

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 9:00 Life Line Screenings BY APPOINTMENT- ALL ACTIVITIES CANCELLED</p> <p>BBQ Rib Sandwich Cheesy Hash Brown Casserole Maui Blend Vegetables Fruit Cocktail Milk</p>	<p>2 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize 2:00 Crochet Class</p> <p>Chicken Strips Scalloped Potatoes Cauliflower w/ Cheese Apricots Macaroni Salad Milk</p>	<p>3 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Euchre</p> <p>Egg Salad w/ Bun Stuffed Pepper Soup Celery & Carrot Sticks w/ Ranch Fresh Cut Fruit Milk</p>
<p>6 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Grilled Chicken w/ Cheese & Bacon on Bun Cheddar Tots Nantucket Blend Vegetables Mandarin Oranges Milk</p>	<p>7 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Cheese Pizza Asparagus Cherry Crisp Cantaloupe Milk</p>	<p>8 10:00 Senior Exercise 10:30 Geri-Fit 11:45 Nutrition Education– Sarcopenia– What Older Adults Need to Know 1:00 Movie Matinee– Practical Magic</p> <p>Chef Salad (Ham & Turkey, Lettuce, Tomato, Onion, Cucumber, Egg & Cheese) 100% Fruit Punch Fruit Muffin Crackers & Milk</p>	<p>9 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:30 Columbia Gas Art Presentation 12:45 Bingocize</p> <p>Pizza Burger w/ Bun Ranch Potato Bake Capri Blend Vegetables Cucumbers, Onions & Ranch Milk</p>	<p>10 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Mike Hoskins– piano 1:00 Euchre</p> <p>Turkey & Noodles Mashed Potatoes Peas & Carrots Orange Pineapple Fluff Dinner Roll & Milk</p>
<p>13 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize</p> <p>Bacon Cheeseburger Casserole Normandy Blend Vegetables Spiced Peaches Apple Slices Bread & Milk</p>	<p>14 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 Pick-</u> <u>up</u></p> <p>BBQ Chicken Baked Potato Broccoli & Cheese Grapes Blueberry Muffin & Milk</p>	<p>15 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>Chili w/ Beans Baby Bakers Green Beans Diced Mango Cornbread & Milk</p>	<p>16 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</p> <p>Chicken Parmesan over Penne Pasta w/ Marinara Italian Blend Vegetables Blueberry Cobbler Milk</p>	<p>17 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</p> <p>Cheese Omelet Tater Kegs Sausage Links Banana Bagel w/ Cream Cheese V-8 Juice & Milk</p>

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20 9-3 Medicare Counseling by appointment only 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Salisbury Steak w/ Gravy Mashed Potatoes California Blend Vegetables Tropical Fruit Dinner Roll & Milk	21 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Bingo w/ Roscoe Gardens 1:00 Hausey Chicken Stew Asparagus Baked Apples 100% Fruit Juice Sidekick Garlic Cheddar Biscuit & Milk	22 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Coffee with a Doc 1:00 Fall Craft Class— Sign-up is required as space and supplies are limited. Mac-n-Cheese Stewed Tomatoes Mixed Veggies Sugar-Free Jell-O w/ Mandarin Oranges Milk	23 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:15 Music by Sarah w/ Traditions Health 12:45 Bingocize Bratwurst w/ Bun Brussels Sprouts Baked Beans Fruit Cocktail Milk	24 10:00 Senior Exercise 10:30 Geri-Fit 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre Cod Nuggets Roasted Redskin Potatoes Beets Pasta Salad Apricots Milk
27 10:00 Senior Exercise 10:30 Geri-Fit 11:00 Penny Bingo 12:45 Bingocize Taco Salad (Meat, Beans, Lettuce, Tomato, Cheese, Taco Sauce & Sour Cream) Fresh Orange Tortilla Chips Rice Krispy Treat & Milk	28 8:00 Yoga 9:15 Line Dancing 10-12 Beltone Hearing 10:00 Meditation 1:00 Book Club 1:00 Hausey Popcorn Chicken w/ Gravy Mashed Potatoes Corn Strawberry Fluff Bread & Milk	29 10:00 Senior Exercise 10:30 Geri-Fit 1:00 Open House Bingo Sponsored by Traditions Tater Tot Casserole Lima Beans Apple Crisp Carrots w/ Ranch Vanilla Wafers & Milk	30 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize Chicken & Wild Rice Soup Cottage Cheese Spinach Salad w/ Tomato Cucumber Marinade Pineapple Breadstick & Milk	31 10:00 Senior Exercise 10:30 Geri-Fit 11:15 Halloween Party 1:00 Euchre Beef & Noodles Mashed Potatoes Maple Glazed Carrots Apple Slices Pumpkin Roll & Milk



Soups of the Month:

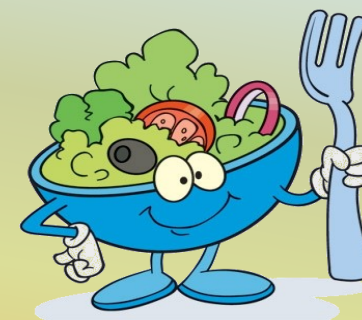
Cream of Potato

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.

Menu subject to change.