

55+ NEWSLETTER

January & February 2026

RECENT EVENTS

LUMINARY HIKE

We were thrilled to welcome more than 1,300 people to celebrate the season with us at the Solstice Luminary Hike. This event was December 21, 2025 at Enger Golf Course.

It was a beautiful clear evening and we were lucky enough to see some meteors streaking across the sky and even a hint of northern lights!

This event involved 400+ luminary bags and candles.



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January 19 (MLK Day)

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DULUTH PARKS & RECREATION

55+ programs are opportunities for socializing, learning, fitness, games and more!

CONTACT & REGISTRATION

There are several ways you can register or request more information:



Register online at duluthmn.gov/parks or Email: parks@duluthmn.gov



Senior Programs phone line:

(218) 730-4310



City Hall Parks & Recreation office:

(218) 730-4300

City Hall hours: 8:30 a.m.- 4 p.m.



Fill out a registration form at the Evergreen Senior Center Parks office

THANK YOU VOLUNTEERS

Donna Swenson won RSVP's (Retired Senior Volunteer Program) Lifetime Achievement Award. Donna volunteers at Harrison Community Club, Bonebuilders, and the Evergreen Senior Board. Thank you Donna!



The Evergreen Senior Center honored two volunteers who are 'retiring' from Evergreen BINGO. Bud and Jan have been running BINGO every Thursday for up to 20 years. We celebrated their contributions during the Evergreen Holiday Party in December. Thank you Bud and Jan!



UPCOMING PROGRAMS

See front page for registration details

Interested in more outdoor opportunities?

Need activities for your grandkids?



See the full Parks & Recreation brochure at our website or at the Evergreen Senior Center.

LEARN TO PLAY MAHJONG

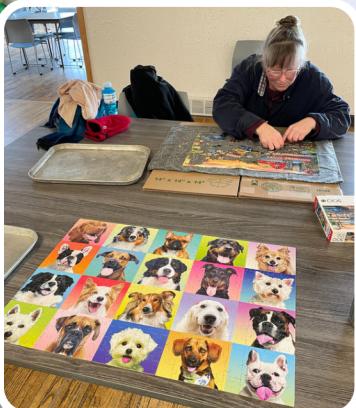
Mahjong is a tile-based game of skill, strategy, and luck, similar to the card game rummy. It is played with a set of 144 tiles that are divided into suits, winds, and dragons. The first player to complete their hand, known as "mahjong," wins the round. The Mahjong Activity Club plays every Wednesday at Evergreen Community Center. If you are interested in learning how to play, you are welcome to join! No experience or equipment necessary. Contact us ahead of time so the group leader knows to expect you. Call (218) 730-4310.

Ages: 55+

Wednesdays, 12-3:30pm | Free
Evergreen Senior Center, 5830 Grand Ave.



WEDNESDAY FUN AT EVERGREEN COMMUNITY CENTER



OPEN GAME TIME

Come play a game, color, or work on a puzzle at the Evergreen Senior Center. This Open Game Time is open to anyone who is 55+. The Evergreen Senior Center has many games and puzzles available, but you are welcome to bring your own.

Ages: 55+

Wednesdays

1:30-3 p.m. | Free

**Evergreen Senior Center,
5830 Grand Ave.**

No Game Time February 11, March 25, April 15

CRAFTS coming to Open Game Time. See page 7.

BIRDING FIELD TRIP TO SAX-ZIM BOG

Sax-Zim Bog is THE place to find northern owls, finches, and hopefully a pine marten. Serious birders from around the world go birding here. Lucky for us, we only have to travel one hour by vehicle to Meadowlands, MN. We will zig and zag through the bog looking for birds by van and foot. Everyone will have a window seat and binoculars provided if needed. Please pack a sack lunch, trails will be varied in difficulty and uneven terrain.

Registration required.

Ages: 18+

Thursday | Feb. 12 | 8 a.m.-2 p.m. | \$25

Course #4312

Meeting location: Wheeler Athletic Complex, 3501 Grand Ave



FULL MOON HIKE

On the evening of the full moon, join us for a hike to see the full moon rise over Lake Superior. Headlamps and snowshoes provided if needed. Please register ahead of time.

Ages: All | \$5

- Saturday, January 3 | 5-6 p.m. | Hartley Park, 3001 Woodland Ave | Course #4315
- Sunday, February 1 | 5-6 p.m. | Waabizheshikana, 7011 Pulaski St | Course #4316
- Tuesday, March 3 | 6-7 p.m. | Quarry Park, 1325 N 59th Ave W | Course #4317



WINTER TRACKS & TRACES

Get ready for a wild winter adventure as we become animal detectives, exploring snowy trails in search of footprints, fur, feathers, and other signs of wildlife! We'll kick things off with a fun, hands-on animal tracks craft, then head out for a guided hike along the river to uncover the secrets our furry and feathered friends have left behind in the snow.

