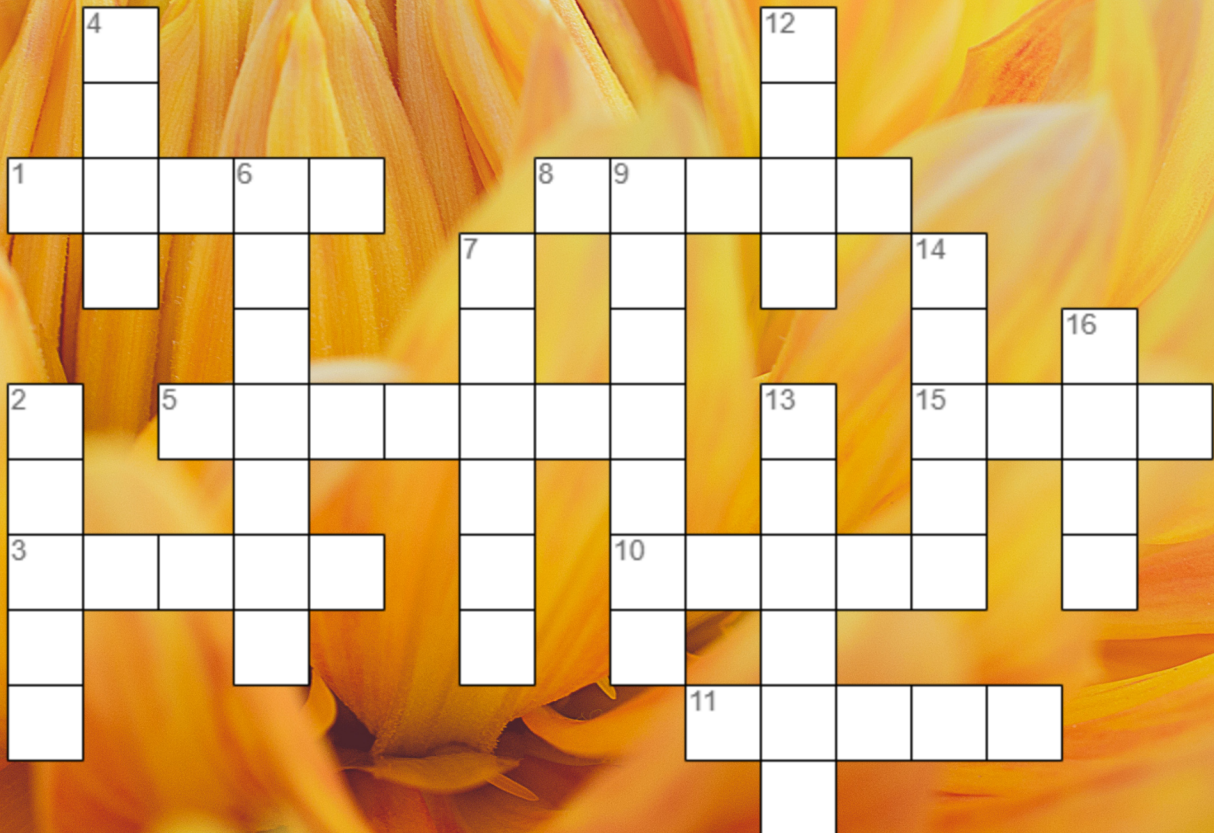


May

2026

# The Golden Flyer

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



## ACROSS

1. Color associated with spring
3. Flower opening in spring
5. What birds do in spring
8. Adjective for spring air
10. Spring month known for showers
11. Easter animal of spring
15. Ice melting in spring

## DOWN

2. Bird that returns in spring
4. How spring temperatures feel
6. Spring's astronomical event
7. Spring is one of these
9. Spring symbolizes this
12. What birds build in spring
13. Plant growth in spring
14. Part of a spring flower
16. Common spring weather

