

YOUNG AT HEART



SERVING SENIORS SINCE 1975

Happy Father's Day!!!!

It's "hugs and feet up" time. Happy Father's Day to all the Fathers everywhere. Young at Heart

wishes the very best to you all, the best hugs, the best rest, best children, best love and hugs. Have a wonderful day, and a WONDERFUL MONTH!!



HAPPY
Father's
DAY!
best dad ever

REOPENING GOALS:

As we navigate through the recommendations and requirements from the Gov. of VT and the Dep't of Health and the DAIL and COA, we have made a few decisions.

Reality of how/when to reopen are on the forefront.

Congregant, inside dining, will commence on July 6, TUESDAY.

Reservations will be required, safe procedures will be followed.

This is OUR GOAL. Staying knowledgeable of any new rules that may come our way will be the determining factor, subject to change.

Starting June 1, Tuesday, we are going to have **games and lunch out of doors**, every day Tuesday—Friday,, 11:00. (weather permitting). **CALL to ORDER** and pick up your lunch here (suggested donations of \$3.50 for those over 60) or bring your own. Bring your own chair, as well. Enjoy the outdoors and friendships!!!



Our goal is to begin to socialize safely.

Young at Heart Senior Center

JUNE, 2021

www.poultneyyahsc.com

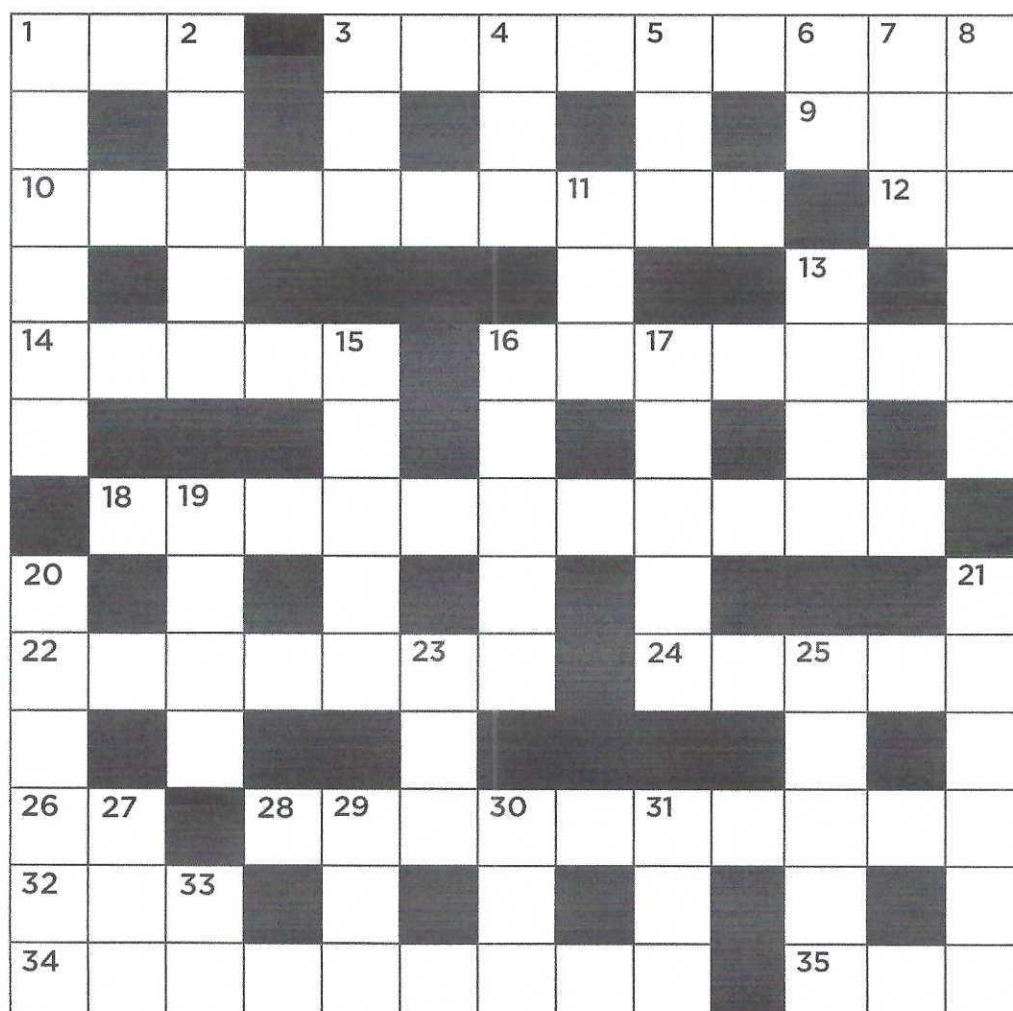
802-287-9200

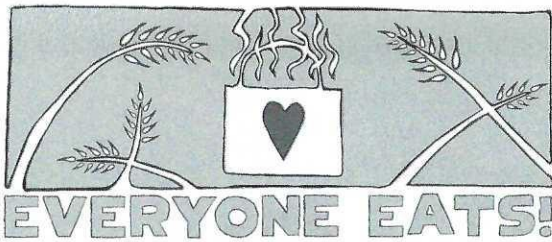
ACROSS

1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezy (phrase)
12. "___ apple a day ..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot
20. What a swindler does
21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain





Everyone Eats will continue at St. Raphael's Church on Main St. in Poultney

Wednesdays at 5PM through the end of JUNE>

Mach's Market is the provider for the free dinners. Come and Enjoy delicious food. This is a State run program. ALL are welcome.

June Birthdays

1 June Graziano
 1 Norman Spafford
 3 Nancy Smart
 3 Tom Butler
 4 Jaap Simons
 4 June West
 4 Palma McLellan
 5 JoAnne Short
 5 Dee Bergeron
 5 Richard Davis
 6 Richard Church
 6 Patricia LeToureau
 6 Irene Brewer
 8 Jack Franz
 11 Jean Edwards
 11 Edward Preseau
 12 Kathleen Eagan
 13 Janet Wooster
 14 Martha Ellis

