




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p style="text-align: center; font-size: 48px; font-weight: bold; color: white; background-color: black; padding: 10px;">November</p>		<p><b>1</b> 9:00 Geri-Fit  10:00 Senior Exercise  11:30 Blood Pressure Checks w/ Danbury Senior Living  12:00 PERI  Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream &amp; Taco Sauce)  Plum  Corn Chips  Cookie &amp; Milk</p>	<p><b>2</b>  8:00 Yoga  9:15 Cardio Drumming  10:30 Chair Yoga  1:00 Bingocize    Shredded Chicken w/ Bun  Au Gratin Potatoes  Carrot Coins  Pear Chunks  Vanilla Pudding  Milk</p>	<p><b>3</b>  9:00 Geri-Fit  10:00 Senior Exercise  11:00 Yoga for Chronic Pain  1:00 Euchre    Cheeseburger w/ Bun (Lettuce, Tomato, Onion)  Pickle Spear  Potato Wedges  Green Beans  Tropical Fruit &amp; Milk</p>
<p><b>6</b>  10:00 Senior Exercise  11:00 Penny Bingo  1:00 Geri-Fit    Cheese Omelet  Bacon &amp; Cheddar Tater Kegs  Sausage Links  Chunky Applesauce  Bagel w/ Cream Cheese  Dragon Punch &amp; Milk</p>	<p><b>7</b> 8:00 Yoga  9:15 Line Dancing  10:00 Meditation  11:30 Blood Pressure Checks w/ Lafayette Pointe  1:00 Hausey    Cod Nuggets  Mac-n-Cheese  Peas &amp; Carrots  Strawberry Jell-O w/ Fruit  Coleslaw  Garlic Cheddar Biscuit &amp; Milk</p>	<p><b>8</b>  9:00 Geri-Fit  10:00 Senior Exercise  11:00 Curtis Chamberlain  1:00 Movie Matinee- <i>The Da Vinci Code</i>  Ham &amp; Bean Soup  Cottage Cheese  Carrot Raisin Salad  Banana  Cornbread  Milk</p>	<p><b>9</b>  8:00 Yoga  9:15 Cardio Drumming  10:30 Chair Yoga  11:30 Blood Pressure Checks w/ Coshocton Public Health  1:00 Bingocize  Chicken &amp; Noodles  Mashed Potatoes  Succotash  Fresh Cut Fruit  Dinner Roll &amp; Milk</p>	<p><b>10</b>  8-10 Coffee Klatch for Veterans  9:00 Geri-Fit  10:00 Senior Exercise  1:00 Euchre    Tater Tot Casserole  Mixed Veggies  Peach Crisp  Raisins  Animal Crackers  Bread &amp; Milk</p>
<p><b>13</b>  10:00 Senior Exercise  11:00 Penny Bingo  1:00 Paint Party w/ Coshocton Art Guild  1:00 Geri-Fit    Sloppy Joe w/ Bun  Cheesy Hash Brown Casserole  Baked Beans  Fruit Cocktail  Milk</p>	<p><b>14</b> 8:00 Yoga  9:15 Line Dancing  10:00 Meditation  1:00 Hausey  <u>11:30-4 Commodity Box Pick-up</u>  Sweet &amp; Sour Chicken over White Rice  Veggie Egg Roll  Oriental Blend Vegetables  Fortune Cookie  Grapes &amp; Milk</p>	<p><b>15</b> 9-3 Medicare Counseling- by appointment ONLY  9:00 Geri-Fit  10:00 Senior Exercise  12:00 Birthday Party- Sponsored by Altercare  1:00 Fall Craft- sign-up required as space is limited  Turkey Bacon Wrap  Broccoli Cheese Soup  Carrots w/ Ranch  Loaded Potato Salad  Brownie &amp; Milk</p>	<p><b>16</b>  8:00 Yoga  10:30 Chair Yoga  11:00 Honor Flight Presentation    Meatloaf  Cheddar Mashed Potatoes  California Blend Vegetables  Tossed Salad w/ Dressing  Orange Pineapple Fluff  Dinner Roll &amp; Milk</p>	<p><b>17</b>  9:00 Geri-Fit  10:00 Senior Exercise  11:30 Blood Pressure Checks w/ Signature  1:00 Euchre    Bologna &amp; Cheese w/ Bun  7 Layer Salad  Banana  Fig Newton  Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>20</b>  10:00 Senior Exercise  11:00 Penny Bingo  11:30 Blood Pressure  Checks w/ Interim Hospice  1:00 Geri-Fit</p> <p>Grilled Chicken Salad  (Lettuce, Tomato, Egg,  Cucumber, Cheese)  Apple Slices  Rice Krispy Treat  100% Fruit Juice  Crackers &amp; Milk</p>	<p><b>21</b> 8:00 Yoga  10:00 Meditation  11:00 Mike Hoskins– piano  1:00 Hausey</p> <p><b>12:00 Thanksgiving Luncheon</b></p> <p>Hot Sliced Turkey w/ Gravy  over Bread Dressing  Mashed Potatoes  Green Bean Casserole  Cranberry Sauce  Pumpkin Pie  Dinner Roll &amp; Milk</p>	<p><b>22</b>  9:00 Geri-Fit  10:00 Senior Exercise</p> <p>Spaghetti w/ Mini Meatballs  Green Beans  Warm Cinnamon Applesauce  Cucumber Ranch Salad  Breadstick &amp; Milk</p>	<p><b>23</b> <b>24</b></p> 	
<p><b>27</b>  10:00 Senior Exercise  11:00 Penny Bingo  1:00 Geri-Fit</p> <p>Mac-n-Cheese  Sweet Baby Peas  Stewed Tomatoes  Mandarin Oranges  Dinner Roll &amp; Milk</p>	<p><b>28</b>  8:00 Yoga  9:15 Line Dancing  10:00 Meditation  1:00 Hausey</p> <p>Pizza Burger w/ Bun  Sweet Potato Tots  Broccoli &amp; Cauliflower  Pineapple Tidbits  Butterscotch Pudding  Milk</p>	<p><b>29</b>  9:00 Geri-Fit  10:00 Senior Exercise  11:15 Medicare Fraud  1:00 Open House Bingo</p> <p>Breakfast Casserole  Hash Brown  Tomato Juice  Peaches &amp; Prunes  Fruit Muffin &amp; Milk</p>	<p><b>30</b>  8:00 Yoga  9:15 Cardio Drumming  10:30 Chair Yoga  1:00 Bingocize</p> <p>Vegetable Lasagna  Yellow Squash  Cherry Crisp  Tossed Salad w/ Dressing  Breadstick &amp; Milk</p>	



**Soup of the Month:**

**Stuffed Pepper**

**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.**