

The Golden Flyer

Monthly Newsletter of The Station Break Senior Center of Knox County Ohio



Entertainment by:

Randy Velez

Many people have called Randy the "Rich Little of Music" due to his vocal range of over 5 octaves and the eclectic variety he performs for his audiences. Randy is a singing vocal impressionist known for traversing genres and generations of top 40 hits! There's usually someone in the audience at any given performance that believes Randy is lip syncing or changing his voice through electronics. Neither auto tuners nor harmonizers are ever used by Randy.



The Station Break
Senior Citizens Center of Knox
County

Food Trucks

Ribbon Cutting

Activities

Door Prizes

Open to the
Public



Gold Sponsors



Silver Sponsors

Whispering Hills

Ohio Eastern Star

May Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served every day Monday through Friday Call The Station Break at 740-397-3841 at least one day in advance for reservations. There is no same day walk in dining.</p> <p>• Menus are subject to change • Call to request ingredient information</p> <p style="color: red; font-weight: bold;">*** Milk is included with every meal ***</p> <p>WW = Whole Wheat LS = Low Sodium</p>				<p>*WW = Whole Wheat</p> <p>*LS = Low Sodium</p>
		<p>1</p> <p>Roast Beef Rosemary Potatoes Lima Beans Pineapple Juice *WW Roll</p>	<p>2</p> <p>Beef Stir Fry Brown Rice Carrots V-8 Juice Graham Cracker</p>	<p>3</p> <p>BBQ Chicken Catalina Blend Ls Baked Beans Cranberry Juice *WW Bun</p>
<p>6</p> <p>Chili Roasted Potatoes Tossed Salad Whole Orange Corn Muffin</p>	<p>7</p> <p>Mac & Cheese Stewed Tomatoes Corn Pineapple Chunks *WW Sliced Bread</p>	<p>8</p> <p>Rosemary Pork Brussel Sprouts Cauliflower Tropical Fruit Cocktail Graham Crackers</p>	<p>9</p> <p>Tuna Noodle Cass Yams Green Beans Orange Juice Bran Muffin</p>	<p>10</p> <p>Chicken Alfredo Broccoli Catalina Blend Peaches *WW Cracker</p>
<p>13</p> <p>Lemon Pepper Chicken Mixed Veggies Cauliflower Banana *WW Roll</p>	<p>14</p> <p>Bean Soup w/Ham Spinach Peas & Carrots Orange Juice Corn Muffin</p>	<p>15</p> <p>Italian Pork Roast Green Beans Hot Apple Sauce Pineapple Juice Sliced Wheat Bread/ *WW Bun</p>	<p>16</p> <p>Beef Lasagna Carrots Tossed Salad Cranberry Juice Garlic Bread</p>	<p>17</p> <p>Fish Sandwich Tator Tots Lima Beans Strawberries *WW Bun</p>
<p>20</p> <p>Chicken Sandwich Roasted Potatoes Mixed Veggies Mandarin Oranges *WW Bun</p>	<p>21</p> <p>Honey Baked Chicken Carrots Green Beans Cranberry Juice Graham Crackers</p>	<p>22</p> <p>Chicken Parmesan California Blend Asparagus Peaches *WW Roll</p>	<p>23</p> <p>Pork Roast Creamed Corn Brussel Sprouts Grape Juice *WW Crackers</p>	<p>24</p> <p>Cheeseburgers Tator Tots Tossed Salad Hot Apple Sauce *WW Bun</p>
<p>27 CLOSED</p> 	<p>28</p> <p>Swiss Steak Spinach Cauliflower V-8 Graham Crackers</p>	<p>29</p> <p>*LS Sliced Ham Peas Whipped Potatoes Whole Orange *WW Crackers</p>	<p>30</p> <p>Hamburger Gravy Asparagus Carrots Mandarin Oranges *Sliced WW Bread</p>	<p>31</p> <p>Italian Chicken Broccoli Lima Beans Whole Apple *WW Cracker</p>

May Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Every Wednesday: —Shopping</p>		<p>Let us know it is your birthday month! If you have a birthday in MAY and wish to be recognized, please call in to reserve your lunch reservation.</p> <p>Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (baked good).</p>		
<p>The Station Break is an equal opportunity provider</p>				
		<p>1</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>2</p> <p>Euchre 10-11:30</p> <p>9 a.m. -- 1 p.m. Food Box Pick Up</p>	<p>3</p> <p>Bingo 12:45 - 2 w/ Whispering Hills SNAP ED 11:00</p>
<p>6</p> <p>Chair Yoga 11:00</p>	<p>7</p> <p><i>Coffee and Donuts</i></p>	<p>8</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>9</p> <p>Euchre 10-11:30</p>	<p>10</p> <p>Bingo 12:45 - 2 w/ Centerwell SNAP ED 11:00</p>
<p>13</p> <p>Mothers Day Tea 1:00 pm</p> <p>Chair Yoga 11:00</p>	<p>14</p> <p>Movie day 12:45</p>	<p>15</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>16</p> <p>Euchre 10-11:30</p>	<p>17</p> <p>Bingo 12:45 - 2 w/ Centerburg Point SNAP ED 11:00</p>
<p>20</p> <p>Chair Yoga 11:00</p>	<p>21</p> <p>Food Fun</p>	<p>22</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>23</p> <p>Euchre 10-11:30</p>	<p>24</p> <p>Bingo 12:45 - 2 w/ Hospice of Knox SNAP ED 11:00</p>
<p>27 CLOSED</p> <p>memorial DAY</p> 	<p>28</p> <p>Movies day 12:30</p>	<p>29</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>30</p> <p>Euchre 10-11:30</p>	<p>31</p> <p>Bingo 12:45-2 w/ Country Club</p> <p>SNAP ED 11:00</p>

