

YOUNG AT HEART



SERVING SENIORS SINCE 1975



www.poultneyahsc.com November 2023

802-287-9200

Young at Heart Senior Center



Birthday Dinner, Thursday, November 9th

Call (802)287-9200 to reserve due to limited seating. Menu to include Chicken a la King w/Pasta, Garden Salad, Cranberry Sauce, and a special dessert! Feel free to bring a gift for our raffle. Bingo to follow so bring your dimes and quarters.

Annual Election of Officers' Results

President: Jeff King

Vice President: Suzy Kasuba

Treasurer: Carol Stierle

Secretary: Carol Brown

3 Year Trustee: Mark Teetor

1 Year Trustee: Michelle McCarron

Tea Cup Auction!!!

Friday, November 10th

At Modern Woodmen in Wells.

Doors open at 5:00, Drawing begins at 6:30

\$1 for each set of 10 tickets

Concession stand with sandwiches, snacks, and desserts!

All proceeds benefit the Young at Heart Senior Center

Thank you for your support!

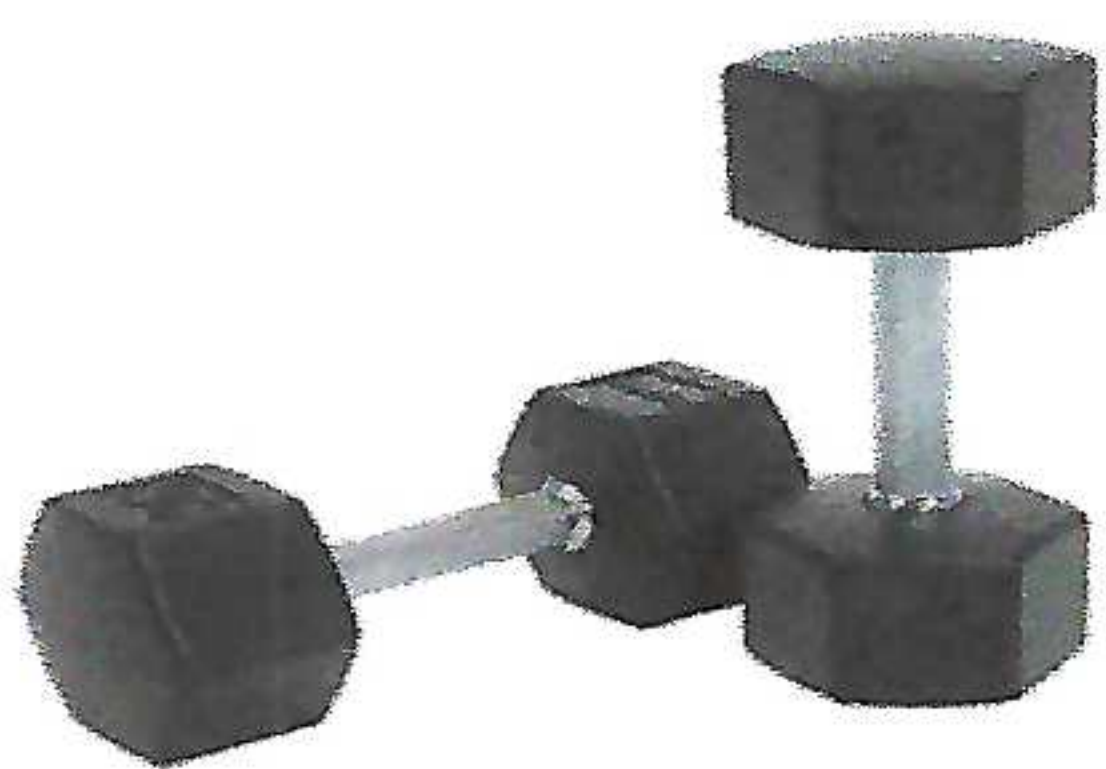
VNA Flu Shot Clinic!
November 1, 2023
from 9am-11am
@ Young at Heart
Please call to register
(802)287-9200

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

Foot Clinic

Foot clinic is November 3, 2023
from 8:30am-11am
Cost is \$10 for toenails (fingernails
are extra) to the VNA
Please call YAH to schedule
(802)287-9200

Blood Pressure Clinic
Thursday, November 9, 2023
10:15am—12:15pm
Sponsored by SASH



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



Birthdays!!!