Funding for these programs provided by the Great Lakes Restoration Initiative in cooperation with the National Park Service.

- Thursday, February 19 | 2-4 p.m. | Course #4341
- Sunday, February 22 | 2-4 p.m. | Course #4340

Ages: All

Free | Morgan Park Community Center, 1242 88th Ave W



SPRING EQUINOX SUNRISE HIKE

Hike Join others on the Lakewalk as we wake up with Spring! We encourage you to bring a hot beverage, go for a walk, watch the sunrise, and welcome in the Spring equinox.

A group hike to Leif Erikson Park and back will begin at 7:11 a.m. (sunrise) for those interested.

Ages: All

Friday, March 20 | 7-8 a.m. | Free

Lakewalk, above the Lighthouse Lot, 500 Canal Park Dr



OPEN PLAY PICKLEBALL

Pickleball at Washington Center Gym is recreational, drop-in pickleball, no registration is required. Game rotation will vary based on attendees. Bring your own paddle, ball, and gym shoes.

Mondays & Fridays – Beginner Open Play

Tuesdays & Thursdays – Intermediate Open Play

Parking: There are limited public parking spaces in front of the playground. Parking is available on the street. DO NOT park in the permitted numbered spaces.

Ages: 18+

Jan. 5-May 15* | 9-11 a.m. | \$5 per day

*No pickleball Jan. 19, Feb. 16

Washington Center Gym, 310 N 1st Ave



EVERGREEN SENIOR BOARD

Everyone welcome!

2nd Friday of the Month
September - May
10:30 am

Evergreen Community Center

GENTLE YOGA

Yoga offers many benefits to the mind and body! It can relieve stress and tension, calm the nervous system, improve balance, and help maintain mobility. Our yoga instructor will guide you through a relaxing flow to leave you feeling refreshed. No previous experience is necessary, all levels welcome! Adaptations can be made where possible. Please arrive 15 minutes early and wear comfortable clothing. You may bring your own yoga mat or the instructor will have some available. Optional items to bring include a water bottle if desired, beach towel, and a throw pillow for comfort in lying positions.

Pre-registration required. No drop-ins are allowed.

Ages: 55+

Portman Gentle Yoga

Portman Community Center, 4601 McCulloch St

- Session 1
Tuesdays | 5:30-6:30 p.m. | \$30 | Course #4328
Jan. 6, 13, 20, 27, Feb. 3, 10
- Session 2
Tuesdays | 5:30-6:30 p.m. | \$30 | Course #4329
Feb. 24, March 3, 10, 24, 31, April 7
*No class March 17
- Session 3
Tuesdays | 5:30-6:30 p.m. | \$30 | Course #4330
April 14, 21, 28, May 5, 12, 19

Lafayette Gentle Yoga

Lafayette Community Center, 3016 Minnesota Ave

- Session 1
Wednesdays | 4:30-5:30 p.m. | \$30
Course #4331 | Jan. 7, 14, 21, 28, Feb. 4, 11
- Session 2
Wednesdays | 4:30-5:30 p.m. | \$30
Course #4332 | Feb. 25, March 4, 11, 25, April 1, 8
*No class March 18
- Session 3
Wednesdays | 4:30-5:30 p.m. | \$30
Course #4333 | April 15, 22, 29, May 6, 13, 20

AARP TAX AIDE

AARP Tax-Aide Help AARP Foundation Tax-Aide provides tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 years old and have low to moderate income. Tax-Aide volunteers are trained and IRS-certified every year to make sure they know about and understand the latest changes and additions to the tax code.

Pre-registration required. Starting February 1, call (218) 310-5744, Monday-Friday, noon-6 p.m. to make a reservation. Please do not call outside of these hours.

Ages: 55+

Mondays and Tuesdays | Feb. 9-April 14*
11 a.m. – 3 p.m. | Course #2835 | Evergreen Senior Center, 5830 Grand Ave | *No AARP Tax-Aide Help Feb. 16

55+ DEFENSIVE DRIVERS

Get 10% off eligible car insurance for 3 years! A certified instructor covers tips for driver and passenger safety, new laws, new vehicle technology, things that can influence our driving, and updates on traffic designs.

Space is limited, registration required.

To register call Precision Driving Center at (320) 308-1400.

Ages: 55+

Wednesday | Feb. 11 | 1-5 p.m. | \$24
Portman Community Center, 4601 McCulloch St



GUYS & DOLLS

**At Chanhassen
Dinner Theaters**

**Day Trip is Wednesday,
March 25**

For the first time in over 35 years Chanhassen Dinner Theatres brings you a thrilling and electric staging of Guys and Dolls! From the gritty streets of New York to the colorful cafes of Havana, Guys and Dolls is a grand spectacle of music and comedy to delight audiences of all ages. This fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music, and romance! Members of the same household may register together. All others (friends or relatives) should register themselves.

