

September

2026

The Golden Flyer

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



PRESENTS THE

SAM INGRAHAM SENIOR AND CAREGIVER RESOURCE DAY

BRINGING RESOURCES CLOSER TO YOU



RESOURCE INFORMATION INCLUDED BUT NOT LIMITED TOO:

- Knox Community Hospital
- Knox Community Health Department
- Home Health Agencies
- Senior Centers
- Medical Supplies
- Banks
- etc...

SEPTEMBER 16, 2026

10:00 AM – 1:00 PM

First Church of the Nazarene
807 Coshocton Ave
Mt Vernon, OH 43050



September Menu Calendar

Lunch is Served every day Monday through Friday
Call The Station Break at 740-397-3841 by 2:00pm ay before to make a reservation+

Menus are subject to change ---Call to request ingredient Information

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Patty Sandwich Broccoli Tater Tots ls V-8 Juice ww Bun	2 Rosemary Pork Brussels Sprouts Hot Beets Clementine ww Graham Crackers	3 BBQ Chicken Whipped Potatoes Chuckwagon Blend Pineapple Chunks ww Roll	4 Beef Lasagna Peas & Carrots California Blend Apple Juice Garlic Bread
	8 Pork Roast Carrots Zucchini Squash Pineapple Juice ww Graham Crackers	9 Lemon Pepper Chicken Mixed Veggies Corn Tropical Fruit ww Sliced Bread	10 Pancakes w/LS Bacon Hashbrown Patty Hot Applesauce Orange Juice Bran Muffin	11 Fish Sandwich French Fries Lima Beans Strawberries ww Bun
14 ls Sliced Ham Scandinavian Blend Parisian Carrots Mandarin Oranges ww Graham Crackers	15 Chicken Tenders Au Gratin Potatoes California Blend Pears ww Biscuit	16 Chicken Parmesan Stewed Tomatoes Mixed Vegetables Cranberry Juice ww Roll	17 Chili Tater Tots Tossed Salad Whole Orange Corn Muffin	18 Southwest Pork Creamed Corn Brussel Sprouts Prune Juice ww Crackers
21 Roast Beef Whipped Potatoes Stewed Tomatoes Pineapple Chunks ww Crackers	22 PB & Jelly Uncrustables Potato Salad ls Baked Beans Strawberries ww Bread	23 Ham & Bean Soup Yellow Squash Peas Whole Kiwi Corn Muffin	24 Hamburger Gravy Scandinavian Blend Spinach Banana Yeast Roll	25 Baked Chicken Corn Roasted Sweet Potatoes Cranberry Juice ww Sliced Bread
28 ls Chicken Noodle Soup Broccoli Cauliflower Pineapple Juice ww Crackers	29 Italian Chicken Northwest Blend Lima Beans Tropical Fruit Breadstick	30 Turkey Tetrzzini Hot Beets Mixed Vegetables Apple Juice ww Sliced Bread		

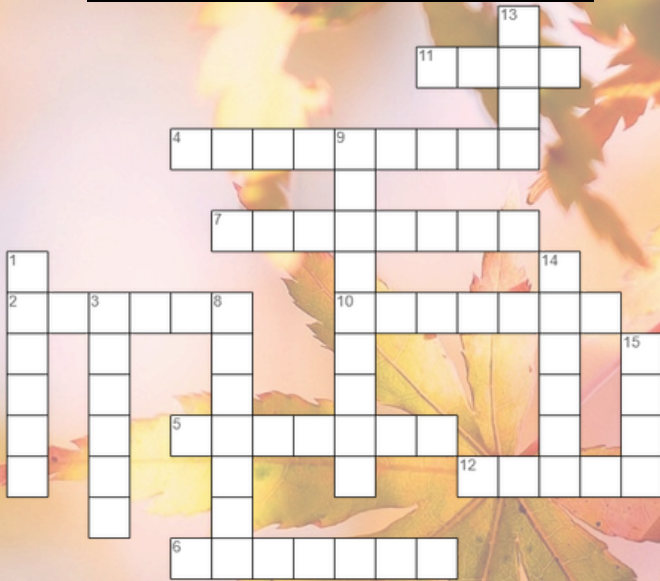
September Activity Calendar

Let us know if it is your birthday month! If you have a birthday in February and wish to be recognized on Birthday Friday, please call to reserve your lunch reservation . Birthday party sponsors: The Laurels (desserts); The Station Break (baked goods and flowers).

The Station Break is an equal opportunity provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Food Fun 10:00 	2 Cardio Drumming 12:30-1:15	3 Euchre 9:00	4 Bingo w/ Whispering Hills 12:45-2:00
7 	8 Movie Day 12:30  Shopping	9 Cardio Drumming 12:30-1:15	10  Euchre 9:00	11 Bingo w/ CenterWell 12:45-2:00
14 Euchre 9:00	15  Food Fun 10:00 Shopping	16 Cardio Drumming 12:30-1:15	17 Euchre 9:00	18 Medicare Presentation 10:30 Happy Spokes 11 am Bingo w/ Centerburg Pointe 12:45-2:00
21 Euchre 9:00	22 Trivia 10:00 Shopping	23 Cardio Drumming 12:30-1:15	24 Euchre 9:00	25 Bingo w/ Luminary Hospice 12:45-2:00
28  Euchre 9:00	29 Game Day 10:00  Shopping	30 Cardio Drumming 12:30-1:15		

This and That



ACROSS

2. Trees shed these in fall
4. Word puzzle
5. Crop collection time in September
6. Light September precipitation
7. September weather characteristic
10. Autumn one occurs in September
11. Common September weather
12. Planet Earth

DOWN

1. Frequent September sky feature
3. Fall season begins this month
8. Clothing you may need in September
9. Ninth month of the year
13. Breezy September element
14. Temperature trend in September
15. Unit of language



Join David Painter with the Ohio Department of Insurance as he gives an update to Medicare. Presentation will begin at 10:30am on Friday, September 18th, 2026. No reservation needed for the presentation.

