


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b>  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 &amp; Salsa)  100% Fruit Juice Sidekick  Doritos  Whole Grain Cookies &amp; Milk</p>	<p><b>2</b> 8:00 Yoga  9:15 Line Dancing  10:00 Meditation  11:30 Blood Pressure Checks w/ Lafayette Pointe  1:00 BINGO sponsored by Lafayette Pointe  1:00 Hausey  Cheeseburger w/ Bun (Lettuce, Tomato, Onion)  Baked Beans  Breaded Cauliflower  Loaded Potato Salad  Milk</p>	<p><b>3</b>  10:00 Senior Exercise  10:30 Geri-Fit  11:30 Blood Pressure Checks w/ Danbury Senior Living  1:00 Book Club  Chicken Patty w/ Bun  Tater Tots  Peas &amp; Carrots  Mandarin Oranges  Milk</p>	<p><b>4</b></p> 	<p><b>5</b>  10:00 Senior Exercise  10:30 Geri-Fit  1:00 Euchre</p> <p>Pizza Casserole  Roasted Sweet Potatoes  California Blend Vegetables  Spinach Salad w/ Tomato  Breadstick &amp; Milk</p>
<p><b>8</b>  10:00 Senior Exercise  10:30 Geri-Fit  11:00 Penny Bingo  12:45 Bingocize</p> <p>Vegetable Lasagna  Broccoli &amp; Cauliflower Cuts  Spiced Peaches  Cottage Cheese  Bread &amp; Milk</p>	<p><b>9</b> 8:00 Yoga  9:15 Line Dancing  10:00 Meditation  10:45 Self Defense Class– sign-up required  1:00 Hausey  <b>11:30-4 Commodity Box</b>  <b>Pick-up</b>  Cheese Omelet  Hash Brown  Warm Applesauce  Yogurt  100% Orange Juice  Bagel w/ Cream Cheese &amp; Milk</p>	<p><b>10</b>  10:00 Senior Exercise  10:30 Geri-Fit  1:00 Movie Matinee- <i>Dawn of the Planet of the Apes</i>  Coney Dog w/ Bun  Cheesy Hash Brown Casserole  Carrot Coins  Orange Pineapple Fluff  Milk</p>	<p><b>11</b>  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  Fresh Plum  Apple Slices  Milk</p>	<p><b>12</b>  10:00 Senior Exercise  10:30 Geri-Fit  11:00 Mike Hoskins– piano  1:00 Euchre</p> <p>Shredded Chicken w/ Bun  Sweet Potato Tots  Lima Beans  Pea Salad  Pudding  Milk</p>
<p><b>15</b> 10:00 Senior Exercise  10:30 Geri-Fit  11:00 Penny Bingo  11:30 Blood Pressure Checks w/ Interim  12:45 Bingocize  Grilled Chicken Salad (Chicken Strips, Lettuce, Tomato, Onion, Cucumber, Cheese)  Orange Pineapple Juice  Rice Krispy Treat  Crackers &amp; Milk</p>	<p><b>16</b> 9:15 Line Dancing  10:00 Meditation  11:15 Alzheimer’s Association- Understanding and Responding to Dementia Related Behaviors  1:00 Hausey  “Plow Boy” Potato  BBQ Pork  Broccoli &amp; Cheese  Cucumbers w/ Ranch  Dinner Roll &amp; Milk</p>	<p><b>17</b> 10:00 Senior Exercise  10:30 Geri-Fit  11:30 Blood Pressure Checks w/ Ember Complete Care  12:00 Birthday Party- sponsored by Altercare  Cod Nuggets  Mac-n-Cheese  Roasted Red Skin Potatoes  Coleslaw  Apricots  Bread &amp; Milk</p>	<p><b>18</b>  9:15 Cardio Drumming  10:30 Chair Yoga  12:45 Bingocize  Bacon Cheeseburger Soup  Broccoli Salad  Banana  Fruit Muffin  Crackers &amp; Milk</p>	<p><b>19</b> 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  Sweet &amp; Sour Chicken over Brown Rice  Oriental Blend Vegetables  Mandarin Oranges  Vegetable Egg Roll  Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>22</b>  <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>Salisbury Steak w/ Mushrooms &amp; Onions  Cheddar Mashed Potatoes  Green Beans  Tropical Fruit  Dinner Roll &amp; Milk</p>	<p><b>23</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>10-2 SFMNP Application Assistance</b>  <b>1:00 Hausey</b></p> <p>Bratwurst w/ Bun  Baby Bakers  Peas  Pineapple  Whole Grain Cookie &amp; Milk</p>	<p><b>24</b>  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>1:00 Patriotic Craft–sign-up required</b></p> <p>Swedish Meatballs  Alfredo Noodles  Italian Blend Vegetables  Fresh Cut Fruit  100% Grape Juice  Garlic Cheddar Biscuit &amp; Milk</p>	<p><b>25</b>  <b>9:15 Cardio Drumming</b>  <b>10:30 Chair Yoga</b>  <b>12:45 Bingocize</b></p> <p>Egg Salad Croissant  Potato Salad  Cutie Orange  Strawberry Fluff  String Cheese &amp; Milk</p>	<p><b>26</b>  <b>10-1 Scoops Ice Cream</b>  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>1:00 Euchre</b></p> <p>Spaghetti w/ Meat Sauce  Brussels Sprouts  Baked Cinnamon Apples  Tossed Salad w/ Dressing  Breadstick &amp; Milk</p>
<p><b>29</b>  <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>BBQ Rib Sandwich on Bun  Tater Tots  Creamed Corn  Cantaloupe Chunks  Milk</p>	<p><b>30</b>  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>1:00 Hausey</b></p> <p>Beef &amp; Noodles  Mashed Potatoes  Capri Blend Vegetables  Ambrosia Salad  Bread &amp; Milk</p>	<p><b>31</b>  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>1:00 Open House Bingo–Sponsored by Danbury Senior Living</b></p> <p>Italian Sub on Bun  Stuffed Pepper Soup  3 Bean Medley  Carrots w/ Ranch  Milk</p>		



**Soups of the Month:**

**Chicken Noodle**

**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](http://www.knohoco.org) or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

**Menu subject to change.**