MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
O.P.	1 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Grilled Chicken w/ Peppers, Onions & Mozzarella Cheese Sweet Potato Tots Lima Beans Macaroni Salad Milk	2 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Spring JINGO  Pork Patty w/ Bun Potato Wedges Brussels Sprouts Peaches Milk	3 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize  Broccoli & Cheese Soup Egg Salad Croissant Cucumbers, Onions & Ranch Apricots Milk	4 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre  Baked Fish Au Gratin Potatoes Mixed Veggies Coleslaw Milk
7 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study  Chicken Cordon Bleu Parslied Redskin Potatoes Asparagus Cuts Mandarin Oranges Bread & Milk	8 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 Recert. & Pick-up Beef & Noodles Mashed Potatoes Corn Tropical Fruit Dinner Roll & Milk	9 10:00 Senior Exercise 10:00 Foster Grandparents 10:30 Geri-Fit  Grilled Chicken Salad (Lettuce, Tomato, Cucumber, Onion, Egg & Cheese) Fresh Plum 100% Fruit Juice Crackers & Milk	10 8:00 Yoga 10:30 Chair Yoga 11:15 COAD RSVP Presentation w/ Trivia 12:45 Bingocize Mushroom & Swiss Burger Baked Potato w/ Butter & Sour Cream California Blend Vegetables Sugar-Free Jell-O w/ Mixed Fruit Sugar-Free Cookie & Milk	11 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre  Creamy Potato Soup Tuna Salad w/ Bun Spinach Salad w/ Tomato Carrots w/ Ranch Milk
14 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study	9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey	16 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 Spring Craft Class	17 8:00 Yoga 10:30 Chair Yoga 11:15 Mike Hoskins- piano 12:45 Bingocize  Easter Luncheon	18 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
Philly Cheesesteak w/ Bun Battered Cauliflower Roasted Sweet Potato Diced Pineapple & Mango Milk	Chicken Strips Mac-n-Cheese Carrot Coins Grapes Apple Slices Milk	Stuffed Green Pepper Soup Pickled Beets Cottage Cheese Dragon Punch Breadstick & Milk	Ham Slice Scalloped Potatoes Green Beans Angel Food Cake w/ Straw- berries Bread & Milk	Cheese Omelet Hash Brown Baked Cinnamon Apples Banana Blueberry Muffin & Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
21 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 11:30 Children's Services Levy 12:45 Bingocize 2:00 Cold Case Christianity Book Study	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey	23 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee– Fever Pitch	24 8:00 Yoga 10:30 Chair Yoga 12:45 Bingocize	25 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivers Hospice 1:00 Euchre
Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Fresh Orange Rice Krispy Treat & Milk	Shredded Chicken w/ Bun Tater Tots Creamed Corn Apricots Milk	Meatball Sub Cheesy Hash Brown Casse- role Italian Blend Vegetables Pea Salad Milk	Chili Baby Bakers Broccoli & Cheese Fresh Cut Fruit Cornbread & Milk	Turkey Tetrazzini Capri Blend Vegetables Warm Cinnamon Applesauce Tomato & Cucumber Salad Bread & Milk
28 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize 2:00 Cold Case Christianity Book Study  Beef Stew Cherry Crisp Tossed Salad w/ Dressing Warm Biscuit w/ Honey Milk	8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey  Roasted Pork w/ Gravy Cheddar Mashed Potatoes Baked Beans Cantaloupe Chunks Bread & Milk	30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions  Chicken & Wild Rice Soup 3-Bean Medley Spinach Salad w/ Tomato Strawberry Cottage Cheese Fluff Milk	welcome ** APRIL*	

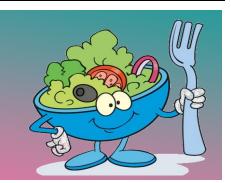


## **Soups of the Month:**

Cream of Potato
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.