

**** Special Event ****

Nov 20, 1-3 pm in Oak Room: Valley Triad Safety Seminar featuring speakers from the West Fargo & Moorhead Fire Dept Community Health Alliance and Red River Regional Dispatch Center

November 2024

Indoor Pickleball for Ages 55+

October 14, 2024 - April 28, 2025

Mondays & Thursdays, 12:30-2:30 pm

Pay onsite: \$5/day or \$40/10 punches punchcard.

Location: Community Life Center-Good Shepherd, 4000 28th St S, Moorhead. *No program: Nov 11 & 28*

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.	Please call 218-299-5519 With any questions or concerns. Menu is subject to change.	<p>- WEEKLY ACTIVITIES</p> <ul style="list-style-type: none"> - 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 - NEW! Social Circle: Mon-Fri 8:30-10:30 am - Whist: Mon, Tue, Fri, 1-4 pm - Group Singing: Tuesdays, 10:30-11:30 am 		1 Chicken Kiev Scalloped potatoes Peas and carrots Dinner roll Orange fruited jell-o
4 Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding	5 Beef stroganoff Egg noodles Mixed vegetables Apricot halves Peanut butter bar	6 BINGO 1-3 pm Braised pork chop Baked sweet potato Steamed cauliflower Dinner roll Monster bar	7 BBQ chicken breast Parmesan potatoes Steamed broccoli Hershey brownie	8 Swedish meatballs Mashed potato/gravy Stewed tomatoes Dinner roll Cranberry cookie
11 Mhd Senior Center CLOSED Holiday: Veteran's Day Orange chicken dumpling Brown rice California blend Applesauce Snickerdoodle cookie Senior Meals: Delivery Only	12 BBQ beef patty/bun Baked beans Pineapple tidbits Caramelized brownie	13 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Baked chicken thigh Mashed potato/gravy Diced beets Oatmeal raisin cookie	14 Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar	15 Chicken pot pie Biscuit Crinkle cut carrots Mandarin oranges Sugar cookie
18 Bronze pork loin Baked sweet potato Season brussel sprouts Chocolate pudding	19 Chicken and noodles Mixed veggies Dinner roll Diced peaches Peanut butter choc bar	20 ** Special Event 1-3 pm** Celebrate birthdays! Roast turkey slice Rosemary sage stuffing Mashed potato/gravy Glazed carrots Chocolate cake	21 Breakfast Club at Fryn' Pan Lemon pepper fish Vegetable rice pilaf Creamed peas Mandarin oranges Zebra brownie	22 Salisbury steak Baked potato Stewed tomatoes Dinner roll Fruited lime jell-o
25 Potato chip crusted fish On a bun Scalloped potatoes Green bean almondine Cranberry cookie	26 Valley Triad Mtg 9:30am Lutheran hotdish Steamed peas Dinner roll Fresh pear Blonde brownie	27 Quilting Group 12:30-4 pm Tarragon chicken Parsley buttered potato Crinkle cut carrots Pumpkin bar	28 Happy Thanksgiving! Senior Meals & Moorhead Senior Center CLOSED	29 Senior Meals CLOSED Moorhead Senior Center OPEN

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