

**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
- **Whist:** Mon, Tue, Fri, 1-4 pm
- **Group Singing:** Tuesdays, 10:30-11:30 am

June 2024

**\*\*Special Event:** June 26, 1-3 pm in Oak Room: Valley Triad Safety Seminar with Essentia Health. Topics include stroke symptoms, risk factors, tips to lower risk, and life alert options.

**Walking Club:** Wednesdays, June 5-July 31 (not June 19). Meet at 11 am at the Hjemkomst Center East Doors. More info at [moorheadseniors.com](http://moorheadseniors.com).

3 Baked chicken thigh Rosemary roasted potato Diced peaches Chocolate pudding	4 Lemon pepper fish Vegetable rice pilaf Creamed peas Banana Rice Krispie bar	5 <b>Movement Education 10-11am</b> <b>BINGO 1-3 pm</b> Bronze pork loin Scalloped potatoes Dinner roll & Applesauce Heath cookie	6 Chicken and noodles Steamed baby carrots Tossed salad/ranch Zebra brownie	7 Meatloaf Baked potato Stewed tomatoes Dinner roll Peanut butter cookie
10 Potato chip breaded fish Whole wheat bun Baked sweet potato Green bean almondine Cranberry cookie	11 <b>RiverArts 5:30-8 pm</b> Lutheran hotdish Steamed peas Dinner roll Diced pears Blonde brownie	12 <b>Caregiver Conference 1-4pm</b> <b>Quilting Group 12:30-4pm</b> Tarragon chicken Parsley buttered potato Crinkle cut carrots Cinnamon bar	13 Sweet & sour pork Brown rice Mixed vegetables Tropical fruit Oatmeal scotchie cookie	14 Country meatballs Mashed potato/gravy Steamed beets Dinner roll Apple crisp
17 Chicken wild rice hotdish Steamed corn Pineapple tidbits Vanilla pudding	18 Salisbury steak Mashed potato Apricot halves Dinner roll M & M cookie	19 <b>Juneteenth Holiday: Senior Center &amp; Meals CLOSED</b> Citrus glazed fish Au gratin potatoes Parslied carrots Orange jell-o cake	20 <b>Breakfast Club at Fryn' Pan</b> <b>Celebrate birthdays!</b> Sloppy joe/bun Baked beans Potato salad Hershey brownie	21 <b>Scandinavian Festival: Senior Center &amp; Meals CLOSED</b> Chicken marsala Baked sweet potato Dinner roll & Fresh apple Cracker jack cookie
24 Beef stew Winter blend veggies Biscuit Tropical fruit Molasses cookie	25 <b>Valley Triad Mtg 9:30am</b> <b>RiverArts 5:30-8 pm</b> Tuna noodle hotdish Steamed peas Dinner roll & Banana Peanut butter brownie	26 <b>**Special Event 1-3 pm</b> <b>Quilting Group 12:30-4pm</b> Orange marmalade Chicken Scalloped potatoes Steamed fresh cabbage Sugar cookie	27 Sweet & sour meatballs Brown rice Crinkle cut carrots Tossed salad/ranch Fruited strawberry jell-o	28 BBQ chicken thigh Baked potato Maple Dijon brussel Sprouts Choctau bar
	<b>Farmers Market,</b> Viking Ship Park at Hjemkomst, on Tuesdays, June 4-Sept 24 from 3:30-6:30 pm with live music 4-6 pm		Please call 218-299-5519 With any questions or concerns. Menu is subject to change.	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.

**Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$4. The cost is \$8 if you are under 60.**

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

**Monday-Friday (except holidays) | 11:45 am | Hjemkomst Center, 202 1st Ave N, Moorhead, MN 56560**