



City of Duluth - Parks and Recreation

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DATE: 9/7/2021

SUBJECT: Parks and Recreation Division announces new and returning Senior Programs

BY: Kate Van Daele, Public Information Officer

Parks and Recreation Division announces new and returning Senior Programs

[Duluth, MN] The City of Duluth Parks and Recreation Division recently revamped programs offered to the 55+ community. Activity Clubs, or community groups co-sponsored by the City, are again providing services and programs at specific recreation centers across Duluth. Each Activity Club has a volunteer who leads each activity while working with a Parks and Recreation staff member to plan the event or activity. Activities range from playing games like Dominoes, Mahjong, and 500, to coffee and chats or social groups, and bone builders exercise classes.

In addition to these programs and activities provided by the various Activity Clubs, the City of Duluth Parks and Recreation also provides senior recreational opportunities. Below are activities, programs, and upcoming events that the public can register for. For highlighted program offerings, locations, and times, or more detailed information please click on the following link:

www.duluthmn.gov/parks/seniors.

Senior Dining

Meals are provided by the Arrowhead Economic Opportunity Agency at some of our park locations for \$4 those 60+, or \$7.50 for those under 60. Meal reservations must be made at least 24 hours in advanced. For more information please visit

www.duluthmn.gov/parks/seniors

Activity Clubs

Activity Clubs are community run groups that meet in park spaces and community centers throughout the city. Club topics range from coffee and chat, card games, art, or any other interest community members may have. Anyone is welcome to join or create an Activity Club. To view a full list of Activity Clubs, please visit: <https://secure.rec1.com/MN/duluthparks/catalog>

55+ Hikes

Looking to get out and enjoy the natural beauty Duluth has to offer? Join us for fall hike series to explore the seasonal changes at a different trail throughout the season. Throughout this 6-week period, hikers will observe phenological changes throughout the parks. Each hike can be adapted to your ability level. After the hike, we will enjoy some healthy snacks. To view the full hike schedule, please visit: <https://secure.rec1.com/MN/duluthparks/catalog>

Arts and Crafts and Hobbies, Oh My!

Get in touch with your creative side, brush up on an old skill, or learn a new one! Each week, you will learn to create a new project and take home your very own one-of-a-kind masterpiece. Our instructors will walk you through step by step and give you the tools you need for your creation. To view each week's project or to register, please visit:

<https://secure.rec1.com/MN/duluthparks/catalog>

Day Trips

River Lunch Cruise

Enjoy autumn on the Mississippi River in St. Paul, with a scenic boat tour and luncheon cruise! Arrive at the Padelford Riverboat Co. operating from Harriet Island Regional Park in downtown St. Paul. Board for a 90 minute cruise along the Mississippi River. Sights along the way include: the St. Paul High Bridge, Pigs Eye's Cave, the Minnesota River mouth, Pike Island, and the timeless splendor of the mighty Mississippi River. Activity Level: able to walk two blocks. Walkers, wheelchairs and scooters can be taken on board. Cost includes activity, transportation, meal, and all tips.

Day	Date	Time	Cost	Course #
Tu	Oct. 12*	7:15 a.m. – 5:45 p.m.	\$85	5050

*Register by September 13

Ghosts, Ghouls, and Grandkids:

Calling all spooky seniors and ghoulish grandkids: mark your calendars for an afternoon of Halloween delight! Duluth Parks and Recreation will host a variety of crafts, games, snacks and more! Feeling especially spirited? Step into the Halloween theme with a costume contest. Prizes will be awarded to the best grandparent-grandchild combos and the best standalone kids' costume.

Day	Date	Time	Cost	Location	Course#
Sa	Oct. 23	11:30 a.m.-3:30 p.m.*	Free	Morgan Park, 1242 88th Ave. W.	2010

**Costume contest at 2:45 p.m.*

Chanhassen Dinner Theater featuring Meredith Wilson's The Music Man

The Music Man is family entertainment at its best! Follows a fast-talking traveling salesman, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for the librarian, who transforms him into a respectable citizen. Activity Level: able to walk two blocks. Walkers, wheelchairs and scooters can be taken on board. Cost includes theater ticket, lunch, transportation and tips, dinner will be on your own.

Day	Date	Time	Cost	Course #
W	Nov. 17 *	7:30 a.m. – 8:30 p.m.	\$115	2060

**Register by October 17*

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