

2019 AUGUST

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



MORGAN PARK COMMUNITY RECREATION CENTER

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
29	30	31	01	02	03	04
			Chicken-n-Cheese Enchilada/Cookie 9:30-12:30 Open Rec	Special Of the Day 10:00 Bone Builders 12:15 Bridge		
05	06	07	08	09	10	11
Cheesy Cauliflower soup & Ham Sandwich or Alt, fresh fruit 10:00 Bone Builders Exercise	Chicken Pasta Salad, fruit 12:30 Cribbage	Baked Apple Pancake, juice & fruit 10:00 Bone Builders 12:30 Bingo 2:30 Senior Club	Special Of the Day 9:30-12:30 Open Rec	Roast Beef Dinner/Cake 10:00 Bone Builders 12:15 Bridge		
12	13	14	15	16	17	18
Penne with Italian Sausage fresh fruit 10:00 Bone Builders Excer	Chicken Strips, fresh fruit 12:30 Cribbage	Ham Dinner or ALT, Rhubarb Streusel Pie 10:00 Bone Builders 12:30 Bingo	Pork Loin Chop, fresh fruit 9:30-12:30 Open Rec	Meatballs & Gravy, Fruit 10:00 Bone Builders 12:15 Bridge <u>Last Day to buy tickets for the picnic</u>		
19	20	21	22	23	24	25
Special Of the Day 10:00 Bone Builders Exercise	Roast Turkey Dinner 12:30 Cribbage	Cold Ham Plate 10:00-2:30 All City Picnic -\$8.00 ticket Food, entertainment, games, prizes, fun!	Chef Salad/ Yogurt 9:30-12:30 Open Rec	Chicken Parmesan w/ Spaghetti, fruit sauce 10:00 Bone Builders 12:15 Bridge		
26	27	28	29	30	31	01
Hamloaf or ALT/Cookie 10:00 Bone Builders Exercise	Baked Fish Or ALT/ fresh fruit 12:30 Cribbage	Bacon Cheeseburger Pasta Hotdish 10:00 Bone Builders 12:30 Special Bingo & prizes with <u>Edgewood Vista</u>	Salisbury Steak/Banana Cake 9:30-12:30 Open Rec	Lasagna/ Fruit 10:00 Bone Builders 12:15 Bridge		