Pick-up locations are at Wheeler Athletic Complex in west Duluth and the Scanlon Park and Ride.

Registration deadline is February, 24. No refunds are allowed after registration closes.

Ages 55+
\$145 | Course #4327
Pickup at 7:45 am
Return at 7:45 am

ONGOING PROGRAMS

SENIORS GET SAVVY

Do you have questions about your new device? Want to learn how to best utilize your settings? How to access Facebook on your phone? Bring your questions and drop in for an informational Q & A session to help build your confidence in technology! Be sure to bring your devices and know your passwords. Please note, this is NOT a repair or virus removal service. This program can help with basic technology questions, but may not be able to answer all individual inquiries.

Ages: 55+

Thursday | Jan. 15, Feb. 19, March 19, May 21

10 a.m.-Noon | Free

Evergreen Senior Center, 5830 Grand Ave.



2nd HALFERS AFTERNOON BREAK

Looking for a social group? This is an informal get together to grow connections and friendships. Enjoy discussions on many topics. Coffee and tea are available. You do not need to register, you can just drop in at the Evergreen Senior Center's Conference Room.

Ages: 55+

2nd and 4th Wednesdays of the month |

3-4:30 p.m. | Free

Evergreen Senior Center, 5830 Grand Ave.

BONEBUILDERS

Bonebuilders is a volunteer run exercise group that enhances overall energy and wellness. Exercises primarily take place seated, with the option to use light weights. Participants are guided through a variety of movements to help build bone density, strengthen muscle, improve overall health. You do not need to register, you can just drop-in.

Ages: 55+

Every Tuesday & Thursday | 9-10 a.m. | Free

Evergreen Senior Center, 5830 Grand Ave

Please join your neighbors for a

NORTON PARK COMMUNITY MEETING

At this meeting, we will review the plans for park improvements and there will be opportunities to provide feedback.

Wednesday, January 28

6 - 7 p.m.

Norton Park United Methodist Church
436 N 79th Ave W



Learn more about this project:
bit.ly/NortonPark2026

Mid-Week Backcountry Skiing

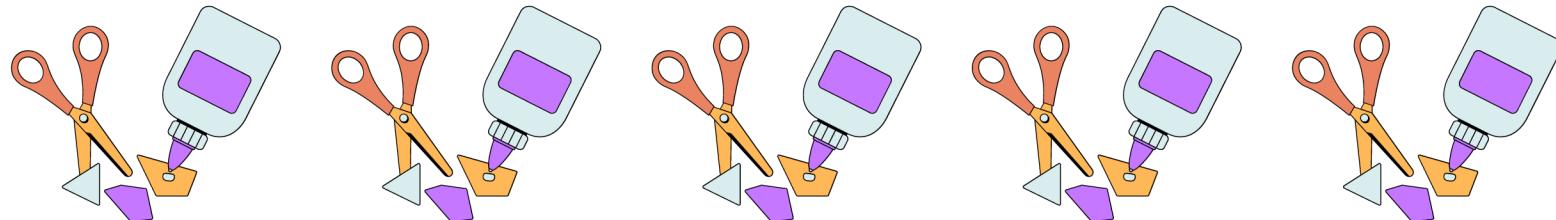
Wednesdays
11 a.m. - 1 p.m.
All Ages | \$12

No experience needed!
Skis and poles are
included in \$12 fee.



Enger Park Golf Course:
1801 W Skyline Pkwy





CRAFTS

at Evergreen

Visit Evergreen during Open Game Time for a guided craft.
Supplies and light refreshments provided.



JANUARY 21
1:30-3:00 PM
FREE

CUSTOM BUTTONS

Bring a picture to make into your own custom button or magnet! You can use a photo, piece of paper, or magazine clipping. You do not need to register; you can just drop in.



FEBRUARY 4
1:30-3:00 PM
FREE

VALENTINE SUNCATCHER

We will be making valentine suncatchers. These beautiful hearts will make your window pop with color. You do not need to register; you can just drop in.



MARCH 4
1:30-3:00 PM
FREE

BIRDSEED ORNAMENT

Make a birdseed ornament that your backyard critters will love. Evergreen will have all the materials you need, just come and form your own ornaments! You do not need to register; you can just drop in.



APRIL 29
1:30-3:00 PM
\$20

BUILD A BIRDHOUSE

Add a custom wood birdhouse to your backyard! The birdhouse kits are precut and ready for you to assemble. Limited kits available; first come, first serve. Bring \$20 for birdhouse.

If you would like more information call (218)730-4310.

