

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com August 2024

802-287-9200

Young at Heart Senior Center



Birthday Dinner Thursday, August 8th



Call (802)287-9200 to reserve due to limited seating. Menu to include: Roast Pork Loin, Mashed Potatoes, Carrots, fruit, and a special dessert. Recognition of those with August birthdays followed by 50/50, prize raffle, and bingo. Bring a prize for the table if you wish and small change for Bingo. Raffle tickets are \$1 each or 6 for \$5.

Eating Healthy

Fresh Produce for Older Vermonters

Thursdays June 27th- October 3rd starting at 9am until 1 or we run out of produce.

SVCOA in partnership with Vermont Farmers Food Center will be bringing fresh fruits and vegetables to YAHSC for 15 weeks.



Friday's into September starting at 11am we will have our free farmers markets for seniors. Thank you to the Vermonters Feeding Vermonters grant. Offerings will vary depending on what's in season. Outside near the pavilion,

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

LIVE RAPTORS UP CLOSE

Saturday, September 7th at 10:30am

Under the Pavilion

VINS will be bringing 3 live birds described as raptors that might include falcons, hawks, or owls. The one hour program describes the interdependence between predator and prey and how the circle of life is sustained. Feel free to bring a lawn chair.

NO DOGS or SMOKING.

Staying Healthy

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

VNA Foot Clinic- 1st Friday of each month

August 2 from 8:30-10:45am, must sign up!

VNA will trim your toenails for \$10, fingernails are an additional \$10. Reservations are required and the schedule fill up quickly. Call (802)287-9200

Blood Pressure Screening

Thursday, August 8th 10:30am-12:30pm

Sponsored by Support and Services at Home (SASH)



We are always looking for activity ideas, performers, trip suggestions, and ways to add more physical fitness into our center!

Stop by with your ideas or call Carrie at (802)287-9200.



1 David Knipes

2 Kathleen Knipes

3 Matt McCoy

4 Marlene Parker

7 Diane Proulx

Cindy Davis

9 Mildred Corey

Nancy Boyton

Gloria Marcy

13 David Schuster

14 Virginia Ericson

16 Gladys Sharp

20 John Richards

21 Carol Beaver

Rosemary McManus

23 Jack Roberts

Barbara DeBonis

28 Mary Whitney

Lori Holcomb

Board of Directors:

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Tuesday		Wednesday		Thursday		Friday	
				1		2	
<div></div> <div><u>Bone Builders 9:30</u></div>		<div></div> <div><u>Card Playing 1:00</u></div>		<div> Baked Ham Mashed Sweet Potatoes GreenBeans Fruit Crisp </div> <div><u>Bone Builders 9:30</u></div>		<div> Cream of Broccoli Soup Deli Sandwich Cole Slaw Pears </div>	
6		7		8		9	
<div> Chef Salad Cottage Cheese w/ Fruit Corn Bread </div> <div><u>Bone Builders 9:30</u></div>		<div> Meatloaf Roasted Potatoes Broccoli Peach Cobbler </div> <div><u>Card Playing 1:00 PM</u></div>		<div> BIRTHDAY DINNER Roast Pork Loin Mashed Potatoes Carrots Pineapple </div> <div><u>Bone Builders 9:30</u></div>		<div> Chicken Parmesan Sandwich Garden Salad Fruit Cocktail </div>	
13		14		15		16	
<div> Spaghetti w/ Meat Sauce Garden Salad Fresh Fruit </div> <div><u>Bone Builders 9:30</u></div>		<div> Chicken Stir Fry w/ Veggies over Brown Rice Cole Slaw Fruit Cocktail </div> <div><u>Card Playing 1:00 PM</u></div>		<div> Sausage, Peppers, & Onions over Buttered Noodles Garden Salad Berries </div> <div><u>Bone Builders 9:30</u></div>		<div> Mac & Cheese Broccoli Stewed Tomatoes Peaches </div>	
20		21		22		23	
<div> Turkey Burgers Home Fries w/ Peppers & Onions Cole Slaw Fresh Fruit </div> <div><u>Bone Builders 9:30</u></div>		<div> Pork Chops Mashed Sweet Potatoes Mixed Veggies Strawberry Shortcake </div> <div><u>Card Playing 1:00 PM</u></div>		<div> Steak Tips Egg Noodles Garden Salad Applesauce </div> <div><u>Bone Builders 9:30</u></div>		<div> Minestrone Soup Deli Sandwich 3 Bean Salad Mandarin Oranges </div>	
27		28		29		30	
<div> Vegetable Quiche Garden Salad Yogurt Fruit Muffin </div> <div><u>Bone Builders 9:30</u></div>		<div> BBQ Ribs Macaroni Salad Baked Beans Carrots Pears </div> <div><u>Card Playing 1:00 PM</u></div>		<div> Chicken Alfredo over Pasta Broccoli/Cauliflower Cole Slaw Berries </div> <div><u>Bone Builders 9:30</u></div>		<div> Baked Ziti Garden Salad Peaches </div>	

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.

