

Duluth Parks & Recreation

55+ NEWSLETTER

September & October 2025

SENIOR PICNIC AT MORGAN PARK

Everyone had a blast at the annual All City Senior Picnic at Morgan Park Community Center! Attendees enjoyed lunch together, connected with friends, and had the chance to win prizes generously provided by the Evergreen Senior Board.

A special shoutout to Len and Lois for their fantastic live music, which had toes tapping all afternoon!



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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 Community Center Parks office

UPCOMING CLOSURES

Holiday Closures

Duluth Parks & Recreation is closed:
September 1 (Labor Day)

October 13 (Indigenous Peoples' Day)

November 11 (Veterans Day)

November 27 & 28 (Thanksgiving)

December 24 & 25 (Winter Holiday)

January 1 (New Years)

Election Closures

Evergreen and Morgan Park Community Centers will be closed
Monday, November 3 and
Tuesday, November 4.

RECENT EVENTS



MUNGER LANDING IMPROVEMENTS

On August 5, we joined with community partners from the U.S. Environmental Protection Agency, Minnesota Pollution Control Agency, and Wisconsin Department of Natural Resources to celebrate the completion of the Munger Landing Sediment Remediation project with a ribbon cutting!

Since starting in summer 2022, this project has removed approximately 100,000 cubic yards of sediment and soil, restored fish habitat, removed invasive species, and planted native vegetation. Improvements also include a new boat ramp, a rebuilt fishing pier, and a sandy paddle sport launch area north of the pier.

We're excited for the community to enjoy a cleaner, healthier, and more vibrant Munger Landing!



PARK POINT BOARDWALK IS COMPLETE

The new accessible boardwalk at the Park Point Recreation Area is finished! The boardwalk provides safe beach access that meets recreational accessibility standards while helping protect the fragile dune environment. This project was constructed with prefabricated steel frames and topped with boards that were salvaged during the Lakewalk reconstruction project.

This project was a team effort! Thanks to our Parks & Rec staff, Park Maintenance, and Property & Facilities Management staff for your hard work and beautiful craftsmanship!



PADDLE LIKE A VOYAGEUR!

This group spent the day experiencing the St. Louis River estuary from a 15-person Voyageur-style canoe! Amnicon Adventures lead the paddling day trip in partnership with Duluth Parks & Recreation.



UPCOMING PROGRAMS

See front page for registration details

GLOW HIKE

Experience night hiking with a self-guided, glow-stick illuminated hike. Roast marshmallows for s'mores around a bonfire before or after your hike. Sunset is at 6:05 p.m. Come right away for a twilight experience from 6-6:30, expect a more night-time experience from 6:30-8. Waabizheshikana is an all-weather crushed gravel trail along the St. Louis River with rolling terrain. Extra glow sticks available for your hike or bring your own!

Ages: All
Friday | October 24 | 6-8 p.m.
Free | Waabizheshikana Trail, Indian Point Campground, 7000 Pulaski St



HOWL-O-WEEN AT KEENE

Drop by Keene Creek Dog Park with your dog to play and take a photo with our Howl-o-ween photo booth. Costumes encouraged but not required to join in the fun. There will be treats for your pup while hanging out, and a prize drawing at 5:45 p.m. for those who attend!

Ages: All
Thursday | October 16 | 4-6 p.m. | Free | Keene Creek Dog Park, 62nd Ave W & Nicollet St

CELEBRATE PUBLIC ORCHARDS & POP-UP PLAY

This special Pop-Up Play will celebrate Duluth's Fall Arbor Day and our public orchard system. Kids can enjoy activities from our mobile recreation trailer and apple themed crafts while learning about our orchards.

Ages: All
Thursday | September 11 | 4-6 p.m. | Free
Merritt Park, 4017 W 7th St

WEDNESDAY FUN AT EVERGREEN COMMUNITY CENTER

OPEN GAME TIME

Come play a game, color, or work on a puzzle at the Evergreen Community Center. This Open Game Time is open to anyone who is 55+. The Evergreen Community 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 Community Center,
5830 Grand Ave.**

No Game Time November 26, December 24 or 31



PAINT A PUMPKIN

Paint your own pumpkin decoration at Evergreen Community Center. You can paint a mini pumpkin that is easily transported. Pumpkins, paint, and materials are provided. Bring \$5 cash for each pumpkin. Open until supplies run out.

