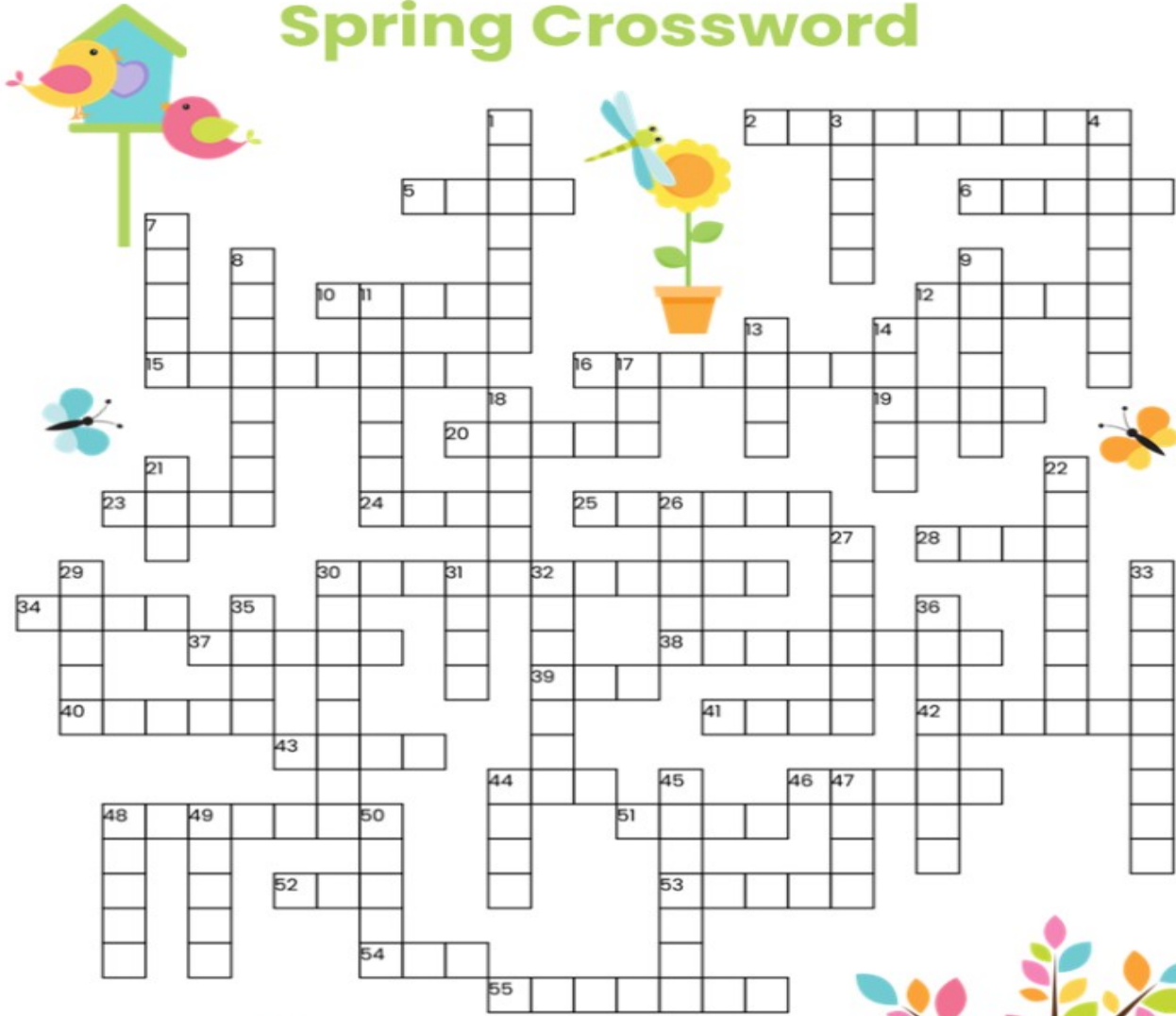


The Golden Flyer

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

Spring Crossword



ACROSS


- 2. Plant cultivation
- 5. Optimism
- 6. Syrup flavor
- 10. Verdant

DOWN

- 1. Young tree
- 3. Red breasted bird
- 4. Rain boots
- 7. Vocalize with song



APRIL Menu Calendar

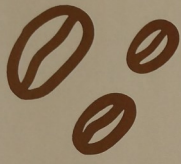
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch is served every day Monday through Friday</p> <p>Call The Station Break at 740-397-3841 one day in advance for reservations</p> <p>Menus are subject to change • Call to request ingredient information</p>				
<p>LS = Low Sodium</p>		<p>WW = Whole Wheat</p>		
<p>1</p> <p>Chicken Patty Tater Tots Corn Apple Juice WW Bun</p>	<p>2</p> <p>Sloppy Joes Cauliflower Hot Cinnamon Pears Whole Orange WW Bun</p>	<p>3</p> <p>Pancakes Roasted Potatoes Tossed Salad Banana Bran Muffin</p>	<p>4</p> <p>Honey Baked Pork Carrots Broccoli Pineapple Chunks Graham Crackers</p>	<p>5</p> <p>Ham Whipped Potatoes Green Beans Orange Juice WW Roll</p>
<p>8</p> <p style="font-size: 24px; font-weight: bold;">CLOSED</p>	<p>9</p> <p>Pork w/ Sweet Sauce Cauliflower Sugar Snap Peas Strawberries Sliced Wheat Bread</p>	<p>10</p> <p>Stuffed Peppers Mixed Vegetables Spinach Pineapple Chunks Graham Crackers</p>	<p>11</p> <p>Italian Chicken Creamed Corn Green Beans Cranberry Juice Bran Muffin</p>	<p>12</p> <p>Baked Fish Squash Whipped Potatoes Pears Breadstick</p>
<p>15</p> <p>Cheesy Spaghetti Peas & Carrots Tossed Salad Fruit Cocktail Garlic Bread</p>	<p>16</p> <p>BBQ Pork Roasted Potatoes Brussel Sprouts Grape Juice WW Crackers</p>	<p>17</p> <p>Baked Chicken Cauliflower Mixed Veggies Whole Apple Graham Cracker</p>	<p>18</p> <p>*LS Cream Chip Beef Carrots Normandy Blend Tropical Fruit WW Roll</p>	<p>19</p> <p>Chicken Nuggets California Blend Squash Pineapple Juice Corn Muffin</p>
