

Weekly Activities

- **Artist Group:** Thursdays, 1-3 pm
- **Bridge:** Mon, Thur, Fri, 12:30-4 pm
- **Double Pinochle:** Mon, Wed, Fri, 8:30 am-12 pm
- **Mahjong:** Tuesdays, 1-4 pm
- **Whist:** Mon, Tue, Fri, 1-4 pm
- **Group Singing:** Tuesdays, 10:30-11:30 am

May 2024

<p>Please call 218-299-5519 With any questions or concerns. Menu is subject to change.</p>	<p>NSI provides this service in part, under the Federal Older Americans Act through a contract with the NWRDC under an area plan approved by the Minnesota Board on Aging.</p>	<p>1 Movement Education 10-11am BINGO 1-3 pm Orange Marmalade chicken Scalloped potatoes Steamed cabbage Sugar cookie</p>	<p>2 Hamburger/bun Baked potato Baked beans Fruited strawberry jell-o</p>	<p>3 Pork wing Mashed potato/gravy Maple Dijon brussel sprouts Choctau bar</p>
<p>6 Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding</p>	<p>7 Chicken veronique Smashed potatoes Seasoned green beans Oatmeal scotchie cookie</p>	<p>8 Memory Cafe 1-2:30 pm Quilting Group 12:30-4pm Pork roast/gravy Baked sweet potatoes Confetti coleslaw Dinner roll Heath cookie</p>	<p>9 Chicken alfredo/pasta Steamed baby carrots Fresh apple Zebra brownie</p>	<p>10 Egg bake Sausage links Steamed peas Fruit juice Strawberry rhubarb muffin</p>
<p>13 Ranch chicken thigh Baked potato Brussel sprouts Dinner roll Chocolate chip cookie</p>	<p>14 Cabbage rolls Parsley buttered potato Fresh banana Blonde brownie</p>	<p>15 Swing Into Spring Party! Cheeseburger/bun Potato salad Calico beans Chocolate cake</p>	<p>16 Breakfast Club at Fryn' Pan Celebrate birthdays! Sweet & sour meatballs Brown rice Seasoned broccoli Pineapple tidbits Rice Krispie bar</p>	<p>17 Chicken kiev Scalloped potatoes Dinner roll Mandarin oranges Peach crisp</p>
<p>20 Rosemary orange chicken Parmesan potatoes Brussel sprouts Butterscotch pudding</p>	<p>21 Beef stroganoff Egg noodles Steamed corn Apricot halves Peanut butter bar</p>	<p>22 Quilting Group 12:30-4pm Braised pork chop Baked sweet potato Tossed salad/ranch Dinner roll Molasses cookie</p>	<p>23 Herb baked fish Vegetable rice pilaf Parslied carrots Tropical fruit Hershey brownie</p>	<p>24 Swedish meatballs Mashed potatoes/gravy Stewed tomatoes Cranberry raisin cookie</p>
<p>27 Memorial Day Closed</p>	<p>28 Valley Triad Mtg 9:30 am Bratwurst/bun Baked beans Diced pears Patriotic M & M cookie</p>	<p>29 Gjetost chicken Smashed potatoes Steamed baby carrots Caramelized brownie</p>	<p>30 Smothered pork chop Baked potato Confetti coleslaw Dinner roll Choctau bar</p>	<p>31 Prego meat sauce Pasta Green beans Pineapple tidbits Peanut butter cookie</p>

Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$4. The cost is \$8 if you are under 60.

Please call 218.299.5519 between 10 am-12:30 pm the day prior for reservations.

Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560