

**\*\* Special Event\*\* Senior Safety Academy**  
 Sept 12, 9 am-1:30 pm - register by calling 218.299.5514.  
 More info at moorheadseniors.com.

# September 2024

## Greater Moorhead Days: Sept 5-15

Featuring the Medallion Hunt, Parade, half-off canoe and kayak rentals, FM Kicks Band Concert, Midco Kids Fest, special editions of Moorhead Cruise Night and the Moorhead Farmers Market. **More info at moorheadparks.com.**

2 Labor Day  <b>Senior Meals &amp; Moorhead Senior Center CLOSED</b>	3 Ranch chicken thigh Baked potato Fresh orange Blonde brownie	4 <b>Movement Education 10-11am</b> <b>BINGO 1-3 pm</b> Pulled pork/bun Steamed corn Potato salad Rice Krispie bar	5 Cabbage rolls Mixed veggies Pineapple tidbits Molasses cookie	6 Chicken kiev Scalloped potatoes Peas and carrots Dinner roll Angel food cupcake
9 Herb baked fish Au gratin potatoes Parslied carrots Butterscotch pudding	10 Beef stroganoff Egg noodles Stewed tomatoes Apricot halves Peanut butter bar	11 <b>Quilting Group 12:30-4pm</b> <b>Memory Cafe 1-2:30 pm</b> Braised pork chop Baked sweet potato Steamed cauliflower Dinner roll & Monster cookie	12 <b>**Special Event 9 am-1:30pm</b> BBQ chicken breast Parmesan potatoes Brussel sprouts Hershey brownie	13 Sweet & sour meatballs Brown rice Green beans Tropical fruit Cranberry cookie
16 Orange chicken dumpling Brown rice California blend Applesauce Snickerdoodle cookie	17 BBQ beef patty/bun Baked beans Pineapple tidbits Caramelized brownie	18 <b>Celebrate birthdays!</b> Roast turkey Garlic mashed potatoes Glazed carrots Sister Shubert roll Cherry jell-o cake	19 <b>Breakfast Club at Fryn' Pan</b> Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar	20 Prego meat sauce Pasta Steamed cauliflower Watermelon Sugar cookie
23 Baked chicken thigh Mashed potato/gravy Diced beets Chocolate pudding	24 <b>Valley Triad Mtg 9:30am</b> Bronze pork loin Scalloped potatoes Mixed veggies Dinner roll Peanut butter choc bar	25 <b>Quilting Group 12:30-4pm</b> Lemon pepper fish Vegetable rice pilaf Creamed peas Fresh apple Oatmeal raisin cookie	26 Chicken and noodles Steamed baby carrots Tossed salad/dressing Zebra brownie	27 Meatloaf Baked potato Stewed tomatoes Dinner roll Fruited lime jell-o
30 Potato chip crusted fish On a bun Baked sweet potato Green bean almondine Cranberry cookie	- <b>WEEKLY ACTIVITIES</b> - <b>Artist Group:</b> Thursdays, 1-3 pm - <b>Bridge:</b> Mon, Thur, Fri, 12:30-4 pm - <b>Double Pinochle:</b> Mon, Wed, Fri, 8:30 am-12 pm - <b>Mahjong:</b> Tuesdays, 1-4 pm - <b>Whist:</b> Mon, Tue, Fri, 1-4 pm - <b>Group Singing:</b> Tuesdays, 10:30-11:30 am		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

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. Website: moorheadseniors.com**

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