

YOUNG AT HEART



SERVING SENIORS SINCE 1975

March

www.poultneyahsc.com March 2024

802-287-9200

Young at Heart Senior Center

St. Patrick's Day Celebration

Please join us Friday, March 15th for our St. Patrick's Day meal. Menu to include: Corned Beef with Potatoes, Carrots, Cabbage, a Biscuit, and Watergate Salad. The Hummin Strummin' Ukulele Band will be here to perform for us. Please call to make a reservation (802)287-9200

Birthday Dinner, Thursday, March 21st

Call (802)287-9200 to reserve due to limited seating.



Menu to include Baked Chicken, Mashed Potatoes, Gravy, Vegetables, Fruit, and a special dessert. Please feel free to bring a gift for the gift raffle. Bring your change to stay after the party for BINGO!

Easter Dinner

We will be celebrating Easter a little early. Please join us Tuesday, March 26 for an Easter Meal. Menu to include: Baked Ham, Mashed Sweet Potatoes, Vegetable, and Fruit Muffin. Call to reserve your seat (802)287-9200.

MAPLEFEST HAM DINNER at YOUNG AT HEART

March 23, 2024 from 4:30-6:30pm

The meal includes maple-glazed ham, maple mashed sweet potatoes, vegetables, dessert, and beverages.

Cost is just \$10 for adults, \$5 for kids 12 and under

Dinner will be served from 4:30 to 6:30 PM

Take-out available call (802)287-9200

Young at Heart is located at 206 Furnace Street in Poultney.

Support your local seniors!

Board of Directors:

President: Jeff King

Vice President: Suzy Kasuba

Trustees: John Thomas, Sheila Nichols,
Pat Beatty, Mark Teetor, and Michelle
McCarron

Secretary: Carol Brown

Treasurer: Carol Stierle



a caring partnership

Foot Clinic

Foot clinic is March 1, 2024
from 8:30am-11am

Cost is \$10 for toenails (fingernails \$10
extra) to the VNA

Please call YAH to schedule
(802)287-9200

****Foot Clinics are filling a month in ad-
vance****

Blood Pressure Clinic

Thursday, February 8, 2024
10:15am—12:15pm
Sponsored by SASH



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



2 Charlotte	Capron	14 Andy	Donaghy
5 Donna	Ballard	18 Emery	Austin
6 Nancy	Baird	23 Mary	Senecal
9 Barbara	Baldwin	Karin	Austin
John	Thomas	Akira	Loveridge
11 Marilyn	Case	24 William	Hoyenski
13 Shirley	Coderre	25 Mary	Godette
Andrea	Rivers	27 Katheryn	Crockett
		30 Bud	Ross

ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Mar-24
Tuesday		Wednesday		Thursday		Friday	
<u>Bone Builders 9:30</u>		<u>Card Playing 1:00</u>		<u>Bone Builders 9:30</u>		Chicken Pot Pie Broccoli Fruit Crisp	
5		6		7		8	
Pork Stir Fry w/ Mixed Veggies Brown Rice Cole Slaw Pineapple <u>Bone Builders 9:30</u>		Butternut Squash Soup Deli Sandwich Garden Salad Applesauce <u>Card Playing 1:00 PM</u>		Mac and Cheese Stewed Tomatoes Broccoli Cottage Cheese w/ Berries <u>Bone Builders 9:30</u>		Sheperd's Pie Garden Salad Banana Muffin	
12		13		14		15	
Chili Dog w/ Bun Home Fries Cole Slaw Fruit Cocktail <u>Bone Builders 9:30</u>		Chicken & Rice Casserole w/ Veggies Garden Salad Mandarin Oranges <u>Card Playing 1:00 PM</u>		BBQ Pulled Pork Sandwiches Potato Salad 3 Bean Salad Peaches <u>Bone Builders 9:30</u>		ST PATRICK'S CELEBRATION Corned Beef w/Potatoes, Carrots, and Cabbage Biscuit Watergate Salad	
19		20		21		22	
Meatloaf Mashed Potatoes w/ Gravy Carrots Pears Biscuit <u>Bone Builders 9:30</u>		Ribs Rice Pilaf Mixed Veggies Garbanzo Bean Salad Fresh Fruit <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Baked Chicken w/ Gravy Mashed Potatoes Carrots Pineapple Biscuit <u>Bone Builders 9:30</u>		Corn Chowder Egg Salad Sandwich Cole Slaw Peaches	
26		27		28		29	
EASTER DINNER Baked Ham Mashed Sweet Potatoes Green Beans Fruit Muffin <u>Bone Builders 9:30</u>		Beef Stew Cole Slaw Fruit Crisp <u>Card Playing 1:00 PM</u>		Open-face Hot Turkey Sandwich Mashed Potatoes Broccoli & Cauliflower Pears <u>Bone Builders 9:30</u>		Vegetable Quiche w/ Cheese Garden Salad Fruit Salad	

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!

