

YOUNG AT HEART



SERVING SENIORS SINCE 1975

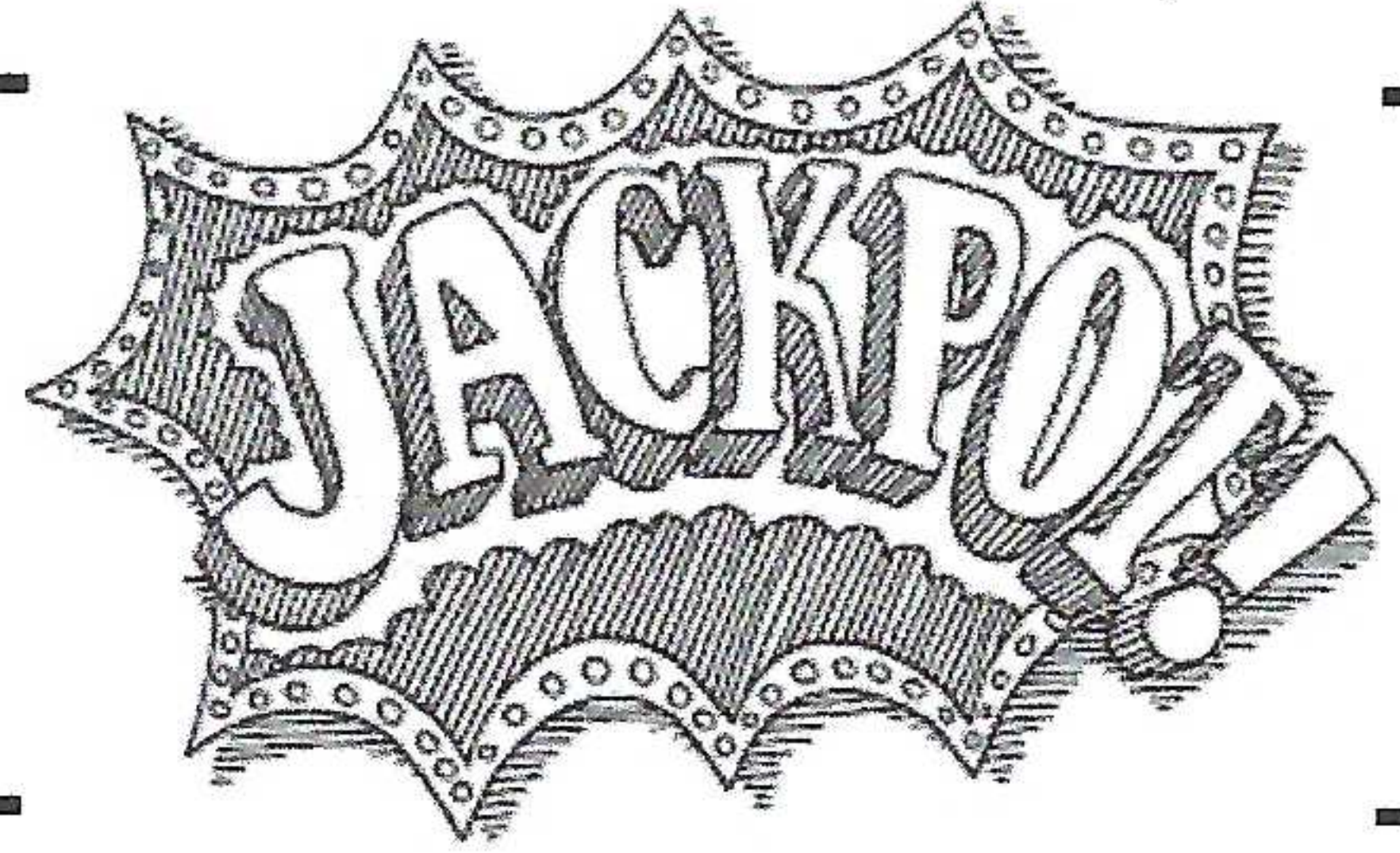
hello
SEPTEMBER

Bus Trip to Rivers Casino

Wednesday, October 9th

Cost \$25 per person

See page 4 for more details



Life is better



with
Ice Cream

Celebrate our 49th Anniversary!