# May 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
				<b>1</b> Baked Chicken Whipped Potatoes Green Beans Pineapple Juice ww Roll
<b>4</b> Fr. Toast Sticks w/ Turkey Sausage Roasted Potatoes Tossed Salad Grape Juice ww Sliced Bread	<b>5</b> Spanish Rice w/ Beef Pinto Beans Chuckwagon Blend Tropical Fruit Breadstick	<b>6</b> Rosemary Pork Brussel Sprouts Cauliflower Pineapple Chunks Graham Crackers	<b>7</b> Tuna Noodle Cass. Yellow Squash Green Beans Orange Juice Bran Muffin	<b>8</b> Chicken Alfredo Broccoli Catalina Blend Peaches ww Roll
<b>11</b> Lemon Pepper Chicken Mixed Vegetables Cauliflower Banana ww Roll	<b>12</b> Ham and Bean Soup Spinach Peas & Carrots Orange Juice Corn Muffin	<b>13</b> Italian Pork Roast Carrots Hot Apple Sauce Pineapple Chunks Sliced Wheat Bread Raspberry Sherbert	<b>14</b> Beef Lasagna Green Beans Tossed Salad Cranberry Juice Garlic Bread	<b>15</b> Fish Sandwich Tater Tots Lima Beans Strawberries ww Bun
<b>18</b> Chicken Sandwich Roasted Potatoes Mixed Vegetables Mandarin Oranges ww Bun	<b>19</b> Honey Baked Chicken Carrots Hot Beets ls V-8 Juice Graham Crackers	<b>20</b> Chicken Parmesan Green Beans California Blend Peaches ww Roll	<b>21</b> Pork Roast Creamed Corn Brussel Sprouts Grape Juice ww Crackers	<b>22</b> Cheeseburger Tater Tots Tossed Salad Hot Apples ww Bun
<b>25</b> 	<b>26</b> Swiss Steak Spinach Corn Apple Juice Graham Crackers	<b>27</b> ls Sliced Ham Peas Whipped Potatoes Whole Orange ww Crackers	<b>28</b> Hamburger Gravy Chuckwagon Blend Broccoli Pineapple Chunks Sliced ww Bread	<b>29</b> Italian Chicken Cauliflower Lima Beans Mixed Berries ww Crackers

# May Activity Calendar

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

The Station Break is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Bingo w/ Whisp. Hills 12:45-2:00
4 Euchre 9:00	5 CHAIR EXERCISE 12:30 Shopping 	6 Cardio Drumming 12:30-1:15	7 Euchre 9:00	8 Mother's Day Tea 10:00  Bingo w/ CenterWell 12:45-2:00
11 Euchre 9:00 Chair Yoga w/ Connections Fitness 9:30	12 FOOD FUN 10:00 Chair exercise 12:30 Shopping	13 Cardio Drumming 12:30-1:15	14 Euchre 9:00 	15 Bingo w/ Centerburg Pointe 12:45-2:00
18 Euchre 9:00	19 CHAIR EXERCISE 12:30 Shopping	20 Cardio Drumming 12:30-1:15	21 Euchre 9:00	22 Bingo w/ Luminary Hospice 12:45-2:00 
25 	26 Food Fun 10:00 CHAIR EXERCISE 12:30 Shopping 	27 Cardio Drumming 12:30-1:15	28 Euchre 9:00	29 Bingo w/ Country Club 12:45-2:00

## Proposal to abolish property taxes is a wolf in sheep's clothing

By now, most of us are keenly aware of a proposed constitutional amendment to eliminate property taxes in Ohio. No doubt the idea will, at first blush, appeal to homeowners across the state. But as we know, beneath the surface this proposal carries dire consequences that would fundamentally disrupt how we function.

Property taxes are not a marginal funding source. They generate more than \$20 billion annually and make up nearly two-thirds of local tax revenue across Ohio. These dollars fund the services people rely on every day: police and fire protection, emergency medical response, public schools, senior services, and programs for vulnerable children and individuals with disabilities. Eliminating this revenue stream overnight, with no replacement plan, would create immediate and widespread fiscal instability.

