

2022

APRIL

The Golden Flyer

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

Do you know of someone who is in need of long-term care services and support?

We can help.

- Eligible individuals could receive services such as Personal Care, Prescription Drug Assistance, Homemaker Services, Chores, Safety Monitoring, In-Home Care, Long Term Planning, Transportation, Caregiver Support, Wellness Classes, Home Repair, and much, much more...
- Individuals could remain in their homes and their communities safely.

Call us at **419-524-4144** for more information.

Funded in part by a Title III Grant under the Older Americans Act administered through the Ohio Department of Aging

AREA AGENCY ON AGING
Ohio District 5 | Serving North Central Ohio
419-524-4144 | 800-860-5799 | www.aaa5ohio.org



REMINDER TO

HOME DELIVERY CLIENTS

If you need to cancel your meal service for the day, please remember to call 740-397-3841 before 9 a.m.

Astronomy

All the words listed are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

G	A	L	I	L	E	O	B	I	G	B	A	N	G	A
J	U	P	I	T	E	R	Z	O	D	I	A	C	S	T
R	O	N	O	Y	S	P	V	N	E	P	T	U	N	E
M	Y	I	R	R	S	L	E	L	B	B	U	H	O	
M	A	R	S	U	E	Y	S	U	N	A	R	U	E	N
E	W	O	F	C	V	R	S	A	T	U	R	N	L	T
H	Y	P	E	R	I	O	N	H	E	O	S	F	I	E
A	K	O	W	E	N	T	C	O	M	E	T	L	O	S
W	L	L	C	M	U	A	E	I	R	E	E	E	C	T
K	I	A	N	C	E	V	N	S	O	I	K	V	E	E
I	M	R	N	W	O	R	T	H	E	I	C	A	N	L
N	C	I	H	L	A	E	A	R	T	H	O	R	T	E
G	M	S	L	A	T	S	U	E	E	U	R	T	R	S
P	H	O	T	O	N	B	R	R	M	S	C	E	I	C
A	P	N	P	L	A	O	X	Y	G	E	N	C	S	O
A	N	D	R	O	M	E	D	A	N	A	S	A	M	P
Y	T	I	V	A	R	G	Y	A	N	A	C	P	T	E
I	V	E	R	E	A	L	U	B	E	N	O	S	L	E

ANDROMEDA
APOLLO
BIG BANG
CENTAUR
COMET
EARTH
GALILEO
GRAVITY
HAWKING
HELIOCENTRISM
HUBBLE
HYPERION
JUPITER
MARS
MERCURY
METEOR
MILKY WAY
NASA
NEBULAE
NEPTUNE
OBSERVATORY
OXYGEN
PHOTON
PLUTO
POLARIS
ROCKET
SATURN
SPACE TRAVEL
TELESCOPE
UNIVERSE
URANUS
VENUS
ZODIAC



APRIL Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;">Lunch is served every day Monday through Friday Call The Station Break at <u>740-397-3841</u> one day in advance for reservations Menus are subject to change • Call to request ingredient information</p> <p>LS = Low Sodium *** Milk is included with every meal *** WW = Whole Wheat</p>				
				1 Lemon Pepper Chicken Peas Corn Mandarin Oranges Raspberry Sherbet *WW Crackers
4 Chicken Patty Tater Tots Cauliflower Apple Juice *WW Bun	5 Stuffed Peppers Mixed Vegetables Broccoli Tropical Fruit Cocktail *WW Crackers	6 *LS BLT Potato Salad Baked Beans Strawberries *WW Bun	7 Italian Chicken Creamed Corn Spinach Cranberry Juice *WW Roll	8 Baked Fish Zesty Garlic Green Beans Whipped Potatoes Whole Orange Club Crackers
11 Cheesy Spaghetti Peas & Carrots Yellow Squash & Tomatoes Banana Garlic Bread	12 BBQ Pork French Fries Brussel Sprouts Grape Juice *WW Crackers	13 Baked Chicken Cauliflower Mixed Veggies Mandarin Oranges Graham Cracker	14 Honey Baked Pork Green Beans w/Potatoes Broccoli Whole Apple Chocolate Pudding Wheat Roll	15 Ham Whipped Potatoes Lima Beans Orange Juice *WW Bread
18 Honey Dijon Chicken Yellow Squash Green Beans Cranberry Juice *WW Crackers	19 Sloppy Joes Normandy Blend Hot Cinnamon Pears Whole Orange *WW Bun	20 Garlic Ranch Pork Yams Parisian Carrots Banana *WW Roll	21 Baked Fish Roasted Potatoes Asparagus Pineapple Juice Yeast Roll	22 Meatloaf Whipped Potatoes Corn Peaches *WW Cracker
25 Pork Riblets French Fries Sugar Snap Peas Strawberries *WW Bun	26 Balsamic Peach Chicken California Blend Squash Banana *WW Crackers	27 Pork Roast Peas & Carrots Stewed Tomatoes Tropical Fruit *WW Roll	28 Hamburger Hot Apple Sauce Baked Beans Cole Slaw Pineapple Juice *WW Bun	29 *LS Cream Chip Beef Whipped Potatoes Edamame Succotash Apple Juice *WW Roll

