

**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

# September 2025

Online Senior Planet from AARP fitness 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](https://moorheadparks.activityreg.com).

1 Labor Day  Moorhead Senior Center and Senior Meals <b>CLOSED</b>	2 <b>Movement Education 10-11 am</b> <b>Easy-to-Follow Tai Chi 1-2 pm</b> Lutheran hotdish Steamed peas Dinner roll & Fresh apple M & M cookie	3 <b>Bingo 1-3 pm</b>  Tarragon chicken Parsley buttered potato Tossed salad/ranch Mint brownie	4 <b>Fit Fusion 10:30-11:30 am</b>  Pork stir fry & Brown rice Mixed veggies Diced pears Oatmeal scotchie cookie	5  Country meatballs Mashed potato/gravy Steamed broccoli Zebra brownie
8 <b>Chair Yoga 10:30-11:30 am</b>  Salisbury steak Mashed potatoes/gravy Stewed tomatoes Dinner roll & Vanilla pudding	9 <b>Easy-to-Follow Tai Chi 1-2 pm</b>  Chicken wild rice hotdish Steamed corn & Dinner roll Pineapple tidbits Fudge brownie	10 <b>Quilting Group 12:30-4 pm</b> <b>Memory Café 1-2:30 pm</b> Citrus glazed fish Baked sweet potato Creamed carrots Double chip cookie	11 <b>Senior Safety Academy 9am-1:30 pm – RSVP Required, Call 218.299.5514</b>  Chili/crackers & Baked potato Tossed salad/dressing Carrot bar	12  Smothered chicken Au gratin potatoes Apricot halves Crackerjack cookie
15  Beef stew & Biscuit Carrots Tropical fruit Cranberry cookie	16  Tuna noodle hotdish Steamed peas Dinner roll & Fresh orange Peanut butter brownie	17 <b>Celebrate Birthdays!</b>  Orange marmalade Chicken Scalloped potatoes Winter blend Confetti cake	18 <b>Breakfast Club at Fryn' Pan</b>  Hamburger/bun Rosemary roasted potato Baked beans Hip hugger bar	19  BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Lime fruited jell-o
22  Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding	23  Chicken veronique Baked sweet potato Diced beets Oatmeal scotchie cookie	24 <b>Quilting Group 12:30-4 pm</b> <b>Chair Yoga 10-11 am</b> Pork roast Mashed potato/gravy Confetti coleslaw Dinner roll & Heath cookie	25 <b>Fit Fusion 1-2 pm</b>  Salsa chicken Brown rice & Green beans Fresh pear Zebra brownie	26 <b>Easy-to-Follow Tai Chi 10:30-11:30 am</b> Egg bake/sausage links Cubed potatoes Tropical fruit Zebra brownie
29 <b>Chair Yoga 10:30-11:30 am</b>  Ranch chicken thigh Baked potato & Dinner roll Pineapple tidbits Chocolate chip cookie	30 <b>Valley Triad Mtg 9:30 am</b>  Cabbage rolls Parsley buttered potato Green beans Blonde brownie	<b>Farmers Market:</b> Every Tuesday, June-October at Viking Ship Park at Hjemkomst, 3:30-6:30 pm with live music 4-6 pm	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.

**GREATER MOORHEAD DAYS:** September 4-13. Features the parade on Sept 5, Kicks Band Concert on Sept 6, Medallion Hunt starting on Sept 8, Midco Kids Fest on Sept 10, and more! More info at <https://moorheadmn.gov/departments/parks-recreation/greater-moorhead-days>

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