


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Chicken Cavatappi Roasted Sweet Potatoes Capri Blend Vegetables Pineapple Tidbits Garlic Toast & Milk</p>	<p>2 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Bread & Milk</p>	<p>3 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Movie Matinee- <i>My Girl</i></p> <p>Plow Boy Baked Potato BBQ Chicken Broccoli & Cheese Fruit Cocktail Cornbread & Milk</p>	<p>4 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 11:00 Day at the Races 12:45 Bingocize</p> <p>Egg Salad Croissant Spinach Salad w/ Tomato Ambrosia Salad Carrots w/ Ranch Milk</p>	<p>5 9:30 Geri-Fit 10:30 Senior Exercise 11:15 Mike Hoskins- piano 1:00 Euchre</p> <p>Tater Tot Casserole Mixed Veggies Spiced Peaches Raisins Garlic Cheddar Biscuit & Milk</p>
<p>8 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Johnny Marzetti Broccoli Apple Crisp Cucumber Salad Italian Bread & Milk</p>	<p>9 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-up</u> "Chicken Fajita" Grilled Chicken Strips w/ Peppers & Onions (Lettuce, Tomato, Onion, Cheese & Sour Cream) Mexican Rice Fiesta Corn Apricots Tortilla & Milk</p>	<p>10 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Craft Class- sign-up is required as space and supplies are limited.</p> <p>Potato Soup Italian Sub Celery Sticks w/ Ranch Cottage Cheese 100% Fruit Juice Sidekick Crackers & Milk</p>	<p>11 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Beef & Noodles Mashed Potatoes Peas & Carrots Pineapple Tidbits Bread & Milk</p>	<p>12 9:30 Geri-Fit 10-2 Chair Massage w/ Krysten Smalley- by appt. 10:30 Senior Exercise 1:00 Euchre</p> <p>Bratwurst w/ Bun Baked Beans Onion Rings Tropical Fruit Milk</p>
<p>15 <i>World Elder Abuse Awareness Day- wear purple!!</i> 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 11:00 Walhonding Rube Band Taco Salad (Meat & Beans, Lettuce, Tomato, Cheese, Sour Cream & Taco Sauce) Tortilla Chips Fresh Orange 100% Fruit Punch Rice Krispy Treat & Milk</p>	<p>16 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey 1:00 Bingo w/ Roscoe Gardens Turkey Burger w/ Cheese on Bun (Lettuce, Tomato, Onion) Ranch Potato Bake Broccoli & Cauliflower Cuts Strawberry Applesauce Milk</p>	<p>17 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Ember Complete Care 12:00 Birthday Party- sponsored by Altercare BBQ Chicken Breast Roasted Red Skin Potatoes Italian Blend Vegetables Grapes Dinner Roll & Milk</p>	<p>18 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 French Toast & Sausage Links Country Apples Banana V-8 Juice Milk</p>	<p>19 CLOSED FOR</p> 

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<p>22 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Shredded Chicken w/ Bun Sweet Potato Tots Green Beans Diced Pears Milk</p>	<p>23 8:00 Yoga 9:15 Line Dancing 10:00 Meditation 1:00 Hausey</p> <p>Swedish Meatballs Alfredo Noodles Asparagus Cantaloupe Chunks Tossed Salad w/ Dressing Breadstick & Milk</p>	<p>24 9:30 Geri-Fit 10:30 Senior Exercise 1:00 Open House Bingo— sponsored by Shrivvers Hospice</p> <p>Turkey Pot Pie Brussels Sprouts Cinnamon Applesauce Cucumbers, Onions & Ranch Cookie & Milk</p>	<p>25 8:00 Yoga 10:00 Tai Chi 10:30 Chair Yoga 12:45 Bingocize</p> <p>Ham & Cheese Wrap Broccoli Cheese Soup Orange Pineapple Fluff 100% Fruit Juice Milk</p>	<p>26 9:30 Geri-Fit 10:30 Senior Exercise 11:30 Blood Pressure Checks w/ Shrivvers Hospice 1:00 Euchre</p> <p>Country Fried Steak w/ Pepper Gravy Tater Kegs Succotash Diced Peaches Bread & Milk</p>
<p>29 9:30 Geri-Fit 10:30 Senior Exercise 11:00 Penny Bingo 12:45 Bingocize</p> <p>Grilled Chicken Salad (Lettuce, Tomato, Onion, Cheese, Cucumber, Egg) Dragon Punch Apple Slices Fruit Muffin Crackers & Milk</p>	<p>30 8:00 Yoga 9:15 Line Dancing 10-12 Beltone Hearing 10:00 Meditation 1:00 Hausey</p> <p>Sloppy Joe w/ Bun Potato Wedges Normandy Blend Vegeta- bles Mandarin Oranges Milk</p>			



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.