

**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

# June 2025

**NEW! Senior Planet from AARP**  
Live online classes held in-person at Hjemkomst Center.  
 Limited seats. Free to attend. RSVP appreciated by calling 218.299.5514 or online at moorheadparks.activityreg.com.

2 Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding	3 <b>Movement Education 10-11am</b> <b>Chair Yoga 11am-12pm</b> Chicken veronique Smashed potatoes Diced beets Oatmeal scotchie cookie	4 <b>Morning Stretch 9-10 am</b> <b>Bingo 1-3pm</b> Pork roast Baked sweet potatoes Confetti coleslaw Dinner roll & Heath cookie	5 Lasagna Breadstick Steamed baby carrots Fresh apple Zebra brownie	6 <b>Taijiquan (Tai Chi) 11am-12 pm</b> Egg bake/sausage links Cubed potatoes Mandarin oranges Coffeecake muffin
9 <b>Functional Strength Training 10-10:45 am</b> <b>Easy-to-Follow Tai Chi 1-2 pm</b> Cabbage rolls Parsley buttered potato Green beans Chocolate chip cookie	10 <b>Morning Stretch 9-10 am</b> <b>Chair Yoga 11 am-12 pm</b> Chicken wild rice hotdish Mixed vegetables Dinner roll, Pineapple tidbits & Blonde brownie	11 <b>Quilting Group 12:30-4pm</b> <b>Memory Cafe 1-2:30 pm</b> Sweet & sour meatballs Brown rice Seasoned broccoli Diced pears & Molasses cookie	12 <b>Morning Stretch 9-10 am</b> Chicken Kiev Scalloped potatoes Peas and carrots Dinner roll Strawberry bavarian	13 <b>Morning Stretch 9-10 am</b> <b>Taijiquan (Tai Chi) 11am-12 pm</b> Pulled pork/bun Potato salad Steamed corn Apple crisp
16 Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding	17 Beef stroganoff Egg noodles Mixed vegetables Apricot halves Peanut butter bar	18 <b>Celebrate Birthdays!</b> Braised pork chop Baked sweet potatoes Steamed cauliflower Dinner roll & Chocolate cake	19 Juneteenth Holiday  Moorhead Senior Center and Senior Meals <b>CLOSED</b>	20 Scandinavian Festival  Moorhead Senior Center and Senior Meals <b>CLOSED</b>
23 Orange chicken dumpling Brown rice California blend Applesauce Snickerdoodle cookie	24 <b>Valley Triad Mtg 9:30 am</b> <b>Chair Yoga 11 am-12 pm</b> Egg salad/bun Cucumber tomato salad Watermelon wedge Caramelized brownie	25 <b>Quilting Group 12:30-4 pm</b> <b>Valley Triad Safety Seminar 1-3 pm</b> BBQ chicken breast Roasted garlic potatoes Green beans & Peanut butter chocolate chip cookie	26 Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar	27 <b>Morning Stretch 9-10 am</b> <b>Taijiquan (Tai Chi) 11am-12 pm</b> Meat sauce/pasta Crinkle cut carrots Mandarin oranges Sugar cookie
30 <b>Jazz Squares In-Person</b> <b>Line Dancing Exercise at 1 pm</b> Bronze pork loin Scalloped potatoes Mandarin oranges Chocolate pudding	<b>Walking Club: Every Wednesday</b> in June & July. Meet at 11 am in the Hjemkomst Center Lobby and walk around Viking Ship Park. <hr/> <b>Farmers Market: Every Tuesday</b> in June-October at Viking Ship Park at Hjemkomst, 3:30-6:30 pm with live music 4- 6 pm <hr/> <b>RiverArts:</b> 5:30-8 pm at Viking Ship Park at Hjemkomst : <b>June 11</b> featuring Post Traumatic Funk Syndrome and <b>June 25</b> featuring Gina Powers Band. more info at cityofmoorhead.com/RiverArts.		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.	

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**