

# December 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.

<p>2 Chicken wild rice casserole Steamed corn Pineapple tidbits Vanilla pudding</p>	<p>3 Meatloaf Cheesy whipped potatoes Carrots Dinner roll M &amp; M cookie</p>	<p>4 <b>Jingle Bell Hop Party featuring Apollo Strings 12-1:30 pm Cost: \$7/person (not a NSI meal)</b> Roast turkey/dressing Mashed potato/gravy Green bean casserole Pumpkin bar</p>	<p>5 Chili Baked potato Tossed salad/ranch Saltine crackers Hershey brownie</p>	<p>6 Chicken marsala Baked sweet potato Steamed cauliflower Dinner roll Crackerjack cookie</p>
<p>9 Beef stew Biscuit Winter blend veggies Tropical fruit Molasses cookie</p>	<p>10 Tuna noodle hotdish Steamed peas Dinner roll Fresh banana Peanut butter brownie</p>	<p>11 <b>Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm</b> Orange marmalade chicken Scalloped potatoes Steamed cabbage Heath cookie</p>	<p>12 Hamburger/bun Rosemary roasted potato Tossed salad/ranch Zebra brownie</p>	<p>13 BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Strawberry fruited jello</p>
<p>16 Tater tot hotdish California blend Dinner roll Diced peaches Sugar cookie</p>	<p>17 Chicken Veronique Smashed potatoes Diced beets Oatmeal scotchie cookie</p>	<p>18 <b>Celebrate birthdays!</b> Homemade lasagna Baby carrots Breadstick Apricot halves Confetti cake</p>	<p>19 <b>Breakfast Club at Fryn' Pan</b> Pork roast Baked sweet potato Steamed corn Dinner roll Pistachio pudding</p>	<p>20 Egg bake/sausage links Country potatoes Fresh orange Coffee cake muffin</p>
<p>23 Ranch chicken thigh Baked potato Mixed veggies Dinner roll Chocolate chip cookie</p>	<p>24 Christmas Eve  Moorhead Senior Center and Senior Meals <b>CLOSED</b></p>	<p>25 Merry Christmas  Moorhead Senior Center and Senior Meals <b>CLOSED</b></p>	<p>26 Cabbage rolls Parsley buttered potato Pineapple tidbits Blonde brownie</p>	<p>27 Chicken kiev Scalloped potatoes Peas &amp; carrots Dinner roll Snickerdoodle</p>
<p>30 Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding</p>	<p>31 Beef stroganoff Egg noodles Mixed veggies Apricot halves Peanut butter bar</p>	<p>- <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>NEW! Social Circle:</b> Mon-Fri 8:30-10:30 am - <b>Whist:</b> Mon, Tue, Fri, 1-4 pm - <b>Group Singing:</b> Tuesdays, 10:30-11:30 am</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>Please call 218-299-5519 With any questions or concerns. Menu is subject to change.</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. Website: moorheadseniors.com**

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