

**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, 1-4 pm

# January 2026

**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: January 1 & 19**

Please call 218-299-5519 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.		1 <b>Happy New Year! 2026!!</b>  <b>Moorhead Senior Center &amp; Senior Meals CLOSED</b>	2 Smothered chicken Au gratin potatoes Steamed cauliflower Crackerjack cookie
5 <b>Pickleball 12:30-2:30 pm</b> Beef stew Mashed potatoes Biscuit & Diced pears Cranberry cookie	6 Tuna noodle hotdish Steamed peas Dinner roll & Fresh orange Carrot bar	7 <b>SAIL 8:30-9:30 am</b> Beef pot roast Parsley buttered potato Glazed carrots Dinner roll & Apple crisp	8 <b>Pickleball 12:30-2:30 pm</b> BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Zebra brownie	9 Hamburger/bun Baked beans Tossed salad/ranch Warm cinnamon apples
12 <b>SAIL 8:30-9:30 am</b> <b>Pickleball 12:30-2:30 pm</b> Tater tot hotdish California blend Dinner roll & Diced peaches Tapioca pudding	13 Chicken veronique Baked sweet potato Diced beets Cinnamon sandwich bar	14 <b>SAIL 8:30-9:30 am</b> <b>Quilting Group 12:30-4 pm</b> <b>No Program: Memory Cafe</b> Seasoned pork roast Smashed potatoes/gravy Confetti coleslaw Dinner roll & Chocolate cake	15 <b>Pickleball 12:30-2:30 pm</b> Salsa chicken Brown rice Green beans Fresh pear & Heath cookie	16 Egg bake/sausage links Cubed potatoes Applesauce Coffeecake muffin
19 <b>MLK Jr Day</b> <b>Senior Center CLOSED</b> <b>Senior Meals PICK-UP ONLY</b> Cabbage rolls Parsley buttered potato Green beans Chocolate chip cookie	20 Ranch chicken thigh Mashed potatoes/gravy Dinner roll Tropical fruit Blonde brownie	21 <b>SAIL 8:30-9:30 am</b> <b>Celebrate Birthdays!</b> Pulled pork/bun Steamed corn Potato salad Warm cinnamon apples	22 <b>Pickleball 12:30-2:30 pm</b> Chicken Kiev Scalloped potatoes Peas and carrots Rice Krispie bar	23 Sweet & sour meatballs Brown rice Seasoned broccoli Diced pears Molasses cookie
26 <b>SAIL 8:30-9:30 am</b> <b>Pickleball 12:30-2:30 pm</b> Herb baked fish Baked potato Parslied carrots Butterscotch pudding	27 <b>Valley Triad Mtg 9:30 am</b> Beef stroganoff Egg noodles Mixed vegetables Diced peaches Peanut butter bar	28 <b>SAIL 8:30-9:30 am</b> <b>Quilting Group 12:30-4 pm</b> Braised pork chop Baked sweet potato Steamed cauliflower Dinner roll Snickerdoodle cookie	29 <b>Pickleball 12:30-2:30 pm</b> Chicken moutarde Parmesan garlic potatoes Steamed broccoli Hershey brownie	30 Swedish meatballs Mashed potatoes/gravy Steamed corn Dinner roll Cranberry raisin cookie

**SAIL (Stay Active & Independent for Life) Exercise Class:** Join us for fun, fitness and friendship! This free in-person class with an instructor will focus on aerobic exercises, improved strength and enhanced flexibility. Each class will also include educational components to support healthy, independent living. Movements can be adapted to all ability levels. Register online at [moorheadparks.activityreg.com](http://moorheadparks.activityreg.com) or by calling 218.299.5340.

**Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$6. The cost is \$10 if you are under 60.**

**Please call 218.299.5519 between 10 am-12:30 pm the day prior for reservations. Website: [moorheadseniors.com](http://moorheadseniors.com)**

**Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560**