

2026

January

The Golden Flyer

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



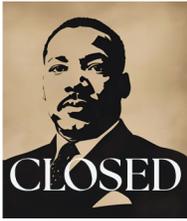
- SKATEBOARDING
- VOLUNTEERING
- MARTIALARTS
- PHOTOGRAPHY
- GARDENING
- TRAVELING
- SWIMMING
- PAINTING
- PUZZLES
- CAMPING
- RUNNING
- SINGING

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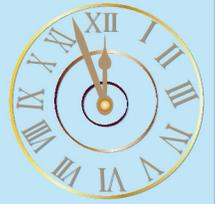
January Menu Calendar

Lunch is served every day Monday through Friday
 Call The Station Break at 740-397-3841 by 2:00pm day before to make a reservation
 Menus are subject to change - Call to request ingredient information
 *** Milk is included with every meal *** **WW = Whole Wheat *LS = Low Sodium

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pepper Steak 5-Way Mixed Vegetables Brussel Sprouts Mandarin Oranges Yeast Roll	2  CLOSED
5 Tilapia Lima Beans Cauliflower Banana ww Crackers	6 French Toast Sticks w/ Turkey Sausage Links Stewed Tomatoes Hot Apples Orange Juice Graham Crackers	7 Ham and Bean Soup Carrots Beets Tropical Fruit Corn Muffin	8 ls Baked Ham Whipped Potatoes Broccoli Grape Juice ww Roll	9 Mac & Cheese Yellow Squash Peas and Carrots Applesauce Breadstick
12 Orange Glazed Meatball Spinach Cream Corn Mandarin Oranges Graham Crackers	13 Pancakes w/ Bacon Roasted Sweet Pot. Hot Pears Cranberry Juice ww Bread	14 ls Tomato Soup Scandinavian Blend Tossed Salad Cranberry Juice ww Crackers	15 Chicken Parmesan Twice Baked Potato Lima Beans Tropical Fruit Breadstick	16 Lemon Pepper Fish Carrots Broccoli Apple Juice Bran Muffin
19  CLOSED	20 Sausage Gravy Spinach Hot Applesauce Grape Juice ww Biscuit	21 ls Chicken Noodle Soup Tater Tots Parisian Carrots Mixed Berries ww Cracker	22 Pork Roast California Blend Green Beans Whole Orange ww Roll	23 Roast Beef Au Gratin Potatoes Peas Pineapple Juice Yeast Roll
26 Grilled Chicken Strips Stir-Fry Blend Spinach Strawberries ww Bread	27 Cheese Omelet w/ Bacon Hashbrown Hot Pears Cranberry Juice Bran Muffin	28 Broc. Cheddar Soup Peas and Carrots Cauliflower Whole Apple ww Crackers	29 Beef & Noodles Whipped Potatoes Normandy Blend Peaches ww Roll	30 Fish Sandwich Corn Zucchini Squash Orange Juice ww Bun

Happy New Year

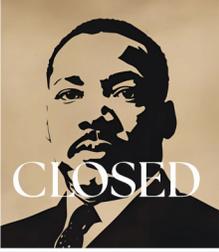
January Activity Calendar



Let us know if it is your birthday month! If you have a birthday in January and wish to be recognized on BIRTHDAY FRIDAY, please call to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Hospice of Western Reserves (flowers); Station Break (Baked Goods).

Shopping is every Wednesday

The Station Break is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
All activities are subject to change			1 Euchre 9:00	2 
	5 Euchre 9:00	6 Movie Day 12:30	7 Cardio Drumming 12:30-1:15 Shopping	8 Euchre 9:00
12 Euchre 9:00	13 Craft Day Valentine Cards 10:30	14 Cardio Drumming 12:30-1:15 Shopping	15 Euchre 9:00	16 Bingo w/ Centerburg Pointe 12:45
19 	20 Blood Pressure Checks w/ Luminary 10:00 Movie Day 12:30	21 Legal Aid Presentation 10:00-1:00pm Cardio Drumming 12:30-1:15 Shopping	22 Euchre 9:00	23 Bingo w/ Hosp. of Western Reserves 12:45 <i>Birthday Friday</i> 
26 Euchre 9:00	27 Food Fun 10:30	28 Cardio Drumming 12:30-1:15 Shopping	29 Euchre 9:00	30 Bingo w/ Country Club 12:45

Knox County Christmas Party

Thank you to all our Event Sponsors

CenterWell
 Country Club
 Luminary Hospice
 Hospice of Western Reserve
 Gerry's Flatware Jewelry
 John Mizer
 Karen Clark
 Kay Sigman
 Several Private Individuals



Breakfast with Santa Fundraiser

Special Thank you to our Fundraiser

Sponsors



Brookdale
 Danbury
 K & B Mobility
 Honor of Task Force for Older Adults
 Southern Care Hospice
 The Laurel's of Mt Vernon
 Private Individual Sponsors



This & That



Join us every Monday and Thursday from 9:00am to 11:30am to play euchre with the Euchre Club. No Sign up required.

Join us on Tuesday, January 9th and 23rd at 12:30pm

HNCO/HOSPICE OF KNOX COUNTY IS NOW HOSPICE OF THE WESTERN RESERVE



SENIOR CONVERSATIONS
Hospice of the Western Reserve invites you to join us for conversations exploring different topics that matter to seniors and their caregivers. This session will be hosted at the Station Break Senior Center of Knox County (160 Howard St., Mount Vernon, OH 43050).

FRIDAY, JANUARY 9 @ 10:30AM

"SENIOR SUPERPOWERS: SEEING SCAMS BEFORE THEY STRIKE"

Protecting your identity and finances shouldn't feel overwhelming. Join us for a conversation with **Jessica Hamlin**, Communications Director from the Better Business Bureau of Central Ohio. She'll walk through the latest scam tactics, the warning signs to watch for, and simple ways to safeguard your accounts, devices, and personal information. Bring your questions! You'll gain practical guidance you can use immediately.

Please call 740.507.0072 to RSVP.



myhnco.org | 800.707.8922 | 501 c3 non-profit



KNOX COUNTY WILLS CLINIC

A free legal clinic for low-income adults ages 60+

Meet with an attorney to get help preparing:

- SIMPLE WILLS
- DURABLE POWERS OF ATTORNEY
- HEALTH CARE DIRECTIVES
- TRANSFER ON DEATH AFFIDAVITS FOR REAL ESTATE

SIGNING UP AHEAD OF TIME IS REQUIRED

WEDNESDAY, JANUARY 21, 2026

10:00 AM - 1:00 PM

The Station Break Senior Citizens Center

160 Howard Street

Mount Vernon, OH 43050

Call to Sign Up: 614-737-0121



LASCO is an equal opportunity organization and will not allow discrimination of any kind from the right not to serve individuals who engage in threatening, harassing, or discriminating behavior.



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, 2025

On-Site Meals	6,144 meals
Home delivered Meals	57,640 meals
Transportation	2,482 trips
Comm. Support Program	273
Activities	2,506

A total of 851 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
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