

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com June 2024

802-287-9200

Young at Heart Senior Center



Birthday Dinner Thursday, June 13



Call (802)287-9200 to reserve due to limited seating. Menu to include: Baked Chicken, Stuffing, Mashed Potatoes, Gravy, Vegetables, 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!

Essentrics Wednesdays @9am in June

Essentrics Aging Backwards Stretch and Strengthen is a unique age reversing workout designed to restore and maintain joint mobility, release tension, and systematically unlock tight muscles.

This gentle paced full body movement class, set to music, emphasizes rotational joint movements, as well as gentle strengthening (NO Weights), and stretching. This combination will boost energy, improve balance, and help reduce pain. We workout barefoot on a mat and have a chair nearby for support when needed.

Class size is limited so please call to register (802)287-9200



BINGO

Please join us Thursday, June 6th @ 6pm or Sunday, June 9th @11am at the Modern Woodmen of America (MWA) in Wells to play Bingo to support the YAHSC.



BASKET PARTY!!

We are planning a basket raffle for Saturday, July 13, 2024. Held at Modern Woodmen in Wells. If you would like to donate a basket, please feel free to drop one off at YAHSC.

Thank you for supporting the Young at Heart

Fresh Produce!

Once again we are pleased to announce we will have fresh, local produce available on Fridays starting June 14th from 11-12:30. This is provided by a grant Vermonters Feeding Vermonters.

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



Foot Clinic

Foot clinic is June 7, 2024

from 8:30am-11am

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

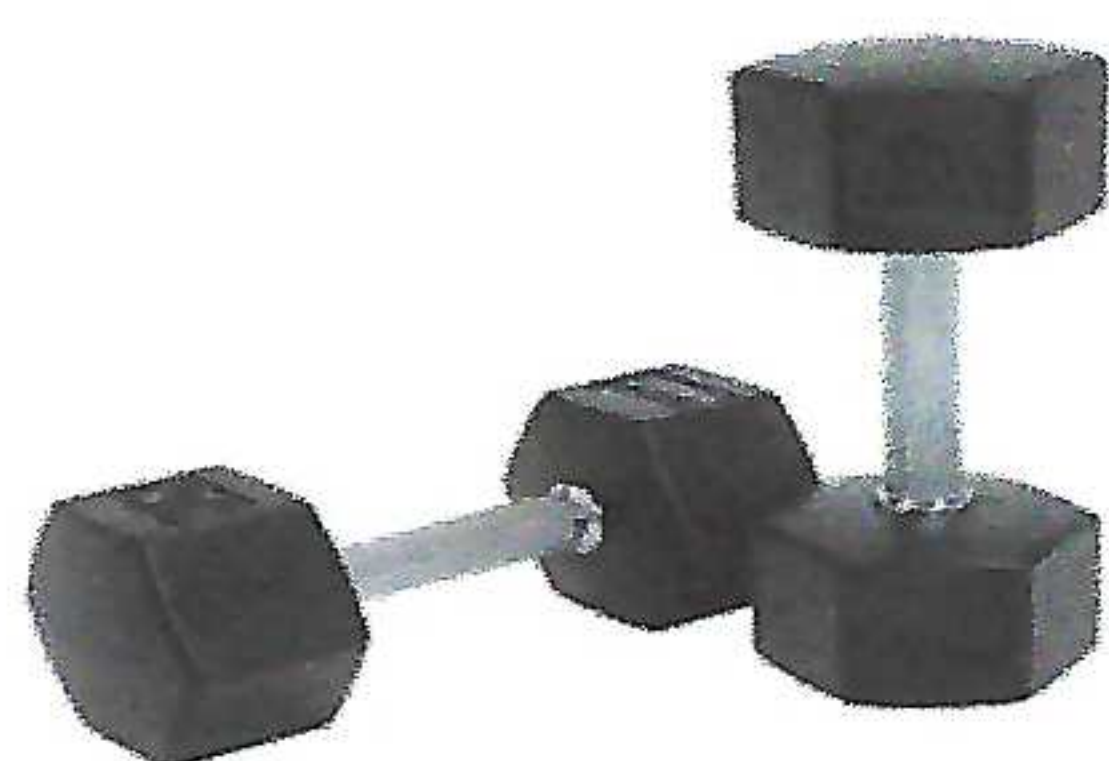
Please call YAH to schedule
(802)287-9200

