

- **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

August 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 Chicken and noodles Steamed baby carrots Tossed salad/ranch Zebra brownie</p>	<p>2 Meatloaf Baked potato Stewed tomatoes Dinner roll Fruited lime jell-o</p>
<p>5 Potato chip breaded fish Whole wheat bun Baked sweet potato Green bean almondine Cranberry cookie</p>	<p>6 RiverArts 5:30-8 pm Lutheran hotdish Steamed peas Dinner roll Diced pears Blonde brownie</p>	<p>7 Movement Education 10-11am BINGO 1-3 pm Tarragon chicken Parsley buttered potato Crinkle cut carrots Cinnamon bar</p>	<p>8 Sweet & sour pork Brown rice Mixed vegetables Tropical fruit Oatmeal scotchie cookie</p>	<p>9 Country meatballs Mashed potato/gravy Diced beets Dinner roll Apple crisp</p>
<p>12 Chicken wild rice hotdish Steamed corn Pineapple tidbits Vanilla pudding</p>	<p>13 Salisbury steak Mashed potato Apricot halves Dinner roll M & M cookie</p>	<p>14 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Citrus glazed fish Au gratin potatoes Parslied carrots Choctau bar</p>	<p>15 Breakfast Club at Fryn' Pan Sloppy joe/bun Baked beans Potato salad Hershey brownie</p>	<p>16 Chicken marsala Baked sweet potato Dinner roll Watermelon wedge Crackerjack cookie</p>
<p>19 Beef stew Winter blend veggies Biscuit Tropical fruit Molasses cookie</p>	<p>20 Tuna noodle hotdish Steamed peas Dinner roll Banana Peanut butter brownie</p>	<p>21 Celebrate birthdays! Orange marmalade Chicken Scalloped potatoes Steamed fresh cabbage Chocolate cake</p>	<p>22 Sweet & sour meatballs Brown rice Crinkle cut carrots Tossed salad/ranch Sugar cookie</p>	<p>23 Mr. Rib/bun Baked potato Maple Dijon brussel Sprouts Lemon pudding w/ berries</p>
<p>26 Tater tot casserole California blend Diced peaches Dinner roll Tapioca pudding</p>	<p>27 Valley Triad Mtg 9:30am Chicken Veronique Smashed potatoes Diced beets Oatmeal scotchie cookie</p>	<p>28 Quilting Group 12:30-4pm Seasoned pork roast Baked sweet potato Confetti coleslaw Dinner roll Heath cookie</p>	<p>29 Chicken ala king/pasta Steamed baby carrots Watermelon wedge Zebra brownie</p>	<p>30 Egg bake/sausage links Cubed potatoes Grape juice Peaches 'n cream muffin</p>

**** 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

Enjoy a hot, nutritious, congregative 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. Website: moorheadseniors.com

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