16 Gail Franz
 17 Bert Cenate
 19 Arlene Kenworthy
 20 Leslie Sterfels
 20 Bridget Harrison
 22 Emma Bergeron
 22 Helen Cooper
 23 Gayle Hoessler
 24 Julia Bishop
 26 Kathy Macura
 27 Darlene Lafond
 30 Renee Heath
 30 Lila Jay

We are considering a few day trips this summer. Our goal is to watch the regulations from the Dep't of Health and Council on Aging. Some considerations are the "Spirit of Ethan Allen" summer day cruise and the Saratoga Casinos. Stay tuned. If you are interested, please call the office, so we have an idea of how many might be interested .

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

FOOT CLINIC

June 4

Sponsored by the visiting nurses.

Toenails \$10

Fingernails \$5

10:30—1:00

Call for an app't



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.

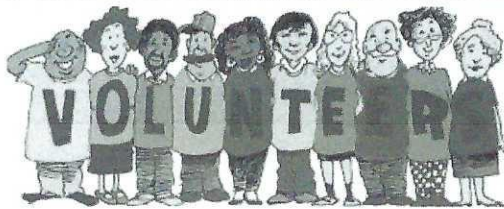


3Squares in a SNAP is a demonstration project authorized by the Federal Nutrition Service of the USDA. The goal is to increase the participation of older and disabled Vermonters in the state's federal nutrition assistance program: 3SquaresVT. It does this by streamlining the application and recertification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

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

ANDROMEDA GALAXY	DEEP SPACE	MOON	SOLAR SYSTEM
APOGEE	ECLIPSE	NEBULA	SOLAR WIND
ASTEROID	EQUINOX	ORBIT	SPACE SHUTTLE
ATMOSPHERE	GALAXIES	PARSEC	SPACECRAFT
AURORA	GALILEO	PERIGEE	STARTS
BINARY STAR	GRAVITY/HUBBLE	POLARIS	SUN
BLACK HOLE	KEPLER	PROXIMA CENTAURI	SUPERNOVA
CONSTELLATION	LIGHT YEAR	PULSARS	TELESCOPE
CORONA	METEOR	QUASARS	TIDES
CRATER	MILKY WAY	RED GIANT	UNIVERSE
		SATELLITE	WHITE DWARF

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



We are grateful to each and every volunteer at YAH. Thank you very much. You are the glue that holds us all together.

Please consider volunteering, as we open we need more kitchen helpers and gardeners. A handyman would be nice, too.



Senior Center Final (2).pdf

Path to Health and Wellness

Young at Heart is applying for grants to create a "fitness garden" in the space adjacent to our building. A walking path, an exercise pad with a pavilion of sorts, for starters!!

