

**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

June 2026

June 24: Valley Triad "911 What's Your Emergency?"

Philip Estep with NDSU Extension Gerontology Specialist discusses making sense of sensory loss. Additional MN and ND hearing and vision loss agencies will be in attendance for discussions.

1 Baked chicken thigh Mashed potatoes/gravy Diced beets & Dinner roll Tapioca pudding	2 Lemon pepper fish Vegetable rice pilaf Creamed carrots Diced peaches Sugar cookie	3 Walking Club 11 am About Moorhead 12:30 pm Puzzle & Game Swap 1 pm Chicken fajita Brown rice & Black beans Steamed corn Cherry fruited jell-o	4 Pork chop Scalloped potatoes Brussel sprouts Snickerdoodle cookie	5 Chicken salad/bun Grape tomatoes Cucumbers w/ranch Zebra brownie
8 Movement Education 11 am Potato chip breaded fish Baked sweet potato Green bean almondine Chocolate chip cookie	9 Lutheran hotdish Winter blend Dinner roll Fresh banana Blonde brownie	10 Walking Club 11 am Quilting Group 9 am-4 pm BBQ chicken Au gratin potatoes Grape juice Cranberry cookie	11 Country meatballs Mashed potatoes/gravy Steamed broccoli Watermelon wedge	12 Pork stir fry Brown rice Mixed vegetables Tossed salad/ranch Rice Krispie bar
15 Salisbury steak Mashed potatoes/gravy Stewed tomatoes Butterscotch pudding	16 Chicken wild rice cass Steamed corn Dinner roll & Applesauce Peanut butter bar	17 Walking Club 11 am Celebrate Birthdays! About Moorhead 12:30 pm Citrus glazed fish Baked sweet potato Seasoned peas Dinner roll & Carrot cake	18 HCSCC Let's Talk History 3 pm Smothered chicken Cheesy mashed potato California blend Orange fruited jell-o	19 Juneteenth Holiday & Scandinavian Festival Moorhead Senior Center & Senior Meals CLOSED
22 Chicken Veronique Baked sweet potato Diced beets Cranberry cookie	23 Sweet & sour meatballs Brown rice Mixed veggies Diced peaches Zebra brownie	24 Walking Club 11 am Quilting Group 9 am-4 pm Valley Triad Safety Seminar 1-3 pm Pork chop/gravy Smashed potatoes Confetti coleslaw Dinner roll & Carrot bar	25 Salsa chicken Brown rice & Black beans Tossed salad/ranch Peanut butter brownie RiverArts w/ The Current 4-7 pm	26 Egg bake/sausage links Cubed potatoes Fruit juice Coffeecake muffin
29 BBQ chicken thigh Baked sweet potato Maple Dijon brussel Sprouts Vanilla pudding	30 Valley Triad Mtg 9:30 am Tuna noodle hotdish Peas and carrots Dinner roll Fresh banana Oatmeal raisin cookie	About Moorhead Speakers June 3: Jeff Wallin, Moorhead Fire Chief June 17: Jon Atkins, City Road Repair Plan for Summer 2026	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.	Please call 218-299-5519 with any questions or concerns. Menu is subject to change.

HCSCC Let's Talk History on June 18 at 3 pm meets at Bergquist Log Cabin, 1008 7th St N, Moorhead. Tour and see inside the Swedish Homestead Cabin that was here before Moorhead was founded. Historical Society Board Member Dr. Vijay Gaba will also show his *harmonium*, an instrument he brought from India.

More info at <https://www.moorheadmn.gov/parks-rec/seniors-services/senior-center/events/>.

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