Join us after lunch on Friday, September 6th for an Ice Cream Social. Starting at 1pm we will have Ice cream, syrups, toppings, and good company. Weather permitting we will be outside under the pavilion.

LIVE RAPTORS UP CLOSE

Saturday, September 7th at 10:30am

Under the Pavilion

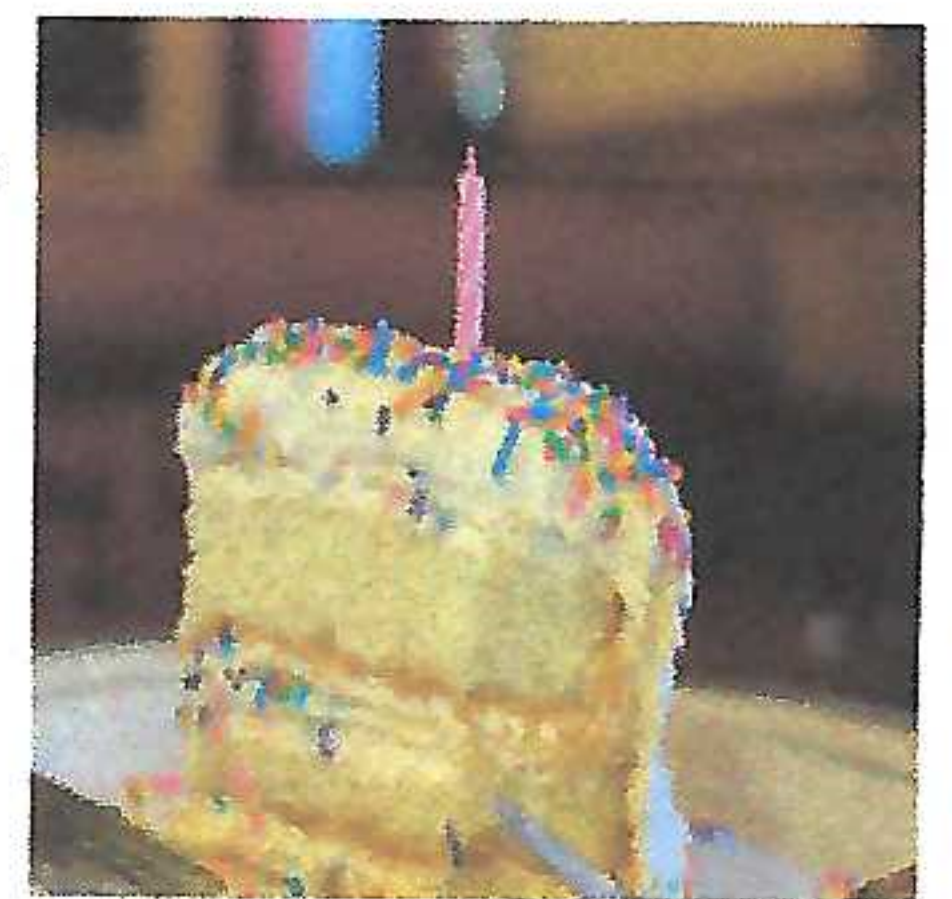
VINS will be bringing 3 live birds described as raptors that might include falcons, hawks, or owls. The one hour program describes the interdependence between predator and prey and how the circle of life is sustained. Feel free to bring a lawn chair.

NO DOGS or SMOKING



Birthday Dinner Thursday, September 12th

Call (802)287-9200 to reserve due to limited seating. Menu to include: Spaghetti & Meatballs, Garden Salad, Fruit, and a Special Dessert. Recognition of those with September 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.



