

2024

October

The Golden Flyer



The Station Break Senior Center of Knox County Ohio Monthly Newsletter



JOIN US FOR OUR ANNUAL HALLOWEEN CARNIVAL

**GAMES ~ GHOULIE TREATS ~
DOOR PRIZES**

THURSDAY, October 31

Doors open at 10:00

Call to reserve your seat beginning
October 21-29

We will be having a costume contest so be sure
to dress in your best costume. You may win a
prize.

The Carnival will be in room 1 so be sure to stop
by and play some of the carnival games with
favorite marketers.

Meal choices are:

#1 –Beef and Noodles

#2 –Tuna and Noodle Casserole

*Space is limited

*Must be 60 or over and a Knox county resident to
attend. No walk-ins please.



October Menu Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are subject to change Call to request ingredient information</p> <p>*** Milk is included with every meal ***</p> <p>LS = Low Sodium  WW = Whole Wheat</p>				
	1 Chicken A la King Green Beans Beets Mandarin Oranges *WW Roll	2 Pork w/Sweet Sauce Oriental Veggies Yams Whole Orange *WW Sliced Bread	3 Salisbury Steak California Blend Roasted Potatoes Pears Graham Cracker	4 Chili Mac Corn Lima beans Pineapple Juice *WW Cracker
7 Baked Steak Normandy Blend Roasted potatoes Banana *WW Biscuit	8 Swiss Steak Spinach Scandinavian Blend Whole Apple Corn Muffin	9 Chicken & Dumplings Cauliflower Peas Grape Juice *WW Roll	10 Stuffed Peppers Stewed Tomatoes Chuckwagon Blend Orange Juice *WW Crackers	11 Roast Beef Whipped Potatoes Lima Beans Pineapple Chunks Graham Cracker
<div> <div>*****</div> <div> 14  Closed Happy COLUMBUS DAY ***** </div> <div>*****</div> </div>	15 Honey Dijon Pork Peas Cauliflower Strawberries *WW Cracker	16 Omelet w/ Bacon Tater Tots Hot Apples Orange Juice Bran Muffin	17 BBQ Chicken Carrots Brussel Sprouts Apple Juice Graham Crackers	18 Chicken Noodle Soup California Blend Hot Pears Tossed Salad *WW Crackers
21 Filled Pasta Shells Cauliflower Squash Whole Orange Breadstick	22 Pork Roast Cream Corn Whipped Potatoes Cranberry Juice *WW Roll	23 LS BLT Potato Salad Apple Sauce Grape Juice *WW Sliced Bread	24 Orange Glazed Meatballs Whipped Potatoes Green Beans Pineapple Chunks Bran Muffin	25 Broccoli Soup Catalina Blend Corn Peaches *WW Crackers Vanilla Pudding
28 Cabbage Rolls Mixed Veggies Hot Pears Whole Orange Breadstick	29 Cube Steak Catalina Blend Green Beans Banana WW Roll	30 Ls Turkey Whipped Potatoes Broccoli Pineapple Juice Yeast Roll	31 Beef & Noodles Corn Roasted Sweet Potatoes Cranberry Juice Bran Muffin	

October Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <div> Every Wednesday: Shopping Activities are subject to change </div> <div> Let us know it is your birthday month! If you have a birthday in October and wish to be recognized, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (baked good). The Station Break is an equal opportunity provider </div> </div>				
	1 Coffee & Donuts 10:00 CRAFT DAY 11:00	2 Cardio Drumming 12:30-1:15 Shopping	3 Euchre 9-11:30 Food Box Pick Up 9-1	4 BINGO 12:45-2 w/ Whispering Hills
7 CHAIR Yoga 11:00	8 MOVIE DAY 12:30	9 Cardio Drumming 12:30-1:15 Shopping	10 Euchre 10-11:30	11 Health Dept. Flu Shots 9:00-11:00 COAD Presentation and Senior Bingo 10:30am BINGO 12:45-2 w/ CenterWell
<div> <div>*****</div> <div> 14  </div> <div>*****</div> </div>	15 MOVIE DAY 12:30	16 Cardio Drumming 12:30-1:15 Shopping	17 Euchre 9-11:30	18 BINGO 12:45-2 w/ Centerburg Pointe
21 Chair Yoga 11:00	22 Craft Day 11:00	23 IT TRAINING 10-12 Cardio Drumming 12:30-1:15	24 Euchre 9-11:30	25 BINGO 12:45-2 w/ Hospice of the Western Reserve Birthday Friday! 
28 CHAIR Yoga 11:00	29 FOOD FUN 11:00	30 Cardio Drumming 12:30-1:15 Caregiver Event 10-1  Shopping	31 HALLOWEEN Carnival 10:00 	

This & That



CAREGIVER APPRECIATION Event



OCTOBER 30

Join us for a special day of self-care, learning, and fun. The Knox Station Break, in collaboration with the Ohio District 5 Area Agency, is hosting an event dedicated to caregivers.

special  **GIVEAWAY**

FREE LUNCH

WHO: For individuals of any age who are caregivers to loved ones, neighbors, family members, friends. The caregiver can be of any age, however the care recipient must be 60 and older. If you are a grandparent raising grandchildren, the grandparent must be 55 and older.

WHAT: Virtual "Self Care as a Caregiver" Presentation, **FREE** lunch, activities, entertainment, and special giveaways


DATE: October 30 **TIME:** 10:00 - 1:00

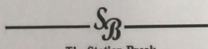
WHERE: The Knox Station Break - 160 Howard St, Mt Vernon, OH 43050


Virtual and onsite entertainment and activities provided by

fusion:
MARKETING

Presentation by
Emily Bailey, RD, CSSD, LD, NASM
AccelWELL Coach

 **AREA AGENCY ON AGING**
Ohio District 5 | Serving North Central Ohio


The Station Break
Senior Citizens Center of Knox County

 **REGISTER NOW**

740-397-3841

Option: Meredith

FREE

Technology

Training

- Have questions about your iPad or Laptop
- Wonder how to download apps.
- Need help connecting with family through email.