Blood Pressure Clinic

Thursday, June 20, 2024

10:15am—12:15pm

Sponsored by SASH



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



1 June Graziano

Norman Spafford

2 Gordon Stacey

3 Nancy Smart

4 Jaap Simons

June West

Susan Clark

5 Richard Davis

6 Richard Church

Patricia LeToureau

Irene Brewer

11 Jean Edwards

Edward Preseau

12 Kathleen Eagan

14 Martha Ellis

17 Bert Cenate

19 Arlene Kenworthy

20 Bridget Harrison

Helen Cooper

23 Gayle Hoessier

26 Kathy Macura

30 Renee Heath

ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Jun-24
Tuesday		Wednesday		Thursday		Friday	
4		5		6		7	
Haluski Ham w/ Cabbage & Onions over Egg Noodles Garden Salad Pineapple <u>Bone Builders 9:30</u>		Chicken and Biscuits Mashed Sweet Potatoes Green Beans Fruit Salad <u>Card Playing 1:00</u>		Veggie Quiche w/Cheese Garden Salad w/ Chickpeas Fruit Crisp <u>Bone Builders 9:30</u>		Meatloaf Mashed Potatoes Brussels Sprouts Fruit Muffin	
11		12		13		14	
Shepherd's Pie Garden Salad Peach Cobbler <u>Bone Builders 9:30</u>		BBQ Ribs Brown Rice Stir Fried Veggies Mandarin Oranges <u>Card Playing 1:00 PM</u>		<u>BIRTHDAY DINNER</u> Baked Chicken Stuffing Mashed Potatoes Carrots Applesauce <u>Bone Builders 9:30</u>		Deli Sandwich Butternut Squash Soup Cole Slaw Jello w/ Fruit	
18		19		20		21	
Spaghetti w/ Meat Sauce Garden Salad Fruit Cocktail <u>Bone Builders 9:30</u>		Honey Garlic Chicken Stir Fry w/ Veggies Rice Cole Slaw Pineapple <u>Card Playing 1:00 PM</u>		Baked Pork Chops w/ Gravy Mashed Potatoes Carrots Apple Crisp <u>Bone Builders 9:30</u>		Cold Salad Plate * Egg Salad, Potato Salad, & Pasta Salad Berries	
25		26		27		28	
Chef Salad Cottage Cheese Fruit Muffin <u>Bone Builders 9:30</u>		Taco Bake w/Cornbread lettuce & tomato Cole Slaw Mandarin Oranges <u>Card Playing 1:00 PM</u>		Pork Loin Mashed Sweet Potatoes Brussels Sprouts Fruit Crisp <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes California Mixed Veggies Pears	

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.



3rd Annual Young at Heart Father's Day Weekend Golf Tournament

Saturday, June 15th Tee Off @ 9am

At Milestones Golf Course

2338 Co Rd 18 Whitehall, NY 12887

Captain and Crew 18 Holes Raffle 50/50

Cost \$50 a person, \$200 per team of 4 Includes Golf, Cart, and Lunch

Call Milestones to register your team (518)499-0395

\$50 to sponsor a hole for your business or in memory of someone that has passed, call the center for more info (802)287-9200

All proceeds benefit Young at Heart Senior Center, thank you for your support!

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

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

EFFECTIVE April 1, 2023 Home Delivered Meal Participant Eligibility Changes from DIAL

Any person is eligible who is age 60 or over, and is unable to obtain or prepare meals on a temporary or permanent basis due to a physical, mental or cognitive condition that requires assistance to leave home.

Also eligible are the spouse, regardless of age, of eligible individuals receiving HDM; and individuals under 60 years of age with a disability, who reside with an eligible individual receiving HDM.

