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

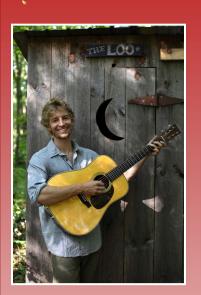


Entrée Choices: #1 Ham or #2 Turkey
*Cost is \$5.00 per person *Space is limited
*Must be 60 or over and Knox county resident to attend. No walk-ins.

Quilt Raffle \$2.00/ ticket or 3 for \$5.00

Sponsoved 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 1 2 Cabbage Roll HAPPY WHOLIDAYS! Cheesy Spaghetti Broccoli Roasted Potatoes Carrots Tossed Salad **Apricots** Pineapple Juice *WW Roll **Breadstick** 6 5 7 9 Beef Lasagna Chili Roast Beef Honey Baked Pork Sloppy Joe Broccoli California Blend Whipped Potatoes Lima Beans Roasted Potatoes Carrots Tossed Salad Green Beans Cauliflower Corn Grape Juice Hot Apples Banana Pineapple Juice Mandarin Oranges **Garlic Toast** Corn Muffin *WW Roll **Breadstick** *WW Bun 13 12 14 15 16 Baked Steak Chicken & Dumplings Roasted Pork Tilapia Beef Veggie Soup Lima Beans **Baked Sweet Potato** Whipped Potatoes **Roasted Potatoes** Corn Cauliflower Green Beans **Tossed Salad** Broccoli Carrots Pineapple Juice Grape Juice Apple Pineapple Chunks **Tropical Fruit** Bran Muffin Yeast Roll **Graham Crackers** *WW Biscuit *WW Crackers 20 21 19 22 23 Hamburger Rosemary Pork Ham Cube Steak **Beef Barley Soup Tater Tots Stewed Tomatoes** Mashed Potatoes Roasted Potatoes Mixed Veggies Broccoli Peas & Carrots Green Beans **Tossed Salad** Lima Beans Pineapple Chunks Grape Juice Cranberry Juice Hot Apples Whole Orange *WW Bun *WW Roll Yeast Roll Bran Muffin *WW Cracker 26 27 29 30 Stuffed Peppers Tuna Noodle Casserole Pork Roast w/ *LS Sauerkraut Pepper Steak **CLOSED** Au Gratin Potatoes Corn Roasted Potatoes Asparagus Broccoli Cauliflower Peas Carrots **Tropical Fruit Cocktail** Pineapple Chunks Orange Juice Strawberries Breadstick Bran Muffin *WW Roll Graham Cracker

December Activities Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
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).				
	This month's activities are subject to change		Euchre 10-11:30	BINGO 12:45-2
CHAIR YOGA 11:00	Coffee & Donuts 10:00 Art Session 12:30-1:30	7 Cardio Drumming 12:30-1:15 Shopping	8 Euchre 10-11:30	COUNTY CHRISTMAS PARTY 10:30
CHAIR YOGA 11:00	Food Fun 11:00 Art Session 12:30-1:30 9 a.m. — 1 p.m. Food Box Pickup Day	Cardio Drumming 12:30-1:15 Shopping	Euchre 10-11:30	BINGO 12:45-2
CHAIR YOGA 11:00	Pro Seniors Presentation 11:30	Cardio Drumming 12:30-1:15 Shopping	Euchre 10-11:30	23 Birthday Friday!
CLOSED	2.7 Craft 11:00	28 Food Fun 11:00 Cardio Drumming 12:30-1:15 Shopping	Euchre 10-11:30	COUNTDOWN TO NOON 10:30

THIS & THAT

















Christmas Word Search

J G M J S E P 0 K W M Ν Z S C Y 0 Н T 0 K I N G M S Τ Ε Τ 0 Ε S R Υ R Ε E S J N G Ε Н R N E R T В 0 M Ν 0 Α Α Ε Τ X G P 0 N T D 0 Α R E E R Τ R В 0 В Н K U E E Α N E R В D Ε Τ Ε R G M 0 R Α ٧ Α S S R M E R Ε W 0 Ν Α Н D W R R E Ε X Α Т Α Υ J Α 0 S R S C Z S W Н N Ν 0 0 Ε Z В Н N Υ D R N Υ N U R S T S G C Н M C

CHRISTMAS HOLLY ORNAMENT **MISTLETOE GREEN** RED SILVER **BELLS** JINGLE нононо **STAR** SANTA

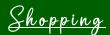
HOLIDAY

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



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



Countdown to Noon

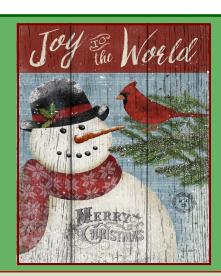
Join us for our annual New Years Eve Party!!! 🗻 Friday, December 30th 10:30 a.m.

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.	182	
Support		

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

