

**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

July 2024

**\*\*Special Event:** July 17, 1:30-2:30 pm in Oak Room: HeartCorps with American Heart Association presents - come learn about all things food security. Nutrition guidelines, heart healthy recipes, food safety, and food security resources will be discussed!

1 Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding	2 Chicken veronique Smashed potatoes Diced beets Oatmeal scotchie cookie	3 <b>Movement Education 10-11am</b> <b>BINGO 1-3 pm</b> Pork roast/gravy Baked sweet potato Confetti coleslaw Dinner roll & Zebra brownie	4 Independence Day <b>Senior Center &amp; Meals CLOSED</b>	5 <b>Senior Meals CLOSED</b> <b>Moorhead Senior Center OPEN</b>
8 Ranch chicken thigh Baked potato Mixed veggies Dinner roll Chocolate chip cookie	9 <b>RiverArts 5:30-8 pm</b> Cabbage rolls Parsley buttered potato Fresh banana Blonde brownie	10 <b>Quilting Group 12:30-4pm</b> Sweet & sour meatballs Brown rice Seasoned broccoli Pineapple tidbits Rice Krispie bar	11 Pulled pork/bun Steamed corn Potato salad Molasses cookie	12 Chicken Kiev Scalloped potatoes Peas and carrots Dinner roll Orange fruited jell-o
15 Herb baked fish Au gratin potatoes Parslied carrots Butterscotch pudding	16 Beef stroganoff Egg noodles Mixed veggies Apricot halves Peanut butter bar	17 <b>Celebrate birthdays!</b> <b>**Special Event 1:30-2:30 pm</b> Braised pork chop Baked sweet potato Steamed cauliflower Dinner roll & Molasses cookie	18 <b>Breakfast Club at Fryn' Pan</b> Rosemary orange chicken Parmesan potatoes Brussel sprouts Hershey brownie	19 Swedish meatballs Mashed potatoes/gravy Stewed tomatoes Cranberry raisin cookie
22 Dijon chicken Smashed potatoes California blend Snickerdoodle cookie	23 <b>RiverArts 5:30-8 pm</b> BBQ beef patty/bun Baked beans Carrots Caramelized brownie	24 <b>Quilting Group 12:30-4pm</b> Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Peanut butter cookie	25 Orange chicken dumpling Brown rice Green beans Diced pears Choctau bar	26 Prego meat sauce Pasta Steamed cauliflower Pineapple tidbits Sugar cookie
29 Baked chicken thigh Rosemary roasted potato Diced peaches Chocolate pudding	30 <b>Valley Triad Mtg 9:30am</b> Bronze pork loin Mashed potato/gravy Dinner roll Fresh banana Cinnamon sandwich bar	31 Lemon pepper fish Vegetable rice pilaf Creamed peas Fresh apple Oatmeal raisin cookie	Please call 218-299-5519 With any questions or concerns. Menu is subject to change.	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.

**\*\* Farmers Market:** Viking Ship Park at Hjemkomst, on Tuesdays, June 4-Sept 24 from 3:30-6:30 pm with live music 4-6 pm

**\*\* Walking Club:** Wednesdays, June 5-July 31 (not June 19). Meet at 11 am at the Hjemkomst Center East Doors. More info at [moorheadseniors.com](http://moorheadseniors.com).

**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**