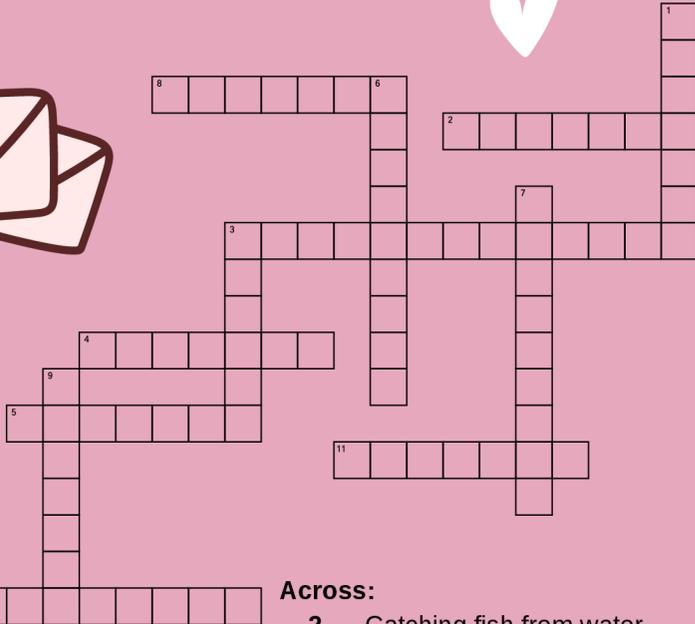


February

2026

The Golden Flyer

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



Down:

- 1. Producing musical vocal sounds.
- 3. Stitching fabric with needle.
- 6. Cultivating plants and flowers.
- 7. Visiting different places.
- 9. Moving swiftly on foot.

Across:

- 2. Catching fish from water.
- 3. Riding on wheeled board.
- 4. Riding bicycles for sport.
- 5. Riding ocean waves board.
- 8. Creating text or stories.
- 10. Capturing images with camera.
- 11. Enjoying books and stories.

February Menu Calendar

Lunch is Served every day Monday through Friday
 Call The Station Break at 740-397-3841 by 2:00pm ay 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
2 Cube Steak Catalina Blend Green Beans Whole Apple Bran Muffin	3 Sloppy Joe Tator Tots Broccoli Grape Juice Ww Bun	4 Chili Mixed Vegetable Hot Applesauce Banana Corn Muffin	5 Beef Lasagna Corn Tossed Salad Hot Pears Garlic Bread	6 Turkey Tetrazzini Beets Lima Beans Apple Juice Sliced Wheat Bread
9 Lemon Pepper Fish Cauliflower Mixed Vegetables Peaches Graham Crackers	10 Cheese Omelet w/ Turkey Sausage Spinach Hot Pears Ls V8-Juice Breadstick	11 Ls Chicken Noodle Soup Tomato Soup California Blend Corn Cranberry Juice Ww Crackers	12 Swedish Meatballs Yellow Squash Peas and Carrots Whole Orange Bran Muffin	13 Italian Chicken Whipped Potatoes Zucchini Squash Pineapple Chunks Sliced Wheat Bread
16 	17 Roast Pork Mixed Vegetables Brussel Sprouts Cranberry Juice Ww Roll	18 Broccoli Soup Chuckwagon Blend Carrots Tropical Fruit Ww Crackers	19 Chicken Tenders Hash Brown Green Beans Pineapple Juice Ww Biscuit	20 Fish Sandwich Roasted Potatoes Broccoli Mandarin Oranges Ww Bun
23 Mac & Cheese Stewed Tomatoes Cauliflower Grape Juice Breadstick	24 Garlic Ranch Pork Parisian Carrots Creamed Corn Mandarin Oranges Bran Muffin	25 Potato Soup w/ Bacon Broccoli Tossed Salad Hot Apple Sauce Ww Crackers	26 Breaded Chicken Leg Roasted Potatoes Lima Beans Pineapple Chunks Graham Crackers	27 Talapia Whipped Potatoes Green Beans Cranberry Juice Ww Roll



February Activity Calendar

Let us know if it is your birthday month! If you have a birthday in February and wish to be recognized on Birthday Friday, please call to reserve your lunch reservation .
 Birthday party sponsors: The Laurels (desserts); Hospice of Western Reserve (flowers); The Station Break (baked goods).

