

**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

# May 2026

**Explore Moorhead Parks, Trails & Outdoor Recreation:**  
<https://www.moorheadmn.gov/parks-rec/parks-and-trails/>

<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><b>About Moorhead</b> is 12:30-12:45 pm in the Pine Room. <b>May 6:</b> Paul Fiechtner, Public Works Director discussing 'Maintaining Moorhead.' <b>May 20:</b> Chris Helmick, Police Chief discussing 'Safeguarding Moorhead.'</p>		<p>1 Hamburger/bun Baked beans Tossed salad/ranch Warm cinnamon apples</p>
<p>4 Chicken veronique Baked sweet potato Diced beets Vanilla pudding</p>	<p>5 Meatsauce/pasta Steamed cauliflower Mandarin oranges Oatmeal raisin cookie</p>	<p>6 <b>Movement Edu. 11 am-12 pm</b> <b>About Moorhead 12:30 pm</b> Pork roast/gravy Smashed potatoes Confetti coleslaw Dinner roll Cinnamon sandwich bar</p>	<p>7 Salsa chicken Brown rice Baby carrots Banana Fruited cherry jell-o</p>	<p>8 Egg bake/sausage link Cubed potatoes Applesauce Banana bread</p>
<p>11 Ranch chicken thigh Mashed potatoes/gravy Tropical fruit Dinner roll Chocolate chip cookie</p>	<p>12 Sweet &amp; sour meatballs Brown rice Crinkle cut carrots Diced pears Carrot bar</p>	<p>13 <b>Quilting Group 12:30-4 pm</b> Moutarde chicken Parmesan potatoes Steamed broccoli Peanut butter cookie</p>	<p>14 Pulled pork/bun Steamed corn Potato salad Warm cinnamon apples</p>	<p>15 Chicken kiev Baked sweet potato Peas &amp; carrots Dinner roll Cran raisin cookie</p>
<p>18 Herb baked fish Baked potato Parslied carrots Butterscotch pudding</p>	<p>19 Beef stroganoff Egg noodles California blend Diced peaches No bake cookie</p>	<p>20 <b>Celebrate Birthdays!</b> <b>About Moorhead 12:30 pm</b> Rosemary chicken Parmesan garlic potatoes Brussel sprouts Cherry jell-o cake</p>	<p>21 <b>HCSCC Let's Talk History 3 pm</b> Braised pork chop Baked sweet potato Green beans &amp; Dinner roll Crackerjack cookie</p>	<p>22 Swedish meatballs Mashed potatoes Stewed tomatoes Dinner roll Fruited orange jell-o</p>
<p>25 <b>Memorial Day</b>  <b>Moorhead Senior Center &amp; Senior Meals CLOSED</b></p>	<p>26 <b>Valley Triad Mtg 9:30 am</b> Djon chicken Smashed potatoes Fruit cocktail Salted peanut cookie</p>	<p>27 <b>Quilting Group 12:30-4 pm</b> BBQ beef patty/bun Baked beans Baby carrots Mint brownie</p>	<p>28 Smothered pork chop Baked potato Hawaiian coleslaw Dinner roll Cranberry cookie</p>	<p>29 Cheese omelet/sausage Steamed broccoli Fruit juice Coffeecake muffin</p>

Go online to [moorheadparks.activityreg.com](http://moorheadparks.activityreg.com) or call 218.299.5340 for more info or to register for exercise classes such as **SAIL** or **Water Exercise**. **HCSCC Let's Talk History** on May 21 at 3 pm in Oak Room. Featured discussion on Flying Fearless: Stella Fernandez Watson, Stunt Flying and First Female "Aerial Cop" presented by Clay County Archivist, Petra Gunderson-Leith. 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](http://moorheadseniors.com) Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560**