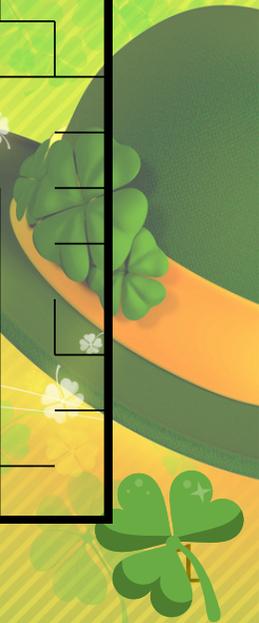
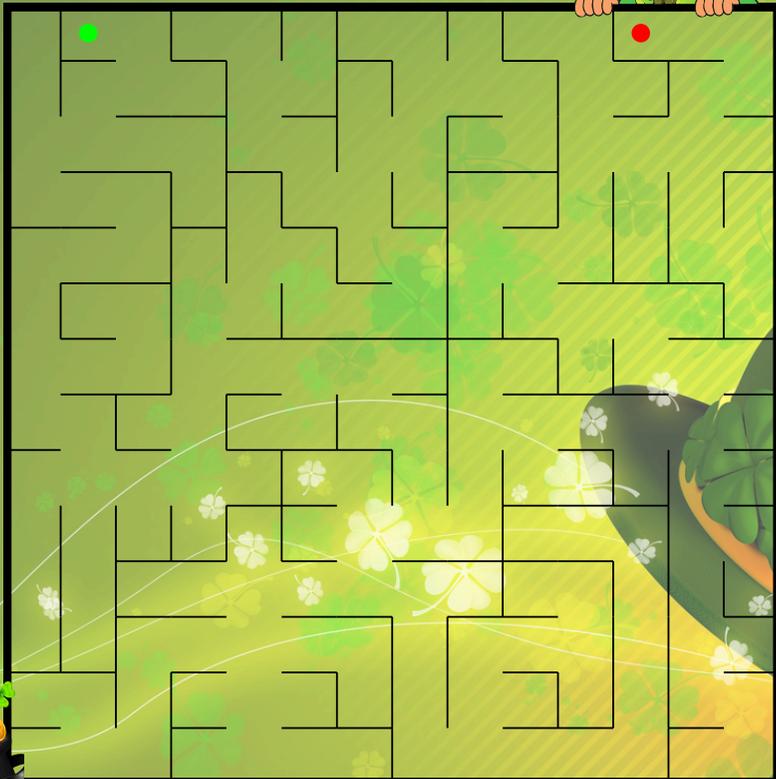
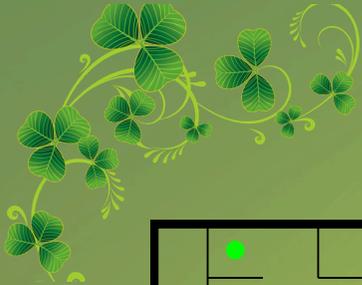


March

2026

The Golden Flyer

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



March 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 Hamburger Roasted Potatoes Peaches Orange Juice ww Bun	3 Chicken Tenders Spinach Cauliflower Applesauce Bran Muffin	4 Cabbage Rolls Carrots Lima Beans Mandarin Oranges Garlic Bread	5 Rosemary Pork Brussell Sprouts Beets Is V-8 Juice ww Roll	6 Tuna Noodle Cass. Mixed Vegetables Green Beans Pineapple Juice Sliced Wheat Bread
9 Garlic Ranch Chicken Whipped Potatoes Yellow Squash Cranberry Juice ww Roll	10 Chicken & Dumplings Broccoli Tossed Salad Hot Apricots Breadstick	11 Beef Barley Veg. Soup California Blend Tator Tots Tropical Fruit ww Crackers	12 French Toast Sticks Roasted Potatoes Hot Apples Orange Juice Graham Crackers	13 Mac & Cheese Mixed Vegetables Corn Strawberries Breadstick
16 Honey Baked Pork Scandinavian Blend Cream Corn Tropical Fruit ww Crackers	17 Corn Beef Roasted Red Potatoes Cabbage and Carrots Cranberry Juice Yeast Roll	18 Chicken Nuggets Brussell Sprouts Parisian Chunks Graham Crackers	19 Pepper Steak Yams Chuckwagon Blend Strawberries Sliced Wheat Bread	20 Cheese Filled Pasta Green Beans Normandy Blend Whole Orange Corn Muffin
23 Susage Gravy Spinach Hot Applesauce Grape Juice ww Roll	24 Sliced Turkey Sandwich Potato Salad Tossed Salad Mandarin Oranges ww Bread	25 Baked Steak Mixed Veggies Stewed Tomatoes Banana ww Crackers	26 Broccoli Cheddar Soup Catalina Blend Peas & Carrots Pears Club Cracker Vanilla Pudding Cup	27 Lemon Pepper Fish Zucchini Squash Cauliflower Mixed Berries ww Roll
30 Is Turkey Whipped Potatoes Green Beans Apple Juice Yeast Roll	31 Beef Lasagna Cream Corn Lima Beans Grape Juice Garlic Bread			

