

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com AUGUST, 2021

802-287-9200

# Young at Heart Senior Center

MYRTLE BEACH, SOUTH CAROLINA

7 days—6 nights, OCT 17 -23, 2021

\$849 per person, double occupancy

Package includes: Overnight lodging to and from MB

4 nights lodging in MB, 6 breakfasts, 4 dinners, 2 Fabulous Shows, special guided tour of the historic area of Charleston, Barefoot Landing, and more!!!

This trip needs a minimum of 35 people. Deposit of \$25 by August 13, 2021 holds your spot. Cancellation of trip is Aug 17, if we don't have minimum passengers. We are only 1/2 full at the moment.

By Oct., I will be ready for the beach!



## Volunteer Appreciation Picnic

Monday, August 30, 2021 at 5:00PM

We have the greatest group of volunteers who worked our Meals on Wheels program right through the last year!!

Now, it's our turn to celebrate their dedication and expertise. The kitchen staff, dining room servers, Meals on Wheels Drivers, Handymen, Handywomen, Thrift Store workers, delivery folks, gardeners, etc etc. **COME , LET US SHOW YOU OUR GRATITUDE. FUN TIMES**

Mt Rushmore, the Badlands & Black Hills of South Dakota  
 11 days , 10 nights \$1025 per person, double occupancy  
 \$75 deposit per person due by Aug 25, 2021.

If you have not paid your deposit, please do so soon. To hold your spot, please mail or bring in your deposit. We have a waiting list and would like to take 2 buses. Final payment will be due March 6, 2022

There is also trip insurance that is available. Pay the insurance company directly. I can mail this form to you, or come in and pick one up. Thanks!!!



*Next Board Meeting is Aug 16  
 at 10:00 am  
 All are welcome.*

Board of Directors:  
 President: Jonas Rosenthal  
 Vice Pres: Val Broughton  
 Sec't: Mary Preseau  
 Treas: Suzy Kasuba

Trustees:  
 John Thomas, Geri Woodruff  
 Pat Beatty, Maureen Capman  
 Shiela Nichols

Site Director:  
 Michelle McCarron  
 Cook: Diane Ferguson

## Great Outdoors

Word Search Puzzle



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



BACKPACK	HIKING	SCENERY
BEARS	KAYAK	SQUIRREL
BIRDS	LAKE	SUMMER
CAMPING	MOUNTAINS	TRAILS
CANOE	NATURE	TREES
DEER	RACCOON	WATERFALL
FISHING	RANGER	WILDERNESS
FOREST	RIVER	WILDLIFE

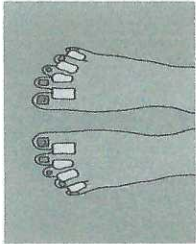
Free printable courtesy of Wordfinders.net



We are planning a basket raffle for Oct 2,  
2021

Held at Modern Woodsmen in Wells.

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



### FOOT CLINIC

Aug. 6, FRIDAY . Call for Appointment

Sponsored by the visiting nurses.

Toenails \$10 Fingernails \$ 5

9:15—11:30

Happy Birthday to  
our August Birthday  
Wise Ones



1 David Knipes

2 Malon Parent

2 Kathleen  
Knipes

3 Matt McCoy

4 Arthur Moyer

4 Marlene Parker

7 Diane Proulx

7 Cindy Davis

8 Gene Sargent

9 Mildred Corey

9 Nancy Boynton

9 Gloria March

14 Virginia Ericson -pg 3-

20 John Richards

21 Carol Beaver

21 Rosemary McManus

23 Jack Roberts

23 Barbara DeBonis

28 Mary Whitney

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

## 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 Help Line at 1-800-642-5119.

## BLOOD PRESSURE CLINIC

August 10, 2021 Tuesday  
11:00a.m. FREE



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

## DAY TRIP ON SEPTEMBER 13, 2021 MONDAY.

SARATOGA CASINO and LUNCH at GINNY RAE'S Diner  
\$40 includes catered lunch and bus ride.

We need 30 people minimum to make this trip happen!!! Leaving  
YAHSC at 9:00 a.m. Travel on Premier Coach to Saratoga Casino.

Leaving Casino at 1:00 PM, stopping for lunch at Ginny Rae's in  
Hudson Falls. Leaving Ginny Rae's approx., 2:45 and back by 3:30.

Make reservation with payment by Aug 25, 2021  
Call YAHSC 802-287-9200





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

CARD PLAYING WEDNESDAYS 1:00

Call if interested. 287-9200

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



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!!!!