Whitney's West Side Styles

2660 County Route 17
West Granville, NY

Mary Whitney,
Licensed Hairdresser

Hours
Tuesday - Saturday
8am - 5pm

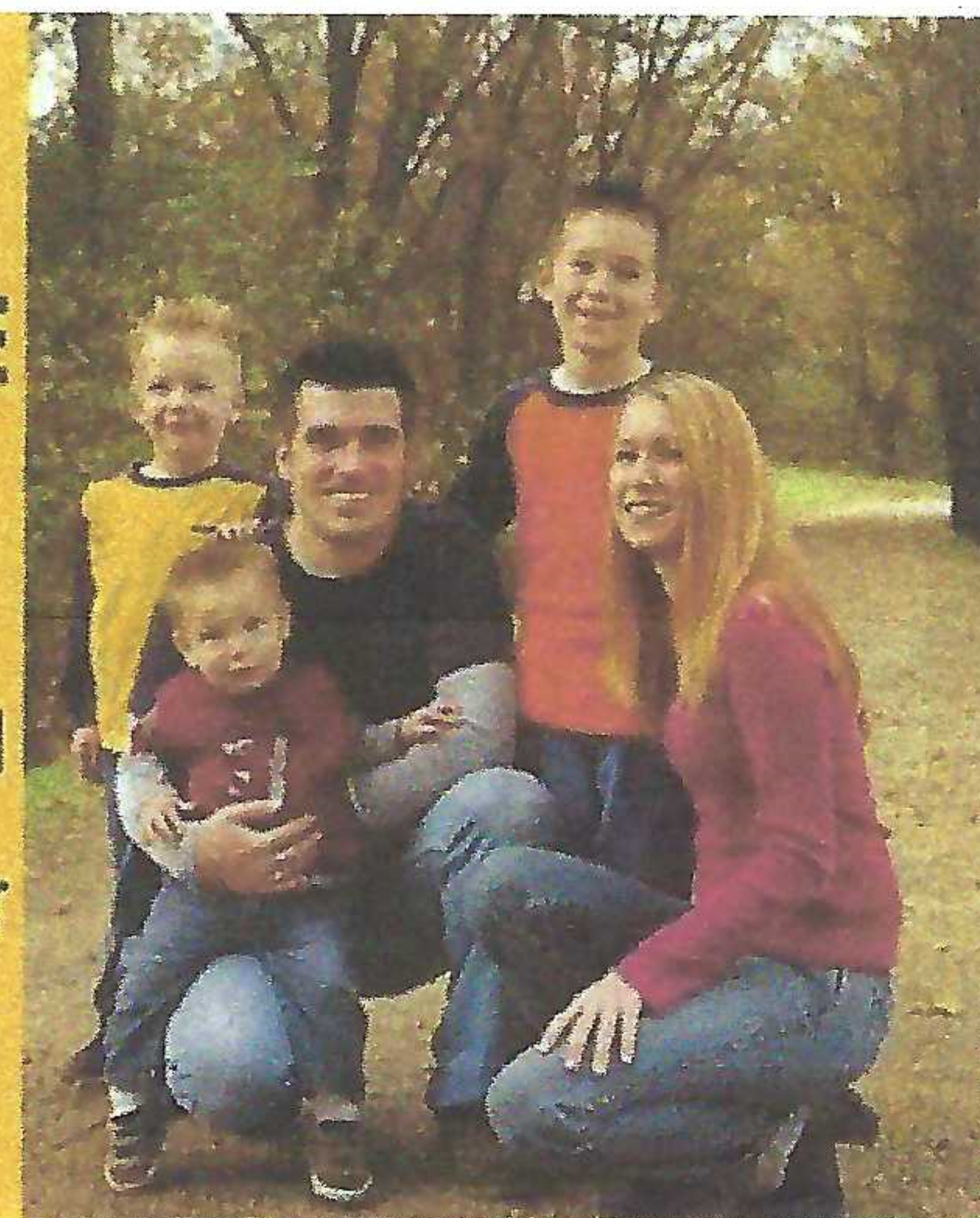
(518) 642-1331
Call for an Appointment

K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET
POULTNEY, VERMONT

Phone: (802) 287-4241

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



VOLUNTEER

Young at Heart Thrift Store

Open Tuesday– Friday

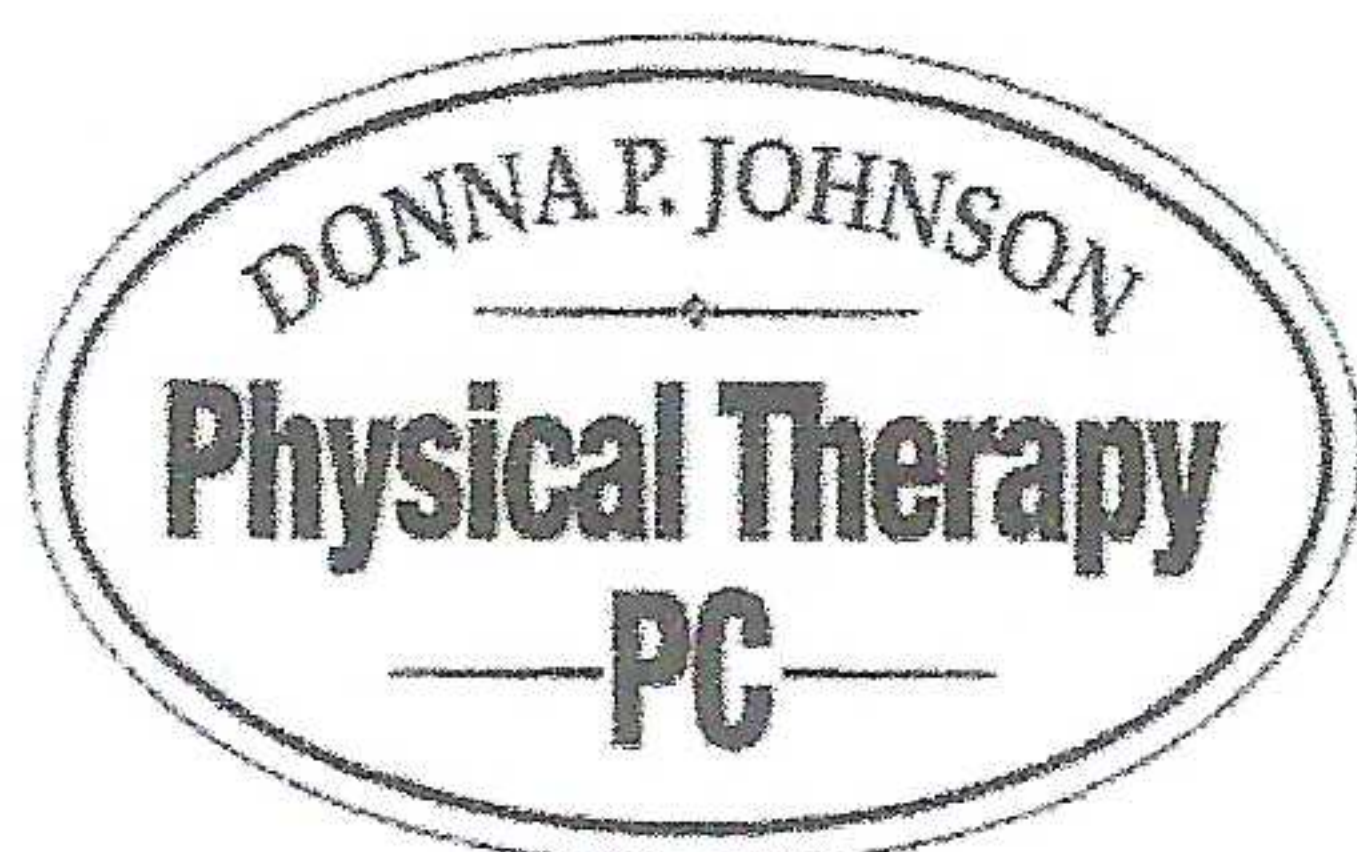
9am –12pm

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

Need Walking Assistance Devices??

We have walkers, rollator walkers, and canes
available. We also loan out shower seats,
commodes, and wheel chairs (when availa-
ble). Stop by the center or call (802)287-9200
to see what we have that you may need.

Helping you move and feel better for over 25 years!



www.DonnaJohnsonPT.com

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Poultney, VT 05764
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find out more.

\$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.