

2024

JULY

The Golden Flyer

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



Join us on
Thursday, July 25th
for
**Senior Day at The Knox
 County Fair**
Lunch will be 10:30-11:30 a.m.
with bingo to follow
 Location: Grassy area by the east side entrance

4th of July Party!
**Come celebrate America with
 us on**
Wednesday, July 3rd
Festivities begin at 10:30 a.m.
Meal Choices are:
Hamburger or Hotdog

*Open to Knox county residents 60 and older
 *Must be signed up in advance to attend.
 *No Walk-ins

Healthy Aging Cooking Class
with Tanner Cooper from the OSU Ext.

Join us every Friday starting July 12th through August 30th at 11:20 for a cooking demonstration with Tanner Cooper who is with the OSU Ext. office. He will be demonstrating healthy recipes while teaching you how to make them at home.

For participating in the class, you will get the recipe and a special gift.

Space is limited so sign-up at 740-397-3841 starting July 1st to attend these yummy and wonderful classes and try out some great recipes in the process.

You must be a senior 60 years old or older and a Knox County resident to attend.



*Let's
 get
 Cooking!*

JULY Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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Lunch is served every day Monday through Friday
Call The Station Break at 740-397-3841 at least one day in advance for reservations
***Menus are subject to change *Call to request ingredient information**
***** Milk is included with every meal *** **WW = Whole Wheat *LS = Low Sodium**

1 Pork Roast Broccoli Carrots Apricots WW Roll	2 Mac & Cheese Cauliflower Peas Grape Juice Graham Crackers	3 Hamburger Roasted Potatoes Corn Mandarin Oranges WW Bun	4 *LS BLT Potato Salad Strawberries Cranberry Juice WW Bread	5 <u>CLOSED</u>
8 Fish Sandwich Lima Beans Cauliflower Mandarin Oranges WW Bun	9 Baked Steak Mixed Veggies Broccoli Pineapple Juice WW Crackers	10 Rosemary Pork Brussel Sprouts Beets Tropical Fruit Cocktail Graham Crackers	11 *LS Turkey Breast Whipped Potatoes Green Beans Grape Juice Yeast Roll	12 Baked Chicken Oriental Veggies Brown Rice V-8 Juice WW Roll
15 Cube Steak Squash Peas Orange Juice Yeast Roll	16 Chicken Tenders Roasted Potatoes California Blend Pears WW Biscuit	17 Cabbage Roll Corn Brussel Sprouts Pineapple Juice WW Sliced Bread	18 Chili Hash Browns Hot Apple Sauce Tossed Salad Corn Muffin	19 Roast Beef Whipped Potatoes Green Beans Banana WW Roll
22 Sloppy Joes Corn Peas Mandarin Oranges WW Bun	23 Beef Lasagna Cauliflower Lima Beans Pineapple Chunks WW Crackers	24 Pepper Steak Carrots Green Beans Orange Juice Bran Muffin	25 Pancakes w/ Bacon Roasted Potatoes Hot Apples Tossed Salad Graham Crackers	26 Lemon Pepper Fish Squash Broccoli Grape Juice WW Roll
29 Honey Baked Pork Stewed Tomatoes Spinach Cranberry Juice WW Crackers	30 Tuna Noodle Cass. Corn Green Beans Jell-O Cup w/Fruit Bran Muffin	31 Baked Chicken Whipped Potatoes Mixed Vegetables Pears Graham Crackers		

JULY Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
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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).

The Station Break is an equal opportunity provider

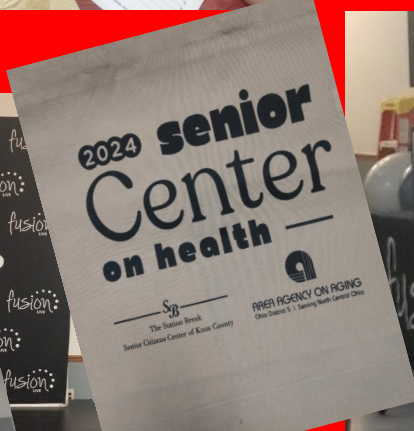
1 KARAOKE 11:00	2 COFFEE and DONUTS 10:00 AM	3 Cardio Drumming 12:30-1:15 —SHOPPING	4 Euchre 9:00-11:30 Happy 4th of July	5 <u>CLOSED</u>
8 KARAOKE 11:00	9 Game Day 11:00	10 Cardio Drumming 12:30-1:15 —SHOPPING	11 Euchre 9:00-11:30 Food Box Pick Up 9-1	12 Healthy Aging Cooking 11:20 Bingo 12:45-2 CENTERWELL
15 KARAOKE 11:00	16 Activities Spi Spot 9:30 Movie day 12:30	17 Cardio Drumming 12:30-1:15 —SHOPPING	18 Euchre 9:00-11:30	19 Healthy Aging Cooking 11:20 Bingo 12:45-2 CENTERBURG
22 KARAOKE 11:00	23 Food Fun 11:00	24 Cardio Drumming 12:30-1:15 —SHOPPING	25 Senior day at the Fair Euchre 9:00-11:30	26 Healthy Aging Cooking 11:20 Bingo 12:45-2 HOSPICE OF KNOX
29 KARAOKE 11:00	30 CRAFT 11:00	31 Cardio Drumming 12:30-1:15 —SHOPPING		



Men's Breakfast 2024 WESTERN STYLE



Senior on Health Event



This & That

MOVIE DAY!

Join us on
Thursday, July 16th
at 12:30

FREE POP
CORN



Our facility will be
CLOSED on
Friday, July 5th
in observance of
Independence Day

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 participate in the Jam Session or
come and listen to the music while enjoying lunch

Help 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

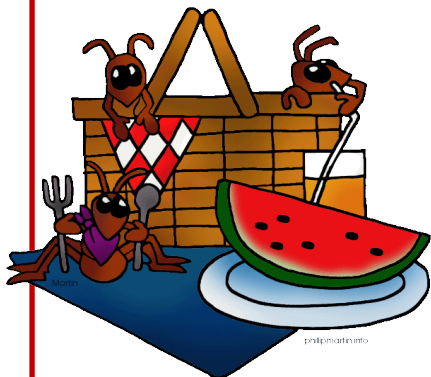
Cost:

Jam Session is Free

July 21

Shopping

Every Wednesday
Call Bryan for details.
397-3841



Need Transportation???

We can Help!

Local and Out of County Trips

- ◆ Medical Appointments
- ◆ Pharmacy
- ◆ Shopping
- ◆ Vision
- ◆ Dental
- ◆ Hair Dresser



The Station Break transportation service is a first come, first serve service. Must be 60 years old or older and a Knox County resident. The trip must be pre-arranged with our transportation coordinator. All trips are on a donation basis. Suggested donations are based on location of trip. Space is limited so call today to get scheduled. 740-397-3841 and ask for Bryan.

STATISTICS

STATISTICS AS OF
MAY 31, 2024

On-Site Meals	3,929
Home delivered Meals	26,697
Transportation	1,059
Senior Comm. Support Services	43

A total of 494 senior citizens have been served under these programs.

NATIONAL FOOD DAYS IN JULY

7/4 National Barbeque Day
7/6 National Fried Chicken Day
7/13 National French Fry Day
7/15 National Tapioca Pudding Day
7/24 National Hot Fudge Sundae Day
7/28 National Hamburger Day
7/29 National Lasagna Day
7/31 National Watermelon 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

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