

2022

December

The Golden Flyer

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

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 before
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.

Quilt Raffle

\$2.00/ ticket or 3 for \$5.00

Sponsored by:

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



Financial Fraud and Exploitation Presentation

The Area Agency on Aging, CES Credit Union, Knox Co. Dept. of Job & Family Services, and local law Enforcement organizations recently joined forces to help bring awareness of fraud and scams to the community.

Knox County Exploitation Numbers

In 2021, 298 reports were received, 55 of those were for exploitation. In 2022, the projected numbers are 274 reports will be made, 71 will be for exploitation.



December Menu Calendar

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch is served every day Monday through Friday
Call The Station Break at 740-397-3841 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

HAPPY
HOLIDAYS!

1

Cabbage Roll
Broccoli
Carrots
Apricots
*WW Roll

2

Cheesy Spaghetti
Roasted Potatoes
Tossed Salad
Pineapple Juice
Breadstick

5

Beef Lasagna
Broccoli
Carrots
Grape Juice
Garlic Toast

6

Chili
California Blend
Tossed Salad
Hot Apples
Corn Muffin

7

Honey Baked Pork
Lima Beans
Cauliflower
Pineapple Juice
Breadstick

8

Sloppy Joe
Roasted Potatoes
Corn
Mandarin Oranges
*WW Bun

9

Roast Beef
Whipped Potatoes
Green Beans
Banana
*WW Roll

12

Tilapia
Whipped Potatoes
Broccoli
Apple
*WW Biscuit

13

Roasted Pork
Roasted Potatoes
Tossed Salad
Pineapple Chunks
Graham Crackers

14

Beef Veggie Soup
Corn
Carrots
Tropical Fruit
*WW Crackers

15

Baked Steak
Lima Beans
Cauliflower
Pineapple Juice
Bran Muffin

16

Chicken & Dumplings
Baked Sweet Potato
Green Beans
Grape Juice
Yeast Roll

19

Hamburger
Tater Tot
Broccoli
Pineapple Chunks
*WW Bun

20

Rosemary Pork
Stewed Tomatoes
Peas & Carrots
Grape Juice
*WW Roll

21

Cube Steak
Roasted Potatoes
Tossed Salad
Hot Apples
Bran Muffin

22

Beef Barley Soup
Mixed Veggies
Lima Beans
Whole Orange
*WW Cracker

23

Ham
Mashed Potatoes
Green Beans
Cranberry Juice
Yeast Roll

26

CLOSED

27

Stuffed Peppers
Au Gratin Potatoes
Broccoli
Tropical Fruit Cocktail
Breadstick

28

Tuna Noodle Casserole
Corn
Cauliflower
Pineapple Chunks
Bran Muffin

29

Pepper Steak
Asparagus
Carrots
Strawberries
*WW Roll

30

Pork Roast w/ *LS Sauerkraut
Roasted Potatoes
Peas
Orange Juice
Graham Cracker

December Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Let us know it is your birthday month! If you have a birthday in December and wish to be recognized on BIRTHDAY FRIDAY, please call in to reserve your lunch reservation. Birthday party sponsors: The Laurels (dessert); Knox County Hospice (flowers); Station Break (sweet breads).</p>			<p>Every Wednesday: —Shopping</p>	
	<p>This month's activities are subject to change</p>		<p>1</p> <p>Euchre 10-11:30</p>	<p>2</p> <p>BINGO 12:45-2</p>
<p>5</p> <p>CHAIR YOGA 11:00</p>	<p>6</p> <p>Coffee & Donuts 10:00</p> <p>Art Session 12:30-1:30</p>	<p>7</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>8</p> <p>Euchre 10-11:30</p>	<p>9</p> <p>COUNTY CHRISTMAS PARTY 10:30</p>
<p>12</p> <p>CHAIR YOGA 11:00</p>	<p>13</p> <p>Food Fun 11:00</p> <p>Art Session 12:30-1:30</p> <p>9 a.m. — 1 p.m. Food Box Pickup Day</p>	<p>14</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>15</p> <p>Euchre 10-11:30</p>	<p>16</p> <p>BINGO 12:45-2</p>
<p>19</p> <p>CHAIR YOGA 11:00</p>	<p>20</p> <p>Pro Seniors Presentation 11:30</p>	<p>21</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>22</p> <p>Euchre 10-11:30</p>	<p>23</p> <p>Birthday Friday!</p>
<p>26</p> <p>CLOSED</p>	<p>27</p> <p>Craft 11:00</p>	<p>28</p> <p>Food Fun 11:00</p> <p>Cardio Drumming 12:30-1:15</p> <p>Shopping</p>	<p>29</p> <p>Euchre 10-11:30</p>	<p>30</p> <p>COUNTDOWN TO NOON 10:30</p>

THIS & THAT



Halloween Bash



Christmas Word Search

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

CHRISTMAS
HOLLY
ORNAMENT
MISTLETOE
GREEN
RED
SILVER
BELLS
JINGLE
HOHOHO
STAR
SANTA
HOLIDAY

STOCKING
JOY
MERRY
CARD
PRESENT
BOW
SNOWFLAKE
TREE
GINGERBREAD
WREATH
SNOWMAN
CANDLE



MONTHLY ACTIVITIES

Quilting

Every Tuesday
9:00 a.m.

Crochet & Knitting

Every Wednesday
10-11:30

Shopping

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



Countdown to Noon

Join us for our annual New Years Eve Party!!!
Friday, December 30th
10:30 a.m.



Call (740)397-3841 to reserve your seat beginning
Tuesday, December 13th-Tuesday, December 27th.
*Must be 60 or over and Knox county resident to attend. *No walk-ins

Art with Pearce

Art Session's for this month will be
Tuesday, December 6th and Tuesday,
December 13th from 12:30-1:30.

Coffee & Donuts

Tuesday, December 6th at 10 a.m.
Sponsored by K&B Mobility



Station Break Winter Weather Notice

In the event of 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.

You may also call the Station Break at **740-397-3841** for information on weather-related closings.

Home Delivery Meal & 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

Every attempt will be made to continue to offer the meal service as usual.



Transportation Clients

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

STATISTICS

STATISTICS AS OF OCTOBER 31, 2022

On-Site Meals	3,834
Home delivered Meals	44,983
Transportation	1,574
Senior Comm. Support	182

A total of 766 senior citizens have been served
under these programs.



National Food Days to Celebrate in December

12/4 Cookie Day
12/6 Gazpacho Day
12/8 Brownie Day
12/14 Biscuits & Gravy Day
12/16 Chocolate Covered Anything Day
12/19 Hard Candy Day
12/24 Eggnog Day
12/27 Fruit Cake Day
12/31 Champagne 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

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