

YOUNG AT HEART



SERVING SENIORS SINCE 1975

September, 2021

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

802-287-9200

# Young at Heart Senior Center

## Basket Raffle Oct. 2, Saturday, 11:00 FUNDRAISER for:

Young at Heart  
@ Modern Woodsmen in Wells.

Are you interested in making a basket?  
Finished baskets should be dropped off  
at Young at Heart during month of Sept.

If anyone has any baskets that they  
are not using, please bring them in as we can have  
others pick them up to create their donations.

If you are "tech savy" and unopposed to  
using the computer,

Please take a look at our web-  
site:

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



Let me know what you think!!!

ICE CREAM SOCIAL  
SUNDAY SEPT 19,  
2021

MUSIC provided by:  
Backyard Brass and  
Harry

2 PM



Mt Rushmore, the Badlands & Black Hills of South Dakota  
11 days , 10 nights \$1025 per person, double occupancy  
All deposits should be in .

If you have not paid your deposit, please do so. To hold your spot, please mail or bring in your deposit. We have a waiting list. We have 2 buses for sure. 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!!!



During month of Oct., we will be sending out information regarding insurance, signing waivers, setting up roommates , etc.

*Next Board Meeting is Sept 20,  
2021 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

Blood Drive

Sept 25, 2021

9:00—2:00

Saturday

Make an app't with  
the American Red  
Cross

Call 1-800-733-2767  
or

[RedCrossBlood.org](http://RedCrossBlood.org)

Use sponser code:  
PoultneyYAHSC





Poultney Rotary is sponsoring  
CHILI COOK OFF, downtown,  
Poultney

Sept 25, 2021

Check out their website:

[Www.poultneyvtrotary.com](http://www.poultneyvtrotary.com)

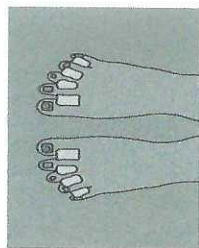
Sept 14, 2021 Tuesday

9:00—12:00

Sponsored by SASH

**SASH**<sup>®</sup>  
SUPPORT AND SERVICES  
AT HOME

*a caring partnership*



### FOOT CLINIC

**Sept 3, 2021, FRIDAY**

**Sponsored by RAVNA**

Toenails \$10 Fingernails \$ 5

Call for an app't 9:15—11:30

Happy Birthday to our  
**SUNSHINE SENIORS!!!!**

2 Mary Ann Richards  
2 Joseph Phillips, Jr.  
6 Nancy Parker  
7 Shirley Scott  
9 Bernie Vladyka  
10 Alta Johnston  
11 Julius Kiemersma  
13 Lorraine  
McGuinness  
14 Peggy Billow  
17 Cathy Farrell  
20 Ann DeBonis  
23 Linda Phillips  
26 Joanne Moss  
26 Ginny Maguire  
30 Debra West

**Poultney Higher Edu  
Scholarships—An invi-  
tation to the communi-  
ty - at-large from the  
Poultney High School  
Class of 1971.**

Class of 1971 is inviting ALL students of school programs in Poultney , as well as family, friends and the community , to join them in giving back to the Poultney community. They have started a GoFundMe appeal. This will help future graduating senior students in PHS programs pursuing higher learning in any 2 yr, 4 yr, or trade school.

Check it out!!!!!!





## 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.

**Music Therapy!!!** It is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program. Nick Defeo, MS, MT-BC is our music therapist.

From the emotional response elicited from hearing a favorite song to the social opportunity involved in joining a drum circle or the physical activity of singing and playing instruments, music provides a unique and holistic multisensory experience.

Call YAHSC for more information.

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

***Nick Defeo will be at lunch on Sept 10 at 11:30. Please make a reservation if you would like to join in on the FUN!!!***

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

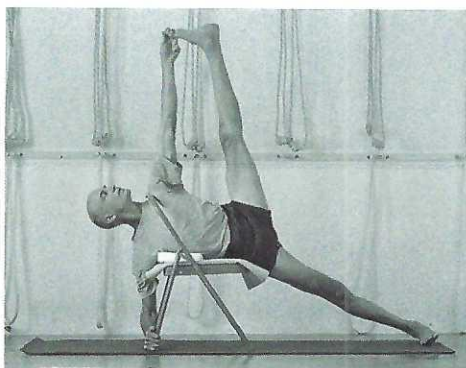




TOWS - Trail Outside Walking Society  
 Tuesday, Wed, Thurs, Fri 2:30 weather permitting  
 Bone Builders Tuesday & Thursdays  
 9:30—10:30  
 Yoga: Tuesday 7:00—7:40



CARD PLAYING WEDNES-  
 DAYS 1:00 PM



What's he doing? YES!!  
 CHAIR YOGA is coming  
 soon, Sept 22 @ 11:15 dis-  
 cussion and demo

Call if interested. 287-9200

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 sure appreciate our new volunteers. An-  
 yone else still thinking about it? We would  
 love to have you join.

Friday Markets are on!!!!

Vermonters feeding Ver-  
 monters is back again this  
 year. Produce, meat and  
 dairy from local farmers to  
 our seniors! This is a grant  
 from Vt. Foodbank. Come  
 and have some fresh food  
 to take home. Fridays @  
 11 :00 am.

STAY FOR LUNCH, make a  
 reservation!

