

2022

January

The Golden Flyer

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



Blessings to You in the New Year
May peace fill your world,
May love fill your home
With contentment and happiness, Too—
In wonderful ways
May This year of new days
Be filled with sweet Blessings for you.
Happy New Year



January Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served every day Monday through Friday Call The Station Break at 740-397-3841 one day in advance for reservations • Menus are subject to change • Call to request ingredient information</p> <p>*** Milk is included with every meal ***</p> <p>*WW = Whole Wheat *LS = Low Sodium</p>				
3 Hamburger Gravy Mashed Potatoes Colorful Corn Apple Juice Yeast Roll	4 Chicken Stir Fry Oriental Veggies Brown Rice V-8 Juice *WW Roll	5 Rosemary Pork Brussel Sprouts Beets in Orange Sauce Tropical Fruit Cocktail Graham Cracker	6 Italian Chicken California Blend Whipped Potatoes Whole Apple *WW Roll	7 Chili Mac Green Beans Cauliflower Garlic Bread Cranberry Juice
10 Bean Soup w/Ham Creamed Corn Peas and Carrots Saltines Orange Juice	11 Lemon Pepper Chicken Mixed Veggies Cauliflower Banana *WW Roll	12 Italian Pork Catalina Blend Tossed Salad Pineapple Juice Graham Cracker Raspberry Sherbet	13 Fish Sandwich French Fries Baked Beans Strawberries *WW Bun	14 Chicken Alfredo Broccoli Carrots Grape Juice Breadstick
17 CLOSED	18 *LS Veggie Lasagna Scandinavian Blend Corn Whole Orange *WW Crackers	19 Chicken Parmesan California Blend Asparagus Peaches Graham Crackers	20 Southwest Pork Roasted Potatoes Brussel Sprouts Pears Yeast Roll	21 Cheeseburgers French Fries Tossed Salad Apricots *WW Bun
24 Roast Beef Mashed Potatoes Carrots Pineapple Juice *WW Roll	25 Pork Riblets French Fries Edamame Succotash Mandarin Oranges *WW Bun	26 Chili Roasted Potatoes Tossed Salad Whole Orange Corn Muffin	27 Swiss Steak Spinach Green Beans Cranberry Juice Graham Crackers	28 Mac & Cheese Peas Stewed Tomatoes Whole Apple *WW Crackers
31 Potato Soup w/bacon Mixed Veggies Hot Apples Banana Corn Muffin				

January Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>  <div> Every Wednesday: —Shopping </div> </div>  <div> Let us know it is your birthday month! If you have a birthday in January and wish to be recognized on BIRTHDAY FRIDAY, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (sweet breads). </div>  </div>				
3 Chair Yoga w/ Missy 11:00	4 Euchre 10-11:30	5 Food Fun 11:00 Shopping	6 Euchre 10-11:30	7 Bingo w/ Whispering Hills 1-2
10 Chair Yoga w/ Missy 11:00	11 Euchre 10-11:30 9 a.m. -- 1 p.m. Food Box Pick Up Day	12 Craft 11:00 Shopping	13 Euchre 10-11:30	14 Bingo w/ Interim 1-2
17 CLOSED	18 Euchre 10-11:30	19 Food Fun 11:00 Shopping	20 Euchre 10-11:30	21 Bingo w/ OES 1-2
24 Chair Yoga w/ Missy 11:00	25 Euchre 10-11:30	26 Craft 11:00 Shopping	27 Euchre 10-11:30	28 Birthday Friday!! Bingo w/ HNCO 1-2
31 Chair Yoga w/ Missy 11:00	<div> This month's activities are subject to change during this time of uncertainty </div>			

Upcoming Events

Yoga

We're excited to announce Missy, with Hot Yoga Escape, will begin a year-long chair yoga class each Monday at 11 a.m., beginning January 3rd. To get started doing chair yoga, all you need is your body, your breath, your willingness, and a chair! With chair yoga you will start to feel better, sleep better, and have more focus, energy, and stamina.

If you have any questions please contact Carmen at (740) 397-3841.

Please call to sign up, no walk-ins

*Open to Knox County Residents 60 and older

Namaste

7 TIPS TO BEAT THE WINTER BLUES



1. BRIGHTEN YOUR HOME

Vitamin D from natural light can help to improve your mood. Make it a daily routine to open your blinds and curtains.



2. ANTICIPATE AN EVENT

Anticipate an upcoming event, or create something to look forward to such as inviting your grandchildren or friend to visit. This can create positive feelings and excitement.



3. STICK TO A SCHEDULE

Avoid the temptation to alter your schedule to avoid activities and socialization. Stick to your every day schedule.



4. EAT A BALANCED DIET

Eating the right combination of proteins, carbohydrates, dairy, fruits and vegetables is a natural way to boost your mood and energy.



5. STAY ACTIVE

Exercise can be vital to lifting up your mood during the winter months. Stretching, walking and lifting light weights are a few ideas to get you started.



6. ACCOMPLISH A GOAL

Motivate yourself by adding a goal to your to-do list, big or small, and once it's finished, cross it off.



7. SOCIALIZE WITH OTHERS

Lift your spirits and shift your perspective by being around others. Attend a church service or volunteer in your community.

