

2022

November

The Golden Flyer

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



The Station Break will be hosting a Veterans Day breakfast celebration on Thursday, November 10th at 10:00am. If you are a veteran and would like to be recognized, please call (740) 397-3841 anytime to inform the Station Break of your name and branch of service by November 4th.

REMINDER

The Station Break will be CLOSED on Friday, November 11th for Veterans Day. Also, Thursday, November 24th & Friday, November 25th for Thanksgiving.



Annual County Christmas Party **Featuring entertainer Barefoot McCoy**

Friday, December 9th

Doors open at 10 a.m.

Please call (740)397-3841 to make your reservation beginning

November 21st – December 5th

Entrée Choices: #1 Ham or #2 Turkey

***Cost is \$5.00 per person *Space is limited**

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

Sponsored by:

Brookdale Senior Living, Medical Mutual- Dan Rankin, Snyder Funeral Homes, Whispering Hills

November Menu Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served every day Monday through Friday

Call The Station Break at [740-397-3841](tel:740-397-3841) at least one day in advance for reservations

Menus are subject to change ~ Call to request ingredient information

*** Milk is included with every meal ***

**WW = Whole Wheat *LS = Low Sodium

1

Chili
Roasted Potatoes
Hot Apples
Tossed Salad
Corn Muffin

2

*LS Turkey Breast
Au Gratin Potatoes
Green Beans
Cranberry Juice
**WW Roll

3

Baked Steak
Lima Beans
Cauliflower
Pineapple Juice
Bran Muffin

4

Chicken Tenders
Hashbrowns
California Blend
Pears
**WW Biscuit

7

Beef Veggie Soup
Rosemary Potatoes
Corn
Tropical Fruit Salad
**Sliced WW Bread

8

Cube Steak
Catalina Blend
Green Beans
Banana
Yeast Roll

9

Sloppy Joes
Twice Baked Potatoes
Lima Beans
Mandarin Oranges
**WW Bun

10

Pork Roast
Carrots
Hot Apples
Tossed Salad
Graham Cracker

11 CLOSED



14

Swedish Meatballs
Roasted Potatoes
Lima Beans
Mandarin Oranges
**WW Garlic Bread

15

Lemon Pepper Fish
Cauliflower
Peas & Carrots
Grape Juice
**Corn Muffin

16

Hamburger
Tater Tots
Broccoli
Pineapple Chunks
Bun/**WW Cracker

17

Mac & Cheese
Stewed Tomatoes
Corn
Orange Juice
Breadstick

18

Honey Baked Pork
Whipped Potatoes
Mixed Veggies
Pears
**WW Graham Crackers

21

Tuna Noodle Casserole
Corn
Baked Sweet Potato
Pineapple Chunks
Bran Muffin

22

Pork Roast
Cauliflower
Brussel Sprouts
Banana
Graham Cracker

23

*LS Sliced Turkey
Whipped Potatoes
Green Beans
Cranberry Sauce
**WW Yeast Roll

24

CLOSED



25

CLOSED

28

Pancakes
Roasted Potatoes
Tossed Salad
Orange Juice
Bran Muffin

29




Italian Chicken
Squash
Peas
Tropical Fruit Cocktail
**WW Cracker

30

Beef Lasagna
Corn
Green Beans
Grape Juice
Garlic Bread/Bun



November Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Let us know it is your birthday month! If you have a birthday in November and wish to be recognized, please call in to reserve your lunch reservation.</p> <p>Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (baked good).</p>			<p>Every Wednesday —Shopping</p>	
			Activities are subject to change	
	1 Coffee & Donuts 10:00 Food Fun 11:00	2 Crochet & Knitting 10-11:30 Cardio Drumming 12:30 - 1:15 Shopping	3 Art Session 10-11:30 Euchre 12:30-2:00	4 Bingo 12:45-2
7 CHAIR YOGA 11-11:30	8 Game 11:00 9 a.m. — 1 p.m. Food Box Pickup Day	9 Crochet & Knitting 10-11:30 Cardio Drumming 12:30 - 1:15 Shopping	10 Veteran's Day Breakfast 10:00 Euchre 12:30-2:00	11 CLOSED
14 CHAIR YOGA 11-11:30	15 Food Fun 11:00	16 Crochet & Knitting 10-11:30 Cardio Drumming 12:30 - 1:15 Shopping	17 Euchre 10-11:30	18 Medical Mutual Presentation 10:00 Bingo 12:45-2 
21 CHAIR YOGA 11-11:30	22 Game 11:00	23 Crochet & Knitting 10-11:30 Euchre 10-11:30 Shopping	24 CLOSED 	25 CLOSED
28 CHAIR YOGA 11-11:30	29 Food Fun 11:00	30 Crochet & Knitting 10-11:30 Cardio Drumming 12:30 - 1:15 Shopping		

This & That

Autumn Art Session

Join us on Thursday,
November 3rd 10-11:30
for a special paint session
with Pearce.

Medical Mutual Medicare Presentation by Dan Rankin

November 18th
10 a.m.
No sign up required

Shopping

Every Wednesday
Call Bryan for details.
(740) 397-3841



Happy Thanksgiving



Poured Paint Class with Pearce



Station Break Winter Weather Notice

In the event of an emergency closing, heavy snowfall, or when ice storms create hazardous road conditions, please listen to radio station WMVO 1300 or watch channels ABC, NBC, or CBS or follow us on Facebook at The Station Break Senior Center of Knox County to see if the center will be closed.

Home Delivered Meals & Congregate Clients

The Station Break provides shelf stable meals to home-delivery and congregate clients in the late fall/early winter to be used when the Station Break is closed due to bad weather or unexpected circumstances.

- ◆ Shelf stable meals do not require refrigeration or heating
- ◆ Shelf stable meals are ready to eat and require no cooking
- ◆ If reheating is desired, please use a microwave-safe dish, and not the original container

Transportation Clients

If you are scheduled for transportation services on a day that the Station Break closes, due to unsafe conditions you will not be transported. Please have a back-up plan in case your transportation to your appointment gets cancelled on short notice.

Every attempt will be made to continue services as usual.

THANK YOU!

The Station Break would like to thank the **Ariel Foundation** and the **City of Mount Vernon** in helping us with our goal of replacing the parking lot at the senior center. We would also like to thank everyone that helped donate towards our fundraisers over the last three years. Replacing the parking lot means the seniors that attend the center for meals and activities now have a safe place to park and walk on.

We are looking at other improvements to the senior center so keep a watch out towards fundraisers that can help us meet those goals. Thank You!

Before



After



Veterans Day

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

MONUMENT
AIRFORCE
NOVEMBER
UNIFORM
COURAGE
SERVICE
BRAVERY
TROOPS
PEACE
FREEDOM
VETERANS
NAVY
THANKS
FLAG
MARINES



Food days to celebrate in November

11/2 Deviled Egg Day
11/3 Sandwich Day
11/6 National Nacho Day
11/9 Greek Yogurt Day
11/11 Sundae Day
11/17 Homemade Bread Day
11/23 Espresso Day
11/26 Cake Day
11/28 French Toast Day

STATISTICS

STATISTICS AS OF SEPTEMBER 30, 2022

On-Site Meals	3,355
Home Delivered Meals	40,272
Transportation	1,438
Senior Comm. Support	163

A total of 705 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

Area Agency on Aging

1-800-860-5799


The Station Break
Senior Citizens Center of Knox County