

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

# FEBRUARY



©LPi

**3**

10:00 Senior Exercise  
10:30 Geri-Fit  
11:00 Penny Bingo  
12:45 Bingocize

Shredded Chicken w/ Bun  
Scalloped Potatoes  
Carrot Coins  
Pineapple Tidbits  
Milk

**4**

8:00 Yoga  
9:15 Line Dancing  
10:00 Meditation  
1:00 Hausey

Swedish Meatballs  
Alfredo Noodles  
Cauliflower Florets  
Warm Cinnamon Applesauce  
Coleslaw  
Bread & Milk

**5**

10:00 Senior Exercise  
10:30 Geri-Fit  
1:00 Movie Matinee-  
*Casablanca*

Pizza Burger w/ Bun  
Tater Tots  
Brussels Sprouts  
Grapes  
Milk

**6**

8:00 Yoga  
10:30 Chair Yoga  
12:45 Bingocize

Broccoli & Cheese Soup  
Chicken Salad Croissant  
Mixed Fruit  
Carrots w/ Ranch  
Sugar-Free Chocolate Pudding  
Milk

**7**

10:00 Senior Exercise  
10:30 Geri-Fit  
1:00 Euchre

Smoked Sausage  
Mashed Potatoes  
Sauerkraut  
Apricots  
Dinner Roll & Milk

**10**

10:00 Senior Exercise  
10:30 Geri-Fit  
11:00 Penny Bingo  
12:45 Bingocize

Vegetable Lasagna  
Green Beans  
Spiced Peaches  
Spinach Salad w/ Tomato  
Italian Bread & Milk

**11 8:00 Yoga**

9:15 Line Dancing  
10:00 Meditation  
11:30 Blood Pressure  
Checks w/ Interim  
1:00 Hausey

**11:30-4 Commodity Box**

**Pick-up**

Sloppy Joe w/ Bun  
Warm Chunky Applesauce  
Capri Blend Vegetables  
Pasta Salad  
Pears  
Milk

**12**

10:00 Senior Exercise  
10:30 Geri-Fit  
1:00 Craft Class w/  
*Shrivers Hospice*

Chicken Fajita (Chicken,  
Peppers & Onions, Lettuce,  
Tomato, Cheese, Sour Cream  
& Taco Sauce)  
Fiesta Corn w/ Black Beans  
Cherry Crisp  
Milk

**13**

8:00 Yoga  
10:30 Chair Yoga  
12:45 Bingocize

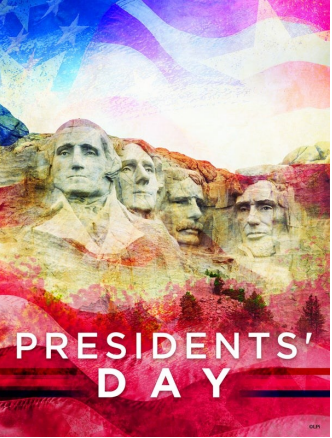
Vegetable Soup  
Tuna Salad w/ Bun  
Fresh Cut Fruit  
Celery & Carrot Sticks  
Crackers & Milk

**14**

10:00 Senior Exercise  
10:30 Geri-Fit  
1:00 Euchre

*Happy Valentine's Day!*

Beef & Noodles  
Mashed Potatoes  
Italian Blend Vegetables  
Sugar-Free Jell-O w/ Fruit  
Cocktail  
Valentine's Cookie  
Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>17</p>  <p><b>PRESIDENTS' DAY</b></p>	<p>18</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Taco Salad (Meat &amp; Beans, Lettuce, Tomato, Cheese, Sour Cream &amp; Taco Sauce) 100% Fruit Juice Sidekick Tortilla Chips Brownie Milk</p>	<p>19 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>BBQ Rib Sandwich w/ Bun Feather River Potatoes Lima Beans Applesauce Milk</p>	<p>20</p> <p>8:00 Yoga 10:30 Chair Yoga 11:00 Coffee With A Doc 12:45 Bingocize</p> <p>Potato Soup Turkey Bacon Ranch Wrap Chilled Beets Apple Slices Crackers &amp; Milk</p>	<p>21 10-2 Chair Massage w/ Krysten Smalley— by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins— piano 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre</p> <p>Chicken Cavatappi Roasted Sweet Potatoes Asparagus Mandarin Oranges Breadstick &amp; Milk</p>
<p>24</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Sloppy Charlie w/ Bun Baby Bakers California Blend Vegetables Tropical Fruit Milk</p>	<p>25</p> <p>8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Mac-n-Cheese Stewed Tomatoes Peas Ambrosia Salad Milk</p>	<p>26</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo</p> <p>Whole Grain Waffle Scrambled Eggs Tater Kegs Banana 100% Grape Juice Yogurt Milk</p>	<p>27</p> <p>8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Cream of Tomato Soup Italian Sub Cucumbers w/ Ranch Cottage Cheese Raisins Milk</p>	<p>28</p> <p>10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Creamed Chicken over Mashed Potatoes Stuffing Green Beans Tossed Salad w/ Dressing Milk</p>



**Soups of the Month:**

**Stuffed Pepper**

**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.**