

2021

September

The Golden Flyer

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

Sam Ingraham Senior Resource Day

September 15th
10 a.m. — 1 p.m.
First Church of the Nazarene
807 Coshocton Ave. Mount Vernon

- *Door Prizes*
- *To Go Lunch Provided*
- *Free Rides From KAT*

**GREAT
DOOR PRIZES**



HOT TOPICS

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

- ABORTION
- BULLYING
- CLIMATE
- DISASTER
- ECONOMY
- EDUCATION
- ELECTION
- ENERGY
- FINANCE
- GUN CONTROL
- IMMIGRATION
- MARRIAGE
- TAXES
- TECHNOLOGY
- TERRORISM
- TRUMP
- VIOLENCE
- WEATHER

September 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 one day in advance for reservations
 Menus are subject to change
 *** Milk is included with every meal *** **WW = Whole Wheat *LS = Low Sodium

		1 Italian Chicken Broccoli Tossed Salad Apple Sauce	2 Turkey Tetrazzini Whipped Potatoes Asparagus Banana *WW Cracker	3 BBQ Chicken Tator Tots Chuckwagon Blend Cracker Apple Pie
6 CLOSED	7 Pork Riblets Roasted Potatoes Stewed Tomatoes Apple Juice Club Cracker	8 Rosemary Pork Brussel Sprouts Beets in Orange Sauce Tropical Fruit Cocktail Graham Cracker	9 Roast Beef California Blend Whipped Potatoes Whole Apple Breadstick	10 Chicken Sandwich Lima Beans Cauliflower Mandarin Oranges *WW Bun
13 Pork w/ Sweet Sauce Mixed Vegetables Cauliflower Banana *WW Roll	14 Stuffed Peppers Creamed Corn Normandy Blend Orange Juice *WW Crackers	15 Hamburgers French Fries Squash Strawberries *WW Bun	16 Beef Lasagna Green Beans Tossed Salad Pineapple Juice Garlic Bread	17 Tilapia Mashed Potatoes Colorful Corn Cranberry Juice Yeast Roll
20 Cabbage Rolls Whipped Potatoes Green Beans Tossed Salad *WW Roll	21 Chicken Parmesan California Blend Asparagus Peaches Graham Cracker	22 Garlic Ranch Pork Brown Rice Peas V8 Juice *WW Roll	23 Baked Ziti Roasted Potatoes Brussel Sprouts Breadstick Jell-0 w/fruit cup	24 Sliced Turkey Scandinavian Blend Corn Whole Orange *WW Crackers
27 Garlic Ranch Chicken Ginger Carrots Lima Beans Pineapple Juice *WW Roll	28 Mac & Cheese Mixed Veggies Stewed Tomatoes Whole Apple Bran Muffin	29 Omelet w/ *LS Bacon Roasted Potatoes Tossed Salad Banana Corn Muffin	30 Baked Pork Yellow Wax Beans Green Beans Cranberry Juice Italian Bread	

September Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>If you have a birthday in September and wish to be recognized on BIRTHDAY FRIDAY, please call in to reserve your lunch reservation starting Monday, September 20th. Let us know it is your birthday month! Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (sweet breads).</p>			<p>Every Wednesday: —Quilting —Shopping</p>	
	<p>This month's activities are subject to change during this time of uncertainty</p>	<p>1 Trip to Branstool Orchard 10 a.m. Quilting Shopping</p>	<p>2 Euchre 10-11:30</p>	<p>3 Bingo 1-2</p>
<p>6 CLOSED</p>	<p>7 Chronic Disease Workshop 9:30-11:30 9 a.m. — 1 p.m. Food Box Pickup Day</p>	<p>8 Karaoke 10:30-11:30 Quilting Shopping</p>	<p>9 Euchre 10-11:30</p>	<p>10 Bingo w/ OES 1-2</p>
<p>13 Coffee with a Cop 10-11</p>	<p>14 Chronic Disease Workshop 9:30-11:30</p>	<p>15 Sam Ingraham Senior Resource Day 10 a.m. —1 p.m. Quilting Shopping</p>	<p>16 Euchre 10-11:30</p>	<p>17 Bingo w/ Kindred 1-2</p>
<p>20 Fitness Fun 11:15</p>	<p>21 Chronic Disease Workshop 9:30-11:30</p>	<p>22 Jordan Shremshock Performance 11:00-11:30 Quilting Shopping</p>	<p>23 Euchre 10-11:30</p>	<p>24 OSHIP Medicare Presentation 10:30 Bingo w/ Whispering Hills 1-2  <i>Birthday Friday</i></p>
<p>27 Food Fun 11:00</p>	<p>28 Chronic Disease Workshop 9:30-11:30</p>	<p>29 Mystery Game 11:30 Quilting Shopping</p>	<p>30 Euchre 10-11:30</p>	

Workshops

Because it's never too late to learn how to be **HEALTHY!**

FREE Healthy U Chronic Disease Class

chronic disease self-management program



When: Tuesday Morning 9:30—11:30 am
Sept 7th through Oct 12th

Where: Station Break ,160 Howard Street
Mount Vernon, Ohio 43050

For more information or to sign up see Carmen

This program helps adults of any age gain confidence in their ability to manage symptoms and understand how their health problems affect their lives. This class is also recommended for family caregivers.

