

November 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: November 27**

3 Chicken wild rice cass. Steamed corn & Dinner roll Pineapple tidbits Vanilla pudding	4 Movement Education 10-11 am Easy-to-Follow Tai Chi 1-2 pm Salisbury steak Mashed potato/gravy Stewed tomatoes Dinner roll & Fudge brownie	5 Bingo 1- 3 pm Citrus glazed fish Baked sweet potato Creamed carrots Chocolate chip cookie	6 Morning Stretch 10:30-11:30 am Smothered chicken Au gratin potatoes Apricot halves Carrot bar	7 Chili/crackers Baked potato Tossed salad/ranch Crackerjack cookie
10 Chair Yoga 10:30-11:30 am Beef stew & Biscuit Steamed baby carrots Tropical fruit Cranberry cookie	11 Veteran's Day Senior Center CLOSED Senior Meals PICK-UP ONLY BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Peanut butter brownie	12 Quilting Group 12:30-4 pm Memory Cafe 1-2:30 pm Tuna noodle hotdish Steamed peas Dinner roll & Fresh orange Hip hugger bar	13 Morning Stretch 10:30-11:30 am Hamburger/bun Baked beans Tossed salad/ranch Zebra brownie	14 Chicken fajita/tortilla Rosemary roasted potato Steamed corn Lime jell-o w/pears
17 Tater tot hotdish California blend Dinner roll & Diced peaches Tapioca pudding	18 Easy-to-Follow Tai Chi 1-2 pm Roast turkey/stuffing Mashed potato/gravy Glazed carrots Pumpkin bar	19 Celebrate Birthdays! Chicken veronique Baked sweet potato Diced beets Chocolate cake	20 Breakfast Club at Fryn' Pan Lemon pepper cod Brown rice & Green beans Confetti coleslaw Heath cookie	21 Egg bake/sausage links Cubed potatoes Tropical fruit Coffeecake muffin
24 Chair Yoga 10:30-11:30 am Ranch chicken thigh Baked potato & Dinner roll Pineapple tidbits Chocolate chip cookie	25 Valley Triad Mtg 9:30 am Easy-to-Follow Tai Chi 1-2 pm Cabbage rolls Parsley buttered potato Green beans Blonde brownie	26 Quilting Group 12:30-4 pm Sweet & sour meatballs Brown rice Seasoned broccoli Mandarin oranges Molasses cookie	27 Happy Thanksgiving! Moorhead Senior Center & Senior Meals CLOSED	28 Moorhead Senior Center OPEN 8 am-4:30 pm Senior Meals CLOSED
Calendar events in GREEN are online Senior Planet from AARP fitness classes that are held in-person at the Hjemkomst. Classes are free to attend! More info at moorheadseniors.com.	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- 4pm		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.

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