

# Young at Heart Senior Center

JULY, 2021

[www.poultneyyahsc.com](http://www.poultneyyahsc.com)

802-287-9200

RE-  
OPENING  
The  
Dining Room  
July 6, 2021

Young at Heart is re-opening the Dining Room for In- Dining lunch starting July 6, 2021, Noon. Suggested donation is \$3.50 for 60 and over. \$5 for under 60. Please make a reservation. We are open Tuesdays, Wednesdays, Thursdays and Fridays.

Please call ahead of time, so we can plan ahead. 287-9200.

If you are fully vaccinated, there is no need for wearing a mask. If you are not vaccinated, please do wear a mask. We are on the honor system.

## PICNIC OUTSIDE

July 22, 2021 Thursday

Bring your own lunch or pre order ours!!

Bring a chair.

Vt'ers Feeding Vt'ers Grant is sponsoring YAHSC buying produce, meat, dairy and eggs from local farmers again this year. We will have a farmer's market on Fridays at noon. Come and get a selection of locally grown food.

## YOUNG AT HEART



SERVING SENIORS SINCE 1975

Board of Directors Meeting July 19, 2021

All are Welcome, since the "all clear" for public social gatherings are safe again.

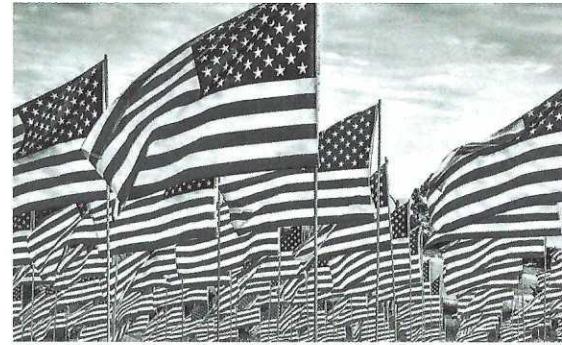
Pres. Jonas Rosenthal, VP Val Broughton, Sec't Mary Preseau, Treas. Suzy Kasuba,

Trustees: John Thomas, Pat Beatty,

Gerry Woodruff, Maureen Capman, Sheila Nichols

Cook: Diane Ferguson

Site Director: Michelle McCarron



Young at Heart will have a float in the 4th of July parade. Anyone interested in decorating and/or joining in the parade, please contact us at YAHSC.

We will be decorating a float on Saturday, July 3 from 1-5. Come and help!!!



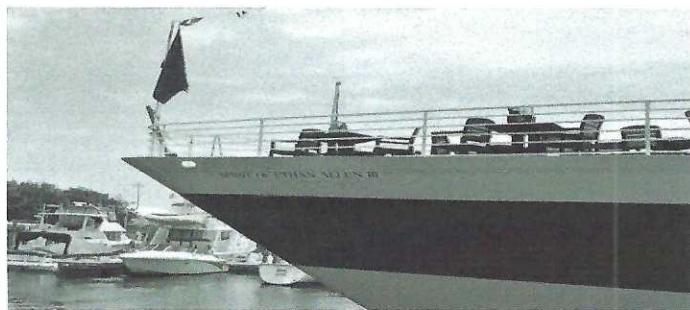
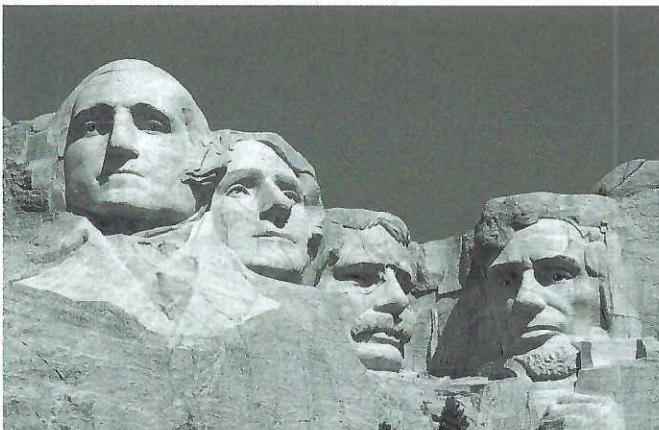
## South Dakota trip is BACK!!!!

**May 13 -23, 2022**

11 days, 10 nights \$1025 dbl occ  
(Add \$359 for single occ)

**\$75 Deposit with signed  
reservation. Final pay-  
ment due March 6, 2022**

Min of 30 ppl to go



## Myrtle Beach, S.C.

7 days 6 nights

\$849 ( dbl occ) inc 2 shows. More details to come. Leaving Sunday, Oct 17-23, 2021

Deposit with reservations required by Aug 13. Final payment due by Sept 10, 2021.

