

**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
- Social Circle: Mon-Fri 8:30-10:30 am
- Whist: Mon, Tue, Fri, 1-4 pm
- Group Singing: Tuesdays, 10:30-11:30 am

March 2025

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>3 Orange chicken Dumplings Brown rice California blend Applesauce Snickerdoodle</p>	<p>4 Movement Education 10-11am BBQ beef patty/bun Baked beans Pineapple tidbits Caramelized brownie</p>	<p>5 Bingo 1-3pm Gjetost chicken Roasted garlic potatoes Green beans Chocolate peanut butter cookie</p>	<p>6 Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar</p>	<p>7 Meat sauce/egg noodles Crinkle cut carrots Mandarin oranges Sugar cookie</p>
<p>10 Bronze pork loin Scalloped potatoes Brussel sprouts Chocolate pudding</p>	<p>11 Baked chicken thigh Mashed potato/gravy Diced beets Dinner roll Cinnamon sandwich bar</p>	<p>12 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Meatloaf Baked potato Stewed tomatoes Oatmeal raisin cookie</p>	<p>13 Free Art Activity 1-3 pm Chicken & noodles Steamed baby carrots Diced peaches Dinner roll Lime jell-o with pears</p>	<p>14 Lemon pepper fish Vegetable rice pilaf Creamed peas Mandarin oranges Peanut butter cookie</p>
<p>17 Tarragon chicken Parsley buttered potato Crinkle cut carrots Double chip cookie</p>	<p>18 Lutheran hotdish Steamed peas Dinner roll Fresh pear Mint brownie</p>	<p>19 Celebrate birthdays! Potato chip breaded fish On a bun Baked sweet potato Green bean almondine Confetti cake</p>	<p>20 Breakfast Club at Fryn' Pan Sweet & sour pork Brown rice Mixed veggies Tropical fruit Oatmeal scotchie cookie</p>	<p>21 Country meatballs Mashed potato/gravy Steamed broccoli Zebra brownie</p>
<p>24 Age-Friendly MN Listening Session 1-3 pm Chicken wild rice Hotdish Steamed corn Pineapple tidbits Vanilla pudding</p>	<p>25 Valley Triad Mtg 9:30 am Salisbury steak Mashed potato/gravy Parslied carrots Dinner roll Carrot bar</p>	<p>26 Quilting Group 12:30-4 pm Valley Triad Safety Seminar 1-3 pm Chicken marsala Baked sweet potato Apricot halves No bake cookie</p>	<p>27 Chili Baked potato Tossed salad/dressing Saltine crackers Fudge brownie</p>	<p>28 Citrus glazed fish Au gratin potatoes Seasoned peas Crackerjack cookie</p>
<p>31 Beef stew Biscuit Winter blend veggies Tropical fruit Cranberry cookie</p>	<p>AARP Free Income Tax Assistance Thursdays at the Hjemkomst Until April 10, 2025 9 am-3 pm BY APPOINTMENT ONLY - CALL OR TEXT 701.335.6509</p> <p>More info available at moorheadseniors.com Additional locations: - Mhd Public Library, 118 5th St S: Mon & Wed, 9 am-3 pm - Fargo Library, 2801 32nd Ave S: Tues, 10 am- 4 pm</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 \$5. The cost is \$9 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