

RE-  
OPENING  
The  
Dining Room  
July 6, 2021

JULY, 2021

www.poultneyyahsc.com

802-287-9200

# Young at Heart Senior Center

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 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!!!

## 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, Shiela Nichols

Cook: Diane Ferguson

Site Director: Michelle McCarron





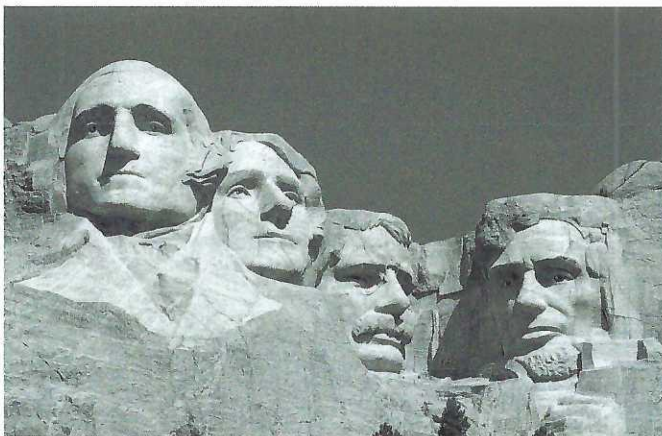
**South Dakota trip is  
BACK!!!!**

**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 of 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 Stephenson
- 4 Walter (Alan) Smith
- 5 Joan Sanbunmatsu
- 6 Michael Ball
- 6 Kathleen McLaren
- 9 Cecelia Sharon
- 15 Velma Reed
- 19 Sandra Forrest
- 21 Ernest DeMatties

|   |   |   |   |   |   |   |   |   |
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| 2 |   |   |   |   |   | 5 |   |   |
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| 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  
Use Sponser Code  
PoultneyYAHSC

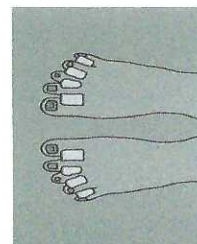
- 21 Wilma Durrum
- 21 Evelyn Danyow
- 25 Lucie Bailey
- 25 Jean Wade
- 27 Millie Canning
- 27 Marilyn Duke
- 29 Mark Haskins

### 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

possible, help with parking and starting line organization. Easy Breesy 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

hard

Daily Sudoku: Wed 16-Jun-2021

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





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



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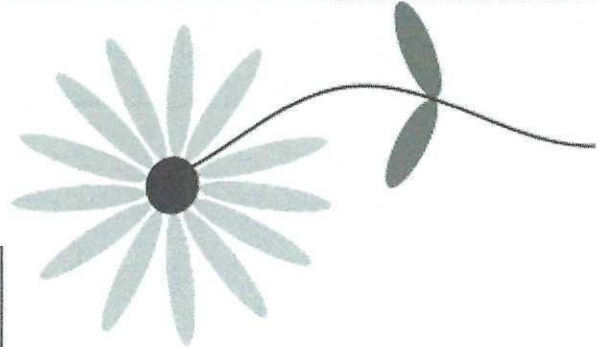
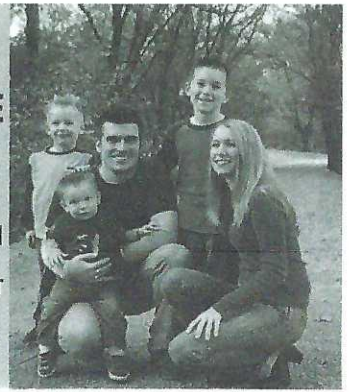
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Donations are graciously  
being accepted to help  
build our "Path to Health  
and Wellness", outdoor  
recreation space.

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!



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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*