This is a drop-in program, you do not need to register.

Ages: 55+

Wednesday | October 22 | 1:30-3 p.m.

\$5 per pumpkin | Evergreen, 5830 Grand Ave
Course #4195



JIGSAW PUZZLE COMPETITION

Gather a team of up to 4 people and indulge in a night of friendly competition and speed puzzling! See how quickly you can complete a 500 piece puzzle. Prizes for teams will be drawn at random, and awards for the top three teams will be given at the end of the evening. All teams may keep their competition puzzle. Optional: bring a puzzle for the puzzle swap table!

- 5-6 p.m. - Casual Puzzling/Warm-up
- 6-7:50 p.m. - Competition
- All puzzling will conclude at 7:50 p.m. for awards

Team registration is required. Hurry, spaces fill fast!

Ages: 18+

Thursday | November 6 | 5-8 p.m. | \$40 per team

Evergreen Community Center, 5830 Grand Ave
Course #4236



ANNUAL SENIOR HOLIDAY PARTY

Celebrate the season together at Morgan Park Community Center. Enjoy a raffle drawing, lunch, dessert, games, and music.

Members of different households must register themselves. Space is limited. Pre-registration required. Registration deadline is December 1.

Ages: 55+

Thursday | December 11 | 10:30 a.m.-2 p.m. | \$15
Morgan Park Community Center, 1242 88th Ave W
Course #4194

MAKE A SNOWMAN ORNAMENT

Make a snowman ornament you can hang on a tree or give as a present. All supplies will be provided, you get to assemble. Enjoy hot cider and cookies while you craft. Bring \$5 cash for each ornament. Open until supplies run out.

This is a drop-in program, you do not need to register. Limited crafts available, first-come, first-served.

Ages: 55+

Wednesday | November 19 | 1:30-3:00 p.m.

\$5 per ornament | Evergreen, 5830 Grand Ave
Course #4196



ADVENTURE BOOK CLUB

Join Duluth Public Library for a book club in the great outdoors! Held at a different City park each month, we'll discuss a book with an outdoor theme, followed by a low-impact, optional hike led by Parks & Recreation. Registration required.

Ages: 18+

Fridays | 10 a.m.-noon | Free

- September 12 | Wheeler Park, 3501 Grand Ave.
Course # 4077
Locally Laid by Lucie Amundsen
- October 10 | Chambers Grove, 13404 MN-23
Course # 4078
Gunflint Falling by Cary Griffith



PAINTING IN THE PARKS

Join Duluth Parks & Recreation with Northern Exposure Art to create your own canvas art! Come embrace the season with these fall-themed paintings during an evening of instructed indoor painting. All supplies are included with registration. No previous experience is needed. Registration required.

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

Ages: All

Thursday | 6-8 p.m. | Free

Morgan Park Community Center, 1242 88th Ave W

- October 16 | Course #4202
- November 13 | Course #4205
- December 18 | Course #4206

FOREST BATHING

Meet nature in a new way! Experience its transformative healing power through guided sensory exploration with a certified forest therapy guide. Calm the body, soften the heart, and focus the mind. All participants must register. Registration closes two days in advance of each session. Anyone under the age of 18 must be accompanied by an adult for the duration of the program.

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

- Tuesday | September 9 | 9-11 a.m. | Free
Chambers Grove, 13404 MN-23
Course # 4231
- Wednesday | September 24 | 4:30-6:30 p.m.
Indian Point, 7011 Pulaski St | Free
Course #4232
- Tuesday | October 7 | 9-11 a.m. | Free
Chambers Grove, 13404 MN-23 | Course #4234
- Tuesday | October 22 | Noon-2p.m. | Free
Blackmer Park, 8301 Beverly St | Course #4233

GONE FISHIN' - LESTER RIVER

Come fishing with Parks & Rec, no experience needed. Cast for salmon and trout! We will talk fishing while fishing. Bring your fishing gear if you have it or use ours if you just want to try out fishing for the first time. Fishing license required.

