

DULUTH SENIOR PROGRAMS

Quality Recreation Opportunities for Seniors

Parks and Recreation

City Hall-Ground Floor

411 West First St

Duluth MN 55802-1198

730-4310

www.duluthmn.gov/parks/index.cfm

SENIOR CENTER MEETINGS

Get involved at your local Senior Center! Attend their senior meetings:

Evergreen Senior meeting is the second Friday at 10:30AM

Morgan Park Senior meeting is the first Wednesday at 11:30AM

Portman Senior meeting is the second Monday at 10:30 AM

DULUTH TRIPS & TOURS

Volunteers are available Mondays and Wednesdays from 1-3 PM at the Evergreen Senior Center, 5830 Grand Avenue

For more information on upcoming trips, or to make a reservation, call 730-4318

SENIOR LINKAGE LINE

Do you need some help but don't know who to call? Help is closer than you think!

The ***Senior Linkage Line*** is a free telephone information and assistance service which makes it easy for older adults and their families to find community services.

Call toll-free 1-800-333-2433, TTD /TTY 1-800-627-3529, ask for the number listed above.

This service is provided by the Minnesota Board on Aging and Area Agencies on Aging.

FRIENDS

Join your friends at a nearby center. You will be surprised to see the different ages of people gathering for:

- lively conversation
 - interesting discussions
 - meeting new people
 - making new friends
 - friendly staff
 - lunch time meal
 - helping others by volunteering your time, talent, and skills
 - trying something new, exciting and challenging
 - volunteer opportunities - teach your talents to a group - crafting, story telling/writing, dancing, etc.

Senior Programs publishes a monthly calendar for the three recreation sites. Each calendar includes fun activities planned for that specific center and the AEOA entree and dessert for each day. Calendars are

available at the recreation centers. Stop by Evergreen, Morgan Park or Portman to pick up that sites information.

FUN

Anyone age 55 or older is eligible and welcome. Spouses are always welcome regardless of age. Recreation activities are available Monday through Friday. Not all activities are available at every center and some may charge a small fee. For more information, call 730-4310.

Popular Activities and Events include but are not limited to:

- * Card Games - Bridge, Cribbage, Hand & Foot, '500', card tournaments
- * Bingo, plus special turkey and ham bingos!
- * Parties - birthday, seasonal, theme
- * Arts and Crafts - Quilting, Knitting, Crocheting, Woodworking and others
- * Painting (Lincoln Park, Rainbow)
- * Ceramics (Rainbow)
- * Billiards (Lincoln Park, Rainbow)
- * Educational Seminars
- * Defensive Driving Programs: AARP & St. Cloud State Drivers Improvement Program

- * Trips & Tours
- * Health Care Programs - Blood Pressure Screenings, Foot Care
- * Exercise Programs - Bone Builders SilverSneakers Fitness Program

There are also citywide events sponsored by *Duluth Senior Programs*:

- *Billiard Tournament
- *Senior Appreciation Days
- *100 Year Birthday Party - in October at the DECC
- *Holiday Banquet and Bentleyville Tour of Lights – in December, at the Lake Superior Ballroom (DECC)..and more..

SENIOR PROGRAMS ADVISORY BOARD

The success of Duluth Senior Programs is due, in part, to the Senior Programs Advisory Board. This board consists of senior representatives from senior centers, as well as other interested citizens and meets five times yearly. During these meetings, seniors work with staff in the planning and implementation of recreation activities. In addition, they do extensive fundraising to help subsidize the cost of the events offered to participants. Serving in this capacity is an excellent opportunity to use your talents and broaden your horizons - well beyond retirement!

CITY OF DULUTH PARKS & RECREATION MISSION STATEMENT

Promoting the health and well-being of our community, environment, and economy by facilitating recreational opportunities and coordinating the enhancement of our parks, facilities, and natural resources now and into the future.

A variety of SENIOR RECREATION activities are available at the following sites:

EVERGREEN SENIOR CENTER

5830 Grand Avenue

MORGAN PARK

COMMUNITY RECREATION CENTER

1242 88th Avenue West

PORTMAN COMMUNITY RECREATION CENTER

4601 McCulloch Street

***Duluth AEOA SENIOR DINING is available at the following sites:
call (218) 727-4321 for more dining info***

CHRIS JENSEN

2501 Rice Lake Road - 625-6400

EVERGREEN SENIOR CENTER

5830 Grand Avenue - 723-3663

HARRISON COMMUNITY RECREATION CENTER

3002 West Third St - 624-1510 (leave message)

Mondays only!

LINCOLN PARK CENTER

2014 West Third Street - 722-4107

MORGAN PARK

COMMUNITY RECREATION CENTER

1242 88th Avenue West - 626-4522

PORTMAN COMMUNITY RECREATION CENTER

4601 McCulloch Street - 525-0838

RAINBOW CENTER

211 North Third Avenue East - 727-8147