

SEPTEMBER 2026

Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center
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.

GREATER MOORHEAD DAYS - September 3-12

Features the parade on Sept. 4, Medallion Hunt starting on Sept. 5, Midco Kids Fest on Sept. 9, Kicks Band Concert on Sept 12 & so much more!

See the full schedule of events at:
greatermoorheaddays.com.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Please call 218-299-5519 with any questions or concerns. <i>Menu is subject to change.</i>	1 - Sweet & Sour Meatballs - Brown Rice - Crinkle Cut Carrots - Diced Pears - Carrot Bar	2 - A La Moutarde Chicken - Parmesan Garlic Potato - Steamed Broccoli - Peanut Butter Chocolate Chip Cookie Bar	3 Decades in Motion Walking Group - 9:30 am - Pulled pork/bun - Steamed corn - Tossed salad/ranch - Warm cinnamon apples	4 - GREATER MOORHEAD DAYS PARADE, 6 PM - PARADE AFTER PARTY AT SWING BARREL, 7 PM - Chicken kiev - Baked sweet potato - Peas and carrots - Dinner roll - Cranberry cookie
7 Labor Day Moorhead Senior Center and Senior Meals CLOSED	8 - GREATER MOORHEAD DAYS: FARMERS MARKET, 3:30-6:30 PM - Beef stroganoff - Egg noodles - California blend - Diced peaches - Butterscotch pudding	9 Quilting Group - 12:30-4 pm - Braised pork chop - Baked sweet potato - Steamed green beans - Crackerjack cookie	10 Senior Safety Academy 8:30 am-1:30 pm <i>RSVP Required</i> - Shredded BBQ chicken on a bun - Baked beans - Potato salad - Watermelon wedge	11 - Swedish meatballs - Mashed potatoes - Stewed tomatoes - Dinner roll - No bake cookie
14 - BBQ beef patty/bun - Baked sweet potatoes - Applesauce - Salted peanut cookie	15 - Dijon chicken - Smashed potatoes - Fresh banana - Hershey brownie FARMERS MARKET, 3:30-6:30 PM MUSIC AT THE MARKET, 4-6 PM	16 Celebrate Birthdays! - Smothered pork chop - Baked potato - Crinkle cut carrots - Dinner roll - Carrot cake	17 Let's Talk History - 1 pm - Cheese omelet/sausage - Steamed broccoli - Orange juice - Coffeecake muffin	18 - Meat sauce/rotini - Steamed green beans - Hawaiian coleslaw - M & M cookie
21 - Baked chicken thigh - Mashed potato/gravy - Diced beets - Sugar cookie	22 - Lemon pepper fish - Vegetable rice pilaf - Creamed carrots - Diced peaches - Zebra brownie FARMERS MARKET, 3:30-6:30 PM MUSIC AT THE MARKET, 4-6 PM	23 Quilting Group - 12:30-4 pm - Cabbage roll - Parsley buttered potato - Steamed corn - Cranberry cookie	24 - Chicken and noodles - Mixed vegetables - Tossed salad/ranch - Dinner roll - Fruited strawberry jell-o	25 - Bronze pork chop - Scalloped potatoes - Brussel sprouts - Snickerdoodle cookie
28 - Potato chip breaded fish/on a bun - Baked sweet potato - Green bean almondine - Cranberry raisin cookie	29 Valley Triad Mtg - 9:30 am - Lutheran hotdish - Winter blend - Fresh banana - Dinner roll - Blonde brownie FARMERS MARKET, 3:30-6:30 PM MUSIC AT THE MARKET, 4-6 PM	30 - BBQ chicken breast - Brown rice - Crinkle cut carrots - Grape juice - Banana bread	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 Mahjong: Tuesdays, 1-4 pm Social Circle: Mon-Fri 8:30-10:30 am Whist: Mon, Tue, Fri, 1-4 pm Group Singing: Tuesdays, 10:30-11:30am	

Please call 218.299.5519 between 10 am-12:30 pm the day prior for reservations.

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.