

2023

January

# The Golden Flyer

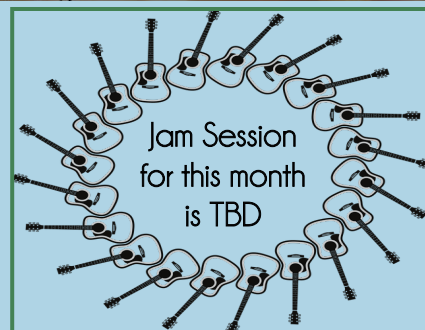
Monthly Newsletter of The Station Break Senior Center of Knox County Ohio

HAPPY  
NEW YEAR

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

**CLOSED**

Reminder  
The center will be  
closed on  
Monday, January 2nd  
and  
Monday, January 16th.




## The Project Collaboration Award

The Station Break was honored with the Area Agency on Aging Collaboration Award on December 1st, 2022 along with the director's from the other 8 counties. This honor was for the work the directors did together during the pandemic to keep the senior centers providing meals and other essential services. While other's were locked down, they kept seniors fed and provided transportation to much needed medical appointments and to the grocery stores. The Director's weekly collaboration helped during a fast and changing pandemic. We would like to thank all the Directors and their staff for their hard work now and during the pandemic.



# January Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served every day Monday through Friday  Call The Station Break at <b>740-397-3841</b> at least one day in advance for reservations  • Menus are subject to change • Call to request ingredient information</p> <p><b>*** Milk is included with every meal ***</b></p> <p>*WW = Whole Wheat    *LS = Low Sodium</p>				
<b>2</b>  <u><b>CLOSED</b></u>	<b>3</b>  Cube Steak Catalina Blend Green Beans Tropical Fruit Yeast Roll	<b>4</b>  Tuna Noodle Casserole Corn Cauliflower Pineapple Chunks Bran Muffin	<b>5</b>  Cabbage Roll Broccoli Carrots Banana *WW Roll	<b>6</b>  Cheesy Spaghetti Roasted Potatoes Tossed Salad Hot Pears Breadstick
<b>9</b>  Beef Lasagna Corn Carrots Grape Juice *WW Roll	<b>10</b>  Sloppy Joes Broccoli Tator Tots Mandarin Oranges *WW Bun	<b>11</b>  *LS Tomato Soup California Blend Tossed Salad Hot Apples *WW Crackers	<b>12</b>  Lemon Pepper Fish Cauliflower Peas & Carrots Grape Juice Graham Cracker	<b>13</b>  *LS Chipped Beef Whipped Potatoes Lima Beans Banana Breadstick
<b>16</b>  <u><b>CLOSED</b></u>	<b>17</b>  Roasted Pork Roasted Potatoes Tossed Salad Pineapple Chunks Graham Crackers	<b>18</b>  Vegetable Soup Corn Carrots Tropical Fruit *WW Cracker	<b>19</b>  Baked Steak Lima Beans Cauliflower Pineapple Juice Bran Muffin	<b>20</b>  Chicken & Dumplings Baked Sweet Potato Green Beans Grape Juice Yeast Roll
<b>23</b>  Pancakes Roasted Potatoes Tossed Salad Banana Bran Muffin	<b>24</b>  Rosemary Pork Stewed Tomatoes Peas & Carrots Grape Juice *WW Roll	<b>25</b>  Cube Steak Corn Broccoli Hot Apples Breadstick	<b>26</b>  Beef Barley Soup Mixed Veggies Lima Beans Whole Orange *WW Cracker	<b>27</b>  *LS Cream Chipped Beef Whipped Potatoes Green Beans Cranberry Juice Yeast Roll
<b>30</b>  Pepper Steak Asparagus Carrots Strawberries *WW Roll	<b>31</b>  Stuffed Peppers Au Gratin Potatoes Broccoli Tropical Fruit Breadstick			

# January Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div>  <div> <b>Every Wednesday:</b> —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 <b>BIRTHDAY FRIDAY</b>, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (sweet breads). </div>  </div>				
<b>2</b>  <u><b>CLOSED</b></u>	<b>3</b>  COFFEE & Donuts 10:00	<b>4</b>  Cardio Drumming 12:30-1:15  Shopping	<b>5</b>  Euchre 10-11:30	<b>6</b>  <b>Bingo</b> 12:45-2
<b>9</b>  Chair Yoga 11:00	<b>10</b>  Food Fun 11:00  <b>9 a.m. -- 1 p.m.</b> <b>Food Box Pick Up Day</b>	<b>11</b>  Cardio Drumming 12:30-1:15  Shopping	<b>12</b>  Euchre 10-11:30	<b>13</b>  <b>Bingo</b> 12:45-2
<b>16</b>  <u><b>CLOSED</b></u>	<b>17</b>  Craft 11:00	<b>18</b>  Cardio Drumming 12:30-1:15  Shopping	<b>19</b>  Euchre 10-11:30	<b>20</b>  <b>Bingo</b> 12:45-2
<b>23</b>  Chair Yoga 11:00	<b>24</b>  Food Fun 11:00	<b>25</b>  Cardio Drumming 12:30-1:15  Shopping	<b>26</b>  Euchre 10-11:30	<b>27</b>  Birthday Friday!! <b>Bingo</b> 12:45-2
<b>30</b>  Chair Yoga 11:00	<b>31</b>  Game 11:00	All activities are subject to change		



