



**PORTMAN COMMUNITY
RECREATION CENTER**

4601 MCCULLOCH ST, DULUTH MN 55804



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

July

2015

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	Parmesan Crusted Chicken Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club	1	2	3
				Ham Dinner or ALT Strawberry Pie		FOURTH OF JULY HOLIDAY ALL CENTERS CLOSED
5	6	7	8	9	10	11
Minnesota Hotdish Fruit 8:30 UCare Exercise 12:30 Bingo	Soup & Sandwich Fresh Fruit	Chicken Pasta Salad Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club	Roast Beef Dinner Rhubarb Upside Down Cake	Chicken on Bun Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo		
12	13	14	15	16	17	18
Creamed Chicken on Biscuit Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	Special of the Day	Meatball Dinner Cheese Cake 8:30 UCare Exercise 9:00 Coffee Club	Pork Loin Dinner Fruit	Sweet & Sour Pork Applesauce 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo		
19	20	21	22	23	24	25
Chicken Parmesan Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	Chef Salad or ALT Fresh Fruit	Salisbury Steak Fruit 8:30 UCare Exercise 9:00 Coffee Club	Roast Turkey Dinner Fruit 10:30-12:30 Open Rec 1-5:00 AARP refresher class- call-218-730-4319	Hamloaf or ALT Hawaiin Cake 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo		
26	27	28	29	30	31	1
Chicken Strips Fresh Fruit 8:30 UCare Exercise 12:30 Bingo	Bratwurst or ALT Fruit	Ham Macaroni Salad Cake with Icing 8:30 UCare Exercise 9:00 Coffee Club	Special of the Day	Lasagna Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo		