

- 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

# October 2025

## Indoor Pickleball for Ages 55+

October 13, 2025 - April 30, 2026

**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: October 23**

Please call <b>218-299-5519</b> With any questions or concerns. Menu is subject to change.	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.	<b>1</b> <b>Pumpkin Palooza Party!</b> <b>12-1:30 pm. \$8/person (not a NSI meal)</b> Chicken kiev Scalloped potatoes Peas & carrots Dinner roll & Pumpkin bar	<b>2</b> <b>Fit Fusion 10:30-11:30 am</b> Pulled pork/bun Steamed corn Potato salad Warm spiced apples	<b>3</b> Sweet & sour meatballs Brown rice Seasoned broccoli Watermelon wedge Molasses cookie
<b>6</b> Herb baked fish Baked potato Parslied carrots Butterscotch pudding	<b>7</b> <b>Movement Education 10-11 am</b> Beef stroganoff Egg noodles Mixed vegetables Apricot halves Peanut butter bar	<b>8</b> <b>Quilting Group 12:30-4 pm</b> <b>Caregiver Conference 12:30-3 pm</b> Braised pork chop Baked sweet potatoes Steamed cauliflower Dinner roll Snickerdoodle cookie	<b>9</b> <b>Fit Fusion 10:30-11:30 am</b> Gjetost chicken Parmesan garlic potatoes Steamed broccoli Hershey brownie	<b>10</b> Swedish meatballs Mashed potatoes/gravy Steamed corn Dinner roll Cranberry cookie
<b>13</b> Orange chicken dumpling Brown rice California blend Pineapple tidbits Chocolate chip cookie	<b>14</b> <b>Easy-to-Follow Tai Chi 1-2 pm</b> BBQ beef patty/bun Au gratin potatoes Steamed cauliflower Carmelized brownie	<b>15</b> <b>Celebrate Birthdays!</b> Salmon w/hollandaise Steamed green beans Applesauce Confetti cake	<b>16</b> <b>Breakfast Club at Fryn' Pan</b> Baked ham & Baked potato Hawaiian coleslaw Dinner roll Choctau bar	<b>17</b> Meat sauce/pasta Crinkle cut carrots Mandarin oranges Sugar cookie
<b>20</b> <b>Chair Yoga 10:30-11:30 am</b> Baked chicken thigh Mashed potato/gravy Diced beets & Dinner roll Chocolate pudding	<b>21</b> <b>Easy-to-Follow Tai Chi 1-2 pm</b> Bronze pork chop Scalloped potatoes Apricot halves Oatmeal raisin cookie	<b>22</b> <b>Quilting Group 12:30-4 pm</b> Lemon pepper fish Vegetable rice pilaf Creamed corn Diced peaches Cinnamon sandwich bar	<b>23</b> <b>Fit Fusion 10:30-11:30 am</b> Chicken and noodles Steamed baby carrots Tossed salad/ranch Dinner roll Peanut butter cookie	<b>24</b> Meatloaf Baked potato Stewed tomatoes Lime jell-o w/pears
<b>27</b> <b>Chair Yoga 10:30-11:30 am</b> Potato chip breaded fish Baked sweet potatoes Green bean almondine Chocolate chip cookie	<b>28</b> <b>Valley Triad Mtg 9:30 am</b> <b>Easy-to-Follow Tai Chi 1- 2 pm</b> Lutheran hotdish Steamed peas Dinner roll & Fresh apple Mint brownie	<b>29</b> <b>Valley Triad Fire Safety Event at West Fargo Fire Dept 1- 3pm</b> Tarragon chicken Parsley buttered potato Crinkle cut carrots M & M cookie	<b>30</b> <b>Fit Fusion 10:30-11:30 am</b> Pork stir fry & Brown rice Mixed vegetables Diced pears Oatmeal scotchie cookie	<b>31</b> Chicken pot pie & Biscuit Steamed broccoli Tossed salad/ranch Caramel apples

**Online Senior Planet from AARP fitness classes held in-person at Hjemkomst:** Limited seats and free to attend!

**Farmers Market:** Every Tuesday, June-October at Viking Ship Park at Hjemkomst, 3:30-6:30 pm

**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**