

YOUNG AT HEART



SERVING SENIORS SINCE 1975

802-287-9200
www.poultneyahsc.com
DECEMBER 2021,

Young at Heart Senior Center

We found a great, new director to fill my shoes!!! No worries, everyone, I'll be wearing my slippers!!!!!! She is quite the perfect woman to continue our programs and be available for all of you. She has a few ideas herself to keep our community YOUNG AT HEART!!!!

Her name is Carrie . Here is.....

she



Hello,

I wanted to quickly introduce myself. My name's Carrie LaFond-Hurlburt and I am very pleased to be stepping into the director position. I am looking forward to meeting more of our community, continuing the current projects that are in the works, and hopefully adding some more. I'm excited to be a part of the YAH community. Please stop in and say hello!

If you are "tech savvy" and unopposed to using the computer,
Please take a look at our website:

www.poultneyahsc.com



Mt Rushmore, the Badlands & Black Hills of South Dakota

Final payment will be due March 6, 2022

There is also trip insurance that is available. Pay the insurance company directly via internet. Alternative is to send us a check for insurance **made out to Travel Insured International.**

These forms have been mailed to you. Thanks!!!

The trip is May 13—23, 2022 Busses are full, waitlist only

Foot Clinic

Dec. 3, 2021

\$10

RCVNA (Rutland
County Visiting
Nurses Association)

9:00—11:15

Jan. 7, 2022

Always, first Friday
of the month.

Call YAHSC 287-9200
For Appointment

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

**Next Board Meeting is Dec 20
2021 at 10:00 am**

**All are welcome. Board members
will be reinstated this month.**

Board of Directors:

President: Jonas Rosenthal

Vice President:

Secretary: Mary Preseau

Treasurer: Suzy Kasuba

Trustees:

John Thomas, Geri Woodruff

Shiela Nichols

Flu Shot Clinic

By RCVNA

We are trying to

Schedule a flu shot clinic Dec. 8th or
9th so please call to confirm.

Please call to schedule (802)287-9200

Bring your insurance cards.



Site Director:

Carrie LaFond-Hurlburt

Cook: Diane Ferguson



Myrtle
Beach
Fun
Gang!!!!
Lots of
Laughs
and
Love!!!!



Happy Birthday to
our December
Darlings!!!!

1 Myron White
3 Dale Lott
4 Frank Maslack
5 Sharon Carpenter
7 Glenda Senecal
8 Vivian Ackerman
9 Joyce Rider
18 Robert Case
21 Frank Fressie
Larry Brown
22 Barbara Pacyna
24 Janet Christie
30 Marta Hoyenski

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			3		6		9	

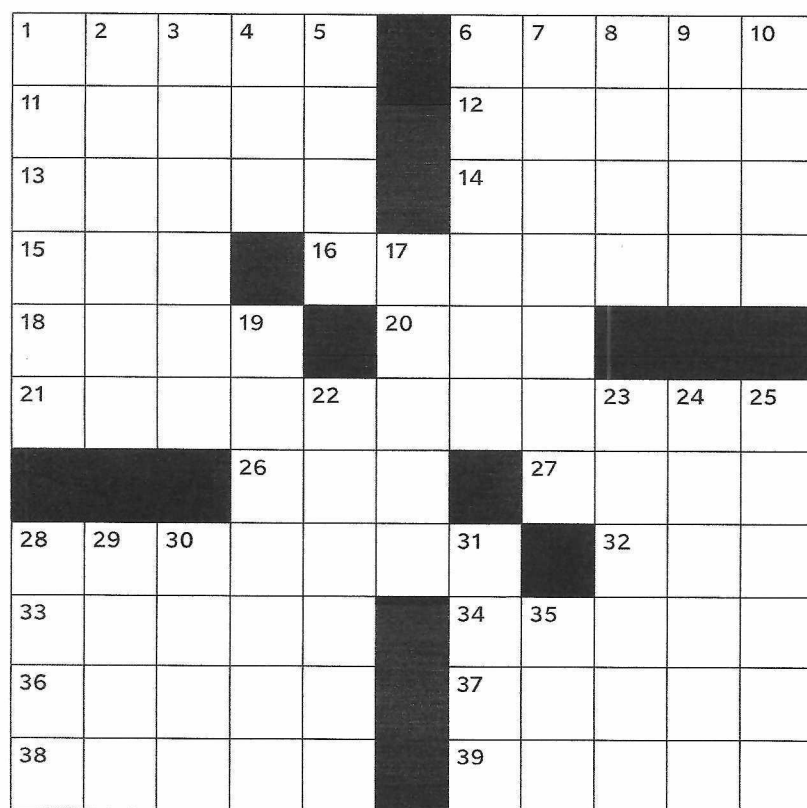
Blood Pressure Clinic
Dec. 14, 2021 Tuesday
10:00am—12:00pm
Sponsored by SASH

SASH[®]
SUPPORT AND SERVICES
AT HOME
a caring partnership

CROSSWORD

Five for Five

BY Barb Olson



ACROSS

- 1 Fuzzy fruit
6 Fashion's Oscar de la ____
11 Iron ____ (rust)
12 Wishes to get online?
13 PLANET PARTLY SHOWN
ON THE CURRENT \$5 BILL
14 \$5-BILL SIGNATORY
(Bank of Canada governor)
15 TV channel with
"reel" oldies

