

Duluth Parks & Recreation

55+ NEWSLETTER

July & August 2025

RECENT EVENTS

GATEWAY PLAZA GETS A FACELIFT

The painting at Gateway Plaza is complete and it looks stunning! Originally built in 1978, this concrete sail sculpture marks the gateway to downtown Duluth. Thank you Park Maintenance and volunteers from National Bank of Commerce for their hard work on this project!



CONCERTS IN THE PARK ARE UNDERWAY

Summer concerts have kicked off in Chester Park! These free concerts are fun for the whole family. Check out the full schedule on page 6.



DULUTH PARKS & RECREATION

55+ programs offer spaces and programs 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
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:

Friday, July 4 in observance of
Independence Day

Monday, September 1 in observance
of Labor Day

Election Closures

Evergreen and Morgan Park
Community Center will be closed
Monday, August 11 and Tuesday, August 12

Calling all Bunco players!

Interested in joining a Bunco group on
Wednesday afternoons?
Call (218) 730-4310



UPCOMING PROGRAMS

See page 1 for registration details

FISHIN' CLUB

Meet up once a week along the St. Louis River to go fishing. Bring your friends, meet new friends, and enjoy the sport of fishing along the river. We will provide rods and reels, tackle and live bait to share; participants are also welcome to bring their own equipment. Prior fishing experience welcome, but not necessary. This program is for anyone looking to learn something new, refresh their skills, or just go fishing. Minnesota fishing license is required if you are 16 years of age and older. Registration Required.

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

Ages: All

Wednesdays, June 11 - Aug. 13 | 10 a.m. - 12 p.m.

Free Course #4083

- Wednesdays in July/August: Munger Landing Fishing Pier, Clyde Ave.



INTRO TO FISHING

We will teach you how to fish and share fishing stories of the past. We will provide rods and reels, tackle and live bait to share; participants are also welcome to bring their own equipment. Prior fishing experience welcome. This program is for anyone looking to learn something new, refresh their skills or just go fishing. No fishing license required to participate in this program compliments of MN DNR Educational Fishing License Waiver.

✱ Funding for this program provided by the Great Lakes Restoration Initiative in cooperation with the National Park Service.

Ages: All

Mondays | 3-5 p.m. | Free

- July 14 | Park Point Rec Area, 5041 Minnesota Ave. | Course #4081
- July 28 | Twin Ponds, W. Skyline Dr. & 14th Ave W. | Course #4082
- August 11 | Munger Landing, Clyde Ave. | Course #4083

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 in advance. Registration closes two days in advance of each class.

✱ Funding for the programs taking place along the St. Louis River (Chambers Grove Park and Blackmer Park) is provided by the Great Lakes Restoration Initiative in cooperation with the National Park Service.

Ages: 18+

- July 15 | 6-8 p.m. | Blackmer Park, 8301 Beverly St. | Free | Course # 4139
- July 24 | 9-11 a.m. | Enger Park, Enger Tower Dr. & Hank Jensen Dr. | \$45 | Course #4140
- August 21 | 6-8 p.m. | Chambers Grove Park, 13404 MN Hwy 23 | Free | Course #4141
- August 26 | 9-11 a.m. | Chester Park, 1801 E. Skyline Pkwy. | \$45 | Course #4142

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.

Ages: 18+

Fridays | 10 a.m.- 12 p.m. | Free

- July 11 | Chester Park, 1800 E. Skyline Pkwy.
Share your favorite adventure book
- Aug. 8 | Brighton Beach, *Brighton Beach Rd.*
Crow Talk by Eileen Garvin
- September 12 | Wheeler Park, 3501 Grand Ave.
Locally Laid by Lucie Amundsen



FULL MOON HIKE

On the evening of the full moon, join us for a hike to enjoy the peacefulness of the night sky. Headlamps will be provided if desired. Hikes are up to 2 miles on natural surface trails.

Ages: All

- Thursday, July 10 | 8:30 - 9:30 p.m. | \$5
Twin Ponds, W. Skyline Dr. & 12th Ave W
Course #4089
- Saturday, August 9 | 8:30 - 9:30 p.m. | \$5
Quarry Park, 1325 N 59th Ave. W
Course # 4090



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. No drop-ins are allowed.

Ages: 55+

Tuesdays | July 22, 29, August 5, 12, 19, 26

5:30 - 6:30 p.m. | \$30 | Course #4127

Portman Community Center, 4601 McCulloch St

MORNING YOGA

Welcome the weekend with morning yoga at Enger Park led by Full Circle Yoga of Duluth. Yoga will begin at 8 a.m. at the pavilion overlooking our great city and great lake. Please bring a yoga mat, comfy clothes, and water. Please register to receive weather cancelations.

