


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p>  <p><b>CLOSED</b> FOR <i>Labor Day</i></p>	<p><b>3</b> 8:00 Yoga 10:00 Meditation 10-2 Scoops Ice Cream 11:00 Walhonding Rube Band 1:00 Hausey</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Taco Sauce &amp; Sour Cream) Doritos Fresh Cut Fruit Brownie &amp; Milk</p>	<p><b>4</b></p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Danbury Senior Living 1:00 Book Club</p> <p>BBQ Pork w/ Bun Potato Wedges Broccoli &amp; Cheese Coleslaw Milk</p>	<p><b>5</b></p> <p>8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Cheddar Potato Soup Turkey Club Sub Celery &amp; Carrot Sticks w/ WOW Butter Fresh Kiwi Milk</p>	<p><b>6</b></p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Fish Filet w/ Bun Ranch Potatoes Diced Beets Apricots Milk</p>
<p><b>9</b></p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Cavatappi Italian Blend Vegetables Roasted Sweet Potatoes Cantaloupe Italian Bread &amp; Milk</p>	<p><b>10</b> 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey <b>11:30-4 Commodity Box</b></p> <p><u>Pick-up</u></p> <p>Hamburger Gravy over Mashed Potatoes Green Beans Frosted Lime Salad Biscuit Milk</p>	<p><b>11</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:45 Nutrition Education- "Let's Talk About Malnutrition" 1:00 Movie Matinee- <i>Wild Hogs</i></p> <p>Tuna Salad Croissant Carrots w/ Ranch Banana 100% Fruit Juice Sidekick Whole Grain Cookie Milk</p>	<p><b>12</b></p> <p>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>Smoked Sausage w/ Bun Diced Potatoes w/ Cabbage Maui Blend Vegetables Grapes Milk</p>	<p><b>13</b></p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Melody's Music Box 1:00 Euchre</p> <p>Mushroom Swiss Burger w/ Bun Battered Cauliflower Baked Beans Sugar-Free Jell-O w/ Fruit Milk</p>
<p><b>16</b> 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Penne Pasta Marinara w/ Mini Meatballs Broccoli &amp; Cauliflower Cuts Warm Cinnamon Applesauce 3 Bean Medley Garlic Cheddar Biscuit &amp; Milk</p>	<p><b>17</b></p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Chicken Patty w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Sugar-Free Pudding Milk</p>	<p><b>18</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 1:00 Craft w/ Traditions Health</p> <p>Cheese Omelet Hash Brown Sausage Patty 100% Tomato Juice Fresh Orange Bagel w/ Cream Cheese &amp; Milk</p>	<p><b>19</b></p> <p>8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Country Fried Steak w/ Pepper Gravy Mashed Potatoes Lima Beans Pineapple Tidbits Dinner Roll &amp; Milk</p>	<p><b>20</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</p> <p>Sloppy Joe w/ Bun Cheesy Hash Brown Casserole Carrot Coins Pasta Salad Fruit Cocktail Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>23</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>Grilled Chicken Salad  (Lettuce, Tomato, Cucum-  ber, Egg, Cheese)  100% Grape Juice  Apple Slices  Crackers &amp; Croutons  Granola Bar &amp; Milk</p>	<p><b>24</b>  <b>8:00 Yoga</b>  <b>9:15 Line Dancing</b>  <b>10:00 Meditation</b>  <b>11:30 Medicare Checkup  Presentation</b>  <b>1:00 Hausey</b></p> <p>Turkey &amp; Noodles  Mashed Potatoes  California Blend Vegetables  Mandarin Oranges  Dinner Roll &amp; Milk</p>	<p><b>25</b>  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>11:00 Mike Hoskins– piano</b>  <b>1:00 Open House Bingo</b></p> <p>Lasagna w/ Meat Sauce  Tossed Salad w/ Dressing  Asparagus  Fruit Crisp  Breadstick &amp; Milk</p>	<p><b>26</b>  <b>8:00 Yoga</b>  <b>9:15 Cardio Drumming</b>  <b>10:30 Chair Yoga</b>  <b>11:30 Modern Hearing  Solutions</b>  <b>12:45 Bingocize</b></p> <p>Chicken Strips  Mac-n-Cheese  Mixed Vegetables  Fresh Cut Fruit  Pea Salad  Bread &amp; Milk</p>	<p><b>27</b>  <b>10:00 Senior Exercise</b>  <b>10:30 Geri-Fit</b>  <b>1:00 Euchre</b></p> <p>Chili  Baby Bakers  Corn  Diced Pears  Cornbread &amp; Milk</p>
<p><b>30</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>Pepperoni Pizza  Peas  Blueberry Cobbler  Cottage Cheese  Cucumbers w/ Ranch  Milk</p>				



**Soups of the Month:**

**Beef Vegetable**

**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.**