1 Tom McAdams

James Ritchie

2 Mary Eileen Stouter

Pops Donaldson

5 Grace Calvin

6 Ruth Smith

8 Linda Nye Knowlton

Dan Calvin

9 Joan Carruthh

10 June Flynn

10 Barbara Cobb

11 Curtis Senecal

12 Joan Donaghy

13 John Affinito

14 Carol Matheny

15 Paul Woodruff, Sr.

George Goodwin

Sally Cleveland

16 Patricia Beatty

24 William Miron

Joan Thomas

- pg 28 Emilia Holmes

ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Nov-23
Tuesday		Wednesday		Thursday		Friday	
31		1		2		3	
Beef Stir Fry w/ Peppers, Onions, Broccoli, Carrots, & Snap Peas Brown Rice Garden Salad Pineapple		Chicken w/ gravy Mashed Potato Broccoli Fruit Crisp <u>Card Playing 1:00</u>		BBQ Pork Ribs Sweet Potato Home Fries Cole Slaw Mandarin Oranges <u>Bone Builders 9:30</u>		Vegetable Quiche w/ Cheese Garden Salad Yogurt Zucchini Muffin	
7		8		9		10	
American Goulash Mixed Veggies Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Pulled Pork over Brown Rice Carrots/Broccoli/Cauliflow er Peaches <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Chicken a la King w/pasta Garden Salad Cranberry Sauce <u>Bone Builders 9:30</u>		Roast Beef Sandwich Potato Salad Cole Slaw Fruit Cocktail	
14		15		16		17	
Sloppy Joes w/ ground turkey & bun Sweet Potato Home Fries Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Roast Pork w/gravy Mashed Poatoes Broccoli Berry Crisp <u>Card Playing 1:00 PM</u>		Chicken Tetrzinni over whole wheat pasta Carrots Garden Salad Mandarin Oranges <u>Bone Builders 9:30</u>		Broccoli & Cheese Soup Ham Salad Sandwich Cole Slaw Pears	
21		22		23		24	
Mac & Cheese Stewed Tomatoes Broccoli Cottage Cheese w/ Berries <u>Bone Builders 9:30</u>		Baked Chicken Mashed Sweet Potatoes Mixed Veggies Banana Muffin Card Playing 1:00 PM		Closed For Thanksgiving		Closed	
28		29		30			
Stuffed Cabbage Casserole w/ brown rice Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Chicken Parmesan w/ spaghetti Cucumber & Tomato Salad Broccoli Pears Card Playing 1:00 PM		Haluski Ham w/ Fried cabbage, onions, over buttered noodles Brussels Sprouts Applesauce <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. Fruit Salad is pineapple,
 bananas, Strawberries, blueberries, grapes, and/or peaches, when available.

Maine Trip- Featuring Tours of Portland and Kennebunkport

4 days-3 Nights

June 4-7, 2024

\$699 per person double occupancy, \$938 single occupancy

Includes: 3 nights lodging, 3 breakfasts, 3 full course dinners (including a lobster bake), tour of Portland, Perkins Cove, Narrated Harbor Cruise of Casco Bay, Boothbay Harbor Tour, Eartha, Kennebunkport Tour, LL Bean & Dexter Factory Outlets, Nubble Lighthouse, Souvenir Gift, Luggage Handling, Taxes & Meal Gratuities, and Motor Coach Transportation!

50% due by January 5, 2024, Complete payment due March 1, 2024

Call Young at Heart for more info or with any questions (802)287-9200

Board Meeting 3rd Monday of the Month
@10am!! All are welcome!

Memory Light Tree

Is a Christmas Tradition in Poultney Founded by Phyllis Mac-Murtry. It was started as a way to remember deceased loved ones at Christmas, especially when it was difficult to get to the cemetery to put wreathes or decorations on their graves. It is a wonderful way to help the Poultney Food Shelf at a time when they need help the most.

The Memory Light Tree is located in front of the town hall and is lit by Santa when comes to town the first Saturday in December. The names of those people to be remembered are published in the Free Press before Christmas. Young at Heart is honored to be the sponsor of such a wonderful tradition.

Sign up books will be at: Original Vermont Store, Young at Heart, and Marcie's Hair Salon, Poultney Library, K and K Creations, and Tree of Giving from Nov 1 through the first week of December.

