

2025

June

The Golden Flyer

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



WATERMELON WORD SEARCH

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

WATERMELON

PINK

DELICIOUS

SLICE

SEEDS

GARDEN

FRUIT

SUMMER

GREEN

RIND









JUICY

HEALTHY

June Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div style="border: 2px solid black; padding: 10px; text-align: center; background-color: #ffeb3b;"> <p>Lunch is served every day Monday through Friday Call The Station Break at 740-397-3841 at least one day in advance for reservations. There is no same day walk in dining. • Menus are subject to change • Call to request ingredient information</p> <p>WW = Whole Wheat ***Milk is included with every meal LS = Low Sodium</p> </div>				
2 Cheesy Spaghetti Peas & Carrots Broccoli Apple Juice Garlic Bread	3 Baked Chicken Stewed Tomatoes Green Beans Whole Orange WW Sliced Bread	4 Turkey Tetrazzini Yams Beets w/Orange Sauce Cranberry Juice WW Roll	5 Honey Baked Pork California Blend Squash Pears WW Bread/WW Bun	6 Tuna Noodle Casserole Corn Roasted Sweet Potato Pineapple Chunks Bran Muffin
9 *LS Baked Ham Rosemary Potatoes Green Beans Whole Orange Yeast Roll	10 Chicken & Dumplings Brussel Sprouts Carrots Grape Juice WW Roll	11 Pork Roast Cauliflower Mixed Veggies Banana Graham Crackers	12 Swiss Steak Spinach Whipped Potatoes Jello cup w/ fruit WW Cracker	13 Cabbage Rolls Corn Mixed Veggies Orange Juice Breadstick
16 Honey Dijon Pork Carrots Spinach Pineapple Chunks Sliced Wheat Bread	17 Omelet w/ Bacon Tator Tots Tossed Salad Hot Apples Bran Muffin	18 Stuffed Peppers Cauliflower Brussel Sprouts Cranberry Juice Graham Crackers	19 <div style="text-align: center;"> <u>CLOSED</u>  </div>	20 Chicken Noodle Soup Corn Green Beans Mandarin Oranges WW Crackers
23 Baked Chicken Oriental Veggies Brown Rice *LS V-8 Juice WW Roll	24 Meatloaf Whipped Potatoes Lima Beans Pineapple Juice Bran Muffin	25 *LS Turkey Sandwich Potato Salad Apple Sauce Mandarin Oranges WW Bun	26 Salisbury Steak Stewed Tomatoes Carrots Fruit Cocktail Graham Crackers	27 Beef Lasagna Cauliflower Tossed Salad Hot Pears Garlic Bread
30 Baked Steak Green Corn Banana Sliced Italian Bread				

June Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<div>Let us know it is your birthday month! If you have a birthday in June and wish to be recognized, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (baked good).</div> <div>The Station Break is an equal opportunity provider</div>			
2 Chair Yoga 11:00	3 Coffee & Donuts 10:00 	4 Cardio Drumming 12:30 Shopping	5 Euchre 9am Food Box Pick Up 9-1	6 Bingo 12:45-2 w/ Whispering Hills
9 Chair Yoga 11:00	10 Movie Day 12:30 	11 Cardio Drumming 12:30 Shopping	12  Euchre 9am	13  Men's Breakfast 10:30 Bingo 12:45-2 w/ CenterWell
16 Chair Yoga 11:00 	17 Watercolor class 11-12:30  Movie Day 12:30	18 Cardio Drumming 12:30 Shopping	19 CLOSED 	20 Bingo 12:45-2 w/ Centerburg Point
23 Chair Yoga 11:00	24  Painting SHOES 10:00	25 Cardio Drumming 12:30 Shopping	26 Euchre 9am	27 Bingo 12:45-2 w/ Hospice of The Western Reserve 
30 Chair Yoga 11:00				

Women's Day Tea Party



Thank you to our sponsors Star Home Health Agency and Mount Carmel Health Plan for supporting our Women's Day Tea. We could not do it without you.



HNCO/HOSPICE OF KNOX COUNTY IS NOW HOSPICE OF THE WESTERN RESERVE



SENIOR CONVERSATIONS

Hospice of the Western Reserve invites you to join us for conversations exploring different topics that matter to seniors and their caregivers. This session will be hosted at the Station Break Senior Center of Knox County (160 Howard St., Mount Vernon, OH 43050).

WEDNESDAY, MAY 28 @ 10:30AM

"JOURNALING: THE GENERATION OF YOU"

Journaling is a powerful tool to stimulate our minds, helping to maintain our cognitive function, focus, and promote emotional well-being. During this session we will make our own journal of memories. We will design the cover of our journals while discussing the benefits of journaling and how to get started. Bring some photos, ideas, or thoughts you might like to include in your journal. Supplies are limited and will be provided.