- 16 Give off, as a glow
18 Hot celeb duo, in
fan mags
20 "Old MacDonald" ending
21 ROBOTIC APPENDAGE
ON THE \$5 BILL
26 "Neato!" in the '90s
27 End of a date, often
28 PRIME MINISTER ON
THE \$5 BILL
32 Unburdened (of)

- 33 "____ his kiss" (Cher
title lyrics)
34 École attendee
36 Not sour, salty, bitter
or umami
37 Selfie-stick user, say
38 Winter rum quaff
39 FIVE TWINKLERS ON
THE \$5 BILL

DOWN

- 1 Kind of licence or justice
2 First- and second-place
track bet
3 Billy Bishop and Allan
Bundy, e.g.
4 Summer clock setting
in Man.
5 Sly snicker sound
6 Do a fix-it job
7 How most fly, class-wise
8 Simba's gal pal
9 Equine gait
10 Wood-cutting tool
17 Big name in telescopes
19 Became a union member?
22 Oh-so delicate
23 Mother with a Nobel Prize
24 Signed promise not to
sue, say
25 They're taken by waiters
28 Forgetful shopper's aid
29 "Understanding is ____-
way street"
30 "Vintage," usually
31 Ad-sales staff, say
35 Parking place

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.



Holidays are Here Again!
Please join us Sunday, December 12, 2021.
from 1-3 for our Christmas Celebration!
a bonfire, hot cocoa, home made cookies,
caroling and music, and great company! This is a stay in
your car event, if you choose. Warm up at the bonfire if
you wish.

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.

*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*

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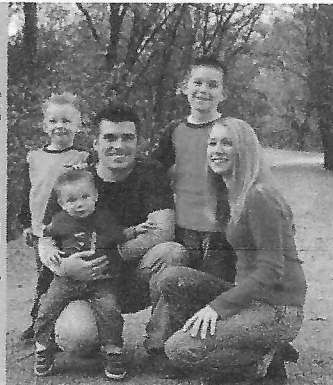
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YAHSC Thrift Store

BAG SALE 8am-1pm

Saturday, Dec. 11, 2021

**\$3 Bag of Clothes, 50% off
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Owners: Nicole Austin & Bryan Arbuckle

Originalvermontstore@yahoo.com
(802)287-9111

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holiday season and
ALWAYS!!!**



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



ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	DECEMBER
Tuesday		Wednesday		Thursday		Friday	
		1		2		3	
		Spaghetti w/ Meat Sauce Broccoli Cauliflower Mix Garden Salad Fruit Cocktail Bread Chair Yoga 10:30 Card Playing 1:00		Corn Chowder Egg Salad Sandwich Garden Salad Peaches <u>Bone Builders 9:30</u>		Mac n Cheese Stewed Tomatoes Sautéed Spinach Bread Jello w/ Fruit FOOT CLINIC 9:00 - 11:15	
7		8		9		10	
Sloppy Joe's Home Fries Mixed Veggies Garden Salad Fresh Fruit Salad <u>Bone Builders 9:30</u>		Chicken n Biscuits Mashed Potatoes Peas & Carrots Cranberry Sauce Fruit Crisp Chair Yoga 10:30 Card Playing 1:00 PM		Baked Ziti Brussel Sprouts Garden Salad Bread n Butter Fruit Salad <u>Bone Builders 9:30</u>		Meatball Subs w/Sauce n cheese Home Fries Garden Salad Pears	
14		15		16		17	
Crustless Veggie Quiche w/ Cheese Garden Salad Fresh Fruit Salad Muffin w/berries <u>Bone Builders 9:30</u>		Meatloaf, Mashed Potatoes, Gravy Beets Bread Mandarin Oranges Chair Yoga 10:30 Card Playing 1:00 PM		Chicken Alfredo Peas n Carrots Cottage Cheese Bread Pineapple Tidbits <u>Bone Builders 9:30</u>		Roast Pork Mashed Potatoes Gravy, Broccoli Bread Pear Crisp	
21		22		23		24	
Goulash Mixed Veggies Garden Salad Bread Fresh Fruit Salad <u>Bone Builders 9:30</u>		Rubeen Casserole Garden Salad Cottage Cheese Bread Fruit Crisp Chair Yoga 10:30 Card Playing 1:00 PM		<i>Diane is off. We will be ordering from TRIO, Rutland</i> <u>Bone Builders 9:30</u>		<i>Diane is off. We will be ordering from TRIO, Rutland</i>	
28		29		30		31	
Egg Salad Sandwich Chicken Noodle Soup Mixed Veggies w/Carrots Fresh Fruit Salad		Baked Haddock Brown Rice Green Beans Bread Pudding w/ Berries Garden Salad Chair Yoga 10:30 Card Playing 1:00 PM		Baked Chicken Sweet Potato Home Fries Mixed Veggies Bread Jello w/ Fruit <u>Bone Builders 9:30</u>		Cheeseburger w/Bun Baked Beans Potato salad Peaches	

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.

Young at Heart Senior Center

206 Furnace St.

Poultney, VT 05764



Help Support Young at Heart

For more than 46 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 and Medicare. Like most people, we pay our insurance, utility bills, heating and cooking fuels, and food costs.

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.