

# Young at Heart Senior Center

YOUNG AT HEART



SERVING SENIORS SINCE 1975

[www.poultneyyahsc.com](http://www.poultneyyahsc.com) October 2022

802-287-9200



## Halloween Party!!

Join us Thursday, October 27th for lunch, games, and festivities. Games start at 11am if you would like to take part in pumpkin bowling and bocce. Lunch menu to include: mac & cheese, stewed tomatoes, carrots, mandarin oranges, and a special dessert! All the classic Halloween songs will be playing. Costumes are encouraged. Limited seating, call to make reservations (802) 287-9200.

## Tea Cup Auction

Friday, October 14

Toys, Baked Goods, Crafted Items, Groceries, Jewelry, White Elephant Items and much more!

Doors open at 5:00, drawings begin at 6:30

\$1 for each set of 10 tickets

Concession stand with sandwiches, snacks, and desserts!



## October Birthday Dinner

Thursday, October 13th

Menu to include: Hot open-faced turkey sandwich with gravy, mashed potatoes, stuffing, peas & carrots, cranberry sauce, and dessert. There will be a raffle, 50/50, and games. Seating is limited so please call to reserve your seat.

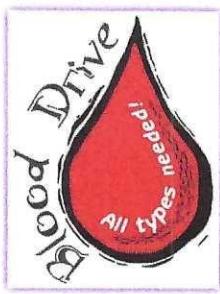


## FLU CLINIC

VNA will be here Wednesday, **October 19th from 9am-11am.**

Please bring your insurance card and wear a shirt that provides easy access to your upper arm.

Call (802)287-9200 to schedule your appointment.



**Blood Drive**  
Blood Drive is Saturday, November 26, 2022  
9:30am-2:00pm  
Make an appointment with the American Red Cross  
Call 1(800)733-2767 or  
Online at [RedCrossBlood.org](http://RedCrossBlood.org) use sponsor code:  
PoultneyYAHSC

**Bone Builders** Tuesday and Thursday at 9:30am Drop-ins always welcome



2 Blanche Ross  
Linda Danielson  
4 Richard Thomas  
5 Elaine Bagley  
12 Maureen Capman  
13 Pamela Mikkelson  
14 Joan Vladyka  
17 JoAnn Richardson  
22 Ruth Baker  
23 Judy Prunier  
Alice Reed  
24 Peggy Moulton  
Solange Martineau  
26 Diane Rice  
27 Ruth Jones  
28 Dorothy LeBlanc  
29 Katherine Dikeman  
31 Audrey Haschemeyer



**Blood Pressure Clinic**  
Tuesday, October 10, 2022  
10:30am—12:30pm  
Sponsored by SASH

**Foot Clinic**  
Foot clinics is October 7, 2022  
from 8:30am-11am  
Cost is \$10 to the VNA  
Please call to schedule

**Board of Directors:**

**President:** Jonas Rosenthal  
**Vice President:** Suzy Kasuba  
**Secretary:** Maureen Capman

**Treasurer:** Carol Stierle

**Trustees:**

John Thomas  
Gerry Woodruff

Sheila Nichols  
Mary Preseau  
Pat Beatty

**Site Director:** Carrie LaFond-Hurlburt  
**Cook:** Diane Ferguson

ALL MEALS INCLUDE 1% MILK CALL , IF EATING IN Whole wheat bread Meals Served 12:00 low sodium gravy is used

Oct-22

Tuesday	Wednesday	Thursday	Friday
4 Goulash Broccoli Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>	5 Corn Chowder Chicken Salad w/Celery Sandwich 3 Bean Salad Mandarin Oranges <u>Card Playing 1:00</u>	6 Crustless Veggie Quiche w/ Cheese Sweet Potato Home Fries Fruit Crisp <u>Bone Builders 9:30</u>	7 Roast Pork w/ Gravy Mashed Potatoes Peas Applesauce Biscuit
11 Chef Salad w/ Chicken, egg, cheese, croutons, and veggies Fruit & Yogurt Parfait w/ Granola <u>Bone Builders 9:30</u>	12 Spaghetti & Meatballs Crunchy Baked Zucchini Cucumbers & Tomato Salad Fresh Fruit <u>Card Playing 1:00 PM</u>	13 Birthday Dinner Open Face Hot Turkey Sandwich w/ Gravy Mashed Potatoes Peas & Carrots Stuffing Cranberry Sauce <u>Bone Builders 9:30</u>	14 Chop Suey w/ Beef & Pork w/Veggies over Rice Cole Slaw Fruit Crisp
18 Turkey Burgers w/ Bun Sweet Potato Home Fries Mixed Veggies Fresh Fruit <u>Bone Builders 9:30</u>	19 Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Crisp <u>Card Playing 1:00 PM</u>	20 Cream of Broccoli Soup Ham Salad Sandwich 3 Bean Salad Upside down Fruit Cake <u>Bone Builders 9:30</u>	21 3 Cheese Baked Ziti Squash Garden Salad Pears
25 Hamburgers w/ Buns Potato Salad Mixed Veggies Fresh Fruit <u>Bone Builders 9:30</u>	26 Sweet & Sour Pork w/ Vegetables over Brown Rice Garden Salad Fruit Cocktail <u>Card Playing 1:00 PM</u>	27 <b>Halloween Party</b> Mac & Cheese Stewed Tomatoes Carrots Mandarin Oranges Brownie <u>Bone Builders 9:30</u>	28 Baked Chicken w/ Gravy Mashed Sweet Potatoes Broccoli Peach Crisp

