November 2026

The Golden Flyer

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

The Station Break Spaghetti Dinner Fundraiser

Help support the Station Break Senior Citizen Center's Capital Projects by joining us for dinner and donating to our fundraiser.

160 Howard Street
Mt Vernon, OH 43050
Tuesday, November 10th 2026
5:00pm to 7:00pm
Cost: Donation
Entertainment by: **Kevin Mishey and Rick Keaton**

menu

Dine in

Spaghetti & Meatballs, Garlic Salad, Garlic Bread, Dessert, and Beverage

menu

Takeout & Business Delivery orders

Spaghetti & Meatballs, Garlic Salad, Garlic Bread, and Dessert

Pre Orders can be delivered to your business by emailing: meredith@stationbreak.org or call 740-397-3841 to speak to Meredith

Please Pre order by 4:00pm Monday, November 9, 2026 with delivery between 5:00pm and 6:00pm on Tuesday, November 10th.



November 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
2 Baked Steak Green Beans Squash Pineapple Juice ww Roll	3 Potato Soup w/ Bacon Roasted Potatoes Asparagus Apple Sauce ww Cracker	4 Veggie Lasagna California Blend Peas Mandarin Oranges Garlic Bread	5 Pork Roast Corn Brussel Sprouts Banana Graham Cracker	6 Sloppy Joe Lima Beans Tater Tots Apple Juice ww Bun
9 Lemon Pepper Fish Cauliflower Peas & Carrots Grape Juice Sliced ww Bread	10 Beef & Noodles Whipped Potatoes Green Beans Pineapple Chunks Bran Muffin	11 Closed	12 PB & J Sandwich Potato Salad Tossed Salad Mandarin Oranges ww Bread	13 Mac & Cheese Stewed Tomatoes Corn Orange Juice ww Roll
16 Chicken Tenders Lima Beans Mixed Vegetables Whole Orange Graham Cracker	17 Grill Cheese Normandy Blend Spinach Grape Juice Wheat Bread	18 Rosemary Pork Corn Brussel Sprouts Tropical Fruit ww Roll	19 Beef & Vegetable Soup Chuckwagon Blend Rosemary Potatoes Orange Juice ww Crackers	20 Cube Steak Catalina Blend Green Beans Banana Bran Muffin
23 Honey Baked Pork Lima Beans Mixed Vegetables Whole Orange Graham Cracker	24 Pancakes w/ Bacon Roasted Potatoes Hot Apples Tossed Salad ww Biscuit	25 ls Turkey Whipped Potatoes Green Beans Cranberry Juice Yeast Roll	26 Closed	27 Closed
30 Chili California Blend Hot Apples Pineapple Juice ww Crackers				

NOVEMBER 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
2 Euchre 9:00	3 Bring your favorite Game to share Shopping	4 Cardio Drumming 12:30-1:15	5 Euchre 9:00	6 Bingo w/ Whispering Hills 12:45-2:00
9 Euchre 9:00	10 Wear your best Red, White, and Blue outfit Shopping	11 Closed VETERANS DAY	12 Euchre 9:00 Veterans day Breakfast 10AM	13 Bingo w/ CenterWell 12:45-2:00
16 Euchre 9:00 Happy Spokes 10am	17 Craft with Ms.Pat 10:00 Shopping	18 Cardio Drumming 12:30-1:15	19 Euchre 9:00	20 Bingo w/ Centerburg Pointe 12:45-2:00 HAPPY BIRTHDAY
23 Euchre 9:00	24 Euchre 9:00 Shopping	25 Cardio Drumming 12:30-1:15	26 HAPPY THANKSGIVING Closed	27 Closed
30 Euchre 9:00				


LET'S CELEBRATE
VETERANS DAY
NOVEMBER 12TH, 2026 @10 AM
BREAKFAST
FOOD | GAMES |
THE STATION BREAK
160 HOWARD ST. MT VERNON,OHIO
43050
Must be a resident of Knox County 60 years old or older. Must be a veteran and you may invite one guest. RSVP is required to attend.
Call 740-397-3841

Crafting with Ms. Pat

Join Ms. Pat on Tuesday, November 17th at 10:00am to create this beautiful Christmas wreath.



happyspokes

Join us at the Station Break as Happy Spokes takes you for a relaxing ride with their amazing group of bicyclers. This activity will be on Monday, November 16th at 10:00am. It's a ride you will not forget but enjoy.

i ride for all folks
knox co. ohio

Special screening package includes:

Life Line Screening

- **Carotid Artery Disease Screening:**
- **Atrial Fibrillation Screening:**
- **Peripheral Artery Disease Screening:**
- **Abdominal Aortic Aneurysm Screening:**

Call to schedule an appointment near you! **(800)324-9458** and use code: **HABCQ127**



Get Out the Vote!!
Tuesday, November 3rd 2026

Help support these Knox County Senior programs by voting for the Senior Levy Renewal.

- **Home Delivered Meals**
- **Transportation to Medical Appointments**
- **Produce Market**
- **Educational and Wellness Programs**
- **etc...**

Not a New Tax Levy!
(It's a Renewal)

STATISTICS for September 2026

On-Site Meals	3,684
Home Delivered Meals	40,791
Transportation	2,565
Senior Comm. Support	259
Activities	1,736

A total of 719 senior citizens have been served under these programs.

Suggested Donations

Every year we are required to inform you of the suggested donation for the services at the Station Break. If you have any questions feel free to contact us at 740-397-3841

Onsite Meals	$5.00
Ineligible Meals	$10.00
Home Delivered Meals	$5.00
In County Transportation	$5.00-$15.00
Out of County Medical Transportation	$35.00—$50.00 Depends on Location

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

Area Agency on Aging
1-800-860-5799

SB
The Station Break
Senior Citizens Center of Knox County