


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 	<b>2</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey Hot Dog w/ Bun Mac-n-Cheese Baked Beans Coleslaw Sidekick & Milk	<b>3</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living Cream of Chicken over Biscuit Mashed Potatoes Peas Tropical Fruit Dinner Roll & Milk	<b>4</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Vegetable Soup Spinach Salad w/ Tomato Cottage Cheese Banana Fruit Muffin Crackers & Milk	<b>5</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Swiss Steak w/ Onions & Tomatoes Au Gratin Potatoes Harvest Blend Vegetables Assorted Fruit Dinner Roll & Milk
<b>8</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Paint Party w/ Coshocton Art Guild Mushroom Swiss Burger w/ Mushrooms & Onions on Bun Battered Cauliflower w/ Ranch Spiced Peaches Loaded Potato Salad Milk	<b>9</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <u>11:30-4 Commodity Box Pick-up</u> BBQ Rib Sandwich Baby Redskin Potatoes Carrot Coins Pasta Salad Fresh Orange Milk	<b>10</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Indiana Jones and the Dial of Destiny</i> Turkey & Noodles Mashed Potatoes Green Beans Banana Pudding Grapes Bread & Milk	<b>11</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:00 John Dotson- music 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Corn Chips Apple Slices Cookie & Milk	<b>12</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Johnny Marzetti Asparagus Cherry Crisp Side Salad w/ Dressing Breadstick & Milk
<b>15</b> 	<b>16</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Shredded Chicken w/ Bun Baby Bakers Broccoli & Cheese Cucumber, Tomato & Onion Salad Chocolate Pudding Milk	<b>17</b> 10:00 Senior Exercise 10:30 Geri-Fit 12:00 Birthday Party- Sponsored by Altercare Bratwurst w/ Bun Parslied Red Potatoes Baked Beans Peaches Milk	<b>18</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize Italian Sub Sandwich Cheddar Potato Soup Carrots w/ Ranch Pears String Cheese Milk	<b>19</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre Cornbread Taco Bake Spanish Rice Caramel Apple Crisp Broccoli Salad Fresh Plum Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Grilled Chicken Breast w/ Mozzarella Cheese over Al- fredo Noodles Peppers, Onions & Mush- rooms Italian Blend Vegetables Fruit Cocktail Italian Bread & Milk	<b>23</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey  Country Fried Steak Mashed Potatoes Mixed Veggies Grapes Bread & Milk	<b>24</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins– piano  Chicken Fajita (Chicken Strips w/ Peppers & Onions, Lettuce, Tomato, Cheese) White Rice w/ Vegetables Fiesta Corn Apple Slices & Milk	<b>25</b> 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize  Sloppy Charlie w/ Bun Scalloped Potatoes Maple Glazed Carrots Pineapple Tidbits Milk	<b>26</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre  Meatball Sub Potato Wedges Capri Blend Vegetables Orange Jell-O w/ Mandarin Oranges Milk
<b>29</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize  Chicken Vegetable Stew Stuffing Warm Cinnamon Ap- plesauce Side Salad w/ Dressing 100% Grape Juice Bread & Milk	<b>30</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey  Whole Grain Waffles Scrambled Eggs Hash Brown Banana V-8 Juice Milk	<b>31</b> 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo  Ham & Bean Soup Carrot Raisin Salad Cottage Cheese Apricots Cornbread & Milk		



### Soup of the Month:

**Chicken Noodle**

### 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.**