


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 9-3 Medicare Counseling w/ OSHIP by appointment 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Bacon Breakfast Scramble Hash Brown Baked Cinnamon Apples V-8 Juice Bagel w/ Cream Cheese Milk</p>	<p>3 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Taco Salad (Lettuce, Tomato, Meat, Beans, Cheese, Taco Sauce & Sour Cream) Corn Chips Fresh Orange Brownie & Milk</p>	<p>4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Book Club</p> <p>Shredded Chicken w/ Bun Baked Potato w/ Butter & Sour Cream California Blend Vegetables Apricots Milk</p>	<p>5 8:00 Yoga 9:15 Cardio Drumming 10:00 Foster Grandparents 10:30 Chair Yoga 12:45 Bingocize</p> <p>Potato Soup Egg Salad Croissant Carrots w/ Ranch Tropical Fruit Crackers & Milk</p>	<p>6 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Fish Filet w/ Bun Scalloped Potatoes Lima Beans Sugar-Free Orange Jell-O w/ Pineapple Milk</p>
<p>9 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Tuna Noodle Casserole Normandy Blend Vegetables Peach Crisp Spinach Salad w/ Tomato Bread & Milk</p>	<p>10 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey</p> <p>11:30-4 Commodity Box Pick-up Popcorn Chicken Cheddar Mashed Potatoes Corn Mixed Fruit Bread & Milk</p>	<p>11 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Christmas Craft w/ Traditions Health</p> <p>Mac-n-Cheese Stewed Tomatoes Sweet Baby Peas Pears & Cottage Cheese Bread & Milk</p>	<p>12 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>Soup Beans & Ham Cucumber & Tomato Salad Banana String Cheese Cornbread Crackers & Milk</p>	<p>13 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre 1:00 Movie Matinee- <i>A Christmas Story</i></p> <p>Sloppy Joes w/ Bun Roasted Sweet Potatoes Butter Beans Broccoli Salad Christmas Cookie Milk</p>
<p>16 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Blood Pressure Checks w/ Interim 12:45 Bingocize</p> <p>Chef Salad (Turkey & Ham, Lettuce, Tomato, Cucumber, Onion, Egg & Cheese) Apple Slices Fruit Muffin Crackers & Milk</p>	<p>17 8:00 Yoga 10:00 Meditation 11:30 Carols w/ Sarah 1:00 Hausey</p> <p>Christmas Luncheon Ham Slice Sweet Potato Casserole Green Bean Casserole 100% Grape Juice Angel Food Cake w/ Strawberries Dinner Roll & Milk</p>	<p>18 10:00 Senior Exercise 10:30 Geri-Fit 11:00 River View Jr. High Hand Bell Players 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party- sponsored by Altercare</p> <p>Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Baked Beans Pickle Spear Milk</p>	<p>19 CLOSED FOR</p>  <p>Employee Recognition</p>	<p>20 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>Salisbury Steak w/ Onions & Mushrooms Au Gratin Potatoes Peas & Carrots Peaches Macaroni Salad & Milk</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Patty w/ Bun Parslied Red Skin Potatoes Italian Blend Vegetables Pears Sugar-Free Pudding Milk</p>	<p>24</p> 	<p>25</p>	<p>26 8:00 Yoga 9:15 Cardio Drumming 10:30 Chair Yoga 12:45 Bingocize</p> <p>BBQ Pork Sandwich w/ Bun Baby Bakers Broccoli & Cheese Coleslaw Milk</p>	<p>27 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Spaghetti w/ Mini Meatballs Asparagus Apple Crisp Tossed Salad w/ Dressing Sugar-Free Pudding Garlic Cheddar Biscuit & Milk</p>
<p>30 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Mini Corndogs Mac & Cheese Green Beans Loaded Potato Salad Fig Newton Milk</p>	<p>31 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Mike Hoskins– piano 1:00 Hausey</p> <p>Roasted Pork & Sauerkraut Mashed Potatoes Maple Glazed Carrots Orange Pineapple Fluff Fortune Cookie Dinner Roll & Milk</p>			



Soups of the Month:

Chili

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.