This & That

AED and CPR

We would like to thank the Knox County Foundation for your support in helping the Station Break purchase an AED machine and CPR training for the staff. We hope we never have to use it but are fortunate to have one of these life saving devices in the event one is needed. Thank you for your continued support to our seniors in Knox County!



Acoustic Jam Session w/ Kevin Mishey
Every third Sunday of the month
Doors open at 12:00pm and runs until 3:00pm
Everyone is invited to participate in the Jam Session or come and listen to the music while enjoying lunch
Help support the Station Break's Fundraising Projects by purchasing lunch at the Jam Session
Location: 160 Howard Street, Mount Vernon
Time: Doors open at 12:00pm to 3:00pm
Cost: Jam Session is Free

Shopping
Every Wednesday
Call Bryan to schedule
(740) 397-3841



Mothers Day Tea

Join us Monday, May 13th, 2024 at 1:00pm to celebrate Mothers Day with a ladies Tea.

The Mother's Day Tea will include crafts, games, and food.

The sign up for this event will start May 1st, 2024 through May 7th

Space is limited so call early starting at 8:30am
Voicemails will not be accepted as a reservation. Due to the limited number of spaces walk-ins will not be allowed.



Must be a Knox County Resident 60 years and older to attend.



Supporting *Healthy Aging* in Knox County

ARE YOU 60 AND OLDER, A RESIDENT OF KNOX COUNTY,
AND NEED SUPPORT WITH ESSENTIALS?



We may be able to help!

- Utilities, property taxes, a deposit, or rent
- Chores, such as heavy/deep cleaning or bug extermination
- Vehicle/transportation cost assistance
- Support/education with internet or related equipment costs
- Enrollment in Wellness and Physical Programs
- Emergency response system
- Knox Box - Allows first responders to enter the home without forced entry.

FOR MORE INFORMATION, CONTACT:
THE STATION BREAK
MEREDITH LOWTHER, DIRECTOR
740-397-3841

*FUNDING IS LIMITED. ASSISTANCE IS BASED UPON IDENTIFIED NEED AND THE AVAILABILITY OF FUNDING.

THE HEALTHY AGING GRANTS PROGRAM IS ADMINISTERED BY THE OHIO DEPARTMENT OF AGING AND PROVIDES FUNDING IN SUPPORT OF LOCAL AGING SERVICES FOCUSED ON HELPING OHIOANS AGES 60 AND OLDER STAY HEALTHY, LIVE LONGER, AND MAINTAIN INDEPENDENCE. THE AREA AGENCY ON AGING IS A SUBGRANTEE THROUGH THE KNOX COUNTY COMMISSIONERS.

NEED HELP!!!

Need help paying for your Internet.
Need a Knox Box so the Fire Department and Police can get into your residents in case of an emergency. These are just a few things that you may be eligible for through the Area Agency on Aging Healthy Aging Grant in Knox County Program. Contact Meredith Lowther at the Station Break at 740-397-3841 to see if you may be able to apply for this limited time grant. Act today before funding is no longer available.



STATISTICS

STATISTICS AS OF MARCH 31,
2024

On-Site Meals	2,301 meals
Home delivered Meals	15,333 meals
Transportation	609 trips
Comm. Supp. Services	21

A total of 428 senior citizens has been served under these programs.

Need Transportation???

We can Help!

Local and Out of County Trips

- ◆ Medical Appointments
- ◆ Pharmacy ◆ Dental cy
- ◆ Shopping ◆ Vision ◆ Hair Dresser

The Station Break transportation service is a first come, first serve service. Must be 60 years old or older and a Knox County resident. The trip must be pre-arranged with our transportation coordinator. All trips are on a donation basis. Suggested donations are based on location of trip. Space is limited so call today to get scheduled. 740-397-3841 and ask for Bryan Dusenberry.

The Station Break Senior Citizens Center
Serving Knox County Senior Citizens since 1972

The Station Break

160 Howard Street
Mt. Vernon, OH 43050
740-397-3841 or 740-397-2417
www.StationBreak.org
Follow us on Facebook @
The Station Break Senior Center of Knox County

STAFF

Executive Director: Meredith Lowther
Asst. Director: Bryan Dusenberry
Activities Coordinator: Maegan Hale

Area Agency on Aging

1-800-860-5799


The Station Break
Senior Citizens Center of Knox County