

**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

# April 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.

<p><b>AARP Free Income Tax Assistance</b> Thursdays at the Hjemkomst Until April 10, 2025 9 am-3 pm <b>BY APPOINTMENT ONLY</b> CALL OR TEXT 701.335.6509</p>	<p><b>1</b> <b>Movement Education 10-11am</b> Orange marmalade Chicken Scalloped potatoes Steamed cabbage Peanut butter brownie</p>	<p><b>2</b> <b>Bingo 1-3pm</b> Tuna noodle hotdish Steamed peas Fresh orange &amp; Dinner roll Salted peanut cookie</p>	<p><b>3</b> Hamburger/bun Rosemary roasted potato Tossed salad/dressing Cinnamon sandwich bar</p>	<p><b>4</b> BBQ chicken thigh Baked potato Maple Dijon brussel sprouts M&amp;M cookie</p>
<p><b>7</b> Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding</p>	<p><b>8</b> Chicken veronique Smashed potatoes Diced beets Oatmeal scotchie cookie</p>	<p><b>9</b> <b>Quilting Group 12:30-4pm</b> <b>Memory Cafe 1-2:30 pm</b> Pork roast Baked sweet potatoes Confetti coleslaw Dinner roll &amp; Heath cookie</p>	<p><b>10</b> Chicken ala king Breadstick Baby carrots Fresh apple Zebra brownie</p>	<p><b>11</b> Egg bake/sausage links Cubed potatoes Mandarin oranges Coffeecake muffin</p>
<p><b>14</b> Ranch chicken thigh Baked potato Mixed veggies Dinner roll Chocolate chip cookie</p>	<p><b>15</b> Cabbage rolls Parsley buttered potato Pineapple tidbits Blonde brownie</p>	<p><b>16</b> <b>Celebrate birthdays!</b> Sweet &amp; sour meatballs Brown rice Seasoned broccoli Diced pears &amp; Chocolate cake</p>	<p><b>17</b> <b>Breakfast Club at Fryn' Pan</b> Pulled pork/bun Steamed corn Tossed salad/dressing Rice Krispie bar</p>	<p><b>18</b> Chicken kiev Scalloped potatoes Peas &amp; carrots Dinner roll Orange fruited jell-o</p>
<p><b>21</b> Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding</p>	<p><b>22</b> Beef stroganoff Egg noodles Mixed veggies Apricot halves Peanut butter bar</p>	<p><b>23</b> <b>Quilting Group 12:30-4 pm</b> Braised pork chop Baked sweet potatoes Steamed cauliflower Dinner roll &amp; Molasses cookie</p>	<p><b>24</b> BBQ chicken breast Parmesan garlic potatoes Steamed broccoli Hershey brownie</p>	<p><b>25</b> Swedish meatballs Mashed potatoes Stewed tomatoes Dinner roll Cranberry cookie</p>
<p><b>28</b> Orange chicken dumpling Brown rice California blend Applesauce Snickerdoodle cookie</p>	<p><b>29</b> <b>Valley Triad Mtg 9:30 am</b> BBQ beef patty/bun Baked beans Pineapple tidbits Caramelized brownie</p>	<p><b>30</b> Buttermilk chicken Garlic mashed potatoes Glazed carrots Dinner roll Peach kuchen bar</p>	<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 Board on Aging.</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**