

**WEEKLY
ACTIVITIES**

Artist Group: Thursdays, 1-3 pm
Bridge: Mon, Thur, Fri, 12:30-4 pm
Double Pinochle: Mon, Wed, Fri, 9 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

July 2026

About Moorhead Speakers

July 1: Leading Moorhead with City Manager, Dan Mahli and Mayor Shelly Carlson

July 15: Historical & Cultural Society of Clay County - Executive Director, Laura Forde

<p>Please call 218-299-5519 with any questions or concerns. Menu is subject to change.</p>	<p>NSI provides this service in part, under the Federal Older American Act through a contract with the NWRDC under an area plan approved by the Minnesota Board on Aging.</p>	<p>1 Walking Club 11 am Independence Day Party! 12-1:30 pm, \$8/person (not a NSI meal) Puzzle & Game Swap 1 pm Hamburger/cheese/bun Calico beans & Potato salad Watermelon wedge Root Beer Float</p>	<p>2 Orange chicken dumplings/rice Steamed corn Diced pears Patriotic rice Krispie bar</p>	<p>3 Independence Day Moorhead Senior Center & Senior Meals CLOSED</p>
<p>6 Ranch chicken thigh Mashed potatoes/gravy Tropical fruit Dinner roll Chocolate chip cookie</p>	<p>7 Sweet & sour meatballs Brown rice Crinkle cut carrots Diced pears & Carrot bar</p>	<p>8 Walking Club 11 am Quilting Group 9 am-4 pm Moutarde chicken Parmesan garlic potato Steamed broccoli Peanut butter chocolate chip cookie RiverArts 5:30-8 pm</p>	<p>9 Pulled pork/bun Steamed corn Tossed salad/ranch Warm cinnamon apples</p>	<p>10 Chicken kiev Baked sweet potato Peas and carrots Dinner roll Cranberry cookie</p>
<p>13 Movement Education 11 am Herb baked fish Baked potato Parslied carrots Butterscotch pudding</p>	<p>14 Beef stroganoff Egg noodles California blend Watermelon wedge No bake cookie</p>	<p>15 Walking Club 11 am Celebrate Birthdays! About Moorhead 12:30 pm Rosemary chicken Parmesan garlic potato Brussel sprouts Dinner roll & Confetti cake</p>	<p>16 HCCSC Let's Talk History 3 pm Braised pork chop Baked sweet potato Steamed green beans Crackerjack cookie</p>	<p>17 Swedish meatballs Mashed potatoes Stewed tomatoes Dinner roll Lime fruited jell-o</p>
<p>20 BBQ beef patty/bun Baked sweet potatoes Applesauce Salted peanut cookie</p>	<p>21 Dijon chicken Smashed potatoes Fresh banana Hershey brownie</p>	<p>22 Walking Club 11 am Quilting Group 9 am-4 pm Salmon/hollandaise Garlic mashed potatoes Winter blend Sister Shubert roll White chocolate cookie RiverArts 5:30-8 pm</p>	<p>23 Smothered pork chop Baked potato Crinkle cut carrots Dinner roll Cinnamon sandwich bar</p>	<p>24 Meat sauce/rotini Steamed green beans Hawaiian coleslaw M & M cookie</p>
<p>27 Baked chicken thigh Mashed potato/gravy Diced beets Sugar cookie</p>	<p>28 Valley Triad Mtg 9:30 am Lemon pepper fish Vegetable rice pilaf Creamed carrots Diced peaches & Zebra brownie</p>	<p>29 Walking Club 11 am Quilting Group 9 am-4 pm Shredded BBQ chicken/bun Baked potato Tossed salad/ranch Watermelon wedge</p>	<p>30 Bronze pork chop Scalloped potatoes Brussel sprouts Snickerdoodle cookie</p>	<p>31 Chicken wild rice Mixed veggies & Dinner roll Red delicious apple Strawberry fruited jell-o</p>

HCCSC Let's Talk History on July 16 at 3 pm in Pine Room at Hjemkomst. Shang Stanton's Revolver presented by HCCSC Clay County Collections Manager, Lisa Vedaa
Farmers Market: Every Tuesday in June-October at Trinity Lutheran Church Parking Lot, 213 8th St S, Moorhead with live music from 4-6 pm.

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