Join us before lunch on Wednesday, September 18th at 11:30am to make a quick pumpkin craft. We will provide all the materials for you to make it to take home.

www.poultneyahsc.com September 2024

802-287-9200

Young at Heart Senior Center

Staying Healthy

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

VNA Foot Clinic

September 6 from 8:30-10:45am, must sign up!

October date changed to Oct. 2

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

Blood Pressure Screening

Thursday, Sept. 12th 10:30am-12:30pm

Sponsored by Support and Services at Home (SASH)



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, weather permitting, while supplies last.



2 Joseph Phillips, Jr.

3 Patricia Szabo

Rose Morrow

6 Donna Crossman

7 Shirley Scott

9 Bernie Vladyka

10 Altas Johnston

Debra Williams

14 Peggy Billow

17 Cathy Farrell

17 Cindy Krueger

18 Jane Salisbury

20 Ann DeBonis

23 Linda Phillips

25 Donald Clark

26 Joanne Moss

Ginny Maguire

Oliver Allen

28 Edith Golden

30 Debra West

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

Tuesday		Wednesday		Thursday		Friday	
3		4		5		6	
Stuffed Pepper Casserole Garden Salad Berries <u>Bone Builders 9:30</u>		Meatloaf w/ Gravy Mashed Potatoes Peas Peach Cobbler <u>Card Playing 1:00</u>		Deli Sandwich Garden Salad Fruit & Yogurt Parfaits <u>Bone Builders 9:30</u>		Pulled Pork Rice Mixed Veggies Cole Slaw Pineapple	
10		11		12		13	
Chicken Pot Pie Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Pears <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Spaghetti & Meatballs Garden Salad Peaches		Sweet & Sour Pork w/ Vegetables over Rice Cole Slaw Mandarin Oranges	
17		18		19		20	
Vegetable Quiche Garden Salad Yogurt Fruit Muffin <u>Bone Builders 9:30</u>		Beef Tips w/ Onions & Mushrooms over Rice Broccoli & Cauliflower Pears <u>Card Playing 1:00 PM</u>		Baked Chicken Stuffing Mashed Potatoes Carrots Applesauce <u>Bone Builders 9:30</u>		Roast Pork Mashed Sweet Potatoes Brussels Sprouts Fruit Crisp	
24		25		26		27	
Baked Ziti Garden Salad Peaches <u>Bone Builders 9:30</u>		BBQ Ribs Potato Salad Cole Slaw Fruit Cobbler <u>Card Playing 1:00 PM</u>		Turkey Burgers Home Fries Mixed Vegetables Fresh Fruit <u>Bone Builders 9:30</u>		Egg Salad Sandwich Garden Salad Pears	
<u>Bone Builders 9:30</u>		Card Playing 1:00 PM		<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.

NOTICE!!!

The election of Officers and Directors of Young at Heart Senior Center will take place at the October 21st board meeting. If you are interested in running for a position on the board, please contact Suzy Kasuba, Jeff King, or Carrie LaFond-Hurlburt at the center ASAP.

Annually, all four Executive positions are re-appointed. We also have two Trustees positions available.

REMEMBER: This is YOUR Young at Heart, and everyone is eligible to vote, so COME ONE, COME ALL. Please take part.

The October meeting will begin at 10:00am. Please join us!



Rivers Casino in Schenectady, NY

Wednesday, October 9, 2024

Depart Young at Heart at 9am, Departs Rivers Casino at 4pm

Bring Photo ID Lunch is "on your own"

Cost \$25 per person, Money Due at Sign Up

Space is limited, call (802)297-9200 to register

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.

