

2019 JUNE



MORGAN PARK COMMUNITY RECREATION CENTER 1242 88TH AVE WEST, DULUTH MN 55808

CITY OF DULUTH WEBSITE
www.duluthmn.gov/parks/senior-programs

Theresa Iverson - City of Duluth Senior Center Coord. - 218.390.9429
Ginger- AEOA - 218.626.4522

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27	28	29	30	31	01	02
03 Cheese Cauliflower Soup, Ham Sand or ALT, Fruit 10:00 Bone Builders Exercise	04 Chicken Pasta Salad, Fruit 12:30 Cribbage	05 Baked Apple Pancake, Juice, fruit 10:00 Bone Builders 12:30 Bingo	06 Special of the Day 9:30-12:30 Open Rec	07 Roast Beef Dinner, Cake 10:00 Bone Builders 12:15 Bridge	08	09
10 Penne with Italian Sausage, fresh fruit 10:00 Bone Builders Exercise	11 Chicken Strips, fresh fruit 12:30 Cribbage	12 Stuffed Peppers Banana Cake 10:00 Bone Builders 12:30 Bingo	13 Pork Loin Chop, fresh fruit 9:30-12:30 Open Rec	14 Meatballs & Gravy, Fruit Sauce 10:00 Bone Builders 12:15 Bridge	15	16
17 Chicken & Cheese Enchilada, cookie 10:00 Bone Builders Exercise	18 Roast Turkey Dinner Fresh fruit <u>11-2:30 White Elephant party & Lunch</u> call to register -218-626-4522 12:30 Cribbage	19 Hamloaf or ALT Strawberry Shortcake 10:00 Bone Builders 12:30 Bingo	20 Chef Salad, Yogurt 9:30-12:30 Open Rec	21 Chicken Parmesan w/ Spaghetti, fruit 10:00 Bone Builders 12:15 Bridge	22	23
24 Special of the Day 10:00 Bone Builders Exercise	25 Baked Fish or ALT Fresh Fruit 12:30 Cribbage	26 Bacon Cheeseburger Pasta Hotdish, Fruit 10:00 Bone Builders 12:30 Bingo	27 Salisbury Steak Strawberry Pie 9:30-12:30 Open Rec	28 Lasagna, Fresh fruit 10:00 Bone Builders 12:15 Bridge	29	30