

**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
- **Social Circle:** Mon-Fri 8:30-10:30 am
- **Whist:** Mon, Tue, Fri, 1-4 pm
- **Group Singing:** Tuesdays, 10:30-11:30 am

# July 2025

Online Senior Planet from AARP fitness classes held in-person at Hjemkomst Center. Limited seats. Free to attend. RSVP appreciated by calling 218.299.5514 or online at moorheadparks.activityreg.com.

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.	1 <b>Movement Education 10-11am</b> <b>Easy-to-Follow Tai Chi 1-2pm</b> Baked chicken thigh Mashed potatoes/gravy Diced beets Dinner roll Oatmeal raisin cookie	2 <b>Walking Club at 11 am</b> <b>Bingo 1-3pm</b> BBQ beef patty/bun Green beans Pasta salad Lime jell-o with pears	3 <b>Functional Strength Training 10:30-11:30 am</b> Chicken and noodles Steamed baby carrots Dinner roll Diced peaches Rice Krispie bar	4 Happy Independence Day  Moorhead Senior Center and Senior Meals <b>CLOSED</b>
7 Potato chip breaded fish On a bun Potato salad Green bean almondine Double chip cookie	8 <b>Easy-to-Follow Tai Chi 1-2 pm</b> Lutheran hotdish Steamed peas Dinner roll & Fresh pear Apple crisp	9 <b>Walking Club at 11 am</b> <b>Quilting Group 12:30-4pm</b> <b>Memory Cafe 1-2:30 pm</b> Tarragon chicken Parsley buttered potato Tossed salad/ranch M & M cookie	10 <b>Functional Strength Training 10:30-11:30 am</b> Sweet & sour pork Brown rice Mixed veggies Watermelon wedge Oatmeal scotchie cookie	11 <b>Taijiquan (Tai Chi) 10:30-11:30 am</b> Country meatballs Mashed potato/gravy Seafoam salad w/ pineapple Zebra brownie
14 <b>Chair Yoga 10:30-11:30 am</b> Chicken wild rice hotdish Steamed corn Dinner roll Pineapple tidbits Vanilla pudding	15 <b>Easy-to-Follow Tai Chi 1-2 pm</b> Salisbury steak Mashed potatoes/gravy Parslied carrots Dinner roll Fudge brownie	16 <b>Walking Club at 11 am</b> <b>Celebrate Birthdays!</b> Citrus glazed fish Au gratin potatoes Peas Confetti cake	17 <b>Breakfast Club at Fryn' Pan</b> <b>Functional Strength Training 10:30-11:30 am</b> Sloppy joe/bun Baked beans Potato salad & Carrot bar	18 <b>Taijiquan (Tai Chi) 10:30-11:30 am</b> Chicken marsala Baked sweet potato Tossed salad/ranch Crackerjack cookie
21 <b>Chair Yoga 10:30-11:30 am</b> Beef stew Biscuit Winter blend veggies Tropical fruit Cranberry cookie	22 <b>Easy-to-Follow Tai Chi 1-2 pm</b> Tuna noodle hotdish Steamed peas Dinner roll Fresh orange Peanut butter brownie	23 <b>Walking Club at 11 am</b> <b>Quilting Group 12:30-4 pm</b> Orange marmalade Chicken Scalloped potatoes Steamed cabbage Salted peanut cookie	24 <b>Functional Strength Training 10:30-11:30 am</b> Hamburger/bun Rosemary roasted potato Calico beans Cinnamon sandwich bar	25 BBQ chicken thigh Baked potato Maple Dijon brussel Sprouts Orange fruited jell-o
28 <b>Chair Yoga 10:30-11:30 am</b> Tater tot hotdish California blend Dinner roll Diced peaches Tapioca pudding	29 <b>Valley Triad Mtg 9:30 am</b> <b>Easy-to-Follow Tai Chi 1-2 pm</b> Chicken veronique Baked sweet potato Diced beets Oatmeal scotchie cookie	30 <b>Walking Club at 11 am</b> Pork roast Mashed potato/gravy Hawaiian coleslaw Dinner roll & Heath cookie	31 <b>Functional Strength Training 10:30-11:30 am</b> Chicken salad/bun Cherry tomatoes Cucumber slices Zebra brownie	Please call 218-299-5519 with any questions or concerns. Menu is subject to change.

**Farmers Market:** Every Tuesday in June-October at Viking Ship Park at Hjemkomst, 3:30-6:30 pm with live music 4- 6 pm

**RiverArts:** 5:30-8 pm at Viking Ship Park at Hjemkomst : [July 9](#) featuring Heart&Soul and [July 23](#) featuring October Road. More info at [cityofmoorhead.com/RiverArts](http://cityofmoorhead.com/RiverArts).

**Enjoy a hot, nutritious, congregate meal! If you are 60 or older the suggested donation is \$5. The cost is \$9 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**