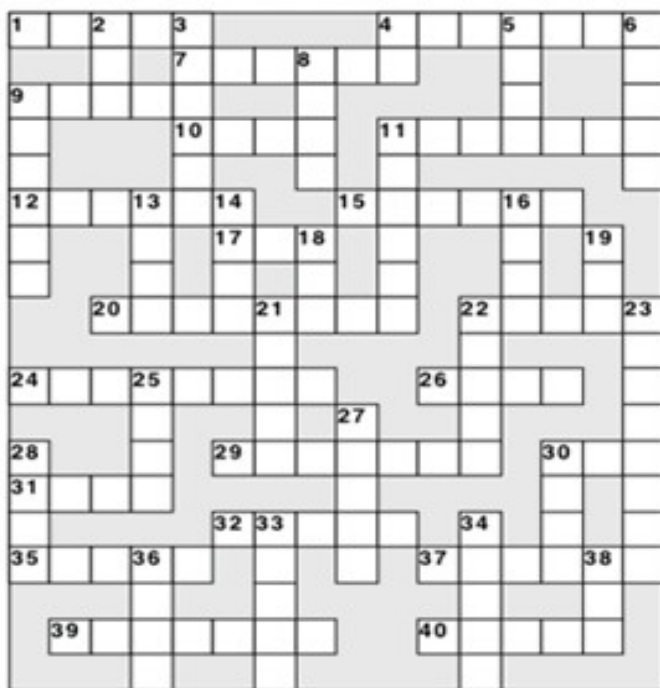
# This & That

*A very special THANK YOU to all of our party sponsors for 2022...*

**Brookdale Senior Living, Country Court, Country View of Sunbury, Danbury Senior Living, Freedom Caregivers, Flint Ridge, Humana-Gregg Shoewalter, KCH Home Health, Knox Public Health, Medical Mutual-Dan Rankin, Ohio Eastern Star, Snyder Funeral Homes, United Way of Knox County, and Whispering Hill's.**

*thank you!*

## Winter Crossword Puzzle



### Down:

2. Frozen water
3. Small
4. Myself
5. Small pie
6. Neck warmer
8. Chilly
9. Used to move snow
11. A season
13. Strong emotion
14. Ripped
16. Nil
18. Bath \_\_\_\_\_
19. Cloud of water vapour
21. Last month of winter
22. Wooden snow vehicles
23. Winter road condition
25. Be carried on
27. Locomotive
28. Carried along by wind
30. Piece of hockey equipment
33. Make this in the snow
34. Winter foot wear
36. Faucets can do this
38. You hear with this

### Across:

- |                             |                               |
|-----------------------------|-------------------------------|
| 1. Sudden cold breeze       | 24. Valentine month           |
| 4. Hand warmers             | 26. Thaw                      |
| 7. Hanging spike of ice     | 29. Keeps drinks warm         |
| 9. Freezing rain            | 30. Small dog                 |
| 10. Show and _____          | 31. Winter Olympic sport      |
| 11. Conditions outside      | 32. Silky material            |
| 12. Flowering plant, colour | 35. Breezy                    |
| 15. Achoo                   | 37. Ice sport                 |
| 17. Not in                  | 39. Foot warmer               |
| 20. Month of winter         | 40. Direct a vehicle's course |
| 22. Carols, etc.            |                               |

### 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**



# Christmas Party 2022



Thank you to Barefoot McCoy for performing for us!  
Also, a special thank you to our party sponsors, Brookdale Senior Living, Snyder Funeral Homes, Whispering Hills and special donations made in memory of Gladys Hamilton.  
Thank you to those that donated a door prize, Area Agency on Aging, Brookdale, CenterWell, Danbury, Freedom Caregivers, Heartland Promotional products, John Mizer, K&B Mobility, The Laurels, Ohio Eastern Star Home, and Whispering Hills.

## 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.

## STATISTICS

### STATISTICS AS OF NOVEMBER 30, 2022

<b>On-Site Meals</b>	<b>4,683 meals</b>
<b>Home delivered Meals</b>	<b>50,660 meals</b>
<b>Transportation</b>	<b>1705 trips</b>
<b>Comm. Support Program</b>	<b>192</b>

A total of 824 senior citizens have been served under these programs.

### Fun Food days to celebrate in January

1/2 NATIONAL CREAM PUFF DAY

1/4 NATIONAL SPAGHETTI DAY

1/6 NATIONAL BEAN DAY

1/14 NATIONAL PASTROMI SANDWICH DAY

1/19 NATIONAL POPCORN DAY

1/20 NATIONAL CHEESE LOVERS DAY

1/25 NATIONAL IRISH COFFEE DAY

1/31 HOT CHOCOLATE DAY

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](http://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