


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Hamloaf Scalloped Potatoes Succotash Fresh Cut Fruit Dinner Roll & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Macaroni & Beef Goulash Warm Cinnamon Chunky Applesauce California Blend Veggies Raisins Bread & Milk</p>	<p>3 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Bratwurst w/ Bun Au Gratin Potatoes Sauerkraut Pears Cookie & Milk</p>	<p>4 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Bacon Cheeseburger Soup Loaded Baked Potato Salad Cottage Cheese Apple Slices Jell-O w/ Fruit Breadstick & Milk</p>	<p>5 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Healthy Living For Your Brain & Body 1:00 Euchre</p> <p>Turkey Pot Pie Brussels Sprouts Spiced Peaches Carrot Raisin Salad Bread & Milk</p>
<p>8 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken & Noodles Mashed Potatoes Peas Pineapple Chunks Bread & Milk</p>	<p>9 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <u>11:30-4 Commodity Box</u> <u>Pick-up</u></p> <p>Sloppy Joe w/ Bun Baby Bakers Battered Cauliflower Cantaloupe Chunks Vanilla Pudding Milk</p>	<p>10 10:00 Senior Exercise 10:30 Geri-Fit 11:30 RSVP Presentation 1:00 Craft w/ Vicki Young</p> <p>Liver & Onions Parslied Red Potatoes Maple Glazed Carrots Tropical Fruit Brownie Bread & Milk</p>	<p>11 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Coshocton Public Health 12:45 Bingocize</p> <p>Hawaiian Chicken Rice Pilaf Harvest Blend Vegetables Cucumber & Tomato Marinade Fresh Kiwi Bread & Milk</p>	<p>12 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p><i>Wear bright colors and join us for Root Beer Floats!</i></p> <p>Mini Corn Dogs Tater Tots Broccoli & Cheese Mandarin Oranges Fruit Muffin & Milk</p>
<p>15 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Doritos 100% Fruit Juice Rice Krispy Treat & Milk</p>	<p>16 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 John Dotson– music 1:00 Hausey</p> <p>Chicken Strips Mac-n-Cheese Normandy Blend Vegetables Jell-O w/ Fruit Carrots w/ Ranch Milk</p>	<p>17 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare 1:00 Movie Matinee– <i>The Hill</i></p> <p>Beef Hot Dog w/ Bun Sweet Potato Tots Corn Coleslaw Pasta Salad & Milk</p>	<p>18 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 11:30 First Touch Medical Alert Presentation 12:45 Bingocize</p> <p>Stuffed Pepper Soup Spinach Salad w/ Tomato Grapes 100% Apple Juice Fruit Muffin & Milk</p>	<p>19 10:00 Senior Exercise 10-12 Chair Massage w/ Krysten Smalley– by appt. 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Breaded Fish Square w/ Bun Scalloped Potatoes Beets Apricots Milk</p>

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<p>22 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Hamburger Gravy Mashed Potatoes Lima Beans Fruit Cocktail Dinner Roll & Milk</p>	<p>23 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>French Toast Bake Sausage Links Hash Brown Banana 100% Orange Juice Milk</p>	<p>24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins– piano 1:00 Open House Bingo- Sponsored by Danbury Senior Living</p> <p>Lasagna Green Beans Peach Crisp Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>25 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato & On- ion) Potato Wedges Baked Beans Pickle Spear Cantaloupe & Milk</p>	<p>26 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Parmesan over Penne Pasta w/ Marinara Italian Blend Vegetables Fruit Crisp Broccoli Salad Italian Bread & Milk</p>
<p>29 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Pizza Burger w/ Bun Tater Kegs Mixed Veggies Pineapple Tidbits Milk</p>	<p>30 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Swedish Meatballs Mashed Potatoes Broccoli & Cauliflower Cuts Tropical Fruit Dinner Roll & Milk</p>			



Soup of the Month:

Cream of Potato

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 or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.