Menu is subject to change without notice due to product availability and Nutritionist.  
Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. Fruit Salad is pineapple, bananas, Strawberries, blueberries, grapes, and/or peaches, when available.

**3SQVT** : The Department for Children and Families (DCF) announced a new program starting October 1, 2020. 3SquaresVT in a SNAP offers older and/or disabled Vermonters 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. The project is authorized for a period of five years.

To learn more, go to <https://dcf.vermont.gov/benefits/3SquaresVT/SNAP>

### **\*\*\*STUFF-A-SHANTY\*\*\***

The Poultney Chamber aims to collect enough cold weather gear to stuff-a-shanty, with cold weather clothing for kids and adults. !These warm items will be donated to those who need them before the worst of the winter weather hits! They want everyone to be warm this winter, whether they are just going outside for a breath of fresh air, playing in the snow, walking to work or school, or taking care of shopping or other errands.

If you knit, crochet, sew, or like to "make things" here's a project for you! Maybe you have used, but still serviceable, cold weather gear at home you can donate, or just like to shop for others. There are lots of places right in town to get warm clothing and you can donate starting in October.

The Poultney Area Chamber will be collecting the hats, mittens, scarves, blankets, and other similar small pieces of cold weather gear from boxes placed at local businesses, and keep track of how full the ice fishing shanty is getting. Young at Heart Senior Center is a collection site. Donations can be dropped off during business hours Tuesday –Friday 8am to 2pm.

Essential Meal on Wheels preparation and delivery 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 if 60 and over, and \$5.00 if under 60 years of age.

A person over 60 years of age is eligible for Meals on Wheels if he/she:  
Experiences "food insecurity" as described by the Urban Institute OR Has temporary or permanent incapacity. Also Eligible: The spouse of an eligible participant, regardless of age, if according to criteria, recipient of the meal is in the best interest of the meal. OR A person with a disability, who resides with, or is in the care of individuals receiving home-delivered meals. OR A person over 60, with a disability, if they reside in senior housing where congregate meals are provided OR

A Person with a disability who is referred by The Vermont Center for Independent Living.



2660 County Route 17  
West Granville, NY

*Mary Whitney,  
Licensed Hairdresser*

*Hours  
Tuesday - Saturday  
8am - 5pm*

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

Thank you to our advertisers!!

Interested in placing your AD here and supporting the Young at Heart by deferring the cost of this newsletter, please call (802)287-9200 to find out more.

Ad Rates:

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

## **Volunteers Needed!**

We are in need of volunteers in all areas from the kitchen, to dining room servers, substitute meals on wheels drivers, and in the thrift store. We could use volunteers from 8am-11am helping to prep food or 11am- 1pm helping with dishes. We also need dining room help Tuesdays from 10:30-1 and subs. Please call (802) 287-9200 if you are looking to volunteer.

Thank you!!!

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

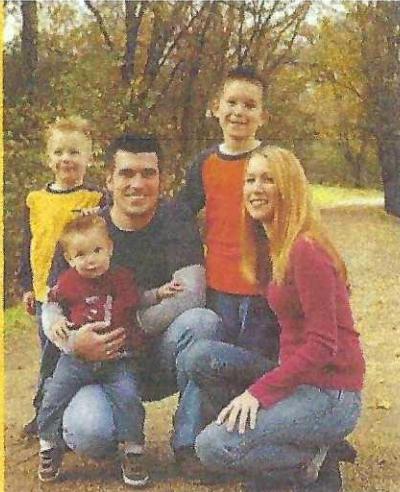
28 Fourth St.  
Fair Haven, VT 05743  
(802) 265-4055

## **K & K CREATIONS FAMILY HAIR CARE**

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

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



## **YAHSC Thrift Store**

**Open Tuesday through**

**Friday 9am to 12pm**

**HUGE SALE**

**SATURDAY,**

**October 8th!!**

**9am-1pm**

**Come see us during  
Poultney's Town Wide**