We need minimum of 30 ppl to go.



**July 26, 2021  
Monday**

Day Trippin' to Burling-  
ton Ethan Allan  
Lunch/Cruise 11:30—  
1:30

Leave YAHSC at 8:00,  
Leave Williston by 3:30.

Walk/shop/lake front  
before . Stopping at the  
Christmas Shop in the  
afternoon.

**Cost is \$40. Payment  
with reservation is due  
by July 16, 2021, Fri-  
day.**

Min of 30 ppl to go.

We are planning a basket raffle for Oct 2, 2021  
It will be held at Modern Woodsmen in Wells.

If you would like to donate a basket, please feel free to drop one off at YAHSC.

Come One, Come All

Happy Birthday to our July Birthday Folks



- 1 Sarah Gordon
- 2 Edward Hults
- 3 Mary Dayton
- 3 Violet Lanthier
- 3 Mildred Stephen-  
son
- 4 Walter (Alan)  
Smith
- 5 Joan Sanbunmatsu
- 6 Michael Ball
- 6 Kathleen McLaren
- 9 Cecelia Sharon
- 15 Velma Reed
- 19 Sandra For-  
rest
- 21 Ernest DeMatties

		1	5	3	4
4	7	8	6	1	
		9			2
2				5	
	5				6
		8			9
3			8		
	8	5	3	7	1
	4	1	9	2	

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GIVE  
BLOOD.  
GIVE  
LIFE.

hard  
July 24, Saturday  
9-2

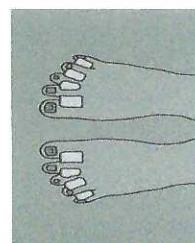
Call American Red  
Cross for app't 1-  
800-733-2767 or  
[RedCrossBlood.org](http://RedCrossBlood.org)  
Use Sponser Code  
PoultneyYAHSC

- 21 Wilma Durrum
- 21 Evelyn Danyow
- 25 Lucie Bailey
- 25 Jean Wade
- 27 Millie Canning
- 27 Marilyn Duke
- 29 Mark Haskins

FOOT CLINIC  
July 2 By App't  
Sponsored by the  
visiting  
nurses.

Toenails \$10  
Fingernails \$5

9:15 —11:30



## NEW 3SquaresVT program for Vermonters 60 or older or Disabled.

3SquaresVT in a SNAP offers Vermonters 60 or older and/or disabled an easier way to receive and keep 3SquaresVT food benefits.

This program is for households where everyone is:  
\*at least 60 years old or receiving disability benefits, and  
\*not earning income from a job or self-employment.

Households that qualify will be able to:

- apply using a simpler, shorter application, and
- keep their benefit for three years without needing to do an annual review.



3Squares in a SNAP is a demonstration project authorized by the Federal Nutrition Service of the USDA. The goal is to increase the participation of older and disabled Vermonters in the state's federal nutrition assistance program: 3SquaresVT. It does this by streamlining the application and recertification process. To learn more, call the HelpLine at 1-800-642-5119.

## Slate Valley Trails

is requesting Senior VOLUNTEERS for their "Slate Valley Scramble" Trail Run race and fundraiser on AUGUST 14, Saturday. Volunteers need to register online through Run Reg for them to keep track and for you to get a free T-Shirt.

The positions they need assistance with are: the Registration/ Bib Pickup, the T- Shirt Sales, the refreshment table ( clean/organized while handing out drinks), and if

Daily Sudoku: Wed 16-Jun-2021								
hard								
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9	2	6	1	5	7	3	4	8
4	3	7	8	2	6	9	1	5
8	1	5	9	3	4	6	7	2
2	9	3	4	6	1	5	8	7
7	5	4	2	8	9	1	6	3
1	6	8	3	7	5	4	2	9
3	7	9	6	1	8	2	5	4
6	8	2	5	4	3	7	9	1
5	4	1	7	9	2	8	3	6

possible, help with parking and starting line organization. Easy Breezy Each Volunteer receives an event t-shirt, but they need to register through RunReg for SVT to keep track .

Online registering deadline is Aug 11. Call Silvia Cassano for assistance 802-673-6990



## TOWS - Trail Outside Walking Society Tuesday, Wed, Thurs, Fri 2:30 weather permitting

Bone Builders Tuesday & Thursdays  
9:30—10:30



Yoga Tuesday and Friday 7:00—7:40  
Call if interested. 287-9200

Outdoor games every day, bring your friends!! Ladder ball, bean bag, bocci ball. We have lots of fun!!

