

2025

AUGUST

The Golden Flyer

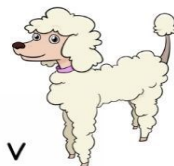
Monthly Newsletter of The Station Break Senior Center of Knox County Ohio

Name: _____

Date: _____



DOG BREEDS Word Search Puzzle



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

Find the words in **BOLD**

(The words may be hidden vertically, horizontally or diagonally.)

Border **COLLIE**
CHIHUAHUA
DACHSHUND
BULLDOG
GERMAN Shepherd
Siberian **HUSKY**
Great **DANE**
GREYHOUND

MALTESE
POODLE
LABRADOR Retriever
POMERANIAN
PUG
ROTTWEILER
DOBERMANN

Draw a picture of your favorite dog breed



August Menu Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served each day Monday through Friday at noon

Call The Station Break at 740-397-3841 before 2:00 p.m.,

at least one day in advance for reservations.

Menus are subject to change | Call to request ingredient information

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



1

*LS Turkey Breast
Corn
Green Beans
Banana
WW Roll

4

Chili Mac
Broccoli
Carrots
Apricots
Corn Muffin

5

Breaded Chicken
Leg
Lima Beans
Mixed Vegetables
Tropical Fruit
Breadstick

6

Swedish Meatballs
Cauliflower
Peas and Carrots
Grape Juice
Bran Muffin

7

Beef Vegetable Soup
Roasted Potatoes
Hot Apple Sauce
Tossed Salad
WW Crackers

8

Cube Steak
Catalina Blend
Green Beans
Banana
Yeast Roll

11

Cheesy Spaghetti
Stewed Tomatoes
Peas
Fruit Cocktail
Garlic Bread

12

Baked Steak
Lima Beans
Cauliflower
Pineapple Juice
WW Roll

23

Pancakes
Roasted Potatoes
Hot Apple Sauce
Grape Juice
Bran Muffin

14

Chili
Corn
Carrots
Tropical Fruit
WW Crackers

15

Baked Fish
Whipped Potatoes
Asparagus
Mandarin Oranges
Sliced Wheat Bread

18

Dijon Honey Chicken
Yellow Squash
Green Beans
Cranberry Juice
Yeast Roll

19

Sloppy Joe Sandwich
Lima Beans
Twice Baked Potato
Mandarin Oranges
Ww Bun

20

Meatloaf
Whipped Potatoes
Mixed Vegetables
Banana
Graham Crackers

21

Beef Lasagna
Corn
Tossed Salad
Hot Apples
Garlic Bread

22

Chicken Nuggets
California Blend
Peas
Pineapple Juice
WW Cracker

25

Pork w/ Sweet Sauce
Broccoli
Corn
Peaches
Graham Cracker

26

Pepper Steak
Whipped Potatoes
Green Beans
Orange Juice
WW Roll

27

Mac & Cheese
Mixed Vegetables
Peas
Tropical Fruit
WW Crackers




28

LS BLT Sandwich
Potato Salad
LS Baked Beans
Strawberries
Sliced Wheat Bread

29

Hamburger
Roasted Potatoes
Corn
Cranberry Juice
WW Bun

August Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
Every Wednesday: —Shopping		Let us know it is your birthday month! If you have a birthday in August and wish to be recognized, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Hospice of Western Reserves (flowers); Station Break (baked good). <div>The Station Break is an equal opportunity provider</div>		
				1 BINGO 12:45-2 Whispering Hills
4 CHAIR YOGA 11:00	5 Coffee & Donuts 10:00	6 Line Dancing 10:00 SNAP -ED 10:30 Cardio Drumming 12:30 Shopping	7 Euchre 9am	8 Line Dancing 10:00 BINGO 12:45-2 CenterWell
11 CHAIR YOGA 11:00	12 Craft Day String Art 10:00	13 Hospice of Western Reserves Present Reiki at 10:30AM SNAP-ED 11:00 Cardio Drumming 12:30 Shopping	14 Euchre 9am	15 Line Dancing 10:00 BINGO 12:45-2 Centerburg Pointe
18 CHAIR YOGA 11:00	19 Food Fun 11:00 Sound Therapy 12:30-1:30 	20 Line Dancing 10:00 Pain Management Presentation 10:30 Cardio Drumming Shopping	21 Euchre 9am	22 Line Dancing 10:00 BINGO 12:45-2 Hospice of Western Reserve Birthday Friday! 
25 CHAIR YOGA 11:00	26 Movie Day 12:30 	27 Line Dancing 10:00 SNAP -ED 10:30 Cardio Drumming Shopping	28 Euchre 9am	29 Line Dancing 10:00 BINGO 12:45-2 Country Club



