

# OCTOBER 2026

## 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, 10:30-11:30am

| MONDAY                                                                                                         | TUESDAY                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                | THURSDAY                                                                                                                                               | FRIDAY                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| Please call<br>218-299-5519 with any<br>questions or concerns.<br><i>Menu is subject to change.</i>            |                                                                                                                                                                                                                                                      |                                                                                                                                                                                          | 1 <b>Decades in Motion<br/>Walking Group - 9:30 am</b><br><br>• Country meatballs<br>• Mashed potato/gravy<br>• Steamed broccoli<br>• Rice Krispie bar | 2<br><br>• Sloppy joe/bun<br>• Baked beans<br>• Potato salad<br>• Warm cinnamon<br>apples                              |
| 5<br><br>• Chicken wild rice cass<br>• Steamed corn<br>• Dinner roll<br>• Applesauce<br>• Butterscotch pudding | 6<br><br>• Salisbury steak<br>• Mashed potato/gravy<br>• Stewed tomatoes<br>• Choctau bar                                                                                                                                                            | 7 <b>Quilting Group -<br/>12:30-4 pm</b><br><br>• Citrus glazed fish<br>• Baked sweet potato<br>• Seasoned peas<br>• Peanut butter bar                                                   | 8<br><br>• Chili/saltines<br>• Baked potato<br>• Tossed salad/ranch<br>• Heath cookie                                                                  | 9<br><br>• Smothered chicken<br>• Cheesy mashed potato<br>• Glazed carrots<br>• Dinner roll<br>• Orange fruited jell-o |
| 12<br><br>• BBQ chicken thigh<br>• Baked sweet potato<br>• Brussel sprouts<br>• Cranberry cookie               | 13<br><br>• Tuna noodle casserole<br>• Peas and carrots<br>• Dinner roll<br>• Banana<br>• Oatmeal raisin cookie<br><br><small>FARMERS MARKET, 3:30-6:30 PM<br/>MUSIC AT THE MARKET, 4-6 PM<br/>Located at Trinity Lutheran Church</small>            | 14<br><br>• Orange chicken dumplings<br>• Brown rice<br>• Crinkle cut carrots<br>• Diced pears<br>• Carrot bar                                                                           | 15 <b>Let's Talk<br/>History - 3pm</b><br><br>• Hamburger/bun<br>• Baked beans<br>• Potato salad<br>• Warm cinnamon apples                             | 16<br><br>• Chicken fajita/tortilla<br>• Black beans<br>• Steamed corn<br>• Peanut butter brownie                      |
| 19<br><br>• Tater tot hotdish<br>• Steamed broccoli<br>• Dinner roll<br>• Diced peaches<br>• Vanilla pudding   | 20<br><br>• Chicken Veronique<br>• Baked sweet<br>potato<br>• Diced beets<br>• Zebra brownie<br><br><small>FARMERS MARKET, 3:30-6:30 PM<br/>MUSIC AT THE MARKET, 4-6 PM<br/>Located at Trinity Lutheran Church</small>                               | 21 <b>Quilting Group &amp; Celebrate<br/>Birthdays!</b><br>- 12:30-4 pm<br><br>• Pork chop/gravy<br>• Smashed potatoes<br>• Confetti coleslaw<br>• Dinner roll<br>• Confetti cake        | 22<br><br>• Salsa chicken<br>• Brown rice<br>• Black beans<br>• Tossed salad/ranch<br>• Cherry fruited jell-o                                          | 23<br><br>• Egg bake/sausage links<br>• Cubed potatoes<br>• Orange juice<br>• Coffeecake muffin                        |
| 26<br><br>• Baked chicken thigh<br>• Baked potato<br>• Mixed vegetables<br>• Sugar cookie                      | 27 <b>Valley Triad Mtg - 9:30 am</b><br><br>• Sweet & sour<br>meatballs<br>• Brown rice<br>• Crinkle cut<br>carrots<br><br>• Diced pears<br>• PB chocolate<br>bar<br><br><small>FARMERS MARKET, 3:30-6:30 PM<br/>MUSIC AT THE MARKET, 4-6 PM</small> | 28 <b>Senior Safety Academy</b><br>8:30 am-1:30 pm<br><i>RSVP Required</i><br><br>• Chicken pot pie/biscuit<br>• Steamed broccoli<br>• Warm cinnamon apples<br>• Cranberry raisin cookie | 29<br><br>• Meatloaf<br>• Parmesan garlic potato<br>• Steamed corn<br>• Dinner roll<br>• Pumpkin bread                                                 | 30<br><br>• Chicken cordon bleu<br>• Baked sweet potatoes<br>• Diced beets<br>• Sliced apples w/caramel                |

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

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.

Monday-Friday (except holidays) 11:45 am | Hjemkomst Center

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.