YAHSC has been approved by the town selectboard to build a synthetic rubber walking trail in the circumference of the grassy area adjacent to the building. Also, an exercise pad 20'x 40' with a pavilion overhead for weather protection. Jonas Rosenthal, the President of YAH's board of directors has volunteered many hours applying for a grant from the Vermont Community Development. We are waiting to hear if we have been selected to receive this grant. It is very exciting to have a new outdoor recreation area for the seniors of our community. The RERC (a planning grant this past winter/spring as Poultney was picked as 1 out of 10 Rural Communities across America) was instrumental in guiding the realistic view of a wonderful Outdoor Recreational space.

**A BIG THANK YOU to ALL OUR VOLUNTEERS!** YAHSC could not exist without each and every one of you!!

IF anyone is interested in volunteering 2—3 hours a week, please  
**STEP FORWARD** and join the **FORCE!!!!**

Blood Pressure  
Clinic  
11:00 a.m.

Tuesday, July 13,  
2021

Essential Meal on Wheels preparation and delivery will continue as always, unless school is cancelled. The Southwestern Vermont Council on Aging is the administrator of the Meals on Wheels program in Rutland County. Our center provides home cooked nutritious meals including protein, vegetables, milk/juice, bread and fruit. The visit by the volunteer driver is just as important as the healthy meal.

In order to **SIGN UP** for Meals on Wheels you must call the SVCOA at 1-800-642-5119 or 786-5990. The program depends on participant contributions to help support it. There is **SUGGESTED** donation of \$3.50 is for home delivered and/or pick up meals at the senior center. Under 60 years of age, pick up available for \$5.00

A person is eligible if they are:  
60 years of age or older

Handicapped or disabled and living in a housing facility where a meal program is operated

Non-Senior volunteer performing essential duties for the operations of the meal program

OR the Spouse of an eligible recipient regardless of age

2021

ALL MEALS INCLUDE

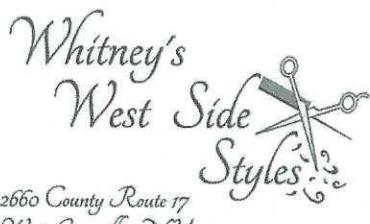
1% MILK

Whole  
wheat breadlow sodium  
gravy is used

JULY

Tuesday	Wednesday	Thursday	Friday
			1
		Turkey Burger on a Roll Home Fries Carrots Peaches  Bone Builders 9:30	2
6	7	Scrambled Eggs w/ Veggies Corned Beef Hash Garden Salad, Mandarin Oranges Yoga 7:00am <b>FOOT CLINIC</b> <b>9:15 - 11:30</b>	
Meatloaf, Mashed Potatoes , Gravy <b>Broccoli, Fruit Salad</b> , Baquette Welcome Back Cake  Yoga 7:00am <u>Bone Builders 9:30</u>	Chef Salad, Chicken Strips, HB Egg, <b>Broccoli</b> , Cauliflower, Carrots, Green Beans, Mixed Greens Pineapple Chunks	Stuffed Shells, Peas/Carrots, <b>Garden Salad w/ Beans and</b> Eggs, Strawberry Sundae on a Biscuit  <u>Bone Builders 9:30</u>	8
		BBQ Pulled Pork, Roasted <b>Sweet Potato Wedges</b> , Green Beans, Cole Slaw, Bread, Fruit Crisp  Yoga 7:00am	9
13	14		15
Mac n Cheese, Stewed Tomato, <b>Garden Salad w/</b> <b>beans, Fruit Salad</b> , Mandarin Oranges  Yoga 7:00am <u>Bone Builders 9:30</u>	Shepherds Pie w/ Peas, Carrots, Corn, Mashed Potatoes Carrot Raisin Salad, Hot Blueberry Crisp	Turkey/Swiss Sub w/ shredded lettuce, sliced tomatoes , Potato Salad, 3 bean Salad , Fruit Salad  <u>Bone Builders 9:30</u>	16
		Spaghetti w/ Meat sauce <b>Brussel Sprouts, Spinach</b> Salad Pears  Yoga 7:00 am	
20	21	22	23
Beef Tips w/ Peppers Brown Rice, <b>Garden Salad</b> , <b>Fruit Salad w/ Mandarin</b> Oranges  Yoga 7:00 am <u>Bone Builders 9:30</u>	.Chicken Parm Penne Pata w/ Tomato Sauce <b>Broccoli&amp; Carrots</b> Garlic Bread Mandarin Oranges	Baked Ham , Mashed Sweet Potato Peas, Garden Salad Fruit Cocktail  <u>Bone Builders 9:30</u>	Cheese Burger Roll, <b>Baked</b> Beans, Potatoe Salad , Cole Slaw Brownie  Yoga 7:00 am
			30
27	28	29	
Baked Ziti w/ Meat Sauce <b>Broccoli, Garden Salad</b> Fruit Salad  Yoga 7:00 am <u>Bone Builders 9:30</u>	Corn Chowder, Chicken Salad w/ Celery, Sandwich on WW Bread, <b>Marinated Veggies</b> Strawberry Shortcake	Crustless Veggie & Swiss Quiche Home Fries, <b>Garden Salad</b> , Peaches  <u>Bone Builders 9:30</u>	Hot Turkey Sandwich <b>Mashed Potatoes w/ gravy</b> , Carrots, Cranberry Apple Cobbler  Yoga 7:00 am