I REALLY NEED 2 VOLUNTEERS FOR

serving lunch from 10:30—1 on Fridays  
and kitchen help Tuesdays 8:30—11:30

Also, assistance every day from 10—1



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

CALL , IF EATING IN

Whole

wheat bread

MEALS SERVED AT

NOON, in Dining Room

low sodium

gravy is used

AUGUST

Tuesday		Wednesday		Thursday		Friday	
3		4		5		6	
<b>Chicken Pasta Salad w/</b> Roasted Garden Veggies (Broccoli, Cauliflower, tomatoes, onions, peppers) 3 Bean Salad Fruit Salad  Yoga 7:00 am Bone Builders 9:30		<b>Hot Dog</b> , Baked Beans Potato Salad Garden Salad Mandarin Oranges  Card Playing 1:00 PM		<b>Roast Turkey</b> Sweet Potatoes Green Beans Cole Slaw Cake w/ Strawberries  Bone Builders 9:30		<b>Spaghetti w/ Meat Sauce</b> Brussels Sprouts Pineapple Tidbits  Yoga 7:00am <b>FOOT CLINIC</b> <b>9:15 - 11:30</b>	
10		11		12		13	
<b>Beef Goulash</b> Broccoli Garden Salad Fruit Salad  Yoga 7:00am <u>Bone Builders 9:30</u>		<b>Sweet n Sour Pork</b> w/ Peppers, Carrots, Onions and Pineapple over Brown Rice Tomato Based Mozzarella Peaches		<b>Chicken &amp; Biscuits</b> w/ Peas & Carrots Mashed Potatoes Pineapple tidbits  <u>Bone Builders 9:30</u>		<b>Corned Beef n Cabbage</b> Potatoes Carrots Pears Muffin  Yoga 7:00am	
17		18		19		20	
<b>Tomato Florentine Soup</b> w/ crackers Chicken Chef Salad w/ Egg & Garden Veggies Fruit Salad  <u>Yoga 7:00am</u> <u>Bone Builders 9:30</u>		<b>Beef Stew w/ Potatoes,</b> <b>Carrots, diced Onions</b> Garden Salad Peaches Muffin  Card Playing 1:00 PM		<b>Mac n Cheese w/ Ham Cubes</b> Stewed Tomatoes Peas Berry Medley  PICNIC WEATER PERMITTING <u>Bone Builders 9:30</u>		<b>Open Face Turkey Sandwich</b> <b>w/ Gravy</b> Mashed Potato Broccoli Pears  Yoga 7:00 am	
24		25		26		27	
<b>Chicken Rice Veg Soup</b> <b>Egg Salad w/ WW Bread</b> Garden Salad Fresh Fruit Salad  <u>Yoga 7:00 am</u> <u>Bone Builders 9:30</u>		<b>.Meatloaf w/ Gravy</b> Mashed Potatoes Carrots Pineapple Tidbits  Card Playing 1:00 PM		<b>Chicken Alfredo</b> w/ Broccoli, Carrots, Green Beans over Brown Rice Garden Salad Fruit Cocktail  <u>Bone Builders 9:30</u>		Haluski Grilled Ham Cabbage over Buttered Noodles Green Beans Mandarin Oranges  Yoga 7:00 am	
31							
<b>Broccoli, Peppers, Ham</b> <b>Quiche</b> Garden Salad Fruit Salad  Yoga 7:00 am Bone Builders 9:30							

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 pineapple, bananas,  
 Strawberries, blueberries, grapes, and/or peaches, when available.



# 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

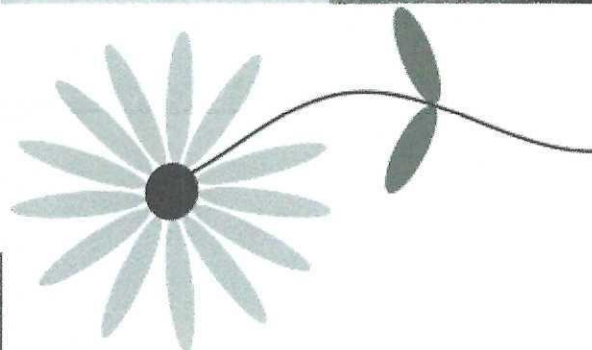
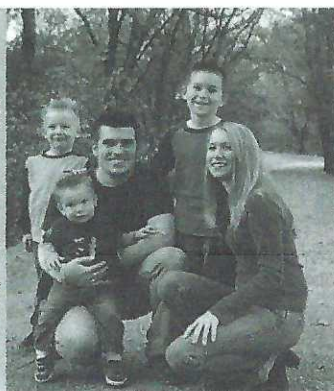
www.everydayflowersvt.com

## K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

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



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

YAHSC Thrift Store  
is open Tuesday,  
Wednesday, Thursday  
from 9am-12pm

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



## 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*