Complete payment due **March 15th, 2024**, 50% deposit due at sign up

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!**

NOTICE:

We are no longer collecting prescription pill bottles. Due to the continued increase in the cost of postage.

We do still collect used household batteries and can tabs for the Shriners.

Lastly, a book recycling box is available at the transfer station.

Volunteers from the AARP Tax Aide Program will be here to prepare taxes on **Friday, March 15, 2024**.

This service is free for Seniors who do not have rental income, conduct a business, or have assets to depreciate.

When you make your appointment you will be given some forms to complete prior to your meeting. These forms will tell you what information you need to have available to assure that your return is completed quickly and accurately.

There is a limited number of appointments available so make your arrangements early. Call (802)287-9200 for appointment



Whitney's West Side Styles

2660 County Route 17
West Granville, NY

Mary Whitney,
Licensed Hairdresser

Hours
Tuesday - Saturday
8am - 5pm

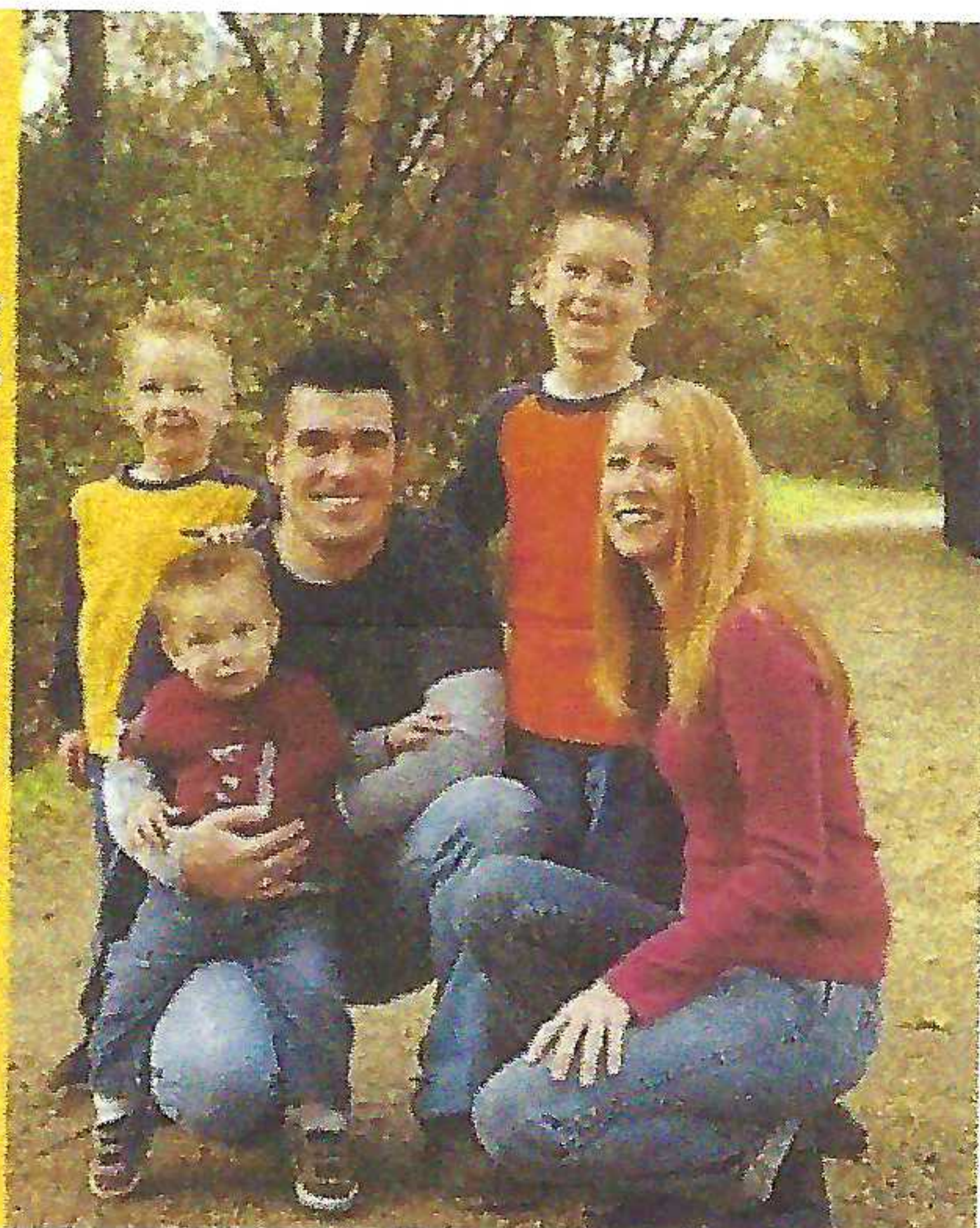
(518) 642-1331
Call for an Appointment

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Champlain Valley Canopies

Tents, Tables, and Chairs for Your Event

Call Tom DeMatties
802-884-8081 Poultney

For we are God's workmanship,
created in Christ Jesus
to do good works.
Ephesians 2:10

Young at Heart Thrift Store

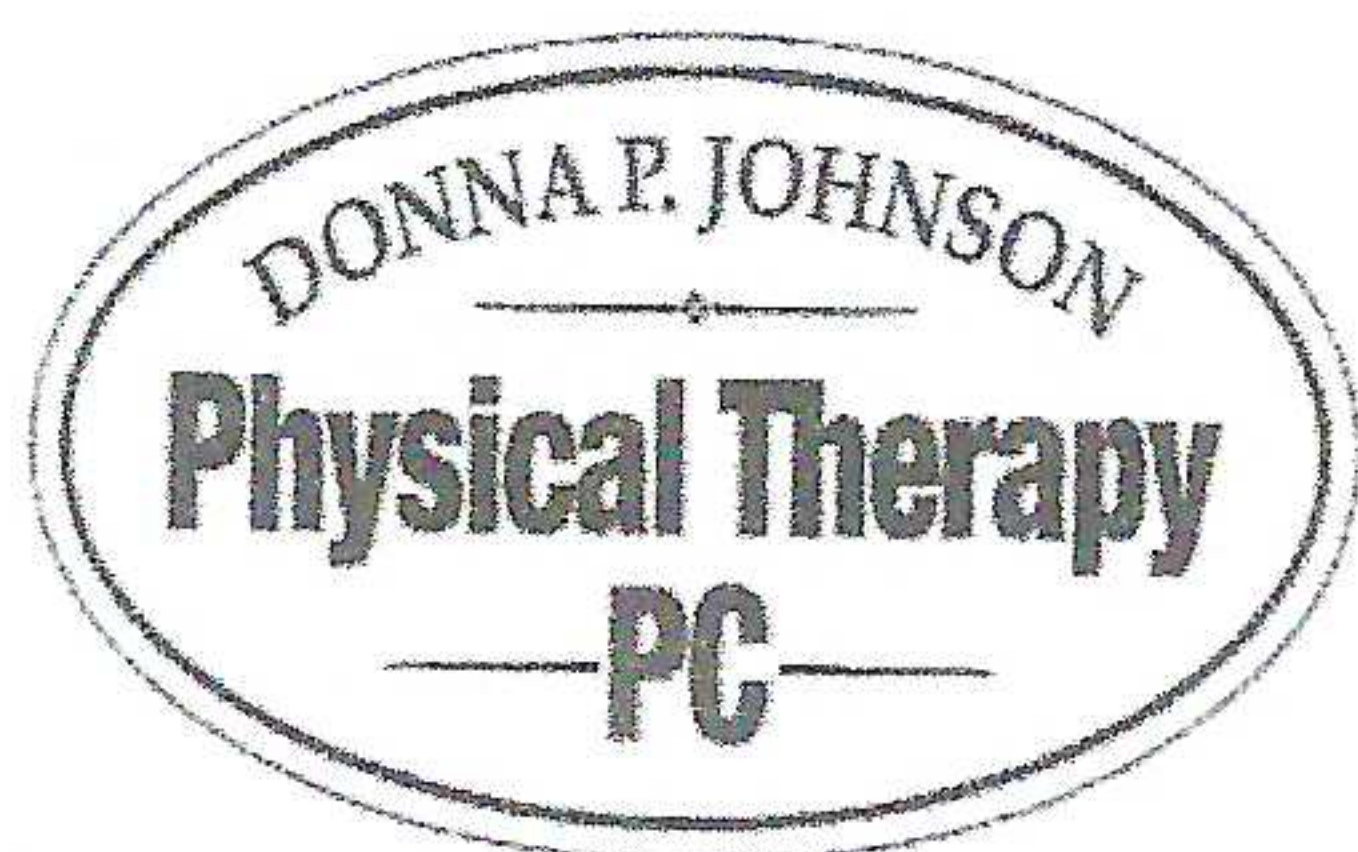
Open Tuesday- Friday

9am -12pm

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



Helping you move and feel better for over 25 years!



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\$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.

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.