

**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

March 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. **No Program: March 26**

2 Pickleball 12:30-2:30 pm Orange marmalade Chicken Scalloped potatoes Winter blend veggies Snickerdoodle cookie	3 Beef stew & Biscuit Steamed baby carrots Diced pears P.butter/choc cookie bar	4 BBQ chicken thigh Baked potato Maple Dijon brussel sprouts Sugar cookie	5 Pickleball 12:30-2:30 pm Tuna noodle hotdish Steamed green beans Fresh orange & Dinner roll Strawberry fruited jell-o	6 Hamburger/bun Baked beans Tossed salad/ranch Warm cinnamon apples
9 Pickleball 12:30-2:30 pm Tater tot hotdish California blend Diced peaches Dinner roll Vanilla pudding	10 Chicken veronique Baked sweet potato Diced beets Oatmeal raisin cookie	11 Memory Cafe 1-2:30 pm Quilting Group 12:30-4 pm Pork roast/gravy Smashed potatoes Confetti coleslaw Dinner roll Cinnamon sandwich bar	12 Pickleball 12:30-2:30 pm Egg bake/sausage links Cubed potatoes Applesauce Coffeecake muffin	13 Salsa chicken Brown rice Black beans Fresh pear Peanut butter cookie
16 Pickleball 12:30-2:30 pm Ranch chicken thigh Mashed potatoes/gravy Tropical fruit & Dinner roll Double chip cookie	17 Cabbage rolls Parsley buttered potato Seasoned broccoli Sugar cookie	18 Celebrate Birthdays! Sweet & sour meatballs Brown rice Mixed vegetables Diced pears Chocolate cake	19 Pickleball 12:30-2:30 pm Chicken kiev Scalloped potatoes Peas and carrots Dinner roll Cranberry raisin cookie	20 Pulled pork/bun Steamed corn Potato salad Warm cinnamon apples
23 Pickleball 12:30-2:30 pm Herb baked fish Baked potato Parslied carrots Butterscotch pudding	24 Beef stroganoff Egg noodles Mixed vegetables Diced peaches No bake cookie	25 Quilting Group 12:30-4 pm Moutarde chicken Parmesan garlic potatoes Steamed broccoli Carrot bar	26 Swedish meatballs Mashed potatoes/gravy Steamed corn Dinner roll Orange jello w/mandarins	27 Braised pork chop Baked sweet potatoes Steamed green beans Dinner roll Crackerjack cookie
30 Pickleball 12:30-2:30 pm BBQ beef patty/bun Baked beans Applesauce Cranberry cookie	31 Valley Triad Mtg 9:30 am Djon chicken Smashed potatoes Creamed corn Salted peanut cookie	Celtic Festival Saturday, March 14 10am-4pm (doors 9:30am), \$5 admission, kids 10 and under free	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.	Please call 218-299-5519 with any questions or concerns. Menu is subject to change.

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**.

AARP Free Income Tax Assistance: By Appointment Only - Call or Text 701.335.6509. Thursdays at the Hjemkomst until April 9.

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