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.

Have you checked out the Jonas Rosenthal Path to Health and Wellness?

15 times around the track equals 1 mile, track is made with specialized material for low impact

Pavilion with picnic tables to play games at, work, or enjoy time conversing.



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.

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*Hours
Tuesday - Saturday
8am - 5pm*

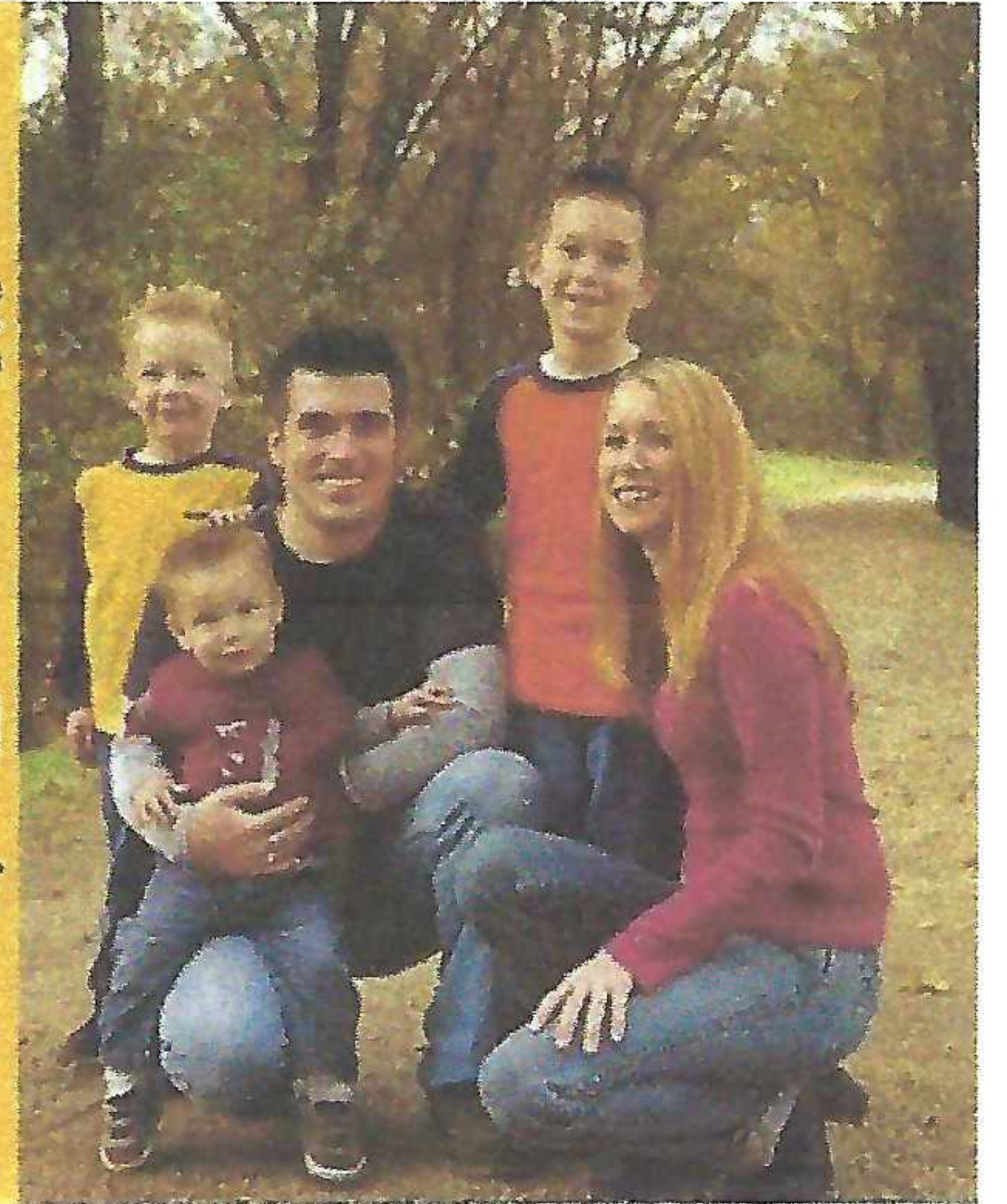
*(518) 642-1331
Call for an Appointment*