Ages: 18+

Thursday | September 11 | 9-11 a.m. | \$5

Meet at the mouth of the Lester River, S 60th Ave E & Congdon Blvd | Course #4218



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

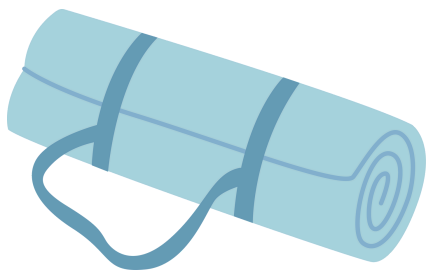
Portman Community Center, 4601 McCulloch St

- Session 1
Tuesdays | September 16-October 28
5:30-6:30 p.m. | \$35 | Course #4154
- Session 2
Tuesdays | November 4-December 16*
5:30-6:30 p.m. | \$30 | Course #4164
*No class on November 11

Lafayette Gentle Yoga

Lafayette Community Center, 3016 Minnesota Ave

- Session 1
Wednesdays | September 17-October 29
4:30-5:30 p.m. | \$35 | Course #4156
- Session 2
Wednesdays | November 5-December 17*
4:30-5:30 p.m. | \$30 | Course #4163
*No class on Nov. 26.



FULL MOON HIKE

On the evening of the full moon, join us for a hike to catch the moon rising over our great City. Headlamps provided if needed.

Ages: All

- Sunday | September 7 | 7-8 p.m. | \$5 | Fairmont Park, 72nd Ave W & Fremont St
Difficulty: Moderate | Course #4219
- Monday | October 6 | 6-7 p.m. | \$5 | Park Point Trail, 5000 Minnesota Ave
Difficulty: Moderate | Course #4220

SCIENCE HIKE WITH DUFTA AND PARKS & REC

Parks & Recreation is teaming up with Duluth Foot Trails Alliance to offer a monthly hike and science adventure. Come learn something new with our local trail partners!

Ages: 10+

- September 18 | 4:30-6 p.m. | Hartley Park, 3001 Woodland Ave | Course #4241
- October 23 | Incline Steps History Hike
Observation Park, 914 W 3rd St | Course #4242



Interested in more outdoor opportunities?
Need activities for your grandkids?

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



LEARN TO PLAY PICKLEBALL

Come see what this popular sport is all about! This beginner-level course will teach you the basics of pickleball, including equipment, scoring, and rules on and off the court.

Limited paddles and balls will be provided, but participants may bring their own. Gym shoes are required.

Ages: 18+

Tuesdays & Thursdays | September 30-October 9
9-10 a.m. | \$20 | Washington Center, 310 N 1st Ave W | Course #4243

ADULT OPEN PICKLEBALL

Indoor pickleball is back! Drop-in pickleball, no registration required. Monday and Friday will be beginner+ play, while Tuesday and Thursday are for intermediate+ play. Game rotation will vary based on attendees. Bring your own paddle and gym shoes.

No pickleball on the following holidays: Nov. 11, Nov. 27, Nov. 28.

Mondays, Tuesdays, Thursdays, Fridays
October 14-December 19 | 9-11 a.m.
Washington Center Gym, 310 N 1st Ave W
\$3 per day



BIRDING 101

The St. Louis River corridor is one of the busiest stopping spots during the migration season for birds in the region. Come learn the basics of birding as we walk along the river. We'll learn to use binoculars and where to find birds and begin to identify them. Bring your own binoculars and field guides or use ours!

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

Registration is required. Hurry, program fills fast!

Ages: All

Wednesday | 10 a.m.-Noon | Free

- September 17 | Waabizheshikana, 7011 Pulaski St | Course #4214
- October 1 | Chambers Grove, 13404 MN-23 Course #4215
- October 8 | Waabizheshikana, 7011 Pulaski St Course #4216
- October 15 | Chambers Grove, 13404 MN-23 Course #4217



EVERGREEN SENIOR BOARD

Everyone welcome!