Ages: All

Saturdays, June 7 - August 23* | 8-9 a.m. | Free
Course # 4067

Enger Park, 1601 Enger Tower Dr.

*No Yoga on July 5



EVERGREEN 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 this Summer, May 14 -August 20

1:30 – 3 p.m. | Free | Course #4062

Evergreen Community Center, 5830 Grand Ave.



DAY TRIPS

MINNESOTA TWINS TRIP

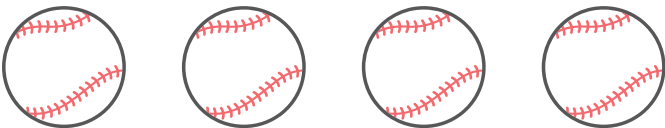
Board the bus and head south for the Twins vs. Red Sox game in an intra-league showdown! Bus will depart from the Wade Stadium parking lot at 8 a.m. with first pitch at 12:10 p.m. at Target Field. Arrival time back in Duluth will be approximately 6 p.m. Ticket and transportation are covered in your registration fee. **Deadline to register is Tuesday, July 8.** Not eligible for Fee Assistance.

Ages: All

Wednesday | July 30 | 8 a.m. - 6 p.m. | \$80

Course #4032

Wade Stadium, 35th Ave. W. & W. 1st St.



ONGOING PROGRAMS

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.

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+

July 17, Aug. 21 | 10 a.m.- 12 p.m. | Free

Evergreen Community Center, 5830 Grand Ave.

Interested in more fishing and hiking opportunities?
Need activities for your grandkids?



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

MUSIC IN THE PARK

Duluth Parks and Recreation, along with their partners at Chester Bowl, announce the lineup of the 42nd annual Music in the Park concert series. Concerts will take place Tuesday nights throughout the summer. Concerts will take place this year at Chester Park (1801 E. Skyline Parkway) for the first half of the summer and Lincoln Park (Lincoln Park Drive and W. Third Street) for the second half of the summer. This free, family-friendly concert series features a variety of toe-tapping, engaging music on Tuesdays from 6:30 pm to 8:00 pm throughout the summer. Grab a lawn chair and come enjoy the music!



DULUTH PARKS AND RECREATION PRESENTS

MUSIC IN THE PARK

CONCERT SERIES 2025

Tuesday Evenings • 6:30-8 p.m. • **FREE ADMISSION**

CHESTER PARK + LINCOLN PARK

1801 E. Skyline Parkway

Lincoln Park Drive & W. 3rd St.

June 17

Inga Entheos

June 24

Climes

Kage

July 1

Lake Effect String Band

July 8

Joan of Profile

July 15

The Fish Heads

July 22

The Yeah Scherz

July 29

Yuya Mix

The Lindula Brothers

August 5

A Band Called Truman

August 12

Breanne Marie and the

Front Porch Sinners

August 19

Rain Date

Twin Ports Express food truck on site • Bring a lawn chair!

Please check our website, social media, or call our weather hotline after 4 p.m. for cancellations.

duluthmn.gov/parks • @DuluthParksMN • 218-730-4321 x2



AOEA MEALS



Meals for seniors are provided by the Arrowhead Economic Opportunity Agency (AEOA) at some community center locations.

The cost is \$4.50 for those 60 and above, or \$7.50 for those under 60.

Meal reservations must be made at least 24 hours in advance. Dining menus can be found at Evergreen Community Center.

To sign up for senior dining, please call: 218-727-4321 or 218-727-6448.

Harrison Community Center serves a hot lunch every Monday, followed by bingo. Lunch begins at 11:15 a.m. followed by bingo at 12:00 p.m. Everyone 55+ is welcome to join. Please register with AEOA before attending.

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.





SENIOR PICNIC

THURSDAY, AUGUST 14
10:30 A.M. - 2 P.M.

Celebrate the summer season
with your friends and neighbors!
Tickets: \$15

- * Live music by locals Len and Lois
- * Sandwich boxed lunch
- * Raffle Prizes

Morgan Park Community Center
1242 88th Ave. W.

Register online, by phone, or by submitting a form
at the Evergreen Center office. Individuals from
different households must register themselves.
Please register by August 7 to reserve your meal.

(218) 730-4310 | parks@duluthmn.gov

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. - 12 p.m.
Hand & Foot	Mondays	12 - 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	12:30 - 3 p.m.
Open Game Time	Wednesdays	1:30 - 3 p.m.
BINGO (cash to play)	Thursdays	12:15 - 3 p.m.