An interactive workshop 2 hours per week for 6 weeks
Each workshop is facilitated by a pair of leaders, one or both of whom are non-health professionals with a chronic disease themselves.

 **AREA AGENCY ON AGING**
Ohio District 5 | Serving North Central Ohio
www.aaosohio.org

CFAES

OHIO STATE UNIVERSITY EXTENSION

Hungry to Learn?


Need new recipe ideas and healthy eating tips?

Free Healthy Eating and Cooking classes at the Station Break on October 7th, 14th and 28th from 10:30am-11:15am.

Reach out to the Station Break Senior Activity Center to RSVP.

- Visit CelebrateYourPlate.org for FREE recipes
- Find SNAP-Ed on social media:
#SNAPedWorks #CelebrateYourPlate



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

knox.osu.edu
OSU EXTENSION KNOX COUNTY
FAMILY AND CONSUMER SCIENCES

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STATISTICS

STATISTICS AS OF JULY 31, 2021

On-Site Meals	2,276
Home delivered Meals	31,537
Transportation	565
Homemaker Service	139
Senior Comm. Support	8

A total of 487 senior citizens have been

Fun days to celebrate in September

9/4 International Bacon Day

9/6 Read a Book Day

9/12 Chocolate Milkshake Day

9/13 Positive Thinking Day

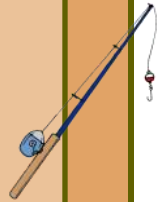
9/16 Collect Rocks Day

9/19 Wife Appreciation Day

9/21 Miniature Golf Day

9/25 National Hunting & Fishing Day

9/28 National Good Neighbor Day



Olympic Week at the Station Break

August 2-6

Last month we celebrated the summer Olympics at the center. During trivia time we learned interesting facts about the Olympics.

We played pass the torch, Olympic bingo, and name that tune. The seniors also participated in a watermelon seed spitting and a wet t-shirt (tossing) contests.



-Pass the Torch Medalists—
Gold-Nancy, Silver-Miriam, Bronze-Dolly



-Name that Tune Medalist-
Gold-Dave, Silver-Tom, Bronze-Joan



-Watermelon Seed Spitting Medalist-
Gold-Bill, Silver-Ken, Bronze-Lois



-Wet T-Shirt Toss Medalist-
Gold-Lois, Silver-Bill, Bronze-Ken



MONTHLY ACTIVITIES



JOIN US FOR A FREE EVENT!

COFFEE WITH A COP

meet your local law enforcement

SEPTEMBER 13 · MONDAY · 10 - 11 AM
THE STATION BREAK SENIOR CENTER

sponsored by:



Shopping

Every Wednesday

Call or see Bryan for details.
(740) 397-3841

Presenting Jordan Shremshock

Performing in the dining room
September 22nd
11-11:30 am.



A Mount Vernon-based singer, Jordan Shremshock's classically trained pipes transfer seamlessly into her heartfelt, indie folk style. Jordan earned her BA from the College of Wooster and performed with the Wooster Chorus for four years. After leaving music for a few years, she picked up her dad's guitar and learned to play. She now plays and sings songs from the 1960s to today for her family, friends, and pets, as well as at local community events. She works for both Paragraphs Bookstore and New Directions the Domestic Abuse Shelter and Rape Crisis Center of Knox County.

ARE YOU LOOKING FOR ASSISTANCE WITH

HOME MAINTENANCE & CHORES?



SERVICES INCLUDE, BUT ARE NOT LIMITED TO:

- Heavy household cleaning, including washing walls and ceilings; outside of windows, washing inside of difficult-to-reach windows;
- Disposing of garbage or recyclable materials, including those related to moving/hoarding/pest control;
- Replacing light bulbs and changing furnace filters.

Available for those 60+ who are determined eligible within Ashland, Crawford, Huron, Knox, Marion, Morrow, Seneca, Richland, and Wyandot counties.

For more information, please call **419-524-4144**.



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
Admin Support: Bryan Dusenberry
Activities Coordinator: Carmen Comer

Area Agency on Aging

1-800-860-5799