Well, we have the training for you. Our IT group ES Consulting will be here on October 23rd and November 6th from 10:00am to 12:00pm to help with some of those questions.

Must be a senior 60 and over and a Knox County Resident to attend.



COAD
Corporate for Ohio
Application Development

COAD will be doing a presentation at the Station Break on Friday, October 11th at

10:30am. They are in need of seniors to participate in their Foster grandparent program in helping others. She will also be doing a Senior Bingo during this time as well. Consider attending this presentation to learn more about COAD and see if you would enjoy becoming a member.



The Health Dept. will be at the State Break on October 11th

from 9:00 to 11:00am to provide Flu Shots to anyone still in need of receiving one.

Find us on Facebook at
The Station Break Senior Citizens Center of Knox County



Shopping

Every Wednesday
Call Bryan for details



REMINDER TO HOME DELIVERY MEAL CLIENTS

If you need to cancel your meal service for the day, please remember to call 740-397-3841 before 10:00 a.m.



SAVE THE DATE

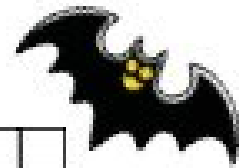
We are excited to announce that Randy Velez will be performing at our Christmas party this year. Mark your calendars!

Friday, December 13th
More information in next months newsletter

Name: _____ Date: _____



Halloween

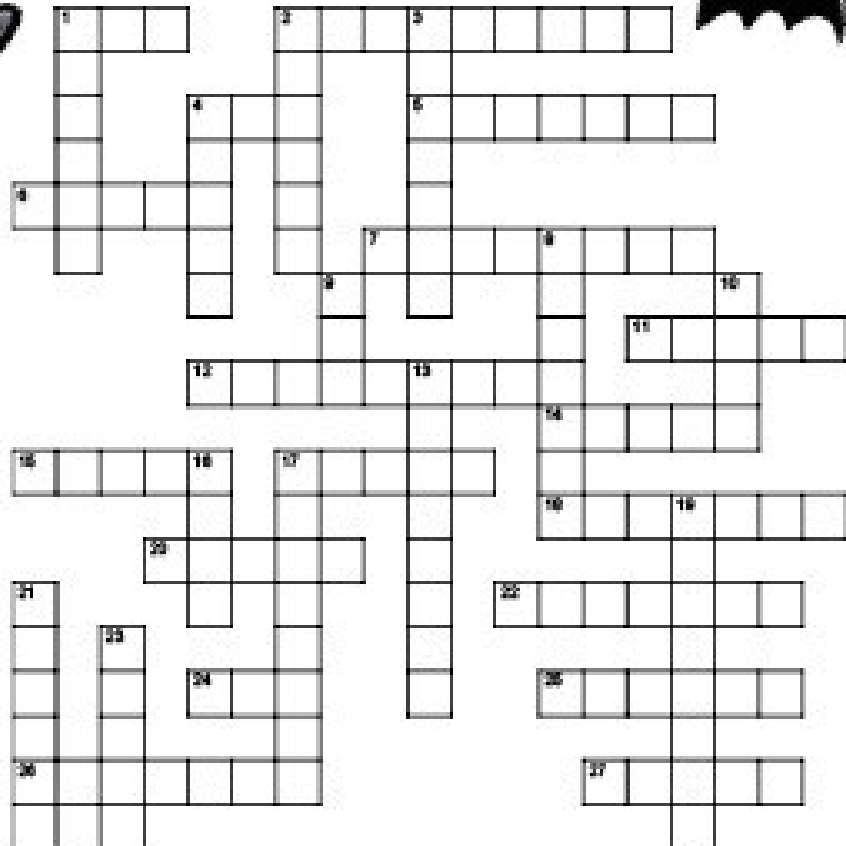


Across

1. He swallowed the canary.
2. Playground for ghosts.
4. What a spider spins.
5. Frankenstein has one.
6. When ghosts come out to play.
7. Scare.
11. What the pot might call the kettle.
12. October 31st.
14. _____ or treat.
15. Witch transportation.
17. Frightening.
18. The Count.
20. A skeleton is just a bunch of these.
22. Disguise.
24. Lives in the belfry.
25. Incey wincey is one of these.
26. Main ingredient in a popular pie.
27. _____ stories.

Down

1. Where a vampire sleeps.
2. Evil or mischievous creature.
3. He hates garlic.
4. Samantha for example.
8. _____ house.



9. Whoo? Whoo?
10. Mr. O'Lantern.
13. Comes out on full moon nights.
16. Might be full, half, or new.
17. A boney sort of fellow.
19. Fire burn, and _____ bubble.
21. When something makes our skin crawl, it's this.
23. Found in Egypt.



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Food days to celebrate in October

10/1 International Coffee Day

10/4 National Taco Day

10/10 Angel Food Cake Day

10/12 Gumbo Day

10/18 Chocolate Cupcake Day

10/24 Bologna Day

10/25 World Pasta Day

10/26 Pretzel Day

10/31 National Candy Apple Day

STATISTICS

STATISTICS AS OF AUGUST 31, 2024

On-Site Meals	6,448 meals
Home delivered Meals	40,968 meals
Transportation	1,709 trips
Senior Comm Liaison	87

A total of 611 senior citizens were 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/Admin Support: 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