Menu is subject to change without notice due to product availability and Nutritionist.  
 Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. If you do not like any of these veggies, please let us know and we will omit them. Fruit Salad is Fresh Fruit, when available.



2660 County Route 17  
West Granville, NY

Mary Whitney,  
Licensed Hairdresser

Hours  
Tuesday - Saturday  
8am - 5pm

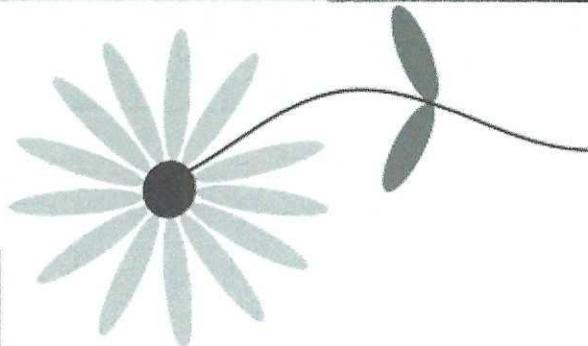
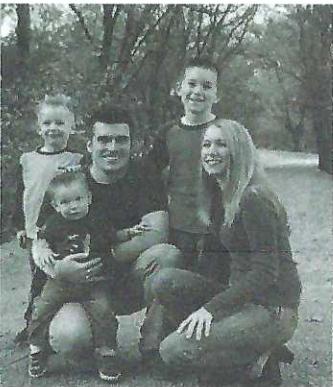
(518) 642-1331  
Call for an Appointment

## K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

KANDKCREATIONS@COMCAST.NET  
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[Www.everydayflowersvt.com](http://Www.everydayflowersvt.com)

Donations are graciously  
being accepted to help  
build our "Path to Health  
and Wellness", outdoor  
recreation space.

YAHSC Thrift Store  
is open Tues, Wed.,  
Thurs from 9-12,  
Starting July 6, 2021

Helping you move and feel better for over 25 years!



[www.DonnaJohnsonPT.com](http://www.DonnaJohnsonPT.com)

153 Main St., Suite 2B  
Poultney, VT 05764  
(802) 287-8213

28 Fourth St.  
Fair Haven, VT 05743  
(802) 265-4055



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Help us defer the cost of this  
newsletter, please!!

\$12 @ month  
\$60 @ 6 months  
\$115 @ year



*Young At Heart Senior Center*

206 Furnace Street

Poultney, VT 05764

## **Help Support Young at Heart**

For more than 40 years, The Young at Heart Senior Center has been committed to being an active force in making our region a positive, safe place to live and grow old. As you know, we offer nutritious meals, entertainment, information, educational opportunities, and a place to socialize. We work closely with the Southwestern Vermont Council on Aging and the Community of Vermont Elders (COVE) to provide access to information and services, including Meals on Wheels. Like most people, we pay our insurance, utility bills, heating costs, cooking fuel, and exorbitant food prices.

Help us continue this mission by making a financial contribution today. Your support will help Young at Heart continue to meet the needs of today's seniors, and ensure a place for the elders of tomorrow, next year, and five years from now.

Please make your tax deductible donation payable to Young at Heart, and mail to Young at Heart Senior Center, 206 Furnace St., Poultney, VT 05764. Young at Heart is a 501(c)3 nonprofit organization.

Have you considered including Young at Heart in your Will or Estate Planning? For more information, consult with your financial and legal counsel.

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The Young at Heart Senior Center is a community organization whose mission is to be a positive force in making our region a better place to live and thrive as we grow older.

*A 501(c)3 not-for-profit organization.*

*Happy 45th Birthday, Young at Heart! 1975-2020*