



**PORTMAN COMMUNITY
RECREATION CENTER**

4601 MCCULLOCH ST, DULUTH MN 55804



September 2015

Theresa Mellinger - City of Duluth Senior Center Coord.
AEOA Senior Dining - Monday or Friday

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
|--------|--|---|---|--|---|----------|----|
| 30 | | 31 Swiss Steak & Fruit | 1 Boiled Dinner & Fruit 8:30 UCare Exercise 9:00 Coffee Club | 2 Roast Beef Dinner & Fresh Fruit | 3 Chicken & Dumplings Chocolate Chunk Cookie 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo | 4 | 5 |
| 6 | HOLIDAY - CLOSED | 7 Spaghetti & Fresh Fruit | 8 Roast Pork Loin, Pineapple Upside Down Cake 8:30 UCare Exercise 9:00 Coffee Club | 9 Special Of the Day | 10 Hash Brown Egg Bake & Cinnamon Roll 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo | 11 | 12 |
| 13 | 13 Beef Stroganoff & Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo | 14 Champagne Chicken & Fresh Fruit | 15 Meatloaf Dinner & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club | 16 Ham Dinner & Escalloped Apples | 17 Tator Tot Casserole & Cake / Icing 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo | 18 | 19 |
| 20 | 20 Pulled Pork Sandwich Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo | 21 Porcupine Meatballs & Cinnamon Applesauce | 22 Roast Turkey Dinner & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club | 23 Special Of the Day 1:00 AARP refresher course call 218-730-4319 to register | 24 Cabbage Roll Dinner Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo | 25 | 26 |
| 27 | 27 Chile & Fruit 8:30 Ucare Exercise 12:00 Bridge 12:00 Bingo | 28 Cr of Potato Soup & Cold Meatloaf Sandwich, Fruit | 29 Stew & Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club | 30 | 1 | 2 | 3 |