

2023

September

The Golden Flyer

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

Sam Ingraham Senior Resource Day

September 20th

10 a.m. — 1 p.m.

First Church of the Nazarene
807 Coshocton Ave.

Mount Vernon

Door Prizes

Lunch Provided

Free Rides From KAT

**GREAT
DOOR PRIZES**

Ohio Senior Health Insurance Information Program Annual Presentation

Officials from the Ohio Department of Insurance will join us on **Friday, September 29, at 10:30 a.m. in our Dining Room** for their annual Medicare talk. There is no charge, and you do not have to sign up in advance.

“Activate Your Caregiver Brain”

The Station Break in conjunction with the Area Agency on Aging, District 5 would like to celebrate caregivers through a special free event to honor you.

If you are a caregiver for a senior who is 60 years old and older and a Knox County resident, **please join us on Friday, September 22nd.**

This will be a free hybrid virtual event streaming through the Area Agency on Aging.

Activities will start at 10:00am until 1:00pm with lunch included.

A special Keynote speaker, Dr. Krystal L. Culler, DBH,MA will present “Activate Your Caregiver Brain” streaming through the Area Agency on Aging at 1:00pm until 2:00pm.

To participate in the events please call (740)397-3841 to register by 2:00pm on Friday, September 15th. Space is limited so be sure to register early.

Activities include: Caregiver Bingo, Floral Arrangements, Meditation Techniques, and Performances by the Richland Academy.


There will also be a special gift for all attendees.

Feathered Friends



The Ohio Bird Sanctuary will be visiting the Station Break on Tuesday, September 12th. The program will begin at 10:45 in room one.



September Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>				
				1 Hamburger Roasted Potatoes Corn Mandarin Oranges *WW Bun
4 CLOSED	5 Chicken Patty Tater Tots Broccoli V-8 Juice *WW Bun	6 Rosemary Pork Brussel Sprouts Beets in Orange Sauce Tropical Fruit Cocktail Graham Crackers	7 BBQ Chicken Whipped Potatoes Cauliflower Pineapple Chunks *WW Roll	8 Beef Lasagna Green Beans California Blend Cranberry Juice Garlic Bread
11 Lemon Pepper Chicken Mixed Veggies Cauliflower Banana *WW Sliced Bread	12 Pancakes Roasted Potatoes Tossed Salad Orange Juice Bran Muffin	13 Chicken Stir Fry Brown Rice Peas V-8 Juice *WW Roll	14 Pork Roast Carrots Green Beans Pineapple Chunks Graham Crackers	15 Fish Sandwich French Fries Lima Beans Strawberries *WW Bun
18 Chicken Tenders Hash Brown California Blend Pears *WW Biscuit	19 *LS Sliced Ham Scandinavian Blend Carrots Mandarin Oranges *WW Crackers	20 Chicken Parmesan Stewed Tomatoes Asparagus Cranberry Juice *WW Roll	21 Southwest Pork Creamed Corn Brussel Sprouts V-8 Juice *WW Crackers	22 Chili Roasted Potatoes Tossed Salad Whole Orange Corn Muffin
25 Hamburger Gravy Asparagus Carrots Banana Yeast Roll	26 *LS BLT Potato Salad *LS Baked Beans Strawberries *WW Bun	27 Bean Soup w/Ham Spinach Peas Orange Juice Saltines	28 Roast Beef Whipped Potatoes Stewed Tomatoes Pineapple Chunks Breadstick	29 Tuna Noodle Cass. Corn Baked Sweet Potato Cranberry Juice Bran Muffin

September Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Let us know it is your birthday month!</p> <p>If you have a birthday in September and wish to be recognized on BIRTHDAY FRIDAY, please call in to reserve your lunch reservation.</p> <p>Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (sweet breads).</p> <p>The Station Break is an equal opportunity provider</p>				<p>Every Wednesday: Shopping</p>
	<p>Activities are subject to change</p>			<p>1</p> <p>Bingo 12:45-2</p>
<p>4</p> 	<p>5</p> <p>Coffee & Donuts 10:00</p> <p>Game 11:00</p>	<p>6</p> <p>Food Fun 11:00</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>7</p> <p>Euchre 10-11:30</p> <p>Food Box Pick Up 9-1</p>	<p>8</p> <p>Bingo 12:45-2</p>
<p>11</p> <p>CHAIR YOGA 11:00-11:30</p>	<p>12</p> <p>Bird Sanctuary Program 11:00</p>	<p>13</p> <p>Game 11:00</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>14</p> <p>Euchre 10-11:30</p> <p>Movie 12:30</p>	<p>15</p> <p>Bingo 12:45-2</p>
<p>18</p> <p>CHAIR YOGA 11:00-11:30</p>	<p>19</p> <p>Trip to Conn's Depart @ 8:45</p>	<p>20 SENIOR RESOURCE DAY 10-1</p> <p>At First Church of the Nazarene</p> <p>Shopping</p>	<p>21</p> <p>Euchre 10-11:30</p>	<p>22</p> <p>Area Agency Streaming Caregiver Event 10-2</p> <p>Bingo 12:45-2</p> <p><i>Birthday Friday</i></p>
<p>25</p> <p>CHAIR YOGA 11:00-11:30</p> <p>Movie 12:30</p>	<p>26</p> <p>Game 11:00</p>	<p>27</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>28</p> <p>Euchre 10-11:30</p>	<p>29</p> <p>OSHIP Medicare Presentation 10:30</p> <p>Bingo 12:45-2</p>

This & That

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.

Save the Date

Flu Clinic

FRIDAY, OCTOBER 13th
9-11

More details in October newsletter



September Trip

CONN'S POTATO CHIP FACTORY

ZANESVILLE, OH

Tuesday, September 19th

Depart from Station Break – 8:45 a.m. Return– approximately 1:30 p.m.

Admission to Conn's is FREE

Transportation fee is \$7.00



This month we are heading to Zanesville, Ohio to tour the Conn's factory. The tour begins at 10:00 and will last approximately 30 minutes. After the tour you will be able to purchase chips. We will be eating lunch at Cracker Barrel and stopping at Tom's Ice Cream bowl for dessert. Please bring money to purchase your lunch and any additional money you may need.

Please call (740) 397-3841 to sign up beginning September 5th-15th.

Money is due before 2 p.m. Friday, September 15th.

*Space is limited *Must be Knox County resident and 60 or older to participate



INTRODUCTION TO ALZHEIMER'S

Friday, October 20, 2023

11:00 AM

Station Break Senior Center of Knox County
160 Howard Street, Mount Vernon, Ohio

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The impact of Alzheimer's.
- » The 10 warning signs.
- » Risk factors.
- » Alzheimer's Association resources.
- » Ways to join the fight.



For questions or information call
567.302.3610

Coffee & Donuts – Tuesday, September 5th @ 10 a.m.

Sponsored by KCH Home Health



September 17th

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

Shopping

Every Wednesday
Call Bryan for details
740-397-3841



Coming Soon.....

Art Sessions

Join Wynne from Kenyon College

Painting Class
October 10th & 11th
10:30-11:30

Positive Words of Affirmation

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

GENEROUS
 BELIEVE
 OKAY
 INNOVATE
 HOPE
 KIND
 COURAGEOUS
 OPTIMISTIC
 ACCOMPLISH
 POWERFUL
 LOVE
 STRONG
 SUCCESSFUL
 TRUST
 THRIVING
 HARMONIOUS
 JOYFUL
 GENUINE
 BRAVE
 CELEBRATE

Food days to celebrate in September

9/1 Gyro Day

9/4 International Bacon Day

9/7 Acorn Squash Day

9/12 Chocolate Milkshake Day

9/14 Eat a Hoagie Day

9/17 Apple Dumpling Day

9/18 Cheeseburger Day

9/25 Quesadilla Day

9/26 Key Lime Pie Day

9/29 National Coffee Day



STATISTICS

STATISTICS AS OF JULY 31, 2023

On-Site Meals	3,299
Home delivered Meals	33,647
Transportation	1,037
Senior Comm. Support	152

A total of 679 senior citizens have 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

Admin Support: Bryan Dusenberry

Activities Coordinator: Carmen Comer

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