

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyahsc.com October 2024

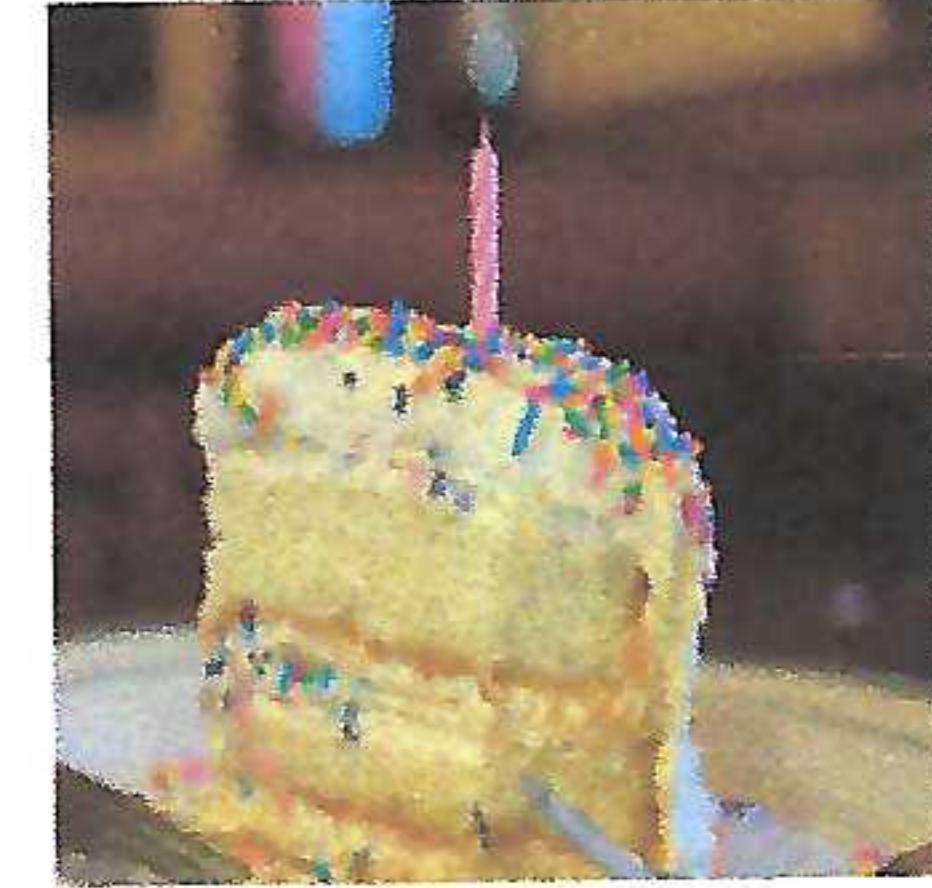
802-287-9200

# Young at Heart Senior Center



Birthday Dinner Thursday, October 10th

Call (802)287-9200 to reserve due to limited seating. Menu to include: Hot Open Face Turkey Sandwich, Mashed Potatoes, Stuffing, Vegetables, Fruit, and a Special Dessert. Recognition of those with October 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.



**Halloween Party!!!**



Join us Thursday, October 31st for games, food, and fun! Costumes are encouraged. Menu to include: Ghoulash, Garden Salad, and Pumpkin Mousse. After lunch we will be playing candy bar bingo.



Young at Heart Senior Center

Tea Cup Auction

Friday, November 8th

Toys, Baked Goods, Crafted Items, Groceries, Jewelry, White Elephant Items and much more!

Doors open at 5:00, drawings begin at 6:30

Cost: \$1 for each set of 10 tickets

Location: Modern Woodmen (Main Hall) Wells, VT

Concession stand will be available!

Ample parking; handicapped accessible. For more information, call (802) 287-9200



General Election, Tuesday, November 5th

Poultney Polls are at 55 Fire House Lane from 10am-7pm

**Volunteers Needed!!** We are still looking for Meals on Wheels substitute drivers. We also need kitchen and dining room substitutes. We couldn't do all we do without our volunteers! If interested in hearing more call Carrie at (802)287-9200.