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

**2021**

ALL MEALS INCLUDE

1% MILK

CALL , IF EATING IN

Whole

wheat bread Meals Served 12:00

low sodium  
gravy is used**SEPTEMBER**

Tuesday		Wednesday		Thursday		Friday	
			1		2		3
		<b>Beef Goulash</b> <b>Mixed Vegetables</b> <b>Garden Salad</b> <b>Roll</b> <b>Mandarin Oranges</b>  Card Playing 1:00 PM		<b>Chef Salad with Seasoned Chicken</b> <b>Tomatoes, Cukes, Cabbage, carrots, and broccoli</b> <b>Vegetable Soup w/ Crackers</b> <b>Pears</b>  <u>Bone Builders 9:30</u>		<b>Meat loaf w/ Gravy</b> <b>Mashed potatoes</b> <b>Brussel Sprouts</b> <b>Bread</b> <b>Cantelope</b>  Yoga 7:00am <b>FOOT CLINIC</b> <b>9:15 - 11:30</b>	
	7		8		9		10
<b>Terryaki Chicken n Broccoli</b> <b>Brown Rice</b> <b>Garden Salad</b> <b>Bread</b> <b>Fresh Fruit Salad</b>  Yoga 7:00am <u>Bone Builders 9:30</u>		<b>Beef Stew w/ Carrots, Potatoes, onions w/ a Biscuit</b> <b>Garden Salad w/ spinach</b> <b>Pears</b>  Card Playing 1:00 PM		<b>Chicken Noodle Soup w/ Veggies</b> <b>Tuna/Celery Salad "Boat"</b> <b>Cole Slaw</b> <b>Peaches</b>  <u>Bone Builders 9:30</u>		<b>Roast Pork</b> <b>Mashed Potatoes</b> <b>Carrots</b> <b>Bread</b> <b>Fruit Crisp</b>  Yoga 7:00am	
	14		15		16		17
<b>Loaded Meat n Veggie Quiche</b> <b>Garden Salad has broccoli, Cauliflower, tomatoes</b> <b>Roll</b> <b>Fresh Fruit Salad</b>  <u>Yoga 7:00am</u> <u>Bone Builders 9:30</u>		<b>Mac n Cheese w/ Ham Cubes</b> <b>Stewed Tomatoes</b> <b>Broccoli</b> <b>Bread</b> <b>Berries</b>  Card Playing 1:00 PM		<b>Shephers Pie w/ Potatoes on top</b> <b>Peas n Carrots</b> <b>3 Bean Salad</b> <b>Fruit Crisp</b>  PICNIC WEATER PERMITTING <u>Bone Builders 9:30</u>		<b>Hot Turkey Sandwich w/ Gravy n Potatoes</b> <b>Spinach</b> <b>Pineapple Tidbits</b>  Yoga 7:00 am	
	21		22		23		24
<b>Hamburger on a Bun</b> <b>Home Fries</b> <b>Mixed Veggies</b> <b>Garden Salad</b> <b>Fresh Fruit Salad</b>  <u>Yoga 7:00 am</u> <u>Bone Builders 9:30</u>		<b>.Chicken n Biscuits</b> <b>Sweet Potatoes</b> <b>Peas n Carrots</b> <b>Mandarin Oranges</b>  Card Playing 1:00 PM		<b>Corn Chowder</b> <b>Egg Salad Sandwich</b> <b>3 Bean salad with broccoli n Cauliflower</b> <b>Peaches</b>  <u>Bone Builders 9:30</u>		<b>Spghetti n Meatsauce</b> <b>Broccoli</b> <b>Garden Salad, yogurt</b> <b>Bread</b> <b>Fruit Crisp</b>  Yoga 7:00 am	
	28		29		30		
<b>Baked Chicken Sandwuch</b> <b>Baked Beans</b> <b>Tomato n Spinach Salad</b> <b>strawberry Shortcake</b>  <u>Yoga 7:00 a.m.</u> <u>Bone Builders 9:30</u>		<b>Sweet n Sour Pork w/ carrots, onion, red and green peppers, celery</b> <b>Brown Rice</b> <b>Garden Salad</b> <b>Bread</b> <b>Pineapple Tidbits</b>  Card Playing 1:00 PM		<b>Baked Ziti w/ Meatsauce</b> <b>Broccoli</b> <b>Garden Salad</b> <b>Roll</b> <b>Garden Salad</b> <b>Fruit Cocktail</b>  <u>Bone Builders 9:30</u>			

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.



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*Mary Whitney,  
Licensed Hairdresser*

*Hours  
Tuesday - Saturday  
8am - 5pm*

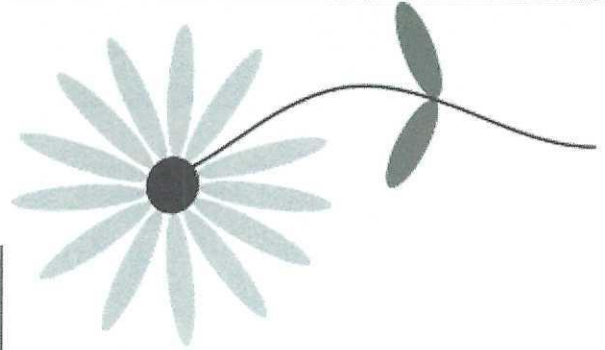
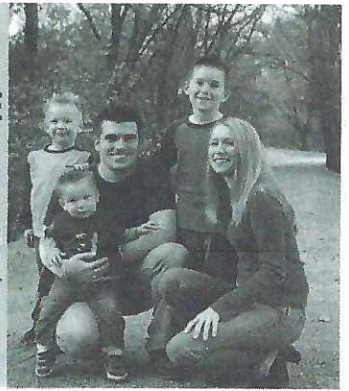
*(518) 642-1331  
Call for an Appointment*

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Donations are graciously  
accepted to assist with  
our "Path to Health and  
Wellness" outdoor rec-  
reation space.

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Thanks to more volunteers  
coming to help us, our  
THRIFT STORE is now  
open Tuesday through  
Friday 8-12. All may con-  
tinue to donate from 8-2.  
Shop by appt, after 12,  
until 2.

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Help us defer the cost of this news-  
letter, 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*