

2019 MARCH

CITY OF DULUTH WEBSITE
www.duluthmn.gov/parks/senior-programs



MORGAN PARK COMMUNITY RECREATION CENTER 1242 88TH AVE WEST, DULUTH MN 55808

Theresa Mellinger - City of Duluth Senior Center Coord. - 218.390.9429
 Cynthia - AEOA - 218.626.4522

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
25	26	27	28	01	02	03
				Chili, Cookie 10:00 Bone Builders 12:15 Bridge		
04	05	06	07	08	09	10
Meatball Dinner, Fresh fruit 10:00 Bone Builders Exercise	Roast Pork Dinner, Cake 9:30 Dew Drops 12:30 Cribbage	Sloppy Joe, Fruit 10:00 Bone Builders 11:30 Senior Club Mtg 12:30 Bingp	Ham Dinner or ALT Fresh Fruit 9:30-12:30 Open Rec	Sausage Gravy/Biscuit or ALT- Ice Cream 10:00 Bone Builders 12:15 Bridge		
11	12	13	14	15	16	17
Cheeseburger Hotdish, Fruit 10:00 Bone Builders Exercise	Salisbury Steak, Fresh Fruit 9:30 Dew Drops 12:30 Cribbage	Fish Sandwich or ALT, Fresh Fruit 10:00 Bone Builders 12:30 Bingo	Chicken/Cheese Enchilada, fruit 9:30-12:30 Open Rec	Roast Turkey Dinner, Fruit 9:30 Open Rec 10:00 Bone Builders 12:15 Bridge		
18	19	20	21	22	23	24
Meatloaf Dinner, Fruit 10:00 Bone Builders Exercise	Goulash, Fresh Fruit 9:30 Dew Drops 12:30 Cribbage	Boiled Dinner Or ALT, Cake 10:00 Bone Builders 10-11:00 <u>Dementia</u> <u>Program -St Croix</u> <u>Hospice</u> 12:30 Special Spring Bingo & prizes by St. Croix Hospice	Chicken Chow Mein, Fruit 9:30-12:30 Open Rec	Pea Soup & Chicken Salad Sandwich, Fruit 9:30 Open Rec 10:00 Bone Builders 12:15 Bridge		
25	26	27	28	29	30	31
Taco Casserole, Fruit 10:00 Bone Builders Exercise	Chicken Sandwich, Fruit 9:30 Dew Drops 12:30 Cribbage	Hot Beef Sandwich, Apple Crisp 10:00 Bone Builders Exercise 12:30 Bingo	Baked Fish, Fruit 9:30-12:30 Open Rec	Chicken Pasta Salad Fresh Fruit 9:30 Open Rec 10:00 Bone Builders 12:15 Bridge		