Proponents frame this as tax relief. In reality, it's nothing more than a cost shift. The need for the services we provide doesn't simply disappear. To make up for the loss of property tax revenue, experts estimate that income and sales taxes would need to rise dramatically. In some scenarios, the state income tax could increase to levels approaching 15%, while the sales tax could climb toward 20%, among the highest in the nation. That shift would disproportionately impact working families and make Ohio less competitive, particularly in border regions where consumers could easily shop or relocate across state lines.

The impact on public safety alone should give Ohioans pause. In many local areas, property taxes are the primary funding source for police, firefighters, EMS, and 911 systems. Eliminating them would mean fewer first responders, longer response times, outdated equipment, and potentially closed stations. More than 32,000 public safety personnel could be at risk of layoffs.

Schools would face similarly devastating consequences. Property taxes account for nearly half of all school funding statewide and up to 95% of local operating revenue in some districts. The result would be larger class sizes, fewer teachers, and cuts to programs ranging from transportation to arts to career training.

Beyond schools and safety, the ripple effects extend to nearly every corner of community life. Services for seniors such as home-delivered meals and transportation to and from important medical appointments would be reduced or eliminated. Libraries, parks, mental health services, and programs for children in crisis would all face deep cuts or closure.

No one is arguing that property taxes aren't a real concern for Ohioans, and thoughtful reform should be considered. But abolishing them entirely — without a viable transition plan — does not solve the problem. It replaces one challenge with a cascade of new ones: higher taxes of other kinds, fewer essential services, and less local control.

Ohioans deserve solutions that are responsible, balanced, and sustainable. This approach is reckless and ultimately unworkable.---- **This information was provided by Ohioans to Protect Public Services**

# This and That

# Mad TEA Party

Lady's join us on Friday, May 8<sup>th</sup> for a Mad Hatters Tea Party

Tea Party will begin at 10:00am with Chris Stephens as enterainer.

Come dressed as your best Mad Hatters costume. You might just when a prize.

Sign up for this event will start on Monday, April 27<sup>th</sup>.

Must be 60+ and a Knox County resident to attend. No Walk-ins please



Join the Station Break for Chair Yoga with Connections Fitness on Monday, May 11<sup>th</sup> at 9:30am. We are excited to have them provide this service to us so come out and support one of our great partners and learn more about what Connections Fitness has to offer at their facility with their other exercise classes and they even have a pool.

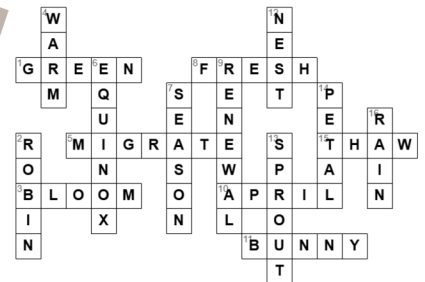


**Shopping**  
Every Tuesday  
Call Bryan for details  
740-397-3841

Thank You to our Easter Celebration Sponsor:



## Answer Key



## STATISTICS for March 2026

<b>On-Site Meals</b>	<b>1,086</b>
<b>Home Delivered Meals</b>	<b>12,110</b>
<b>Transportation</b>	<b>782</b>
<b>Senior Comm. Support</b>	<b>86</b>
<b>Activities</b>	<b>427</b>

**A total of 473 senior citizens have been served under these programs.**

## National Food Days to Celebrate in May

5/2 Truffles Day  
 5/5 Chocolate Custard Day  
 5/7 Herb Day  
 5/13 Hummus Day  
 5/16 Pickle Day  
 5/19 Devil's Food Cake Day  
 5/25 Brown-Bag-It Day  
 5/27 Grape Popsicle Day  
 5/30 Mint Julep Day

The Station Break Senior Citizens Center  
 Serving Knox County Senior Citizens since 1972

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Area Agency on Aging  
 1-800-860-5799

