



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right w/ Lafayette Pointe 12:45 Bingocize Sloppy Joe w/ Bun Sweet Potato Tots Asparagus Cuts Pears Milk	2 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Smoked Sausage Diced Redskin Potatoes w/ Cabbage Peas Mandarin Oranges Bread & Milk
5 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Chicken Fajita & Rice Casserole (Lettuce, Tomato, Sour Cream & Taco Sauce) Capri Blend Vegetables Baked Cinnamon Apples Sugar-Free Vanilla Pudding Milk	6 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Hamburger Gravy over Mashed Potatoes Corn Spiced Peaches Bread & Milk	7 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Movie Matinee- <i>Mother's Day</i> 2:00 Foster Grandparents Pizza Burger w/ Bun Oven Roasted Redskin Potatoes Crinkle Cut Carrots Tropical Fruit Milk	8 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Vegetable Soup Turkey Sub w/ American Cheese Sugar-Free Jell-O w/ Mandarin Oranges Celery & Carrot Sticks w/ Ranch Milk	9 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins- piano 1:00 Euchre Grilled Chicken Breast Strips w/ Peppers & Onions Alfredo Noodles Broccoli & Cauliflower Cuts Tossed Salad w/ Dressing 100% Fruit Juice Sidekick Chocolate Chip Cookie Milk
12 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Sausage Gravy w/ Biscuit Scrambled Eggs Hash Brown Banana V-8 Juice & Milk	13 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> Pepperoni Pizza Asparagus Cuts Fruit Crisp Spinach Salad w/ Tomato Milk	14 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Ombudsman 1:00 Craft Class- Sign-up is required as space and supplies are limited. Liver & Onions w/ Brown Gravy Au Gratin Potatoes Lima Beans Apricots Bread & Milk	15 10:00 Tai Chi 10:30 Chair Yoga 11:30 Blood Pressure Checks w/ Lafayette Pointe <i>Senior Day!</i> Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Tortilla Chips Fresh Orange Chocolate Chip Cookie & Milk	16 10:00 Senior Exercise 10:30 Geri-Fit 11:30 RV 7th & 8th Grade Show Choir 11:30 Blood Pressure Checks w/ Roscoe Gardens 1:00 Euchre Broccoli & Cheese Soup Ham & Swiss on Bun Loaded Potato Salad Apple Slices Milk

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19 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Cheeseburger w/ Bun (Lettuce, Tomato, Onion, Pickle) Potato Wedges Italian Blend Vegetables Pineapple Tidbits Milk	20 9:15 Line Dancing 10:00 Meditation 11:00 Coffee with a Doc 1:00 Hausey Cod Nuggets Mac-n-Cheese Peas & Carrots Coleslaw 100% Fruit Punch Milk	21 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party— sponsored by Altercare Sweet & Sour Chicken over Brown Rice Oriental Vegetable Blend Veggie Egg Roll Tropical Fruit Milk	22 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Johnny Marzetti Normandy Blend Vegetables Warm Chunky Applesauce Cucumbers, Onions & Ranch Garlic Cheddar Biscuit & Milk	23 10-2 Senior Farmers Market Nutrition Program (SFMNP) Application Clinic 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Shredded Chicken w/ Bun Baby Bakers Broccoli & Cheese Grapes Milk
26 	27 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey Meatball Sub w/ Bun Baked Beans Carrot Coins Cantaloupe Chunks Milk	28 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Roscoe Gardens Turkey & Noodles Mashed Potatoes Green Beans Orange Pineapple Fluff Italian Bread & Milk	29 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Chili Baby Bakers California Blend Vegetables w/ Cheese Fruit Cocktail Cornbread & Milk	30 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Chicken Salad Croissant Broccoli Salad 100% Tomato Juice Carrots w/ Ranch String Cheese & Milk



Soups of the Month:

Chicken & Rice

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.