

**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  
**Group Singing:** Tuesdays, 10:30-11:30 am  
**Mahjong:** Tuesdays, 1-4 pm  
**Social Circle:** Mon-Fri, 8:30-10:30 am  
**Whist:** Mon, Tue, Fri, 1-4 pm

# February 2026

**Indoor Pickleball for Ages 55+: \$5/day or \$40/10 punches punch card (pay at location)**

**October 13, 2025 - April 30, 2026**

**Mondays & Thursdays, 12:30-2:30 pm**

Location: Community Life Center-Good Shepherd, 4000 28th St S, Moorhead. **No Program: February 16**

2 <b>Pickleball 12:30-2:30 pm</b> Dijon chicken Smashed potatoes Applesauce Cranberry cookie	3 BBQ beef patty/bun Baked sweet potatoes Fresh banana Peanut butter brownie	4 Smothered pork chop Baked potato Steamed green beans Dinner roll M & M cookie	5 <b>Pickleball 12:30-2:30 pm</b> Meat sauce/rotini Steamed broccoli Mandarin oranges Cinnamon sandwich bar	6 Chicken pot pie Biscuit Crinkle cut carrots Tossed salad/dressing Salted peanut cookie
9 <b>Pickleball 12:30-2:30 pm</b> Pork chop Scalloped potatoes Baked squash Tapioca pudding	10 Baked chicken thigh Mashed potato/gravy Diced beets Dinner roll Snickerdoodle cookie	11 <b>Memory Cafe 1-2:30 pm</b> <b>Quilting Group 12:30-4 pm</b> Lemon pepper fish Vegetable rice pilaf Creamed peas Diced peaches Strawberry jello w/pears	12 <b>Pickleball 12:30-2:30 pm</b> Chicken and noodles Green beans Fresh orange Zebra brownie	13 Meatballs w/marinara Hoagie bun Winter blend veggies Tossed salad/ranch Red velvet cookie
16 <b>President's Day</b> <b>Senior Center CLOSED</b> <b>Senior Meals PICK-UP ONLY</b> Orange chicken dumpling Steamed cauliflower Brown rice & Tropical fruit Chocolate chip cookie	17 Potato chip breaded fish Baked sweet potato Green bean almondine Blonde brownie	18 <b>Celebrate Birthdays!</b>  Lutheran hotdish Steamed peas Dinner roll & Fresh apple Cherry jello cake	19 <b>Pickleball 12:30-2:30 pm</b> Tarragon chicken Parsley buttered potato Crinkle cut carrots Rice Krispie bar	20 Meatloaf Baked potato Stewed tomatoes Dinner roll Lime jello w/pears
23 <b>Pickleball 12:30-2:30 pm</b> Chili/saltine crackers Baked potato Parslied carrots Butterscotch pudding	24 <b>Valley Triad Mtg 9:30 am</b> Smothered chicken Au gratin potatoes Fruit cocktail Peanut butter bar	25 <b>Quilting Group 12:30-4 pm</b> Citrus glazed fish Vegetable rice pilaf Seasoned peas Apricots Molasses cookie	26 <b>Pickleball 12:30-2:30 pm</b> Salisbury steak Mashed potatoes/gravy Diced beets & Dinner roll Orange jello w/mandarins	27 Chicken wild rice hotdish Steamed corn Fresh banana Dinner roll Cranberry raisin cookie
<b>AARP Free Income Tax Assistance</b> <b>BY APPOINTMENT ONLY- CALL OR TEXT 701.335.6509</b> Thursdays at the Hjemkomst   9 am-3 pm   Feb 5-April 9, 2026 More information available at moorheadseniors.com			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.				

**SAIL (Stay Active & Independent for Life):** Feb 9-March 4. Age: 65+. Class size limit: 20. Mondays & Wednesdays, 8:30-9:30 am. No cost. **No Program: Feb 16.**

**Stretch & Balance:** Feb 17-March 12. Age: 50-65. Class size limit: 25. Tuesdays & Thursdays, 9:30-10:30 am. Cost: \$40.

Both exercise programs meet in Auditorium at the Hjemkomst Center. More info & register online at moorheadparks.activityreg.com or by calling 218.299.5340.

**Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$6. The cost is \$10 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**