


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>Shredded Chicken on Bun Sweet Potato Tots Peas Diced Pears Milk</p>	<p>2 9:15 Cardio Drumming 10:30 Chair Yoga 11:45 Nutrition Education – High Blood Pressure 12:45 Bingocize</p> <p>Ham Salad Croissant Loaded Potato Salad Fresh Cut Fruit Carrots w/ Ranch Milk</p>	<p>3 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Chicken Soft Taco (Lettuce, Tomato, Cheese, Tortilla, Taco Sauce & Sour Cream) Mexican Rice Baked Cinnamon Apples Pico De Gallo Cookie & Milk</p>
<p>6 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Breaded Broccoli & Cheddar Chicken Pocket Scalloped Potatoes California Blend Vegetables Apricots Bread & Milk</p>	<p>7 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Lafayette Pointe 1:00 Hausey</p> <p>Mac-n-Cheese Stewed Tomatoes Peas Chunky Applesauce Oatmeal Crème Pie Milk</p>	<p>8 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Music by request 1:00 Prize Bingo</p> <p>Sloppy Charlie w/ Bun Tater Tots Corn Orange Pineapple Fluff Milk</p>	<p>9 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>Cream of Potato Soup Italian Sub Celery Sticks w/ WOW Butter 100% Fruit Juice Milk</p>	<p>10 10:00 Mother’s Day Brunch 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Grilled Chicken Breast w/ Mushrooms & Onions Mashed Potatoes Maple Glazed Carrots Angel Food Cake w/ Strawberries Dinner Roll & Milk</p>
<p>13 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Sour Cream & Taco Sauce) Doritos 100% Fruit Juice Sidekick Cookie & Milk</p>	<p>14 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 11:30-4 Commodity Box Pick-up</p> <p>Cod Nuggets Roasted Red Skin Potatoes w/ Vegetables Harvard Beets Coleslaw Bread & Milk</p>	<p>15 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party– sponsored by Altercare</p> <p>Chicken Patty w/ Bun Harvest Blend Vegetables Au Gratin Potatoes Diced Peaches Milk</p>	<p>16 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Jell-O w/ Fruit Dinner Roll & Milk</p>	<p>17 10-2 Chair Massage w/ Krysten Smalley– by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Signature 1:00 Euchre</p> <p>Pepperoni Pizza Green Beans Apple Crisp Ranch Seashell Pasta Salad Cucumbers w/ Ranch Milk</p>

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<p>20 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Philly Cheesesteak w/ Bun Battered Potato Bites Peas & Carrots Apple Slices Milk</p>	<p>21 8:00 Yoga 10:00 Meditation 10:00 Foster Grandparents 11:00 Walhonding Rube 1:00 Hausey</p> <p>Senior Day</p> <p>Spaghetti w/ Meat Sauce Asparagus Cherry Crisp Tossed Salad w/ Dressing Italian Bread & Milk</p>	<p>22 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee— <i>The Peanut Butter Falcon</i></p> <p>French Toast Sausage Links Country Apples Banana V8 Juice Milk</p>	<p>23 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Ham & Bean Soup Carrot Raisin Salad Cottage Cheese Apricots Cornbread & Milk</p>	<p>24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Mike Hoskins— piano 1:00 Euchre</p> <p>Hamburger w/ Bun (Lettuce, Tomato, Onion, Pickle) Baked Beans Potato Wedges Grapes Milk</p>
<p>27</p> 	<p>28 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Italian Sausage w/ Peppers & Onions on Bun Sweet Potato Tots Corn Cantaloupe Chunks Milk</p>	<p>29 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo—Sponsored by Signature</p> <p>Chef Salad (Lettuce, Tomato, Cucumber, Turkey, Ham, Egg, Cheese) Carrots w/ Ranch 100% Fruit Juice Sidekick Cookie & Milk</p>	<p>30 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Plow Boy Baked Potato Pulled Pork Broccoli & Cheese Coleslaw Cornbread & Milk</p>	<p>31 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Understanding Alzheimer's & Dementia 1:00 Euchre</p> <p>Country Fried Steak w/ Country Gravy Mashed Potatoes Lima Beans Pineapple Bread & Milk</p>



Soups of the Month:

Chicken & Rice

Ham & Bean

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.