

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



**1**  
**9:00 Geri-Fit**  
**10:00 Senior Exercise**  
**11:00 Walkonding Rube Band**  
**1:00 Euchre**

**Beef Goulash**  
**Italian Blend Vegetables**  
**Cherry Crisp**  
**Frosted Lime Salad**  
**Italian Bread & Milk**

**4**



**5**  
**8:00 Yoga**  
**9:15 Line Dancing**  
**10:00 Meditation**  
**11:30 Blood Pressure Checks w/ Lafayette Pointe**  
**1:00 Hausey**

**1:30 Produce Pick-up**  
**Turkey Cobb Salad (Lettuce, Grape Tomatoes, Onion, Cucumber, Peas)**  
**100% Fruit Juice**  
**Crackers**  
**Fruit Muffin & Milk**

**6**  
**9:00 Geri-Fit**  
**10:00 Senior Exercise**  
**11:30 Blood Pressure Checks w/ Danbury Senior Living**  
**12:00 PERI**

**Swedish Meatballs**  
**Alfredo Noodles**  
**Capri Blend Vegetables**  
**Banana**  
**Breadstick & Milk**

**7**  
**8:00 Yoga**  
**9:15 Cardio Drumming**  
**1:00 Bingocize**

**Shredded Chicken w/ Bun**  
**Au Gratin Potatoes**  
**Lima Beans**  
**Tropical Fruit**  
**Milk**

**8** **9:00 Geri-Fit**  
**10:00 Senior Exercise**  
**11:00 Falls Prevention Presentation**  
**12:00 CarFit Clinic—by appointment only**  
**1:00 Euchre**

**Stuffed Green Pepper Soup**  
**Spinach Salad w/ Tomato**  
**String Cheese**  
**Pear Chunks**  
**Breadstick**  
**Crackers & Milk**

**11**  
**10:00 Senior Exercise**  
**11:00 Penny Bingo**  
**1:00 Geri-Fit**  
**1:00 Paint Party w/ Coshocton Art Guild**

**Mac-n-Cheese**  
**Stewed Tomatoes**  
**Mixed Fruit**  
**Apple Slices**  
**Vanilla Wafers**  
**Dinner Roll & Milk**

**12** **8:00 Yoga**  
**9:15 Line Dancing**  
**10:00 Meditation**  
**1:00 Hausey**

**11:30-4 Commodity Box Pick-up**  
**Chicken Broccoli Divan over Rice**  
**Roasted Sweet Potatoes**  
**Yellow Squash**  
**Orange Pineapple Fluff**  
**Dinner Roll & Milk**

**13** **9:00 Geri-Fit**  
**10:00 Senior Exercise**  
**11:45 Nutrition Education-“Diabetes: What You Need to Know”**  
**1:00 Movie Matinee- A Man Called Otto**  
**“Plow Boy” Baked Potato**  
**Pulled Pork**  
**Broccoli & Cheese**  
**Coleslaw**  
**Dinner Roll & Milk**

**14** **8:00 Yoga**  
**9:15 Cardio Drumming**  
**11:30 Blood Pressure Checks w/ Coshocton Public Health**  
**1:00 Bingocize**

**Pancakes**  
**Scrambled Eggs**  
**Baked Cinnamon Apples**  
**Grapes**  
**100% Fruit Juice**  
**Granola & Milk**

**15** **9:00 Geri-Fit**  
**10:00 Senior Exercise**  
**11:00 Mike Hoskins– Piano**  
**11:30 Blood Pressure Checks w/ Signature**  
**1:00 Euchre**

**Grilled Chicken Sandwich w/ Cheese, Mushrooms & Onions**  
**Potato Wedges**  
**California Blend Veggies w/ Cheese**  
**Pineapple & Milk**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>18</b>  <b>10:00 Senior Exercise</b>  <b>11:00 Penny Bingo</b>  <b>11:30 Blood Pressure</b>  <b>Checks w/ Interim Hospice</b>  <b>1:00 Geri-Fit</b></p> <p>Taco Salad (Lettuce, Tomato, Cheese, Meat, Beans, Sour Cream &amp; Salsa)  100% Fruit Juice Sidekick  Doritos  Rice Krispy Treat &amp; Milk</p>	<p><b>19</b>  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>1:00 Hausey</b></p> <p>Mini Corndogs  Battered Cauliflower  Tater Tots  Mandarin Oranges  Animal Crackers &amp; Milk</p>	<p><b>20 9:00 Geri-Fit</b>  <b>10:00 Senior Exercise</b>  <b>11:00 Medicare 101</b>  <b>12:00 Birthday Party–</b>  <b>Sponsored by Altercare</b>  <b>1:00 Toilet Paper Pumpkin</b>  <b>Craft– Sign-up is required.</b></p> <p>Chicken Noodles  Mashed Potatoes  Peas &amp; Pearl Onions  Fresh Cut Fruit  Bread &amp; Milk</p>	<p><b>21</b>  <b>8:00 Yoga</b>  <b>9:15 Cardio Drumming</b>  <b>1:00 Bingocize</b></p> <p>Ham, Green Beans &amp; Red Skin Potatoes  Noodles  Warm Applesauce  Strawberry Jell-O w/ Fruit  Dinner Roll &amp; Milk</p>	<p><b>22</b>  <b>9:00 Geri-Fit</b>  <b>10:00 Senior Exercise</b>  <b>1:00 Euchre</b></p> <p>Hamburger Gravy  Mashed Potatoes  Green Beans  Apricots  Dinner Roll &amp; Milk</p>
<p><b>25</b>  <b>10:00 Senior Exercise</b>  <b>11:00 Penny Bingo</b>  <b>1:00 Geri-Fit</b></p> <p>Pizza Casserole  Broccoli &amp; Cauliflower  Apple Crisp  Side Salad w/ Dressing  Garlic Cheddar Biscuit &amp; Milk</p>	<p><b>26</b>  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>1:00 Hausey</b></p> <p>Sausage Gravy &amp; Biscuit  Hash Brown  Spiced Peaches  Yogurt  100% Orange Juice &amp; Milk</p>	<p><b>27</b>  <b>9:00 Geri-Fit</b>  <b>10:00 Senior Exercise</b>  <b>1:00 Open House Bingo</b></p> <p>Roast Pork Loin w/ Gravy  Mashed Potatoes  Brussels Sprouts  Cantaloupe  Dinner Roll &amp; Milk</p>	<p><b>28</b>  <b>8:00 Yoga</b>  <b>9:15 Cardio Drumming</b>  <b>1:00 Bingocize</b></p> <p>Tuna Noodle Casserole  Sweet Potato Tots  Mixed Veggies  Pea Salad  Bread &amp; Milk</p>	<p><b>29</b>  <b>9:00 Geri-Fit</b>  <b>10:00 Senior Exercise</b>  <b>11:00 Medicare Information</b>  <b>w/ Senior Benefit Advantage</b>  <b>1:00 Euchre</b></p> <p>Chili  Baby Bakers  Corn  Ambrosia Salad  Cornbread &amp; Milk</p>



**Soup of the Month:**

**Beef Vegetable**

**Take-Out Salads:**

**Choice of toppings and dressings, includes crackers**

**\*Served 11-1. Cost is \$3 each.**



To access ingredient content, visit [www.knohoco.org](http://www.knohoco.org) or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

**Menu subject to change.**