This & That



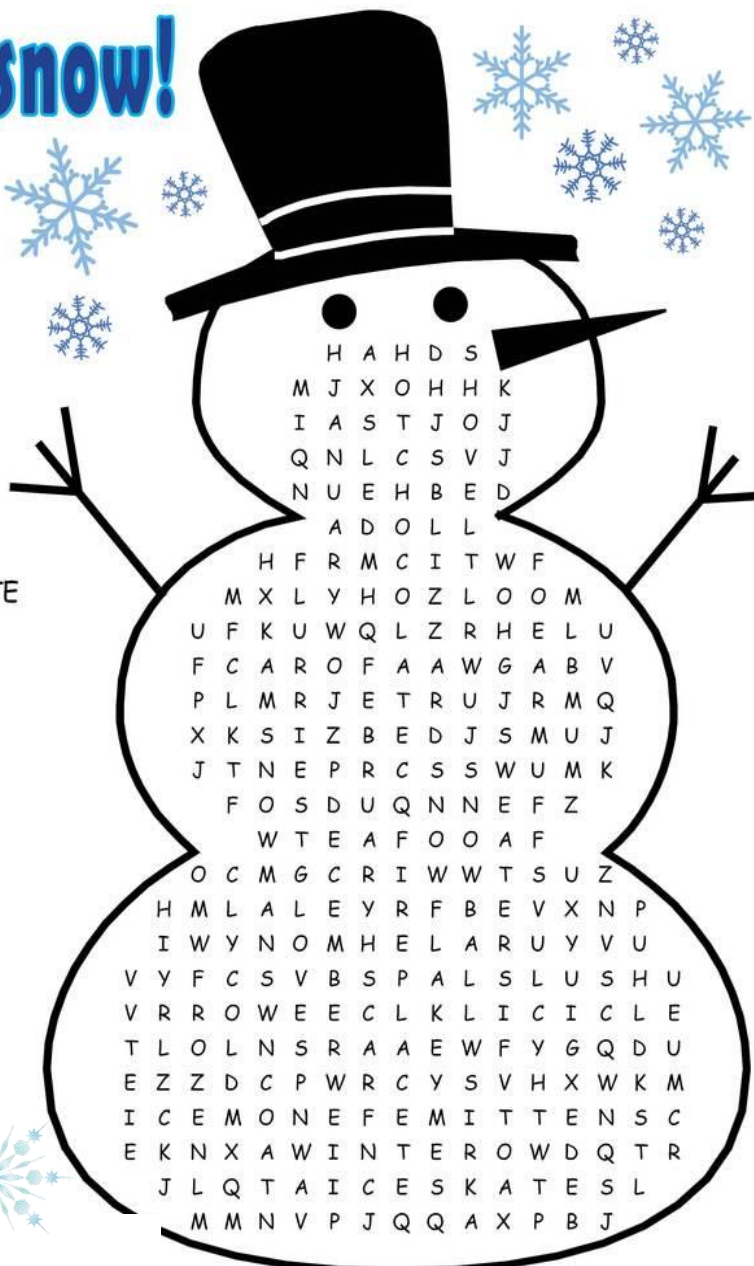
BINGO IS BACK!
Every Friday in January
1-2 p.m.

Euchre

Every
Tuesday & Thursday
in January
10-11:30 a.m.

Let it snow!

BLIZZARD
COAT
COLD
DECEMBER
EARMUFFS
FEBRUARY
FIREPLACE
FLURRIES
FROZEN
GLOVES
HOT CHOCOLATE
ICE
ICE SKATES
ICICLE
JANUARY
MITTENS
SCARF
SHOVEL
SLED
SLUSH
SNOWBALL
SNOWFLAKE
SNOWMAN
SWEATER
WINTER



Name: _____



SHOPPING

Every Wednesday
Call or See Bryan for details
(740) 397-3841

Find us on Facebook at
The Station Break Senior
Center of Knox County



STATISTICS

STATISTICS AS OF NOVEMBER 30, 2021

On-Site Meals	3,907meals
Home delivered Meals	51,123 meals
Transportation	1,153 trips
Homemaker Service	201 units
Comm. Support Program	48

A total of 687 senior citizens have been served under these programs.

Fun days to celebrate in January

1/4 National Spaghetti Day

1/6 Cuddle Up Day

1/8 Bubble Bath Day

1/13 National Rubber Duckie Day

1/15 National Hat Day

1/24 Compliment Day

1/29 National Puzzle Day

1/31 Backward Day



Station Break Winter Weather Notice

In the event of heavy snowfall, or when ice storms create hazardous road conditions, please listen to radio station WMVO 1300 or watch channels ABC, NBC, or CBS or follow us on Facebook at The Station Break Senior Center of Knox County to see if the center will be closed.

You may also call the Station Break at **740-397-3841** for information on weather-related closings.

Home Delivery Meal & Congregate Clients

The Station Break provides shelf stable meals to home-delivery and congregate clients in the late fall/early winter to be used when the Station Break is closed due to bad weather or unexpected circumstances.

- ◆ Shelf stable meals do not require refrigeration or heating
- ◆ Shelf stable meals are ready to eat and require no cooking
- ◆ If reheating is desired, please use a microwave-safe dish, and not the original container

Every attempt will be made to continue to offer the meal service as usual.



Transportation Clients

If you are scheduled for transportation services on a day that the Station Break closes, you will not be transported. Please have a back-up plan just in case your transportation to your appointment gets cancelled on short notice.



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

Admin Support: Bryan Dusenberry

Activities Coordinator: Carmen Comer

Area Agency on Aging

1-800-860-5799


The Station Break
Senior Citizens Center of Knox County