Come in and visit us and view the rendering that is on display!!!

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

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, puck 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

wheat
breadlow sodium
gravy is used**JUNE**

Tuesday		Wednesday		Thursday		Friday	
1		2		3		4	
Vegetable Beef Soup Egg Salad w/ Bacon pieces Sandwich Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>		Hot Open Face Turkey Sandwich w/Gravy Broccoli Apple Cole Slaw Cranberry Sauce Pears		Goulash Carrots garden Salad Pineapple Tidbits <u>Bone Builders 9:30</u>		Mac n Cheese w. Ham Pieces Stewed Tomatoes Brussel Sprouts Apple Sauce FOOT CLINIC	
8		9		10		11	
Roast Pork Loin Mashed Potatoes Green Beans Applesauce - 2 oz Mandarin Oranges <u>Bone Builders 9:30</u>		Chicken Fingers w/ Teriyaki Glaze Vegetable Brown Rice Oriental Vegetables Peaches		Pot Roast w/ Vegetable Gravy seasoned Home Fries Chopped Broccoli Oatmeal Raisin Cookies <u>Bone Builders 9:30</u>		Roast Turkey & Gravy Mashed Potatoes Diced Carrots Fruit Salad	
15		16		17		18	
Meatloaf w/ Brown Sauce Mashed Potatoes Mixed Vegetables Apple Crisp <u>Bone Builders 9:30</u>		Roast Pork Cutlet w/ sauce Beets Mashed Sweet Potatoes Carrot Cake w/ icing		Pulled BBQ Chicken Vegetable Rice Pilaf Carrots - 6 oz Mandarin Oranges <u>Bone Builders 9:30</u>		Spaghetti w/ Meatballs & Sauce/Parmesan Cheese Broccoli Florets Pumpkin Father's Day Cake	
22		23		24		25	
Hamburg on a Roll Baked Beans Macaroni Slaw Fresh Fruit Salad <u>Bone Builders 9:30</u>		Meatball Sub Home Fries Garden Salad Pears		Chicken Pasta Salad Marinated Veggies Peaches w/ Cottage Cheese Cookie <u>Bone Builders 9:30</u>		Loaded Veggie & Meat Quiche w/ Cheese Garden Salad Pineapple Tidbits	
29		30					
BBQ Chicken Home Fries Broccoli Garden Salad Fresh Fruit Salad		Haluski Fried Cabbage w/ onions, Ham over buttered noodles Green Beans Mandarin Oranges					

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.

Whitney's
West Side
Styles

2660 County Route 17
West Granville, NY

Mary Whitney,
Licensed Hairdresser

Hours
Tuesday - Saturday
8am - 5pm

(518) 642-1331
Call for an Appointment

Everyday Flowers

Fresh Flower-Balloons-House Plants

Emily Stockwell

200 Main Street, Poultney, VT

Phone: (802)287-4094

Special flowers for everyday occasions

Email: everydayflowers1@myfairpoint.net

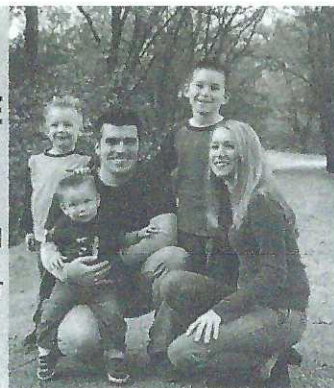
www.everydayflowersvt.com

K & K CREATIONS
FAMILY HAIR CARE

336 SOUTH STREET
POULTNEY, VERMONT

Phone: (802) 287-4241

KANDKCREATIONS@COMCAST.NET
WWW.KANDKHAIRSAON.COM
www.facebook.com/kimberly.flynn.982



Place
Your Ad
Here, Please



Donations are graciously being accepted to help build our "fitness garden". It will be a place to socialize and stay fit, at the same time.

Come in and view the rendering from local architect, Bob Mitnik

Please patronize our
advertisers!!

Helping you move and feel better for over 25 years!



www.DonnaJohnsonPT.com

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

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



POULTNEY
VALLEY STORAGE

Self Storage Units • Inside/Outside Storage
Boats, Motorcycles, Campers, Cars, Etc.

CALL FOR DETAILS • 802-287-5234

Place your AD here:

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.

~~~~~  
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*