


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Turkey Cobb Salad (Turkey, Lettuce, Tomato, Onion, Cheese, Peas, Cucumber, Egg) Tangerine Vanilla Wafers Crackers & Milk	3 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey Sloppy Joe w/ Bun Sweet Potato Tots Brussels Sprouts Tropical Fruit Milk	4 10:00 Senior Exercise 10:30 Geri-Fit 12:30 Fraud Busters BINGO Bacon Cheeseburger Casserole Tater Tots Lima Beans Grapes Milk	5 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Price is Right 11:30 Blood Pressure Checks w/ Lafayette Pointe 12:45 Bingocize Mac-n-Cheese Stewed Tomatoes Green Beans Applesauce Milk	6 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre Chicken Patty w/ Bun Au Gratin Potatoes California Blend Vegetables Diced Pears Milk
9 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Scrambled Eggs Hash Brown Sausage Links Raisins V-8 Juice Muffin & Milk	10 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> Popcorn Chicken w/ Gravy Mashed Potatoes Corn Apricots Bread & Milk	11 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Craft Class– Sign-up is required as space and supplies are limited. All Beef Hot Dog w/ Bun Roasted Redskin Potatoes Battered Cauliflower Coleslaw Milk	12 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Chicken & Wild Rice Soup Spinach Salad w/ Tomato Banana Carrots w/ Ranch Crackers & Milk	13 10:00 Senior Exercise 10:00 Father's Day Brunch 10:30 Geri-Fit 11:30 Dementia Conversations w/ Alzheimer's Assoc. 1:00 Euchre Salisbury Steak w/ Brown Gravy Scalloped Potatoes Peas Sugar-Free Jell-O w/ Mandarin Oranges Cookie & Milk
16 11:15 Walhonding Rube Band <i>Elder Abuse Awareness Day</i> Ham & Cheese Croissant Loaded Potato Salad Carrot & Celery Sticks w/ Ranch Paradise Punch Brownie & Milk	17 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 11:45 Nutrition Education– Superfoods for Healthy Aging 1:00 Hausey Cheeseburger w/ Bun (Lettuce, Tomato, Onion) Potato Wedges Capri Blend Veggies Pineapple Milk	18 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 Movie Matinee– <i>Daddy Day Care</i> Cod Nuggets Mac-n-Cheese Broccoli & Cauliflower Carrot Raisin Salad Apple Slices Milk	19 	20 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 Chicken Bacon Ranch Casserole Normandy Blend Vegetables Peach Crisp Cucumber & Onion Salad Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Spaghetti w/ Meat Sauce Brussels Sprouts Warm Chunky Applesauce Tossed Salad w/ Dressing Italian Bread & Milk	24 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Book Club 1:00 Hausey Grilled Chicken w/ Cheese Roasted Sweet Potatoes California Blend Vegetables Ambrosia Salad Dinner Roll & Milk	25 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Shrivvers Hospice Beef Stroganoff Mashed Potatoes Succotash Pears Milk	26 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Country Fried Steak w/ Pepper Gravy Tater Kegs Green Beans Fresh Cut Fruit Biscuit & Milk	27 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Chicken Salad Wrap Broccoli Salad Mandarin Oranges 100% Fruit Juice Sidekick Whole Grain Cookie & Milk
30 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Tater Tot Casserole Peas w/ Pearl Onions Baked Apples Fruit Cocktail Fruit Muffin & Milk				



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.