<p>22</p> <p>Honey Dijon Chicken Spinach Carrots Cranberry Juice Bran Muffin</p>	<p>23</p> <p>*LS BLT Potato Salad Ls Baked Beans Pineapple Juice WW Bun</p>	<p>24</p> <p>Garlic Ranch Pork Yams Green Beans Banana WW Roll</p>	<p>25</p> <p>Baked Fish Cauliflower Asparagus Peaches WW Biscuit</p>	<p>26</p> <p>Lemon Pepper Chicken Lima Beans Whipped Potatoes Whole Apple WW Cracker</p>
<p>29</p> <p>Cream Chic. Broc. Cass Peas Squash Mandarin Oranges Graham Crackers</p>	<p>30</p> <p>Baked Steak Whipped Potatoes Corn Tropical Fruit WW Crackers</p>			

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>				
			<p>Every Wednesday:</p> <ul style="list-style-type: none"> • Shopping 	
<p>The Station Break is an equal opportunity provider</p>				
<p>1</p>  <p>10:00 Eclipse Party</p> <p>Chair Yoga 11:00</p>	<p>2</p> <p>Coffee & Donuts 10:00</p>	<p>3</p> <p>Cardio Drumming 12 :30-1:15</p> <p>Shopping</p>	<p>4</p> <p>Euchre 10-11:30</p> <p style="color: red;">9 a.m. — 1 p.m. Food Box Pickup Day</p>	<p>5</p> <p>BINGO 12:45-2</p> <p>WHISPERING HILLS</p>
<p>8</p> <p style="font-size: 2em; font-weight: bold;">CLOSED</p>	<p>9</p> <p>Movie Day</p>	<p>10</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>11</p> <p>Euchre 10-11:30</p>	<p>12</p> <p>BINGO 12:45-2</p> <p>CENTERWELL</p>
<p>15</p> <p>Chair Yoga 11:00</p>	<p>16</p> <p>Coffee with a Cop</p>	<p>17</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>18</p> <p>Euchre 10-11:30</p>	<p>19</p> <p>BINGO 12:45-2</p> <p>CENTERBURGH POINT</p>
<p>22</p> <p>Chair Yoga 11:00</p>	<p>23</p> <p>Game 11:00</p> <p>Station Break Volunteer Appreciation 11:30</p>	<p>24</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>25</p> <p>Euchre 10-11:30</p>	<p>26</p> <p>BINGO 12:45-2</p> <p>HOSPICE OF KNOX Birthday Friday!</p>
<p>29</p> <p>Chair Yoga 11:00</p>	<p>30</p> <p>Food Fun 11:00</p>			

