park: 1-5p.m.: <i>AARP Driver Safety</i>	10 Portman: 5:30-6:30p: <i>Gentle Yoga</i> Varies: 10:30-11:30a: <i>Snowshoe Social</i>	11 Evergreen: 5:45-6:30p: <i>Chair Yoga</i> 10:30a-noon: <i>Second Half Living – Let’s Talk</i>	12	13 Evergreen: 10:30-11:30a: <i>Senior Board Meeting</i>
16 <i>City Closed: MLK Day</i>	17 Evergreen: 10-11a: <i>Duluth Aging Support</i> Portman: 5:30-6:30p: <i>Gentle Yoga</i> Varies: 10:30-11:30a: <i>Snowshoe Social</i>	18 Evergreen: 5:45-6:30p: <i>Chair Yoga</i> 10:30a-noon: <i>Second Half Living – Let’s Talk</i>	19	20 Harrison: 10:30a-12:30p <i>Lunch, Learn, & Share</i>
23	24 Portman: 5:30-6:30p: <i>Gentle Yoga</i> Varies: 10:30-11:30a: <i>Snowshoe Social</i>	25 Evergreen: 5:45-6:30p: <i>Chair Yoga</i> 10:30a-noon: <i>Second Half Living – Let’s Talk</i>	26 Evergreen: 10-11a: <i>Seniors get Savvy, Tech Help Session</i>	27 Evergreen: 10-11a: <i>Curling, Cards, & Coffee</i>
30	31 Portman: 5:30-6:30p: <i>Gentle Yoga</i> Varies: 10:30-11:30a: <i>Snowshoe Social</i>	<h1>Jan. 2023</h1> <h2>Programs Calendar</h2> <p><i>Some programs on this calendar may have a fee or require pre-registration. See back side of this sheet for more information.</i></p>		

WEEKLY ACTIVITY CLUBS

500 Cards	Tu, F	12:15-3p.m.	Evergreen
BINGO	Th	12:30-3 p.m.	Evergreen
BINGO	W	12:30-2:30 p.m.	Morgan Park
Bone Builders	Tu, Th	10-11 a.m.	Evergreen
Bridge	M	Noon-3p.m.	Portman
Cribbage	W, Sa	1-4 p.m.	Evergreen
Cribbage	Tu	12:30– 2:30 p.m.	Morgan Park
Dominoes	M	10 a.m.– noon	Evergreen
Evergreen Crafters	W	Noon– 3 p.m.	Evergreen
Hand & Foot	M	Noon– 3p.m.	Evergreen
Men’s Coffee	W	9-11 a.m.	Portman
Play/Learn to Play Mahjong	W	11 a.m.– 4 p.m.	Evergreen

Activity Clubs are casual social groups run by volunteers and meet in our Senior Centers. All are welcome to join any Activity Club.

To learn more about a specific club, please reach out to the group leader by visiting the senior center, or call 218-730-4310 to request a group leader’s direct contact information.

SENIOR DINING

Senior Dining is available every weekday at 11 a.m. at Evergreen Senior Center. Meals are provided by the Arrowhead Economic Opportunity Agency (AEOA).

For more information on senior dining or to sign up, please contact the AEOA Kitchen directly at 218-727-4321.



ABOUT DULUTH PARKS AND RECREATION

Duluth Parks and Recreation Senior Programs offer spaces to socialize, educational programs, senior dining, fitness opportunities, and more!

Parks and Recreation Programs are run with our staff and affiliate partners. They include day trips, special events, holiday parties, hikes, classes, and more! Please note: some programs require pre-registration to confirm your spot.

Activity Clubs are community run groups that meet regularly across our three senior centers. All above the age of 55 are welcome to join. The activity Club schedule is found in the chart on the flip-side of this sheet.

There are multiple ways to learn about upcoming programs and events:

- Online at duluthmn.gov/seniors/parks or duluthmn.gov/parks/register
- Via phone at **218-730-4300** (*general parks line*) or **218-730-4310** (*senior program info*)
- Print flyers posted at all three senior centers. Doors are locked when groups are not meeting.
- Monthly email list. To be added, email aproulx@duluthmn.gov
- Parks and Recreation Program Brochure. These are printed seasonally, three times a year and include listings for all ages. They can be found online, at community centers, and City Hall.

To register or learn more, contact Abby Proulx via email at aproulx@duluthmn.gov or by phone at **218-730-4310**. If you do not get an answer and would like a call back, please leave a detailed message. Staff are often at programs and may not have access to desktop phones.

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/Registration

218-730-4300

Senior Dining with AEOA

218-727-4321

Abby Proulx, Recreation Specialist

218-730-4307

UPCOMING NEWS AND EVENTS

New Programs in 2023:

- **Lunch, Learn & Share:** *Third Fridays. Join a presentation about issues in the community. Free lunch included!*
- **Chair Yoga:** *\$3/session. Tues. evenings at Portman. All abilities welcome.*
- **Snowshoe Social:** *\$2/session. Weds. Mornings at rotating parks, Snowshoes provided.*

Day Trips:

- **St. Croix River Cruise:** *\$92. Tues. May 30. Enjoy some Spring sun along the scenic St. Croix River! Tickets include coach bus, boat ticket, and lunch.*
- We are working with nearby communities to offer multiple pickup sites for day trips and increase the variety of trips offered.

In the Works:

- Crafting programs such as macramé, bird-house painting, and mosaics.
- Summer programs and parties!

Please note: this is 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

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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

