

**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

February 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: Feb 17**

<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>	<p>AARP Free Income Tax Assistance Thursdays at the Hjemkomst Feb 6 - April 10, 2025 9 am-3 pm BY APPOINTMENT ONLY - CALL OR TEXT 701.335.6509</p> <p>More information available at moorheadseniors.com Additional locations: <ul style="list-style-type: none"> • Moorhead Public Library, 118 5th ST S Mondays & Wednesdays, 9 am-3 pm • Fargo Dr. James Carlson Library, 2801 32nd Ave S Tuesdays, 10 am-4 pm </p>		
<p>3 Beef stew Biscuit Winter blend veggies Tropical fruit Cranberry cookie</p>	<p>4 Movement Education 10-11am Tuna noodle hotdish Steamed peas Dinner roll & Fresh banana Peanut butter brownie</p>	<p>5 Bingo 1-3pm Orange marmalade chicken Scalloped potatoes Steamed cabbge Salted peanut cookie</p>	<p>6 Hamburger/bun Rosemary roasted potato Tossed salad/ranch Cinnamon sandwich bar</p>	<p>7 BBQ chicken thigh Baked potato Maple Dijon brussel sprouts M & M cookie</p>
<p>10 Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding</p>	<p>11 Chicken veronique Smashed potatoes Diced beets Oatmeal scotchie cookie</p>	<p>12 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Pork roast Baked sweet potatoes Confetti coleslaw Dinner roll & Heath cookie</p>	<p>13 Egg bake Sausage links Cubed potatoes Fresh apple Coffeecake muffin</p>	<p>14 Meatballs w/ marinara sauce on a hoagie bun Seasoned green beans Mandarin oranges Zebra brownie</p>
<p>17 Mhd Senior Center: CLOSED Senior Meals: Delivery Only Ranch chicken thigh Baked potato Mixed veggies & Dinner roll Chocolate chip cookie</p>	<p>18 Cabbage rolls Parsley buttered potato Pineapple tidbits Blonde brownie</p>	<p>19 Celebrate birthdays! Sweet & sour meatballs Brown rice Seasoned broccoli Diced pears Orange jell-o cake</p>	<p>20 Breakfast Club at Fryn' Pan Pulled pork/bun Steamed corn Tossed salad/ranch Rice Krispie bar</p>	<p>21 Chicken kiev Scalloped potatoes Peas & carrots Orange fruited jell-o</p>
<p>24 Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding</p>	<p>25 Valley Triad Mtg 9:30 am Beef stroganoff Egg noodles Mixed veggies Apricot halves Peanut butter bar</p>	<p>26 Quilting Group 12:30-4 pm Braised pork chop Baked sweet potato Steamed cauliflower Dinner roll Molasses cookie</p>	<p>27 BBQ chicken breast Parmesan garlic potatoes Steamed broccoli Hershey brownie</p>	<p>28 Swedish meatballs Mashed potatoes/gravy Stewed tomatoes Dinner roll Cranberry raisin 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