Please call 740.507.0072 to RSVP.



**HOSPICE OF THE
WESTERN RESERVE**



hospicewr.org | 800.707.8922 | 501 c3 non-profit

Acoustic Jam Session w/ Kevin Mishey

Every third Sunday of the month

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

Everyone is invited to

**Due to Father's Day Weekend
Jam Session has been moved to**

JUNE 22nd

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

Location:

160 Howard Street, Mount Vernon

Time:

Doors open at 12:00pm to 3:00pm

Cost:

Jam Session is Free



FOOD, GAMES,
LAUGHS, & MORE

Join us for a
blast

Thursday, July
3rd

Meal Choices:
Hamburger or Beef Hotdog
Please call to sign up beginning
Tuesday, June 24th-28th

*Must be 60 or older and Knox County resident to attend

Annual Men's Breakfast

Sponsored By:



Country Club
Rehabilitation Campus
A Senior Health Care Community



Friday, June 13
10-11 a.m.

The Station Break will be hosting our annual breakfast for
men on Friday, June 13th. There is no cost to attend but you
must be 60 or over and Knox County resident.

Call to sign-up now through June 11, 2025.



Shopping

Every Wednesday

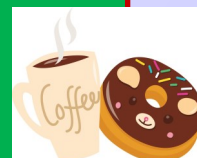
Call Bryan to schedule

(740) 397-3841



Coffee & Donuts Tuesday,

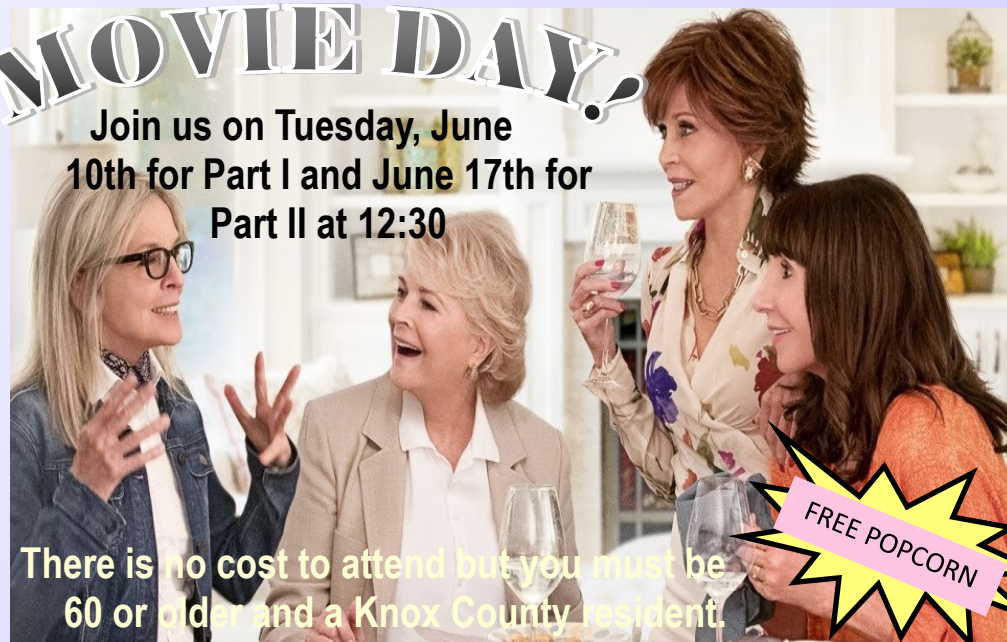
June 3rd @10:00



MOVIE DAY!

Join us on Tuesday, June
10th for Part I and June 17th for
Part II at 12:30

There is no cost to attend but you must be
60 or older and a Knox County resident.



FREE POPCORN





FUN FOOD DAYS TO CELEBRATE IN JUNE

6/4 National Cheese Day

6/8 Jelly Filled Donut Day

6/10 National Black Cow Day

6/14 National Strawberry Short-cake Day

6/17 Eat all Your Veggies Day

STATISTICS

STATISTICS AS OF APRIL 30TH 2025

On-Site Meals	2,152 meals
Home delivered Meals	18,893 meals
Transportation	785 trips
Senior Comm Support Serves	98 units
Activity Participation	817 Units

A total of 547 senior citizens has been served under these programs.



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

The Station Break is an equal opportunity provider

Area Agency on Aging
1-800-860-5799


The Station Break
Senior Citizens Center of Knox County