



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| <p>3 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chef Salad (Lettuce, Tomato, Cucumber, Onion, Turkey & Ham) 100% Fruit Punch Crackers Sugar-Free Vanilla Pudding Milk</p> | <p>4 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Jambalaya Pasta Carrot Coins Blueberry Cobbler Potato Salad Cornbread & Milk</p> | <p>5 10:00 Senior Exercise 10:00 Foster Grandparents 10:30 Geri-Fit 1:00 St. Patrick's Day Craft Sign-up is required as space and supplies are limited. Cod Nuggets Au Gratin Potatoes Harvard Beets Orange Pineapple Fluff Vanilla Wafers & Milk</p> | <p>6 8:00 Yoga 10:30 Chair Yoga 11:15 Diamond in the Rough 12:45 Bingocize Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Broccoli & Cauliflower Cuts Apricots Milk</p> | <p>7 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Euchre Cheese Pizza Capri Blend Vegetables Baked Cinnamon Apples Celery Sticks w/ WOW! Butter Milk</p> |
| <p>10 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study Salisbury Steak Scalloped Potatoes Lima Beans Pear Chunks Dinner Roll & Milk</p> | <p>11 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:30 Blood Pressure Checks w/ Interim 1:00 Hausey <u>11:30-4 Commodity Box</u> <u>Pick-up</u> Chicken Patty w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Milk</p> | <p>12 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Far and Away</i> All Beef Hot Dog w/ Bun Green Beans Battered Cauliflower Coleslaw Fresh Kiwi Milk</p> | <p>13 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Turkey & Swiss Sub Cheddar Potato Soup Pea Salad Carrots w/ Ranch 100% Fruit Juice Sidekick Milk</p> | <p>14 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Understanding Alzheimer's and Dementia 1:00 Euchre Marinara Penne Pasta w/ Cheese California Blend Vegetables Cherry Crisp Cucumber, Onion & Tomato Salad Cottage Cheese Italian Bread & Milk</p> |
| <p>17 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study  <i>Happy St. Patrick's Day!</i> Reuben Casserole Parslied Red Skin Potatoes Asparagus Cuts Sugar-Free Lime Jell-O w/ Crushed Pineapple Milk</p> | <p>18 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:00 Coffee With A Doc 1:00 Hausey Italian Sausage w/ Peppers & Onions Cheddar Tots Italian Blend Vegetables Pasta Salad 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 Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Sour Cream & Salsa) Fresh Orange 100% Fruit Juice Sidekick Corn Chips Cookie & Milk</p> | <p>20 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize Chicken Salad Croissant Cream of Mushroom Soup Broccoli Salad Banana Milk</p> | <p>21 10-2 Chair Massage w/ Krysten Smalley– by appt. 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre Pancakes Scrambled Eggs Hash Brown Cantaloupe Chunks V-8 Juice Milk</p> |

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| <p>24 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study</p> <p>Tater Tot Casserole Capri Blend Vegetables Spiced Peaches Tossed Salad w/ Dressing Fruit Muffin & Milk</p> | <p>25 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey</p> <p>Popcorn Chicken w/ Gravy Mashed Potatoes Corn Pineapple Tidbits Milk</p> | <p>26 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Shrivvers Hospice</p> <p>BBQ Beef w/ Bun Baked Potato Broccoli & Cheese Fresh Cut Fruit Milk</p> | <p>27 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize</p> <p>Ham & Bean Soup Carrot Raisin Salad Potato Salad Mandarin Oranges Cornbread & Milk</p> | <p>28 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Mac-n-Cheese Stewed Tomatoes Green Beans Ambrosia Salad Milk</p> |
| <p>31 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 1:00 Cold Case Christianity Book Study</p> <p>Swedish Meatballs Alfredo Noodles Italian Vegetables Fruit Cocktail Spinach Salad w/ Tomato Bread & 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 or call 740-622-4852. Choice of bread & milk with meal. There are no substitutions available.

Menu subject to change.