K & K CREATIONS FAMILY HAIR CARE

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POULTNEY, VERMONT

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VOLUNTEER

Young at Heart Thrift Store

Open Tuesday– Friday

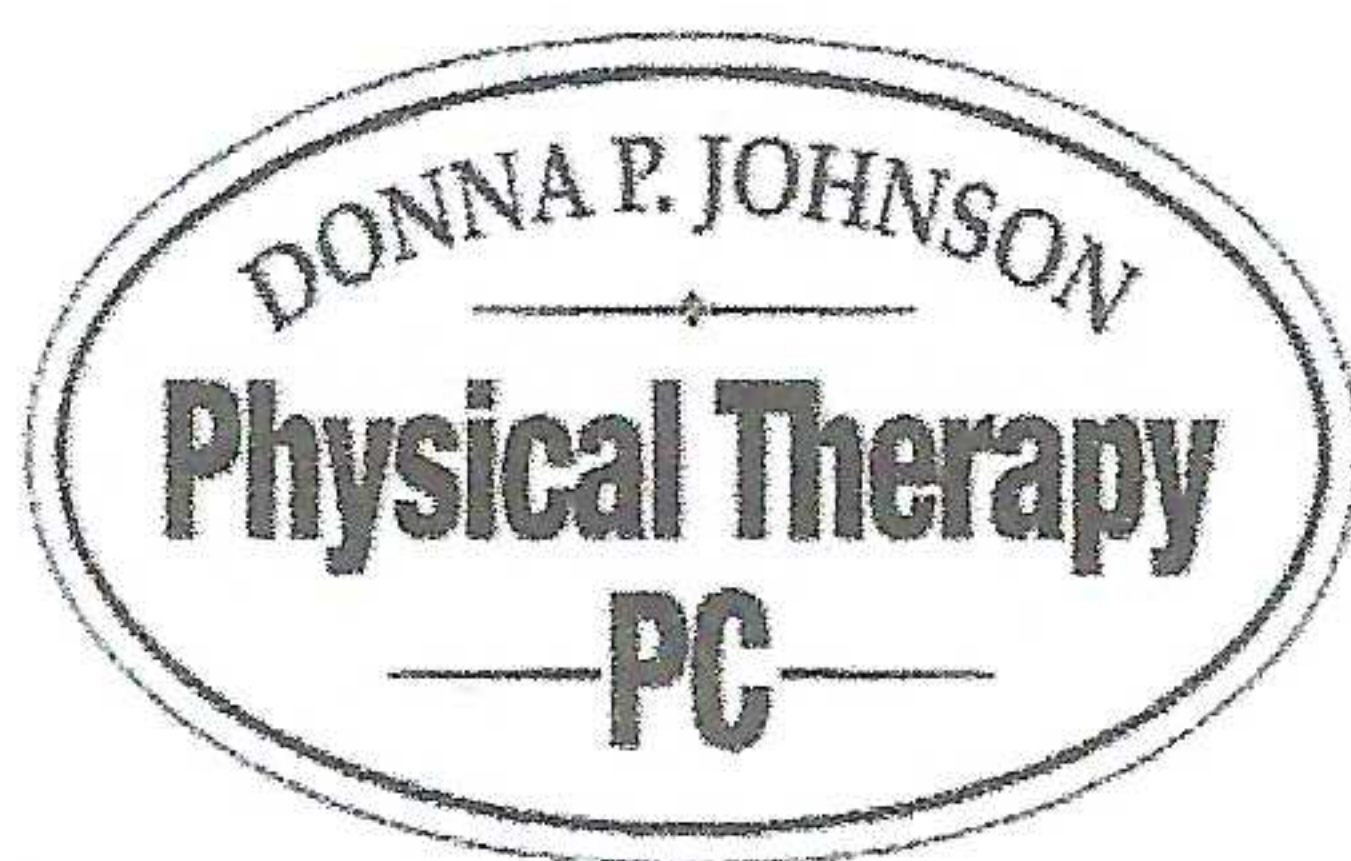
9am –12pm

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

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

All are welcome!

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