

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



**1**  
**8:00 Yoga**  
**9:15 Cardio Drumming**  
**10:30 Chair Yoga**  
**12:45 Bingocize**

Pizza Burger w/ Bun  
 Sweet Potato Tots  
 California Blend Vegetables  
 Mandarin Oranges  
 Milk

**2**  
**10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**1:00 Euchre**

Chicken Broccoli Divan  
 Steamed White Rice  
 Brussels Sprouts  
 Ambrosia Salad  
 Bread & Milk

**5 10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**11:00 Penny Bingo**  
**12:45 Bingocize**

Taco Salad (Lettuce, Tomato,  
 Meat, Beans, Cheese, Sour  
 Cream & Salsa)  
 Doritos  
 100% Fruit Juice Sidekick  
 Rice Krispy Treat & Milk

**6**  
**8:00 Yoga**  
**9:15 Line Dancing**  
**10:00 Meditation**  
**11:30 Blood Pressure Checks**  
**w/ Lafayette Pointe**  
**1:00 Hausey**

Chicken Patty w/ Bun  
 Au Gratin Potatoes  
 Battered Cauliflower w/  
 Ranch  
 Tropical Fruit  
 Milk

**7 10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**11:30 Blood Pressure**  
**Checks w/ Danbury Senior**  
**Living**  
**1:00 Valentine Craft-**  
**Sign-up required as space is**  
**limited!**

Sloppy Joe w/ Bun  
 Tater Tots  
 Baked Beans  
 Grapes  
 Milk

**8 8:00 Yoga**  
**9:15 Cardio Drumming**  
**10:30 Chair Yoga**  
**11:30 Blood Pressure Checks**  
**w/ Coshocton Public Health**  
**12:45 Bingocize**

Turkey Bacon Ranch Wrap  
 w/ Lettuce  
 Potato Soup  
 Banana  
 Macaroni Salad  
 Goldfish Crackers  
 Milk

**9**  
**10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**1:00 Euchre**

Sausage & Egg Muffin  
 Bacon & Cheese Tater Kegs  
 Warm Cinnamon Apples  
 V8 Juice  
 Milk

**12 10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**11:00 Penny Bingo**  
**11:30 Blood Pressure**  
**Checks w/ Interim**  
**12:45 Bingocize**

Hamburger w/ Bun  
 (Lettuce, Tomato, Onion)  
 Tater Wedges  
 Cauliflower w/ Cheese  
 Pickle Spear  
 Butterscotch Pudding  
 Milk

**13 8:00 Yoga**  
**9:15 Line Dancing**  
**10:00 Meditation**  
**1:00 Hausey**  
**11:30-4 Commodity Box**  
**Pick-up**

Popcorn Chicken w/ Gravy  
 Mashed Potatoes  
 Corn  
 Broccoli Salad  
 Bread & Milk

**14**  
**10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**11:00 John Dotson– music**  
**1:00 Book Club meeting**



Spaghetti w/ Marinara  
 Sauce  
 Green Beans  
 Warm Applesauce  
 Angel Food Cake w/ Straw-  
 berries  
 Garlic Cheddar Biscuit  
 String Cheese & Milk

**15**  
**8:00 Yoga**  
**9:15 Cardio Drumming**  
**10:30 Chair Yoga**  
**12:45 Bingocize**

Mac-n-Cheese  
 Stewed Tomatoes  
 Peas  
 100% Fruit Juice  
 Vanilla Wafers  
 Bread & Milk

**16**  
**10:00 Senior Exercise**  
**10:30 Geri-Fit**  
**11:30 Blood Pressure Checks**  
**w/ Signature**  
**1:00 Euchre**

Tuna Salad Croissant  
 Cream of Broccoli Soup  
 Potato Salad  
 Pear Chunks  
 Crackers & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>19 <b>CLOSED FOR</b></p>  <p><b>PRESIDENTS' DAY</b></p>	<p>20  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>1:00 Hausey</b></p> <p>Philly Cheesesteak w/ Bun  Cheesy Hash Brown Casse-  role  Asparagus  Pineapple Tidbits  Milk</p>	<p>21  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>11:00 Mike Hoskins– piano</b>  <b>12:00 Birthday Party–</b>  <b>Sponsored by Altercare</b>  <b>1:00 Movie Matinee–</b>  <i>Wonder Woman</i>  Tater Tot Casserole  Capri Blend Vegetables  Spiced Peaches  Tossed Salad w/ Dressing  Dinner Roll &amp; Milk</p>	<p>22  <b>8:00 Yoga</b>  <b>9:15 Cardio Drumming</b>  <b>10:30 Chair Yoga</b>  <b>12:45 Bingocize</b></p> <p>Chicken &amp; Wild Rice Soup  Ham &amp; Swiss on Bun  Carrots w/ Ranch  Raisins  100% Fruit Juice Sidekick  Cookie &amp; Milk</p>	<p>23  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>1:00 Euchre</b></p> <p>Vegetable Lasagna  Mixed Veggies  Cherry Crisp  Spinach Salad w/ Tomato  Dinner Roll &amp; Milk</p>
<p>26  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>11:00 Penny Bingo</b>  <b>12:45 Bingocize</b></p> <p>Country Fried Steak w/  Pepper Gravy  Mashed Potatoes  Green Beans  Peaches  Dinner Roll &amp; Milk</p>	<p>27  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>1:00 Hausey</b></p> <p>Chicken Cordon Bleu  Sweet Potato Tots  Peas &amp; Carrots  Apricots  Bread &amp; Milk</p>	<p>28  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>11:30 Miller Funeral Home</b>  <b>– Funeral Pre-planning</b>  <b>Seminar</b>  <b>1:00 Open House Bingo</b></p> <p>Meatloaf  Scalloped Potatoes  Succotash  Pineapple Orange Fluff  Dinner Roll &amp; Milk</p>	<p>29  <b>8:00 Yoga</b>  <b>9:15 Cardio Drumming</b>  <b>10:30 Chair Yoga</b>  <b>12:45 Bingocize</b></p> <p>Penne &amp; Smoked Sausage  Bake  Rice Pilaf  Italian Blend Vegetables  Cantaloupe  100% Fruit Juice  Bread &amp; Milk</p>	



**Soup of the Month:**

**Ham & Bean**

**Take-Out Salads:**

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

**\*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.**