Donation is \$1 a name.

You may also mail names and a check made out to Young at Heart to Young at Heart Attn: Memory Lights

Whitney's West Side Styles

2660 County Route 17
West Granville, NY

Mary Whitney,
Licensed Hairdresser

Hours
Tuesday - Saturday
8am - 5pm

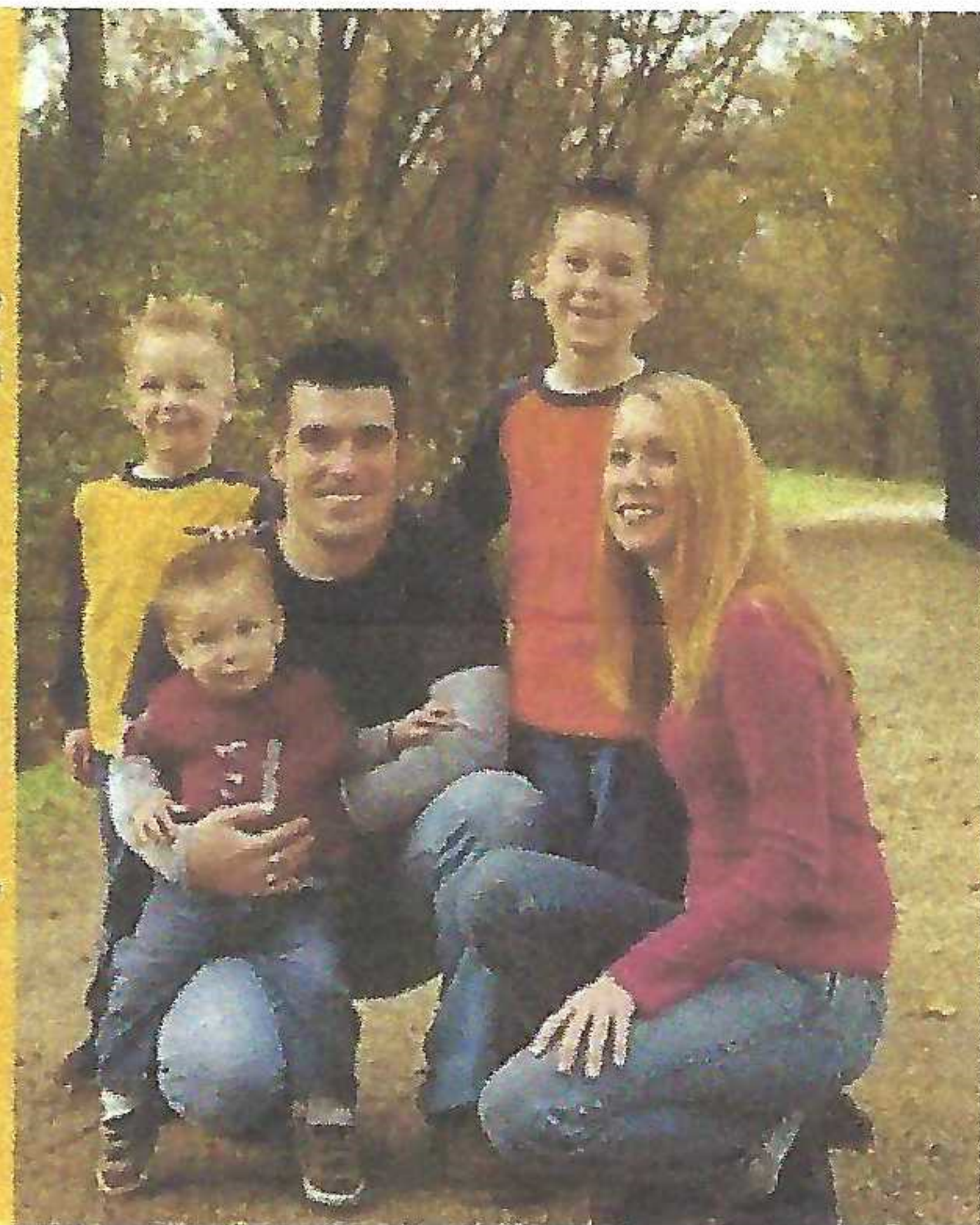
(518) 642-1331
Call for an Appointment

K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET
POULTNEY, VERMONT

Phone: (802) 287-4241

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RIVERSIDE MAPLES

Syrup for sale by the:
Gallon, 1/2 gallon, and quarts!

