



**PORTMAN COMMUNITY
RECREATION CENTER**

4601 MCCULLOCH ST, DULUTH MN 55804



Theresa Mellinger - City of Duluth Senior Center Coord.
- AEOA

January 2015

(218) 390-9429
(218) 727-4321
SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	28	29	30	31	1 Fish Burger Or ALT Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	2 3
4	Fruit Glazed Chicken Fresh Fruit 8:30 UCare Exercise 10:00 Sr Board Mtg 12:00 Sr. Mtg 12:30 Bingo	5	6 Ham & Mac Pasta Salad, Peaches & Cream Bar 8:30 UCare Exercise 9:30 Men's Coffee meeting	7	8 Vegetable Barley Soup Chicken Salad sand Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	9 10
11	Meatball Dinner Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	12	13 Roast Pork Dinner Snowball Cake 8:30 UCare Exercise 9:30 Men's Coffee meeting	14	15 Ham Dinner Or ALT Fruit 8:30 UCare Exercise 12:30 Bingo	16 17
18	Chicken Broccoli Bake Fresh Fruit 8:30 UCare Exercise 12:30 Bingo CITY OFFICES CLOSED	19	20 Chicken & Dumplings 8:30 UCare Exercise 9:30 Men's Coffee meeting	21 1-5 PM AARP DDEFENSIVE DRIVING Refresher Class call 218-730- 4319 to register	22 Goulash Fruit 8:30 UCare Exercise 12:30 Bingo	23 24 9-5 AARP DDEFENSIVE DRIVING - 1st Time Class - 218-730-4319 to register
25	Pork Chow Mein Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	26	27 Meatloaf Dinner Applesauce Crisp 8:30 UCare Exercise 9:30 Men's Coffee meeting	28	29 Polish & Saurkraut Fresh Fruit 8:30 UCare Exercise 12:30 Bingo Party	30 31