



PORTMAN COMMUNITY RECREATION CENTER

4601 MCCULLOCH ST, DULUTH MN 55804



November 2016

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	1	2	3	4
		Hawaiian Turkey Burger / Bun Fruit	Roast Beef Fresh Fruit 8:30 UCare Exercise 9:00 Coffee Club	Boiled Dinner Or ALT Fruit	Spaghetti, Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	5
6	Special of the Day 8:30 Ucare Exercise 12:00 Senior Meeting 12:00 Bridge 12:30 Bingo	7	8	9	10	11
		Porcupine Meatballs Fruit	Roast Pork Loin, Gingerbread Cake 8:30 UCare Exercise 9:00 Coffee Club	Farmhouse Omelet Cinnamon Roll	Chicken & Dumplings Fresh Fruit 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo City Offices Closed- Veterans Day	12
13	Chicken Chili Fruit 8:30 Ucare Exercise 12:00 Bridge 12:30 Bingo	14	15	16	17	18
		Meatloaf Dinner Fresh Fruit	Champagne Chicken & Fruit 8:30 UCare Exercise 9:00 Coffee Club	Ham Dinner or ALT Fresh Fruit 1:00 AARP refresher course call 218-730-4319 to register	Sauerkraut Hotdiah Peaches & Cream Bar 8:30 UCare Exercise 10:30 Open Rec 12:30 Bingo	19
20	Beef Stroganoff Fresh Fruit 8:30 Ucare Exercise 12:00 Bridge 12:30 Bingo - Gift Card Drawing & treats after bingo	21	22	23	24	25
		Southwest Chicken Wrap & Gingersnap Cookie	Roast Turkey Dinner Cake 8:30 UCare Exercise 9:00 Coffee Club	THANKSGIVING HOLIDAY CITY OFFICES CLOSED AEOA DINING CLOSED	CITY OFFICES CLOSED AEOA DINING CLOSED	26
27	Beef Stroganoff Ice Cream 8:30 Ucare Exercise 12:00 Bridge 12:30 Bingo	28	29	30	1	2
		Stew Fresh Fruit	Chicken Salad Sandwich Ham & Bean Soup Rocky Road Brownie 8:30 UCare Exercise 9:00 Coffee Club			3