

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

August 2025

Online Senior Planet from AARP fitness classes held in-person at Hjerkomst Center. Limited seats. Free to attend. RSVP appreciated by calling 218.299.5514 or online at moorheadparks.activityreg.com.

<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>	<p>Farmers Market: Every Tuesday in June-October at Viking Ship Park at Hjerkomst, 3:30-6:30 pm with live music 4- 6 pm</p> <p>RiverArts on August 6: 5:30-8 pm at Viking Ship Park at Viking Ship Park featuring Heather & Thistle Pipes & Drums opening for Front Fenders. More info at cityofmoorhead.com/RiverArts.</p>		<p>1</p> <p>Taijiquan (Tai Chi) 10:30-11:30 am</p> <p>Egg bake/sausage links Cubed potatoes Mandarin oranges Coffeecake muffin</p>
<p>4</p> <p>Chair Yoga 10:30-11:30 am</p> <p>Chicken wild rice hotdish Mixed vegetables Pineapple tidbits Dinner roll Chocolate chip cookie</p>	<p>5</p> <p>Movement Education 10-11am Easy-to-Follow Tai Chi 1-2pm</p> <p>Cabbage rolls Parsley buttered potato Green beans Blonde brownie</p>	<p>6</p> <p>Bingo 1-3pm</p> <p>Sweet & sour meatballs Brown rice Seasoned broccoli Watermelon wedge Molasses cookie</p>	<p>7</p> <p>Functional Strength Training 10:30-11:30 am</p> <p>Pulled pork/bun Steamed corn Potato salad Rice Krispie bar</p>	<p>8</p> <p>Taijiquan (Tai Chi) 10:30-11:30 am</p> <p>Chicken kiev Scalloped potatoes Peas and carrots Dinner roll Ambrosia salad</p>
<p>11</p> <p>Chair Yoga 10:30-11:30 am</p> <p>Herb baked fish Brown rice Parslied carrots Tropical fruit Butterscotch pudding</p>	<p>12</p> <p>Easy-to-Follow Tai Chi 1-2 pm</p> <p>Beef stroganoff Egg noodles Mixed vegetables Apricot halves Peanut butter bar</p>	<p>13</p> <p>Quilting Group 12:30-4pm Memory Cafe 1-2:30 pm</p> <p>Braised pork chop Baked sweet potatoes Steamed cauliflower Dinner roll Snickerdoodle cookie</p>	<p>14</p> <p>Functional Strength Training 10:30-11:30 am</p> <p>Gjetost chicken Parmesan garlic potatoes Steamed broccoli Hershey brownie</p>	<p>15</p> <p>Taijiquan (Tai Chi) 10:30-11:30 am</p> <p>Meatball sub sandwich With marinara Seasoned green beans Tossed salad/ranch Cranberry cookie</p>
<p>18</p> <p>Chair Yoga 10:30-11:30 am</p> <p>Dijon chicken Smashed potatoes Pineapple tidbits Peanut butter chocolate chip cookie</p>	<p>19</p> <p>Food Meeting After Lunch Easy-to-Follow Tai Chi 1-2 pm</p> <p>BBQ beef patty/bun Baked beans Steamed corn Caramelized brownie</p>	<p>20</p> <p>Celebrate Birthdays!</p> <p>Orange chicken dumpling Brown rice California blend veggies Applesauce Chocolate cake</p>	<p>21</p> <p>Breakfast Club at Fryn' Pan</p> <p>Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Choctau bar</p>	<p>22</p> <p>Taijiquan (Tai Chi) 10:30-11:30 am</p> <p>Meat sauce/pasta Crinkle cut carrots Mandarin oranges Sugar cookie</p>
<p>25</p> <p>Chair Yoga 10:30-11:30 am</p> <p>Baked chicken thigh Mashed potato/gravy Diced beets Chocolate pudding</p>	<p>26</p> <p>Valley Triad Mtg 9:30 am Easy-to-Follow Tai Chi 1-2 pm</p> <p>Bronze pork chop Scalloped potatoes Apricot halves Oatmeal raisin cookie</p>	<p>27</p> <p>Quilting Group 12:30-4 pm</p> <p>Lemon pepper fish Vegetable rice pilaf Creamed peas Diced peaches Banana bread</p>	<p>28</p> <p>Functional Strength Training 10:30-11:30 am</p> <p>Chicken ala king Over a biscuit Glazed baby carrots Tossed salad/ranch Peanut butter cookie</p>	<p>29</p> <p>Meatloaf Baked potato Stewed tomatoes Lime jell-o w/pears</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 | Hjerkomst Center, 202 1st Ave N, Moorhead, MN 56560