

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

OCTOBER 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: Oct 24*

Please call 218-299-5519 With any questions or concerns. Menu is subject to change.	1 Lutheran hotdish Steamed peas Dinner roll Diced pears Blonde brownie	2 Flannel & Friends Fall Social 12-1:30 pm Country meatballs Mashed potatoes/gravy Glazed carrots Dinner roll & Choctau bar	3 Sweet & sour pork Brown rice Mixed vegetables Tropical fruit Oatmeal scotchie cookie	4 Tarragon chicken Parsley buttered potato Diced beets Apple crisp
7 Chicken wild rice hotdish Steamed corn Pineapple tidbits Vanilla pudding	8 Salisbury steak Mashed potatoes/gravy Apricot halves Dinner roll M & M cookie	9 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Citrus glazed fish Au gratin potatoes Parslied carrots Cinnamon sandwich bar	10 Sloppy joe/bun Baked beans Potato salad Hershey brownie	11 Chicken marsala Baked sweet potato Dinner roll Fruit cocktail Crackerjack cookie
14 Beef stew Biscuit Winter blend veggies Tropical fruit Molasses cookie	15 Tuna noodle hotdish Steamed peas Dinner roll Banana Peanut butter brownie	16 Celebrate birthdays! Orange marmalade Chicken Scalloped potatoes Steamed fresh cabbage Confetti cake	17 Breakfast Club at Fryn' Pan Hamburger/bun Rosemary roasted potato Tossed salad/ranch Sugar cookie	18 BBQ chicken thigh Baked potato Maple dijon brussel sprouts Fruited jell-o
21 Tater tot casserole California blend Diced peaches Dinner roll Tapioca pudding	22 Chicken Veronique Smashed potatoes Diced beets Oatmeal scotchie cookie	23 Quilting Group 12:30-4pm Seasoned pork roast Baked sweet potato Confetti coleslaw Dinner roll Heath cookie	24 Chicken alfredo/pasta Steamed baby carrots Apricot halves Zebra brownie	25 Egg bake/sausage links Country potatoes Fresh orange Peaches 'n cream muffin
28 Ranch chicken thigh Baked potato Mixed veggies Dinner roll Chocolate chip cookie	29 Valley Triad Mtg 9:30am Cabbage rolls Parsley buttered potato Fresh banana Blonde brownie	30 Sweet & sour meatballs Brown rice Seasoned broccoli Pineapple tidbits Rice Krispie bar	31 Pulled pork/bun Steamed corn Tossed salad/ranch Monster cookie	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

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