

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

December 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: December 25**

1 Lemon pepper fish Vegetable rice pilaf Creamed corn Tropical fruit Snickerdoodle cookie	2 City of Moorhead's Holiday Kick-off 5-7 pm Beef stroganoff Egg noodles Mixed vegetables Apricot halves Peanut butter bar	3 Merry & Bright Bash feat. Apollo Strings! 12-1:30 pm \$8/person (not a NSI meal) Cabbage rolls Au gratin potatoes California blend & Dinner roll Tapioca pudding w/ strawberry glaze	4 Moutarde chicken Parmesan garlic potatoes Green beans & Dinner roll Hershey brownie	5 Swedish meatballs Mashed potatoes/gravy Steamed corn & Dinner roll Cranberry raisin cookie
8 Chair Yoga 10:30-11:30 am Dijon chicken Smashed potatoes Pineapple tidbits Peanut butter chocolate cookie	9 Easy-to-Follow Tai Chi 1-2 pm BBQ beef patty/bun Baked sweet potatoes Fresh pear Carmelized brownie	10 Quilting Group 12:30-4 pm Memory Cafe 1-2:30 pm Chicken pot pie & Biscuit Crinkle cut carrots Tossed salad/dressing Cinnamon sandwich bar	11 Morning Stretch 10:30-11:30 am Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll & Choctau bar	12 Meatsauce/pasta Steamed broccoli Mandarin oranges Sugar cookie
15 Chair Yoga 10:30-11:30 am Baked chicken thigh Mashed potato/gravy Diced beets & Dinner roll Chocolate pudding	16 Easy-to-Follow Tai Chi 1-2 pm Baked ham/raisin sauce Au gratin potatoes Scalloped corn Sister Shubert roll Oatmeal raisin cookie	17 Celebrate Birthdays! Herb baked fish Brown rice Peas and carrots Diced peaches Confetti cake	18 Morning Stretch 10:30-11:30 am Tarragon chicken Parsley buttered potato Apricot halves Peanut butter cookie	19 Chili/crackers Baked potato Parslied carrots Pistachio pudding
22 Potato chip breaded fish Whole wheat bun Baked sweet potato Green bean almondine Chocolate chip cookie	23 Lutheran hotdish Steamed peas Fresh orange Dinner roll Mint brownie	24 Christmas Eve Senior Center CLOSED Senior Meals PICK-UP ONLY Pork chop Scalloped potatoes Brussel sprouts M & M cookie	25 Merry Christmas! Moorhead Senior Center & Senior Meals CLOSED	26 Moorhead Senior Center OPEN 8 am-4:30 pm Senior Meals CLOSED
29 Chicken wild rice hotdish Steamed corn Dinner roll Pineapple tidbits Vanilla pudding	30 Salisbury steak Mashed potatoes/gravy Diced beets Dinner roll Fudge brownie	31 Quilting Group 12:30-4 pm Citrus glazed fish Baked sweet potato Creamed carrots Chocolate chip cookie	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.				

City of Moorhead's Holiday Kick-off: Welcome the festive season as we light the City of Moorhead's holiday tree with Mayor Shelly Carlson! Enjoy carols, a light happy hour, hot cocoa & treats, an ugly sweater contest, free museum admission, and shopping at the new Global Market. Event begins at 5 pm. Program Begins at 5:30 pm. Global Market open from 5-7 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