

2021

JULY

# The Golden Flyer

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



Congratulations to Dolly on becoming a United States citizen.



## ~ REOPENING DAY ~

We were finally able to open the doors for dine in services. It was a great turnout and everyone enjoyed being together again.

Beginning July 1st, the center will be open for dine-in services three days a week Tuesday, Wednesday, and Thursday. Please call 740-397-3841 to sign-up



# JULY Menu Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served every day Monday through Friday

Call The Station Break at **740-397-3841** one day in advance for reservations

Menus are subject to change

\*\*\* Milk is included with every meal \*\*\* \*\*WW = Whole Wheat \*LS = Low Sodium

*Wishing you all a safe  
and happy 4th of July*



**1**

Hamburger  
Tater Tots  
Chuck Wagon Blend  
Strawberries  
\*WW Bun

**2**

BBQ Chicken  
Red Skin Potatoes  
Yellow Wax Beans  
Pineapple Chunks  
\*WW Crackers  
Cherry Pie

**5**

**CLOSED**

**6**

Filled Pasta Shells  
Parisian Carrots  
Yellow Squash  
Mandarin Oranges  
Graham Crackers

**7**

Cabbage Roll  
Tossed Salad  
Sugar Snap Peas  
Tropical Fruit Cocktail  
\*WW Roll

**8**

Swiss Steak  
Whipped Potatoes  
Green Beans  
\*LS V-8 Juice  
\*WW Crackers

**9**

Rosemary Pork  
Cauliflower  
Corn  
Pineapple Juice  
Bran Muffin

**12**

Salmon Loaf  
Yellow Squash & Tomatoes  
Brussel Sprouts  
Pears  
\*WW Roll

**13**

Pepper Steak  
Broccoli  
Sliced Carrots  
Grape Juice  
Bran Muffin

**14**

Sliced Turkey  
Whipped Potatoes  
Zesty Garlic Green Beans  
Whole Orange  
Yeast Roll

**15**

Cheesy Egg Bake  
Roasted Potatoes  
Tossed Salad  
Banana  
Corn Muffin

**16**

Baked Ziti  
Lima Beans  
Normandy Blend  
Orange Juice  
Graham Crackers

**19**

Mac & Cheese  
Peas  
Stewed Tomatoes  
Strawberries  
Yeast Roll

**20**

Soppy Joe  
Potato Salad  
Baked Beans  
Cranberry Juice  
\*WW Bun

**21**

Cube Steak  
Squash  
Cauliflower  
Fruit Cocktail  
\*WW Sliced Bread

**22**

Beef Lasagna  
Spinach  
Colorful Corn  
Banana  
Garlic Bread  
\*WW Bun

**23**

Baked Chicken  
Oregon Beans  
Beets  
\*LS V-8 Juice  
Breadstick

**26**

Chicken Sandwich  
Coleslaw  
Broccoli  
Apple Sauce  
\*WW Bun

**27**

Hashbrown Casserole  
Roasted Potatoes  
\*LS Bacon  
Banana  
Graham Crackers

**28**

BLT  
Potato Salad  
Baked Beans  
Cranberry Juice  
Sliced Wheat Bread

**29**

Hamburger Gravy  
Whipped Potatoes  
Asparagus  
Pineapple Juice  
Yeast Roll

**30**

Dijon Honey Pork  
Catalina Blend  
Succotash  
Mandarin Oranges  
\*WW Roll

# JULY Activities Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

This month's activities are subject to change during this time of uncertainty

Let us know it is your birthday month! If you have a birthday in July 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).