The Station Break is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Euchre 9:00	3 Senior Talk 11:00 Shopping	4 Cardio Drumming 12:30-1:15	5 Euchre 9:00	6 Shield Colon Screening 11am Bingo w/ Whispering Hills 12:45-2:00
9 Euchre 9:00	10 Trivia Day 11:00 Shopping	11 Cardio Drumming 12:30-1:15	12 Euchre 9:00 Food Fun 11:00	13 Valentines Celebration 10am Bingo w/ CenterWell 12:45-2:00
16 	17 Movie Day 12:30 Shopping	18 Cardio Drumming 12:30-1:15	19 Euchre 9:00	20 Bingo w/ Centerburg Pointe 12:45-2:00
23 Euchre 9:00	24 Game Day 10am Shopping	25 Cardio Drumming 12:30-1:15	26 Euchre 9:00	27 Sliver Birch prestation 11:00 Bingo w/ Luminary Hospice 12:45 to 2:00 



VALENTINE'S DAY CELEBRATION

Join us on

Friday, February 13th at 10:00am
to celebrate Valentine's Day

Reservations for this event will
start on Monday, February 2nd at
8:30am

Menu will be:

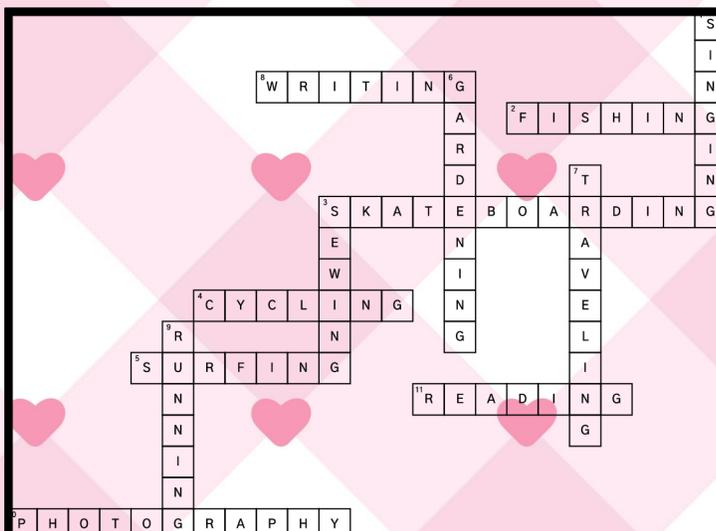
#1 Italian Chicken

#2 Roast Beef

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



Answer Key for Puzzle



★★★★★

NOW SHOWING

Movie Day

Join us on Tuesday,
February 17th at 12:30 for a
heartfelt love story in
honor of Valentine's Day

This and That

Shopping
Every Tuesday
Call Bryan for details
740-397-3841



EUCHRE
101

Join us on Monday's and
Thursday's at 9:00am to
play Euchre



LIFE LINE SCREENING
The Power of Prevention

You're invited to a Life Line Screening event!

Station Break Senior Center
160 Howard Street
Mount Vernon, OH 43050
Thursday, February 26, 2026



Life Line Screening is the nation's leader in Stroke and Cardiovascular Disease Risk Screenings.

Trusted by over 11 million customers.

Screenings are simple and painless. Get peace of mind or early detection.

Who should attend: Anyone age of 40+

Special Pricing for \$129

- Carotid Artery Disease Screening
- Peripheral Artery Disease Screening
- Atrial Fibrillation Screening
- Abdominal Aortic Aneurysm Screening

4 ways to book your appointment...

Scan here:



Call 800-324-9458
and use promo
code: HABC001

Visit
LLSA.SOCIAL/HABC

Text the word
"circle" to
216-279-1607

These tests cannot detect all risk factors for all conditions, such as and including the presence of coronary artery disease.

Those with abnormal results should discuss possible next steps with their family healthcare provider and ensure they understand the risk and benefits of any additional testing or procedures.

WINTER WEATHER NOTICE:

In the event of an emergency closing, heavy snowfall, or when ice storms create hazardous road conditions, please listen to radio station WMVO 100.9 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.

Home Delivered Meals & 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

Transportation Clients

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

Every attempt will be made to continue services as usual.



STATISTICS for December 2025

On-Site Meals	6,523
Home Delivered Meals	62,367
Transportation	2,714
Senior Comm. Support	304
Activities	2,949

A total of 886 senior citizens have been served under these programs.

National Food Days to Celebrate in February

- 2/1 National Cake Pops Day
- 2/6 National Chopsticks Day
- 2/8 National Potato Lover's Day
- 2/10 National "Have a Brownie" Day
- 2/15 National Chewing Gun Day
- 2/20 National Cherry Pie Day
- 2/24 National Tortilla Chip Day
- 2/29 National Frog Legs 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