Ohio Department of Aging Cautions Ohioans about Post Storm Scams

Older Adults Urged to Watch for Home Repair Scams After Severe Weather in COLUMBUS, Ohio – In the wake of severe storms across Ohio on Tuesday, August 11, 2026 Ohio Department of Aging (AGE) Director Ursel J. McElroy is warning all Ohioans, including older adults, to beware of home repair scams.

Following a severe weather event, contractors may go door-to-door in neighborhoods offering to repair affected residents' homes. Projects may include repairing roof damage, clearing fallen trees, and more.

By claiming that they can begin the work immediately or that they have materials remaining from a previous job, they may pressure residents into accepting their offer immediately or handing over insurance settlement checks. When a resident accepts their offer and pays them, they may never return, or they may complete the work with poor quality.

While many respectable businesses still go door-to-door to meet potential customers, you should always be careful about people who come to your home unexpectedly and you should always feel empowered to ask questions. If someone you do not know attempts to solicit business at your door, some tips include:

- Ask for written information about the company's services
- Check to see whether the company is properly licensed
- Inform your insurance company about the offer
- Request time to consider the offer – at least a day or two

If a contractor pushes a resident to decide immediately, the resident should refuse the offer, call local law enforcement, and report a potential scam.

To learn more about home repair scams and other scams that target older adults, visit this page on AGE's website. Consumers who suspect a scam or who have problems they can't resolve on their own should contact the Ohio Attorney General's Office at www.OhioProtects.org or 800-282-0515.

About AGE – The Ohio Department of Aging serves and advocates for the needs of Ohioans age 60 and older, as well as their families, caregivers and communities. Programs include home and community based long-term supports and services, as well as initiatives to promote health and wellness throughout the lifespan. Learn more at Aging.Ohio.gov.

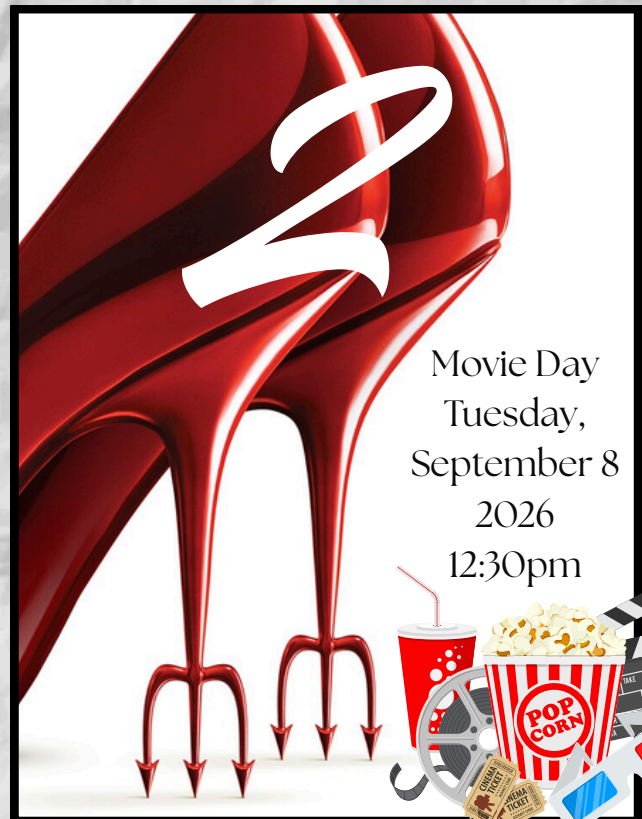
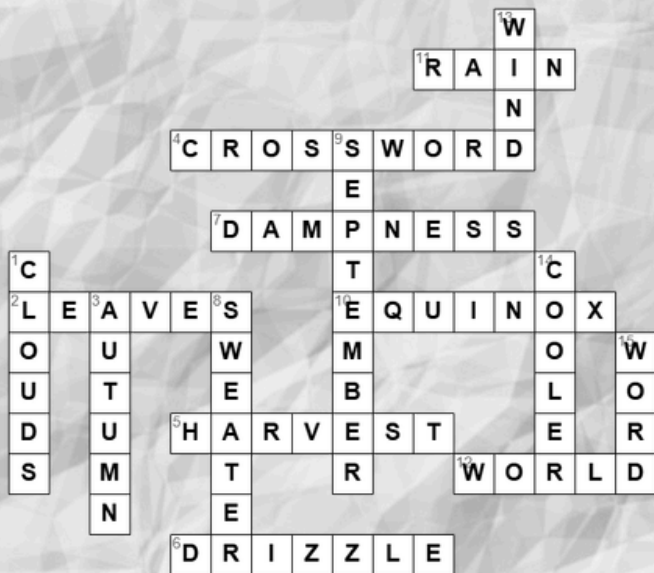
Information provided by: Ohio Department of Aging

Senior Day at the Fair

Presented by
TASK Force for Older Adults



ANSWER KEY



STATISTICS for July 2026

On-Site Meals	2,791
Home Delivered Meals	31,442
Transportation	1,993
Senior Comm. Support	211
Activities	1,207

A total of 639 senior citizens have been served under these programs.

National 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

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

Area Agency on Aging
 1-800-860-5799


 The Station Break
 Senior Citizens Center of Knox County