1

Euchre  
11:00



2

5

**CLOSED**

6

Craft  
Tie Dye T-shirts  
11:00  
Sign-up required

7

Trivia  
11:30

—SHOPPING

8

Yahtzee  
11:15



9

12

13

Food Fun  
11:15  
Sign-up required  
**9 a.m. — 1 p.m.  
Food Box Pick Up**

14

Fitness Fun  
11:30

—SHOPPING

15

Euchre  
11:00



16

19

20

Hangman  
11:15

21

Food Fun  
Watermelon salad  
11:15  
Sign-up required  
—SHOPPING

22

Who am I?  
11:30

**Birthday Thursday!**

23

26

27

Fitness Fun  
11:30

28

Mystery Activity  
11:15

—SHOPPING

29

Rock Painting  
11:15  
Sign-up required



30



# This & That

## UPCOMING ACTIVITIES

### Craft

7/6, 7/29

### Fitness Fun

7/14, 7/27

### Food Fun

7/13, 7/21

### Games

7/1, 7/7, 7/8,  
7/15, 7/20,  
7/22, 7/28



Our facility will be  
closed on Monday July  
5th in observance of  
Independence Day

### Shopping

Every Wednesday  
Call Bryan for details.  
397-3841

Where do you  
want to **WALK**  
and **BIKE**  
in Knox County!

### Help create the Knox Active Transportation Plan

Active transportation is "human-powered" travel,  
such as walking, biking, or rolling.

Your input will help prioritize projects that support  
all types of transportation.

Scan the QR code → 

OR  
Visit [gethealthyknox.org](https://gethealthyknox.org)  
to give your feedback today!

Questions?  
Contact Tami Ruhl  
Knox Public Health  
740.392.2200, #2274

  
WALK. BIKE. ROLL.  
KNOX COUNTY ACTIVE TRANSPORTATION  


## STATISTICS

### STATISTICS AS OF MAY 31, 2021

<b>On-Site Meals</b>	<b>1,590</b>
<b>Home delivered Meals</b>	<b>22,270</b>
<b>Transportation</b>	<b>379</b>
<b>Homemaker Service</b>	<b>103</b>

**A total of 433 senior citizens have been served under these programs.**

## **Fun Days to Celebrate in July**

7/7 Global Forgiveness Day

7/13 National French Fry Day

7/15 Be a Dork Day

7/24 Tell an Old Joke Day

7/27 Walk on Stilts Day

7/30 International day of Friendship

7/31 National Watermelon Day

## First Friday



We set up our booth downtown to take part in First Friday. We passed out mugs, t-shirts, crackers, and candy to hundreds of people. It was great to be out in the community sharing information about the senior center .

Thank you to our sponsors: Freedom Caregivers, Humana, Kindred at Home, Snyder Funeral Homes, The Laurels, and Whispering Hills

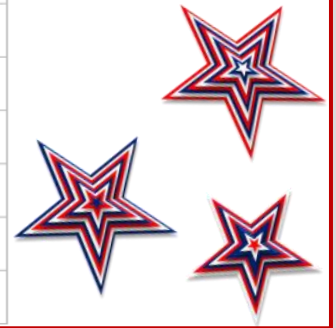
## Fish Fry Fundraiser



# INDEPENDENCE DAY

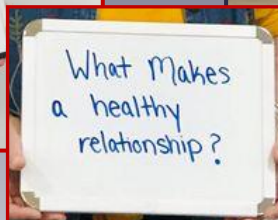
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I	I	A	N	R	R	D	F	A	R	T	R	L	C
N	S	J	D	E	F	R	E	E	D	O	M	U	L
U	E	O	E	S	B	N	E	P	E	C	H	J	A
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Y	E	R	E	J	P	I	T	C	W	I	D	I	E
O	O	I	E	F	I	R	E	W	O	R	K	S	T

PARADES  
 FOURTH JULY  
 FREEDOM  
 PATRIOT  
 INDEPENDENCE  
 BRITAIN  
 FIREWORKS  
 DECLARATION  
 JOHN ADAMS  
 MINUTEMEN  
 REDCOATS  
 GLORY





June was Elder Abuse Awareness month. We had a special presentation and performance from New Directions Shelters of Knox County Ohio.



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](http://www.StationBreak.org)

### STAFF

**Executive Director:** Meredith Lowther  
**Admin Support:** Bryan Dusenberry  
**Activities Coordinator:** Carmen Comer

Area Agency on Aging  
1-800-860-5799