ACTIVITY CLUBS

Activity Clubs are community run groups that meet on an ongoing basis in community centers. Club topics range from coffee and chat, cards, BINGO, crafts, or any other interest that a group of community members might have.

Activity Clubs are free or have a small fee. Everyone age 55+ is welcome to join. If you would like to know more about joining or starting an Activity Club, please contact the 55+ Recreation Specialist at (218) 430-4310.

Portman Community Center, 4601 McCulloch St

Bridge (Competitive)	Mondays	11:30 a.m. - 3 p.m.
Men's Coffee & Chat	Wednesdays	9 - 11 a.m.

Evergreen Community Center, 5830 Grand Ave

Bone Builders	Tuesdays	9 - 10 a.m.
Dominoes	Mondays	10 a.m. - 11:45p.m.
Hand & Foot	Mondays	11:45 - 3 p.m.
500 Cards	Fridays	12:15 - 3 p.m.
Cribbage	Tuesdays	12:30 - 3:30 p.m.
Cribbage	Saturdays	1 - 3 p.m.
Cribbage	Mondays	6:30 - 8:30 p.m.
Mahjong (learn/play)	Wednesdays	12:00 - 3:30 p.m.
Open Game Time	Wednesdays	1:30 - 3 p.m.
BINGO (cash to play)	Thursdays	12:15 - 3 p.m.





February 2026

Evergreen Senior Programs Calendar

Evergreen Community Center, 5830 Grand Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	3 Bone Builders 9-10am Cribbage 12:30-3:30pm	4 Play/Learn Mahjong 12-3:30pm Open Game Time *Valentine Suncatchers* FREE 1:30-3pm	5 Bone Builders 9-10am BINGO 12:30-3pm	6 500 Cards 12:15-3pm	7 Cribbage Tournament
8	9 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Tax-Aide (Conf. Room) 11am-3pm Cribbage 6-9 pm	10 Bone Builders 9-10am Tax-Aide (Conf. Room) 11am-3pm Cribbage 12:30-3:30pm	11 Play/Learn Mahjong 12-3:30pm NO Open Game Time 2nd Halfers Afternoon Break 3 - 4:30pm	12 Play/Learn Mahjong 12-3:30pm Valentine BINGO 12:30-3pm Library program: Snow Snakes 6-7:30pm	13 Evergreen Senior Board Meeting 10:30am 500 Cards 12:15-3pm	14 Cribbage 1-4pm
15	16 Parks & Recreation closed for Presidents Day	17 Bone Builders 9-10am Tax-Aide (Conf. Room) 11am-3pm Cribbage 12:30-3:30pm Library program: Book Bingo 6-7pm	18 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm	19 Bone Builders 9-10am Seniors Get Savvy 12:30-3pm BINGO 12:30-3pm Library program: Chess Club 5-7pm	20 500 Cards 12:15-3pm	21 Cribbage 1-4pm
22	23 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Tax-Aide (Conf. Room) 11am-3pm Cribbage 6-9 pm	24 Bone Builders 9-10am Cribbage 12:30-3:30pm Tax-Aide (Conf. Room) 11am-3pm Irving Community Club 6pm	25 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	26 Bone Builders 9-10am BINGO 12:30-3pm	27 500 Cards 12:15-3pm	28 Cribbage 1-4pm



January 2026

Evergreen Senior Programs Calendar

Evergreen Community Center, 5830 Grand Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Parks & Recreation closed for New Years Day	2 500 Cards 12:15-3pm	3 Cribbage 1-4pm
4 5 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	6 Bone Builders 9-10am Cribbage 12:30-3:30pm	7 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm	8 Bone Builders 9-10am BINGO 12:30-3pm	9 Evergreen Senior Board Meeting 10:30am 500 Cards 12:15-3pm	10 Cribbage 1-4pm	
11 12 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	13 Bone Builders 9-10am Cribbage 12:30-3:30pm Library program: Book Bingo 6-7pm	14 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	15 Bone Builders 9-10am Seniors Get Savvy 10am-12pm BINGO 12:30-3pm Library program: Chess Club 5-7pm	16 500 Cards 12:15-3pm	17 Cribbage 1-4pm	
18 19 Parks & Recreation closed for MLK Day	20 Bone Builders 9-10am Cribbage 12:30-3:30pm Library program: Pokemon Book Bingo 6-7pm	21 Play/Learn Mahjong 12-3:30pm Open Game Time *Button Making* FREE 1:30-3pm	22 Bone Builders 9-10am BINGO 12:30-3pm	23 500 Cards 12:15-3pm	24 Cribbage 1-4pm	
25 26 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	27 Bone Builders 9-10am Cribbage 12:30-3:30pm Irving Community Club 6pm	28 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	29 Bone Builders 9-10am BINGO 12:30-3pm	30 500 Cards 12:15-3pm	31 Cribbage 1-4pm	