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

Evergreen Community Center

DAY TRIPS

DAY TRIP: A CHRISTMAS CAROL

Travel on a coach bus to the elegant jewel-box Gideon S. Ives Auditorium located on the 80-acre Heritage Center campus along the Minnesota River in Bloomington. A Christmas Carol is a wonderfully fresh look at the story of Ebenezer Scrooge and the ghostly visits he receives one Christmas Eve, this new musical rendition of the beloved Christmas tale is sure to provide a memorable experience for audiences of all ages. Narrated and accompanied by some of the most talented performers and musicians in the Twin Cities, this magical production blends music, storytelling, humor, and a joyous holiday spirit. Ticket includes lunch which is served before the show.

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 closes Oct. 31. No refunds are allowed after registration closes.

Ages: 55+

Thursday | December 4 | 7:30 a.m.-7:45 p.m.

\$125 | Course #4198



DULUTH RIVER TRAIN

Hop aboard the Lake Superior & Mississippi Railroad for a fall color adventure! Enjoy stunning views of the St. Louis River estuary and Spirit Mountain as you roll through the changing leaves on a scenic 2-hour round trip. Ride in vintage coach cars or feel the crisp fall air in the open-air safari car. The antique coaches are not wheelchair accessible. There are three large steps to get onto the train for those who are mobile and able to climb the steps. Volunteers may be able to assist you. Boarding begins at 10:15 a.m. and departs at 10:30 a.m. Train returns at 12:30 p.m.

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

Registration required.

Ages: All

Sunday | October 5 | 10 a.m.-12:30 p.m. | Free

LSMR, 6930 Fremont St | Course #4213

Save the Date!

Luminary Hike

Sunday, December 21

5-8 pm

Enger Golf Course

Cold Front Festival

Saturday, February 7

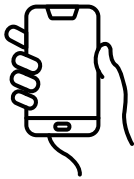
Bayfront Park

ONGOING PROGRAMS

SENIORS GET SAVVY

Do you have questions about your new device? Want to learn how to best utilize your settings? 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.

This is a drop-in program, you do not need to register.



Ages: 55+

September 18, October 16, November 20

10 a.m.-Noon | Free

Evergreen Community 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 | Course #3583

Evergreen Community 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.

Ages: 55+

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

Evergreen Community Center, 5830 Grand Ave



PRECISION
DRIVING CENTER
A DIVISION OF ST. CLOUD STATE UNIVERSITY

55+ DRIVER
DISCOUNT
PROGRAM

Defensive Driver 4 hour class.

Get 10% off eligible car
insurance for 3 years.

Call to register:
(320) 308-1400

Evergreen Community Center
5830 Grand Ave
September 29
1-5 p.m.

TRACK CHAIR RENTAL

The city of Duluth, in partnership with the Hartley Nature Center, offers a track power wheelchair (Trackchair) for visitors with mobility challenges to enjoy the trails at Hartley Park for free.

Reservations are required. Call Parks & Recreation for more information
(218) 730-4300.



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

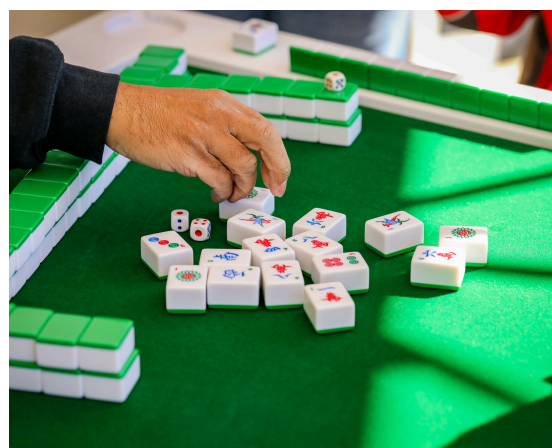
Bridge (Competitive)	Mondays	11:30 a.m. - 3 p.m.
Men's Coffee & Chat	Wednesdays	9 - 11 a.m.

Morgan Park Community Center, 1242 88th Ave W

Cribbage	Tuesdays	12:30 - 3 p.m.
BINGO (cash to play)	Wednesdays	12:15 - 3 p.m.

Evergreen Community Center, 5830 Grand Ave

Bone Builders	Tuesdays Thursdays	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.





