

**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

# February 2026

**Indoor Pickleball for Ages 55+: \$5/day or \$40/10 punches punch card (pay at location)**

**October 13, 2025 - April 30, 2026**

**Mondays & Thursdays, 12:30-2:30 pm**

Location: Community Life Center-Good Shepherd, 4000  
28th St S, Moorhead. **No Program: February 16**

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| 2<br><b>Pickleball 12:30-2:30 pm</b><br>Dijon chicken<br>Smashed potatoes<br>Applesauce<br>Cranberry cookie                                                                                                          | 3<br>BBQ beef patty/bun<br>Baked sweet potatoes<br>Fresh banana<br>Peanut butter brownie                                | 4<br>Smothered pork chop<br>Baked potato<br>Steamed green beans<br>Dinner roll<br>M & M cookie                                                                                | 5<br><b>Pickleball 12:30-2:30 pm</b><br>Meat sauce/rotini<br>Steamed broccoli<br>Mandarin oranges<br>Cinnamon sandwich bar                                              | 6<br>Chicken pot pie<br>Biscuit<br>Crinkle cut carrots<br>Tossed salad/dressing<br>Salted peanut cookie     |
| 9<br><b>Pickleball 12:30-2:30 pm</b><br>Pork chop<br>Scalloped potatoes<br>Baked squash<br>Tapioca pudding                                                                                                           | 10<br>Baked chicken thigh<br>Mashed potato/gravy<br>Diced beets<br>Dinner roll<br>Snickerdoodle cookie                  | 11 <b>Memory Cafe 1-2:30 pm</b><br><b>Quilting Group 12:30-4 pm</b><br>Lemon pepper fish<br>Vegetable rice pilaf<br>Creamed peas<br>Diced peaches<br>Strawberry jello w/pears | 12<br><b>Pickleball 12:30-2:30 pm</b><br>Chicken and noodles<br>Green beans<br>Fresh orange<br>Zebra brownie                                                            | 13<br>Meatballs w/marinara<br>Hoagie bun<br>Winter blend veggies<br>Tossed salad/ranch<br>Red velvet cookie |
| 16 <b>President's Day</b><br><b>Senior Center CLOSED</b><br><b>Senior Meals PICK-UP ONLY</b><br>Orange chicken dumpling<br>Steamed cauliflower<br>Brown rice & Tropical fruit<br>Chocolate chip cookie               | 17<br>Potato chip breaded fish<br>Baked sweet potato<br>Green bean almondine<br>Blonde brownie                          | 18<br><b>Celebrate Birthdays!</b><br><br>Lutheran hotdish<br>Steamed peas<br>Dinner roll & Fresh apple<br>Cherry jello cake                                                   | 19<br><b>Pickleball 12:30-2:30 pm</b><br>Tarragon chicken<br>Parsley buttered potato<br>Crinkle cut carrots<br>Rice Krispie bar                                         | 20<br>Meatloaf<br>Baked potato<br>Stewed tomatoes<br>Dinner roll<br>Lime jello w/pears                      |
| 23<br><b>Pickleball 12:30-2:30 pm</b><br>Chili/saltine crackers<br>Baked potato<br>Parslied carrots<br>Butterscotch pudding                                                                                          | 24<br><b>Valley Triad Mtg 9:30 am</b><br>Smothered chicken<br>Au gratin potatoes<br>Fruit cocktail<br>Peanut butter bar | 25<br><b>Quilting Group 12:30-4 pm</b><br>Citrus glazed fish<br>Vegetable rice pilaf<br>Seasoned peas<br>Apricots<br>Molasses cookie                                          | 26<br><b>Pickleball 12:30-2:30 pm</b><br>Salisbury steak<br>Mashed potatoes/gravy<br>Diced beets & Dinner roll<br>Orange jello w/mandarins                              | 27<br>Chicken wild rice hotdish<br>Steamed corn<br>Fresh banana<br>Dinner roll<br>Cranberry raisin cookie   |
| <b>AARP Free Income Tax Assistance</b><br><b>BY APPOINTMENT ONLY- CALL OR TEXT 701.335.6509</b><br>Thursdays at the Hjemkomst   9 am-3 pm   Feb 5-April 9, 2026<br>More information available at moorheadseniors.com |                                                                                                                         |                                                                                                                                                                               | 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<br>With any questions or concerns. Menu is subject to change.                                                                                                                               |                                                                                                                         |                                                                                                                                                                               |                                                                                                                                                                         |                                                                                                             |

**SAIL (Stay Active & Independent for Life):** Feb 9-March 4. Age: 65+. Class size limit: 20. Mondays & Wednesdays, 8:30-9:30 am. No cost. **No Program: Feb 16.**

**Stretch & Balance:** Feb 17-March 12. Age: 50-65. Class size limit: 25. Tuesdays & Thursdays, 9:30-10:30 am. Cost: \$40.

Both exercise programs meet in Auditorium at the Hjemkomst Center. More info & register online at 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**  
**Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560**