This & That

Join the
Knox County
Safe Communities Coalition
for



COFFEE WITH A COP

WHERE?

The Station Break
160 Howard St., Mt. Vernon,
OH, 43050

WHEN?

April 16, 2024
10:00AM

WHY?

Join us for an open discussion
with local law enforcement
and first responders about
driving and road safety.

If you're 60 or older and
live in Knox County,
bring your favorite cup
of joe or tea and join us
for this free presentation



Questions? Contact Suzanne Dapprich
sdapprich@knoxhealth.com or call 740-392-2200

Acoustic Jam Session

w/ Kevin Mishey

Everyone is invited to participate in the Jam Session or come and listen to
the music while enjoying lunch.

Doors open at 12:00pm and runs until 3:00pm

Every third Sunday of the month

The Station Break Concession Fundraiser

Help support the Station Break's Fundraising
Projects by purchasing lunch at the Jam Session

Location:

Time:

Cost:

• 160 Howard Street, Mount Vernon • Doors open at 12:00pm to 3:00pm • Jam Session is Free

April 21st

Solar Eclipse Party!!

Join us on Monday, April 1st,
2024 at 10:00am to celebrate the
Solar Eclipse Event that will take
place on April 8th. The party will
include crafts, games, education-

al presentation and of course food. You can sign up for this event starting
Monday, March 25th through March 29th. Space is limited so call early
starting at 8:30am. Voicemails will not be accepted as a reservation and
due to the limited number of spaces walk-ins will not be allowed. So,
make your reservation you do not want to miss this once in a life time
event.

SOLAR ECLIPSE 2024

*Monday, April 8, 2024, people within
a 124-mile-wide band in the state of
Ohio will experience a total solar
eclipse.*





Thank You Ariel Foundation!!

With the help of the Ariel Foundation, The Station Break was able to upgrade the flooring throughout the Senior Center. The Ariel Foundation played a big part in supporting the Station Break in completing our goal of having a more modern and safer environment for the seniors of Knox County to utilize.

This will allow the senior center to offer more programs and activities that we were not able to offer before due to the outdated flooring.

The Station Break will be hosting an open house on Saturday, May 18th, 2024, in honor of the Station Break's 50th anniversary. Join us starting at 10:00am to check out the new improved senior center and celebrate our 50th year.



The Station Break

Senior Citizens Center of Knox County



Open to the public. Events will start at 10:00am and run through 2:00pm. Ribbon Cutting and presentations will start at 10:00 followed by music and activities. Food Trucks will be on hand for you to purchase lunch from while enjoying the event. Help us celebrate this milestone of 50 years!!

STATISTICS

STATISTICS AS OF FEB. 29, 2024

On-Site Meals	1,344 meals
Home delivered Meals	9,486 meals
Transportation	425 trips
Senior Comm Liaison	15

A total of 400 senior citizens has been served under these programs.

National Food Days in April

- 4/3 Chocolate Mousse Day
- 4/6 Hostess Twinkie Day
- 4/11 Cheese Fondue Day
- 4/13 Peach Cobbler Day
- 4/17 Cheeseball Day
- 4/22 National Jelly Bean Day
- 4/23 National Picnic Day
- 4/28 Blueberry Pie 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: Maegan Hale

Area Agency on Aging

1-800-860-5799


The Station Break
Senior Citizens Center of Knox County