

**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

May 2025

NEW! Senior Planet from AARP
Live online classes held in-person at Hjemkomst Center.
 Limited seats. Free to attend. RSVP appreciated by calling
 218.299.5514 or online at moorheadparks.activityreg.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.		1 Morning Stretch 9-10 am Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll & Choctau bar	2 Morning Stretch 9-10 am Taijiquan (Tai Chi) 11am-12 pm Meat sauce/egg noodles Green beans Mandarin oranges Sugar cookie
5 Baked chicken thigh Mashed potato/gravy Diced beets Dinner roll Chocolate pudding	6 Movement Education 10-11am Chair Yoga 11am-12pm Lemon pepper fish Vegetable rice pilaf Creamed peas Mandarin oranges Peanut butter cookie	7 Bingo 1-3pm Bronze pork loin Scalloped potatoes Brussel sprouts Oatmeal raisin cookie	8 Chicken & noodles Steamed baby carrots Diced peaches Dinner roll Lime jell-o with pears	9 Taijiquan (Tai Chi) 11am-12 pm Meatloaf Baked potato Stewed tomatoes Peaches n cream muffin
12 Morning Stretch 9-10 am Easy-to-Follow Tai Chi 1-1:45 pm Potato chip breaded fish on a bun Baked sweet potato Green bean almondine Double chip cookie	13 Lutheran hotdish Steamed peas Dinner roll Fresh pear Mint brownie	14 Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm Tarragon chicken Parsley buttered potato Tossed salad/ranch M & M cookie	15 Breakfast Club at Fryn' Pan Mindful Meditation & Breathing 1-2 pm Sweet & sour pork Brown rice & Mixed veggies Tropical fruit Oatmeal scotchie cookie	16 Morning Stretch 9-10 am Taijiquan (Tai Chi) 11am-12 pm Country meatballs Mashed potato/gravy Steamed broccoli Zebra brownie
19 Morning Stretch 9-10 am Easy-to-Follow Tai Chi 1-1:45 pm Salisbury steak Mashed potatoes/gravy Parslied carrots & Dinner roll Vanilla pudding	20 Citrus glazed fish Au gratin potatoes Peas Carrot bar	21 Spring Into Fun Party & Ice Cream Social featuring Jazz Squares, 12-1:30 pm. Cost: \$8/person (not a NSI meal) Hamburger/bun Baked beans & Potato salad Fudge brownie	22 Morning Stretch 9-10 am Celebrate birthdays! Chicken wild rice hotdish Steamed corn Pineapple tidbits Cherry jell-o cake	23 Morning Stretch 9-10 am Taijiquan (Tai Chi) 11am-12 pm Chicken marsala Baked sweet potato Apricot halves Crackerjack cookie
26 Memorial Day Moorhead Senior Center and Senior Meals CLOSED	27 Valley Triad Mtg 9:30 am Baked ham Scalloped potatoes Steamed fresh cabbage Peanut butter brownie	28 Quilting Group 12:30-4 pm Easy-to-Follow Tai Chi 1-1:45 pm Tuna noodle hotdish Mixed vegetables Dinner roll & Fresh orange Salted peanut cookie	29 BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Cinnamon sandwich bar	30 Bratwurst/bun Baked beans Tossed salad/ranch Angel food cupcake

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