Owners: Charles and Pat
Matteson call
802-287-9063



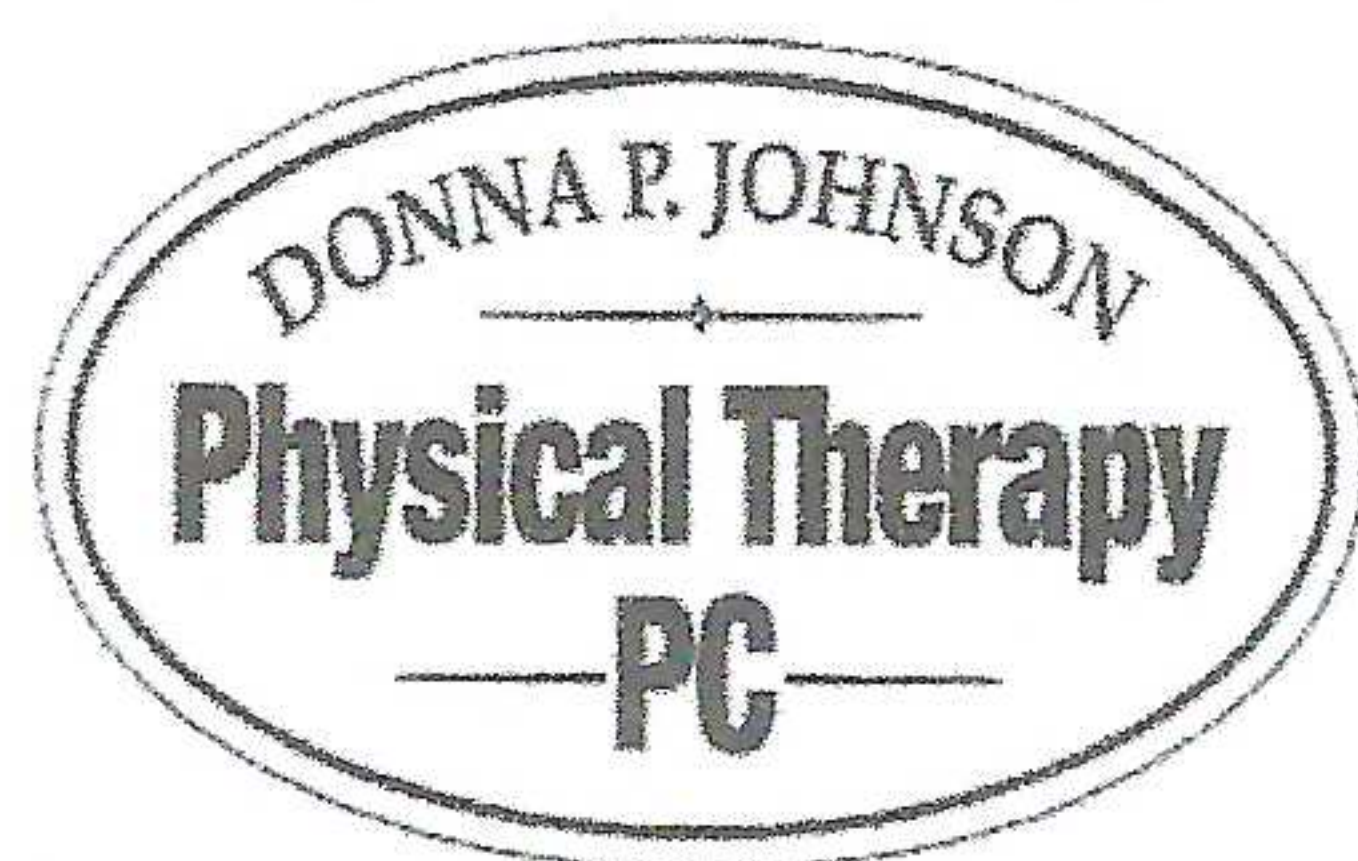
Young at Heart Thrift Store

Open Tuesday– Friday

9am –1pm

We are accepting donations at this
time during regular business hours.

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

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\$12 a month \$60 for 6 months
\$115 a 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.