

Weekly Activities

ARTIST GROUP: Thursday 1:00-3:00 pm
BRIDGE: Monday, Thursday, Friday 12:30-4:00 pm
DOUBLE PINOCHLE: M, W, F 9:00 am-Noon
GROUP SINGING: Tuesday 10:30-11:30 am
MAHJONG: Tuesday 1:00-4:00 pm
SOCIAL CIRCLE: Mon-Fri 8:30-10:30 am
WHIST: Monday, Tuesday, Friday 1:00-4:00 pm

AUGUST 2026

Farmers Market: Every Tuesday June-October at
 Trinity Lutheran Church Parking Lot, 213 8th St S,
 Moorhead with live music from 4-6 pm.

*If weather is not ideal, the Market will be inside
 the Trinity Lutheran Church lobby.*

3 Potato chip breaded fish Baked sweet potato Green bean almondine Cranberry cookie	4 Lutheran hotdish Winter blend Dinner roll Fresh banana Blonde brownie	5 Puzzle & Game Swap 1 pm BBQ chicken breast Brown rice Crinkle cut carrots Grape juice Cinnamon sandwich bar RiverArts 5:30-8 pm	6 Decades in Motion Walking Group, 9:30 am Country meatballs Mashed potato/gravy Steamed broccoli Rice Krispie bar	7 Sloppy joe/bun Potato salad Baked beans Warm cinnamon apples
10 Chicken wild rice cass, Steamed corn Dinner roll Applesauce Butterscotch pudding	11 Citrus glazed fish Baked sweet potato Seasoned peas Peanut butter bar	12 Quilting Group 9 am-4 pm Salisbury steak Mashed potato/gravy Stewed tomatoes Dinner roll, Heath cookie	13 Smothered chicken Cheesy mashed potato California blend Orange fruited jell-o	14 Egg salad/bun Cucumber slices/ranch Grape tomatoes Chocolate chip cookie
17 Orange chicken dumplings Brown rice Crinkle cut carrots Diced pears, White chip cran cookie	18 Hamburger/bun Baked beans Potato salad Warm cinnamon apples	19 BBQ chicken thigh Baked sweet potato Brussel sprouts Chocolate cake RiverArts 5:30-8 pm	20 Tuna noodle hotdish Peas and carrots Dinner roll Watermelon wedge Oatmeal raisin cookie	21 Chicken fajita/tortilla Black beans Steamed corn Peanut butter brownie
24 Tater tot hotdish Steamed broccoli Dinner roll Diced peaches Vanilla pudding	25 Chicken Veronique Baked sweet potato Diced beets Zebra brownie	26 Quilting Group 9 am-4 pm Pork chop/gravy Smashed potatoes Confetti coleslaw Dinner roll, Carrot bar	27 Salsa chicken Brown rice Black beans Tossed salad/ranch Cherry fruited jell	28 Egg bake/sausage links Cubed potatoes Orange juice Coffeecake muffin
31 Baked chicken thigh Baked potato Mixed vegetables Sugar cookie			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.

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.