4th of July Celebration



MOVIE DAY

Join us on Tuesday, August
26th for Part II at 12:30

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

Pain Management Group

BALANCED PAIN TREATMENT CENTERS

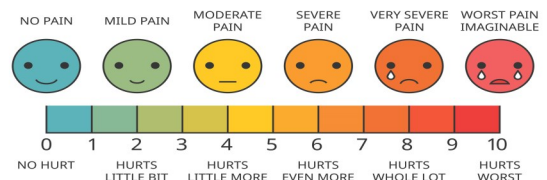
Dr. Jones

Pain Management Group

presentation

will be held at 10:30 August 20, 2025

PAIN MEASUREMENT SCALE



Acoustic Jam Session

w/ Kevin Mishey

Jam Session has been moved to the third Wednesday of every month starting September 13th

Doors open for the Jam Session at 12:30pm and run until 3:00pm

The Station Break Bake Sale Fundraiser

Help support the Station Break's Fundraising Projects by purchasing Food at the Jam Session Bake Sale

Location: 160 Howard Street, Mount Vernon Time: Doors open at 12:30pm to 3:00pm Cost: Jam Session is Free

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, AUGUST 13 @ 10:30AM | "REIKI AND YOUR HEALTH"

Join us for an informative conversation with **Christopher Bunner, RMT**, a Reiki Practitioner with over 40 years of experience in the therapeutic practice. His education includes training and certification from The Ohio State University College of Medicine, Center for Integrative Health, in addition to training with native Japanese Master Teachers. **Reiki** is a hands-off or hands-on light touch therapeutic practice that supports the comfort and relaxation of the recipient and practitioner. Christopher will give an overview of reiki and discuss how it is used as an alternative therapy in comfort care followed by a short demonstration.

Key Benefits of Reiki:

- Supports comfort and relaxation
- Facilitates the body's natural healing process
- Aids in relief of symptoms and discomfort for a number of conditions

Please call or text 740-507-0072 to RSVP.



hospicewr.org | 800.707.8922 | 501 c3 non-profit

CFAES

Meals in a Mug

Wednesday's at 10:30am
August 6, 13, and 27

Ever wanted to make a quick, low-cost, healthy Meal in a Mug? This is **exactly** what we'll do at each class! Every class, the focus will be on a different meal idea for the microwave-breakfast, main dish or side dish, or dessert. Join Michelle Duffy, Program Assistant for SNAP-Ed at OSU Extension, for **FREE** community nutrition.

Classes are provided through a partnership between The Station Break & SNAP-Ed at OSU Extension, Knox County.

Location:
The Station Break
160 Howard St., Mt. Vernon

Cost: FREE

Contact information:

Meredith Lowther, Director
The Station Break
740-397-3841

OR

Michelle Duffy, OSU Extension
SNAP-Ed Program Assistant
duffy.383@osu.edu or 740-618-6329



knox.osu.edu

THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

We Sustain Life

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information, visit cfaesdiversity.osu.edu. For an accessible format of this publication, visit cfaes.osu.edu/accessibility.

Cost is \$10.00 and must be paid at time of registration

Meditation & Sound Bath Sessions

HOSTED BY THE LOUD SOUND BATH
OWNER: ADRIENNE KRIZAN

Sound Bath Sessions

Enjoy a rejuvenating & relaxing sound bath session at Station Break.

What to expect

I provide cozy yoga mats, soft blankets, supportive bolsters, blocks, and other comfort items to enhance your experience.

Each session begins with guided meditations and breathwork, setting the stage for deep relaxation as I play my soothing instruments. You'll leave feeling calm, rejuvenated, and grateful for the time you invested in your well-being.

Upcoming Event

Tuesday, August 19th
12:30 PM - 1:30 PM

Station Break
160 Howard Street
Mount Vernon, Ohio

Each class is limited to 20 spots.
Please see director for more information and to sign up.

- ☎ 419-566-4727 call or text
- 📍 Mansfield, Ohio-I will come to you
- 🌐 www.theloudsoundbath.com
- ✉ theloudsoundbath@gmail.com

STRIVING TO
ENHANCE YOUR
WELLNESS

Must be 60yrs or older and Knox County Resident to participate

STATISTICS

STATISTICS AS OF JUNE 30, 2025

On-Site Meals	3,290 meals
Home delivered Meals	29,543 meals
Transportation	1,226 trips
Comm. Support Services	142 units
Activities	1,315 units

A total of 645 senior citizens has been served under these programs.

National Food Days to Celebrate in August

8/2 Ice Cream Sandwich Day
 8/3 National Watermelon Day
 8/6 Root Beer Float Day
 8/16 Bratwurst Day
 8/19 National Potato Day
 8/20 Bacon Lover's Day
 8/25 Banana Split Day
 8/29 Chop Suey Day
 8/31 National Eat Outside 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