APRIL Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Let us know it is your birthday month! If you have a birthday in APRIL and wish to be recognized, please call in to reserve your lunch reservation.</p> <p>Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (baked good).</p>		
		<div> <u>Every Wednesday:</u> <ul style="list-style-type: none"> Shopping </div>		1 BINGO 1-2
4 Chair Yoga 11:00	5 Food Fun 11:00	6 Game 11:00 Shopping	7 Euchre 10-11:30	8 BINGO 1-2
11 Chair Yoga 11:00	12 Cornhole 11:00 9 a.m. — 1 p.m. Food Box Pickup Day	13 Craft 11:00 Shopping	14 Euchre 10-11:30	15 BINGO 1-2
18 Chair Yoga 11:00	19 Food Fun 11:00	20  Shopping	21 Euchre 10-11:30	22 BINGO 1-2 <i>Birthday Friday</i>
25 Chair Yoga 11:00	26 Cornhole 11:00	27 Game 11:00 Shopping	28 Euchre 10-11:30	29 BINGO 1-2

This & That

CFAES



Live Healthy Live Well
Spring Into Wellness

Join the Spring Into Wellness Email Challenge

WHAT YOU RECEIVE:
Email messages - 2 per week
Tips, ideas, recipes, information

WHEN: April 4 – May 15, 2022

WHO: Any adult with an email address

WHY: To help with physical, emotional,
financial, social, spiritual,
environmental, intellectual,
creative, and career wellness

COST: No charge – participation is FREE

Sign up for the **Spring Into
Wellness** Challenge at:

<https://go.osu.edu/lhlwknox>

For more information contact:

Tanner Cooper-Risser

cooper-risser.1@osu.edu



Join LHLW Blog:
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Follow us on Facebook:
go.osu.edu/FBLHLW



THE OHIO STATE UNIVERSITY
EXTENSION

knox.osu.edu

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Shopping

Every Wednesday

Call Bryan for details. 740-397-3841

Euchre
every Thursday
this month

10-11:30

Please call to sign up



Seniors enjoying the weekly chair yoga class



Chair yoga
Monday's at
11:00

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





VALENTINE'S DAY PARTY



Another outstanding performance by Jordan Shremshock
THANK YOU!



Thank you to our party sponsors,
Country View Nursing Home of Sunbury and Snyder Funeral Homes

STATISTICS

STATISTICS AS OF FEB. 28, 2022

On-Site Meals	552 meals
Home delivered Meals	7,827 meals
Transportation	175 trips
Senior Comm Liaison	20

A total of 368 senior citizens has been served under these programs.

National Food Days in April

4/2 National Peanut Butter & Jelly Day

4/5 Deep Dish Pizza Day



4/7 National Burrito Day

4/12 Grilled Cheese Sandwich Day

4/22 National Jelly Bean Day



4/27 National Pretzel Day

4/30 National Raisin 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
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