September 2025

Evergreen Senior Programs Calendar

EvergreenCommunity Center
5830GrandAve,Duluth, MN55807

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Parks & Recreation closed for Labor Day	2 Bone Builders 9-10am Cribbage 12:30-3:30pm	3 Play/LearnMahjong 12-3:30pm Open Game Time 1:30-3pm Duluth Planning Meeting 3-7 pm	4 Bone Builders 9-10 am BINGO 12:30-3 pm	5 500 Cards 12:15-3pm	6 Cribbage 1-4 pm
7	8 Dominoes 10am- 11:45am Hand & Foot 11:45- 3pm Cribbage 6-9 pm	9 Bone Builders 9-10am Cribbage 12:30-3:30pm	10 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3-4:30pm	11 Bone Builders 9-10 am BINGO 12:30-3 pm Library program: Fall Seed Saving 5-7 pm	12 500 Cards 12:15-3pm	13 Cribbage 1-4 pm
14	15 Dominoes 10am- 11:45am Hand & Foot 11:45- 3pm Cribbage 6-9 pm	16 Bone Builders 9-10am Cribbage 12:30-3:30pm Library program: Book Bingo 6-7 pm	17 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm Duluth Planning Meeting 4-9 pm	18 Bone Builders 9-10 am Senior GetSavvy 10am-12pm BINGO 12:30-3 pm Library p rogram: Wild Rice 3:30-7:30pm	19 500 Cards 12:15-3pm Library program: Baskets 9am-1:30 pm Conference Room Library program: Book Club 3:45-4:45 pm Conference Room	20 Cribbage 1-4 pm
21	22 Dominoes 10am- 11:45am Hand & Foot 11:45- 3pm Cribbage 6-9 pm	23 Bone Builders 9-10am Cribbage 12:30-3:30pm Irving Community Club 6pm	24 Play/Learn Mahjong 12- 3pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	25 Bone Builders 9-10 am BINGO 12:30-3 pm	26 500 Cards 12:15-3pm	27 Cribbage 1-4 pm
28	29 Dominoes 10am- 11:45am Hand & Foot 11:45- 3pm Cribbage 6-9pm Defensive Driving 1-5pm, Conf. Room	30 Bone Builders 9-10am Cribbage 12:30-3:30pm				



October 2025

Evergreen Senior Programs Calendar

Evergreen Community Center, 5830 Grand Avenue

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm	2 Bone Builders 9-10am BINGO 12:30-3pm	3 500 Cards 12:15-3pm	4 Cribbage 1-4pm
5	6 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	7 Bone Builders 9-10am Cribbage 12:30-3:30pm Library Board Meeting 4-6:30pm	8 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	9 Bone Builders 9-10am BINGO 12:30-3pm	10 500 Cards 12:15-3pm	11 Cribbage 1-4pm
12	13 Parks & Recreation closed for Indigenous Peoples Day	14 Bone Builders 9-10am Cribbage 12:30-3:30pm Irving Community Club 6pm	15 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30-3pm	16 Bone Builders 9-10am Senior Get Savvy 10am - 12pm BINGO 12:30-3pm Library program: Chess Club 3:45-4:45 pm	17 500 Cards 12:15-3 pm Library program: Mobile Zoo 10am - 12pm Main Room Library program: Book Club 3:45-4:45 pm Conference Room	18 Cribbage 1-4pm
19	20 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	21 Bone Builders 9-10am Cribbage 12:30-3:30pm Library program: Book Bingo 6-7pm	22 Play/Learn Mahjong 12-3:30pm Open Game Time 1:30 - 3pm Paint a Pumpkin 1:30-3pm 2nd Halfers Afternoon Break 3 - 4:30pm	23 Bone Builders 9-10am BINGO 12:30-3pm Library program: Chocolate Tasting 5-7pm	24 500 Cards 12:15-3pm	25 Cribbage 1-4pm
26	27 Dominoes 10am- 12pm Hand & Foot 11:45- 3pm Cribbage 6-9 pm	28 Bone Builders 9-10am Cribbage 12:30-3:30pm Irving Community Club 6pm	29 Play/Learn Mahjong 12- 3:30pm Open Game Time 1:30-3pm	30 Bone Builders 9-10am Halloween BINGO 12:30-3pm Library program: Caleigh Music 5-7pm	31 500 Cards 12:15-3pm	