

**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
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

April 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.

<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 Americans Act through a contract with the NWRDC under an area plan approved by the Minnesota Board on Aging.</p>	<p>1 Valley Triad Safety Seminar 1-3 pm discussing Healthcare Directives and Funeral Pre-planning Meat sauce/pasta Steamed broccoli Mandarin oranges Mint brownie</p>	<p>2 Pickleball 12:30-2:30 pm Smothered pork chop Baked potato Steamed green beans Dinner roll & Banana bread</p>	<p>3 Chicken pot pie Crinkle cut carrots Biscuit Tossed salad/ranch M & M cookie</p>
<p>6 Pickleball 12:30-2:30 pm Baked chicken thigh Mashed potato/gravy Diced beets & Dinner roll Tapioca pudding</p>	<p>7 Movement Education 10-11 am Lemon pepper fish Vegetable rice pilaf Creamed carrots Diced peaches Zebra brownie</p>	<p>8 Memory Cafe 1-2:30 pm Quilting Group 12:30-4 pm Chicken and noodles Mixed vegetables Red delicious apple Sugar cookie</p>	<p>9 Pickleball 12:30-2:30 pm Bronze pork chop Scalloped potatoes Brussel sprouts Snickerdoodle cookie</p>	<p>10 Chicken fajita Black beans and rice Steamed corn Lime fruited jell-o</p>
<p>13 Pickleball 12:30-2:30 pm Potato chip breaded fish Baked sweet potato Green bean almondine Chocolate chip cookie</p>	<p>14 Lutheran hotdish Winter blend veggies Dinner roll Banana Blonde brownie</p>	<p>15 Celebrate Birthdays! Smothered chicken Brown rice California blend Applesauce & Carrot cake</p>	<p>16 Pickleball 12:30-2:30 pm Let's Talk History 3 pm Country meatballs Mashed potato/gravy Steamed broccoli Heath cookie</p>	<p>17 Pork stir fry/rice Mixed vegetables Diced pears Rice Krispie bar</p>
<p>20 Pickleball 12:30-2:30 pm Salisbury steak Mashed potato/gravy Diced beets & Dinner roll Butterscotch pudding</p>	<p>21 BBQ chicken Au gratin potatoes Diced peaches Peanut butter bar</p>	<p>22 About Moorhead 12:30 pm Quilting Group 12:30-4 pm Citrus glazed fish Vegetable rice pilaf Baked sweet potato Seasoned peas Cranberry raisin cookie</p>	<p>23 Pickleball 12:30-2:30 pm Sloppy joe/bun Baked potato Parslied carrots Orange fruited jell-o</p>	<p>24 Chicken wild rice cass Steamed corn Dinner roll Red delicious apple Molasses cookie</p>
<p>27 Pickleball 12:30-2:30 pm Orange chicken dumpling Brown rice Winter blend veggies Applesauce Cranberry cookie</p>	<p>28 Valley Triad Mtg 9:30 am Tuna noodle hotdish Peas and carrots Dinner roll Fresh banana Zebra brownie</p>	<p>29 Sausage biscuit & gravy California blend Diced pears Carrot bar</p>	<p>30 Pickleball 12:30-2:30 pm BBQ chicken thigh Baked sweet potato Brussel sprouts Peanut butter brownie</p>	<p>New Speaker Series! "About Moorhead" is 12:30-12:45 pm in the Pine Room on April 22. Features Sean Brandenburg, Recreation Director discussing 'Activating Moorhead.'</p>

Go online to moorheadparks.activityreg.com or call 218.299.5340 for more information or to register for exercise classes such as **SAIL or Stretch & Balance**.
 New! HCSCC presents "**Let's Talk History**-Clay County" on April 16 at 3 pm in Oak Room. Featured discussion on FM's Hardanger Fiddle Renaissance presented by Research Historian, Markus Krueger. More info at <https://www.moorheadmn.gov/parks-rec/seniors-services/senior-center/events/>.

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 | Hjerkomst Center, 202 1st Ave N, Moorhead, MN 56560