*Luck
of the
Irish*



March 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); The Station Break (baked goods, and flowers).

The Station Break is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Euchre 9:00	3  Movie Day 12:30 Shopping	4 Pop-up Bingo 10:00 Cardio Drumming 12:30-1:15	5 Euchre 9:00	6 Bingo w/ Whispering Hills 12:45-2:00
9 Euchre 9:00	10 Game Day 10am Shopping	11 Cardio Drumming 12:30-1:15	12 Euchre 9:00	13 Bingo w/ CenterWell 12:45-2:00
16  Euchre 9:00	17  St. Patrick's Day Celebration 10:00 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 Movie Day 12:30 Shopping	25 Cardio Drumming 12:30-1:15	26 Euchre 9:00 	27 Bingo w/ Luminary Hospice 12:45-2:00
30 Euchre 9:00	31  Food Fun 11:00 Shopping			

St. Patrick's Day Celebration

Join us for our annual St. Patrick's Day Celebration on Tuesday, March 17th

Please call or stop by to sign up beginning Monday, March 9th through Friday, March 13th.



Meal choices are:

#1 Corn Beef & Cabbage

#2 Baked Fish

Roasted Red Potatoes

Stewed Tomatoes

Cranberry Juice

Ww Crackers

*Open to Knox County Residents 60 and older *No walk-ins please

*Space is limited

*Doors open @ 9:00

PROTECTING THE OLDER ADULTS OF KNOX COUNTY

Presented by Knox County Job & Family Services and the Ohio District 5 Area Agency on Aging, Inc.

Free LUNCH & LEARN

FRIDAY, MARCH 20TH
11:00 AM - 1:00 PM

First Church of the Nazarene
807 Coshocton Avenue
Mount Vernon, Ohio 43050

Fresh boxed lunches catered by Lannings

WHO SHOULD ATTEND

- ✓ Professionals who work with or serve older adults
- ✓ Family, friends, or caregivers of older adults
- ✓ Adults aged 60+

KEY LEARNING

- ✓ Overview on local programs and resources to help keep older adults safe as they age
- ✓ Learn how to recognize real estate "red flags" that could put older adults at risk

RSVP This event is free to attend; however, **registration is required**. Please scan the QR code to register by **March 5th**.

For questions, call Lori Love at 567-247-6477.

PRESENTERS

Richard Meeker, MA, MSW, LISW-S
Adult Protective Services Supervisor
Ohio District 5 Area Agency on Aging, Inc.

Jami Kinton-Stuss
Co-Owner and Marketing Director

Easter Celebration

Join us to celebrate Easter on
Friday, April 3rd



Please call or stop by to sign up beginning
Monday, March 23rd at 9:00am.

*Open to Knox County Residents 60 and older

*No walk-ins please *Space is limited

*Doors open @ 9:00

This and That

NOW SHOWING

Movie Day

Join us on Tuesday, March 3rd and March 24th at 12:30 for a great time watching a wonderful heartfelt movie while enjoying some popcorn.



BINGO

Pop up

Knox County resident 60 and over come join us for a thrilling game of pop up Bingo.

WEDNESDAY 10:00 AM MARCH 4TH

The Station Break



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



Love was in the air at the Station Break Valentine's Day Party

Thank you to our Valentine's Day sponsors:



STATISTICS for January 2026

On-Site Meals	257
Home Delivered Meals	3,252
Transportation	182
Senior Comm. Support	29
Activities	139

A total of 343 senior citizens have been served under these programs.

Suggested Donations

Every year we are required to inform you of the suggested donation for the services at the Station Break. If you have any questions feel free to contact us at 740-397-3841

Onsite Meals	\$5.00
Ineligible Meals	\$10.00
Home Delivered Meals	\$5.00
In County Transportation	\$5.00-\$15.00
Out of County Medical Transportation	\$35.00-\$50.00 Depends on Location

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

