

**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

January 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. **No Program: Jan 20**

<p>Please call 218-299-5519 With any questions or concerns. Menu is subject to change.</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</p>	<p>1 Happy New Year! Moorhead Senior Center and Senior Meals CLOSED</p>	<p>2 BBQ chicken breast Parmesan garlic potatoes Steamed broccoli Hershey brownie</p>	<p>3 Swedish meatballs Mashed potatoes/gravy Stewed tomatoes Dinner roll Cranberry cookie</p>
<p>6 Orange chicken dumpling Brown rice California blend Applesauce Snickerdoodle cookie</p>	<p>7 BBQ beef patty/bun Baked beans Pineapple tidbits Caramelized brownie</p>	<p>8 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Gjetost chicken Roasted garlic potatoes Green beans Peanut butter chocolate cookie</p>	<p>9 Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar</p>	<p>10 Pot roast Parsley buttered potato Glazed carrots Apple crisp</p>
<p>13 Baked chicken thigh Mashed potato/gravy Diced beets Dinner roll Chocolate pudding</p>	<p>14 Bronze pork loin Scalloped potatoes Brussel sprouts Oatmeal raisin cookie</p>	<p>15 Celebrate birthdays! Lemon pepper fish Vegetable rice pilaf Creamed peas Mandarin oranges Chocolate cake</p>	<p>16 Breakfast Club at Fryn' Pan Chicken and noodles Steamed baby carrots Dinner roll Diced peaches Zebra brownie</p>	<p>17 Meatloaf Baked potato Stewed tomatoes Fruited lime jell-o</p>
<p>20 Mhd Senior Center: CLOSED Senior Meals: Delivery Only Potato chip breaded fish On a bun Baked sweet potato Green bean almondine Double chip cookie</p>	<p>21 Lutheran hotdish Steamed peas Dinner roll Fresh pear Mint brownie</p>	<p>22 Quilting Group 12:30-4 pm Tarragon chicken Parsley buttered potato Crinkle cut carrots Oatmeal scotchie cookie</p>	<p>23 Sweet and sour pork Brown rice Mixed vegetables Tropical fruit Cinnamon sandwich bar</p>	<p>24 Sloppy joe/bun Baked beans Potato salad Peanut butter cookie</p>
<p>27 Chicken wild rice hotdish Steamed corn Pineapple tidbits Vanilla pudding</p>	<p>28 Valley Triad Mtg 9:30 am Salisbury steak Mashed potato/gravy Parslied carrots Dinner roll Carrot bar</p>	<p>29 Citrus glazed fish Au gratin potatoes Seasoned peas No bake cookie</p>	<p>30 Chili Baked potato Tossed salad/ranch Saltine crackers Fudge brownie</p>	<p>31 Chicken marsala Baked sweet potato Apricot halves Crackerjack cookie</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