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

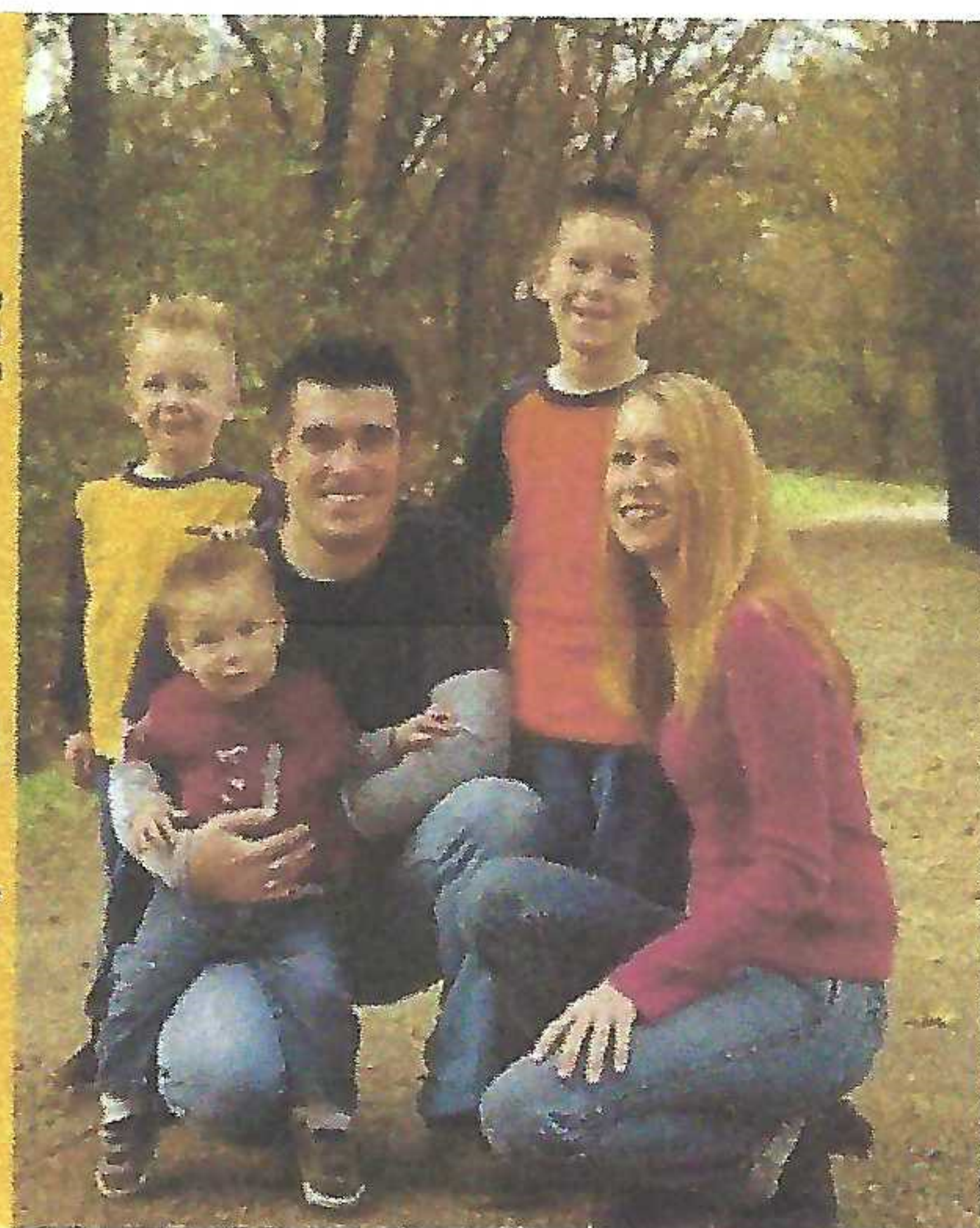
(518) 642-1331
Call for an Appointment

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

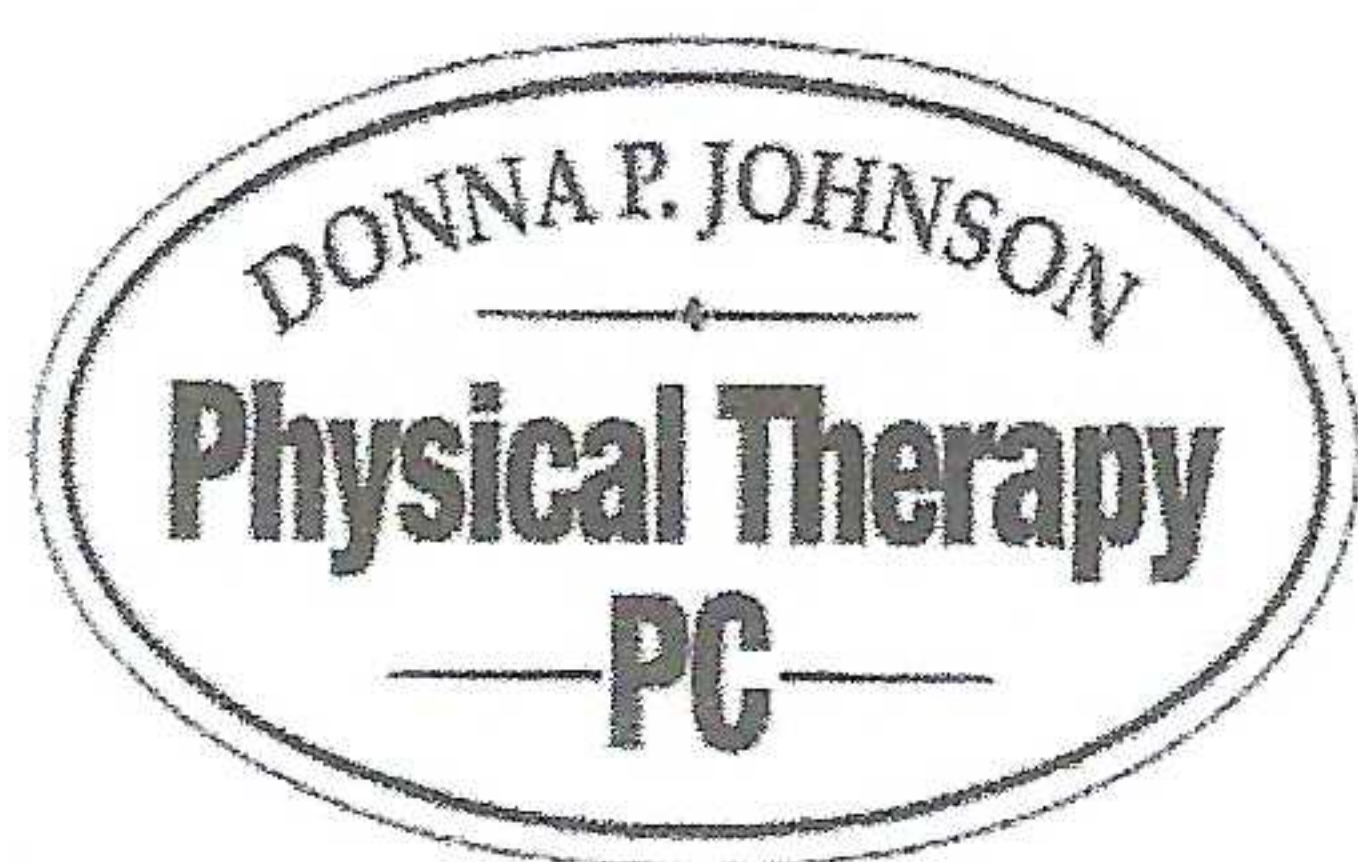
Lot's of new stuff!

Come make an offer and find a treasure.

We are accepting donations at this time during regular business hours. No stained articles, broken or missing parts, books/ VCR tapes/records, or baby equipment can be accepted.

Thank you for your support!

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

Thank you to our advertisers!!!

Interested in placing an adhere and supporting the Young at Heart by deferring the cost of this news-letter, please call (802)287-9200 to 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.*