

The Golden Flyer

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

Name: _____ Date: _____



Bird Word Search

DIRECTIONS: Find and circle all of the bird names. They may be horizontally, vertically, or diagonally placed.

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

BLUE JAY
CANARY
CRANE
CROW
DOVE
DUCK
EAGLE
EGRET
EMU
FALCON
GOOSE
GULL
HAWK
HERON
IBIS
KINGFISHER
KIWI
LARK
LOON
MACAW
MAGPIE

ORIOLE
OWL
PELICAN
PENGUIN
PUFFIN
QUAIL
QUETZAL
RAVEN




ROBIN
STORK
SWALLOW
SWAN
TERN
TOUCAN
TURKEY
WREN



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</p>				
1 CLOSED 	2 Chicken Patty Tater Tots Broccoli V-8 Juice *WW Bun	3 Rosemary Pork Brussel Sprouts Beets in Orange Sauce Whole Peach Graham Crackers	4 BBQ Chicken Whipped Potatoes Cauliflower Pineapple Chunks *WW Roll	5 Beef Lasagna Green Beans California Blend Cranberry Juice Garlic Bread
8 Lemon Pepper Chicken Mixed Veggies Corn Tropical Fruit *WW Sliced Bread	9 Pancakes Hashbrown Hot Apples Orange Juice Bran Muffin	10 Chicken Stir Fry Brown Rice Peas V-8 Juice *WW Roll	11 Pork Roast Carrots Green Beans Pineapple Juice Graham Crackers	12 Fish Sandwich French Fries Lima Beans Strawberries *WW Bun
15 Chicken Tenders Au Gratin Potatoes California Blend Pears *WW Biscuit	16 *LS Sliced Ham Scandinavian Blend Carrots Mandarin Oranges Graham Crackers	17 Chicken Parmesan Stewed Tomatoes Asparagus Cranberry Juice *WW Roll	18 Southwest Pork Creamed Corn Brussel Sprouts V-8 Juice *WW Crackers	19 Chili Tater Tot Tossed Salad Whole Orange Corn Muffin
20 Hamburger Gravy Asparagus Carrots Banana Yeast Roll	23 *LS BLT Potato Salad *LS Baked Beans Strawberries *WW Bun	24 Bean Soup w/Ham Yellow Squash Peas Orange Juice Saltines	25 Roast Beef Whipped Potatoes Stewed Tomatoes Pineapple Chunks Breadstick	26 Beef Noodles Corn Roasted Sweet Potato Cranberry Juice Bran Muffin
29 Hamburger Roasted Potatoes Cream Corn Mandarin Oranges *WW Bun	30 Italian Chicken Squash Lima Beans Tropical Fruit Breadstick			

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 sponsored 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>1 CLOSED</p> 	<p>2 COFFEE & DONUTS 10:00</p>	<p>3 Line dance class 10:00 Cardio Drumming 12:30 Shopping</p>	<p>4 Euchre 9:00 Food Box Pick Up 9-1</p>	<p>5 Line dance class 10:00 Bingo 12:45-2 Whispering</p>
<p>8 Game Day 10:00</p>	<p>9 Movie Day 12:30</p>	<p>10 Line dance Cardio Drumming 12:30 Shopping</p>	<p>11 Euchre 9:00</p>	<p>12 Line dance class 10:00 Bingo 12:45-2 Centerwell</p>
<p>15 Game Day 10:00</p>	<p>16 FOOD FUN 10:00</p>	<p>17 SENIOR RESOURCE DAY 10-1 Shopping</p>	<p>18 Euchre 9:00 Minnie pearl Impersonator 11:30</p>	<p>19 Line dance 10:00 Medicare Presentation 10:30 Bingo Centerburg Point</p>
<p>22 Game Day 10:00</p>	<p>23 Paul Lambert Finacle Literacy 10:30</p>	<p>24 Line dance class 10:00 Cardio Drumming 12:30-1:15 Shopping</p>	<p>25 Euchre 9:00</p>	<p>26 Bingo 12:45-2 Hospice of Western Reserve <i>Birthday Friday</i></p> 
<p>29 Game Day 10:00</p>	<p>30 Movie Day 12:30</p>			

This & That

Need Transportation???

We can Help!

Local and Out of County Trips

- ♦ Medical Appointments
- ♦ Pharmacy
- ♦ Shopping
- ♦ Vision
- ♦ Dental



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.

Come join us at The Station Break with The Mount Vernon Players as we learn the choreography to the song Thriller by Micheal Jackson.



We will meet on Wednesday's and Friday's at 10 am in room 1. We will also be learning the Cowboy Boogie. So, don't forget to sign up...

Movie Day!

Join us on
Tuesday, September
9th and 30th at 12:30pm



COFFEE AND
DONUTS
9/2/25



Food Fun

Join us and learn how to
make a flavorful and
yummy Chicken
Quesadilla on Tuesday,
September 16th at
10:00am



Euchre



Join us every Thursday at
9:00am to play euchre with
the Euchre Club. No
Sign up is required.

Shopping

Every Wednesday
Call Bryan for details
740-397-3841





Presents the
Sam Ingraham Senior Resource Day

September 17th, 2025

10AM to 1PM

First Church of the Nazarene

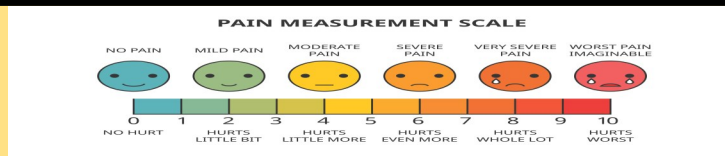
807 Coshocton Ave

Mt Vernon, OH 43050

Lunch will be provided. Door Prizes!

Ohio Senior Health Insurance Information Program
Annual Presentation

Officials from the Ohio Department of Insurance will join us on **Friday, September 19, 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.



Pain management Presentation 09/26/2025 @ 10:30



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, 2025

On-Site Meals	3,871
Home delivered Meals	35,333
Transportation	1,466
Activities	1,579
Senior Comm. Support	170

A total of 691 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

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