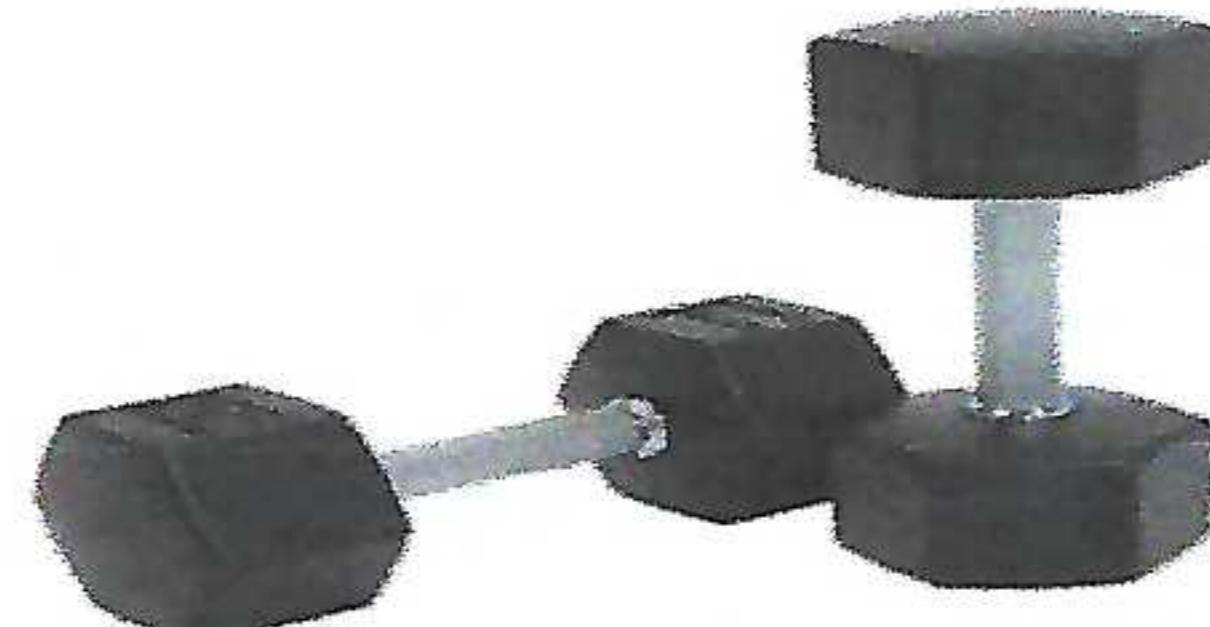
## Staying Healthy

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

### VNA Foot Clinic

October 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



4 Richard	Thomas	24 Peggy	Moulton
12 Maureen	Capman	Solange	Martineau
Donald	Boutwell	25 Donna	Lamb
13 Pamela	Mikkelson	26 Diane	Rice
14 Joan	Vladyka	27 Ruth	Jones
22 Ruth	Baker	28 Dorothy	LeBlanc
23 Judy	Prunier	29 Katherine	Dikeman
Alice	Reed	31 Audrey	Haschemeyer



**FRESH RESCUE:** Tuesday mornings at 9am and Thursday mornings at 9am. We distribute food to our area seniors that has been donated to us from Hannaford's in Rutland and Poultney Shaws. We also on Thursday have some baked goods donated by Grand Union Markets. Donations consist of unsaleable, yet usable, perishable and non-perishable items. Bring your reusable shopping bag. Thank you to Hannaford's, Poultney Shaws, and Grand Union for your support!

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

## 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.

ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Oct-24
Tuesday		Wednesday		Thursday		Friday	
1		2		3		4	
Beef Stew Garden Salad Fruit Crisp  <u>Bone Builders 9:30</u>		Baked Chicken Rice Pilaf Pea & Carrots Peaches  <u>Card Playing 1:00</u>		Roast Pork Mashed Potatoes w/ Gravy Broccoli and Cauliflower Fruit Salad  <u>Bone Builders 9:30</u>		Stuffed Pepper Casserole Garden Salad Applesauce	
8		9		10		11	
Chef Salad Cottage Cheese Fruit Muffin  <u>Bone Builders 9:30</u>		Meatloaf Mashed Potatoes Peas Fruit Crisp  <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Open Face Hot Turkey Sandwich Mashed Potatoes w/Gravy Stuffing Carrots Pears  <u>Bone Builders 9:30</u>		Veggie Lasagna Garden Salad Yogurt Parfaits	
15		16		17		18	
Veggie Quiche Garden Salad Cottage Cheese Fruit Crisp  <u>Bone Builders 9:30</u>		Sweet & Sour Pork w/Vegetables Brown Rice Cole Slaw Pineapple  <u>Card Playing 1:00 PM</u>		Mac & Cheese Stewed Tomatoes California Mixed Vegetables Pears  <u>Bone Builders 9:30</u>		Cheeseburger Home Fries Garden Salad Mandarin Oranges	
22		23		24		25	
Chicken Pot Pie Garden Salad Fresh Fruit  <u>Bone Builders 9:30</u>		Beef Tips w/Veggies over Rice Cole Slaw Pineapple  <u>Card Playing 1:00 PM</u>		Baked Ziti Brussels Sprouts Garden Salad Peaches  <u>Bone Builders 9:30</u>		Pulled Pork Sandwich Potato Salad Cole Slaw Berries	
29		30		31			
Baked Chicken Mashed Sweet Potatoes Green Beans Fruit Crisp  <u>Bone Builders 9:30</u>		Butternut Squash Soup Deli Sandwich Pears  <u>Card Playing 1:00 PM</u>		HALLOWEEN Ghoulash Garden Salad Pumpkin Mousse  <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.

# Whitney's West Side Styles

2660 County Route 17  
West Granville, NY

Mary Whitney,  
Licensed Hairdresser

Hours  
Tuesday - Saturday  
8am - 5pm

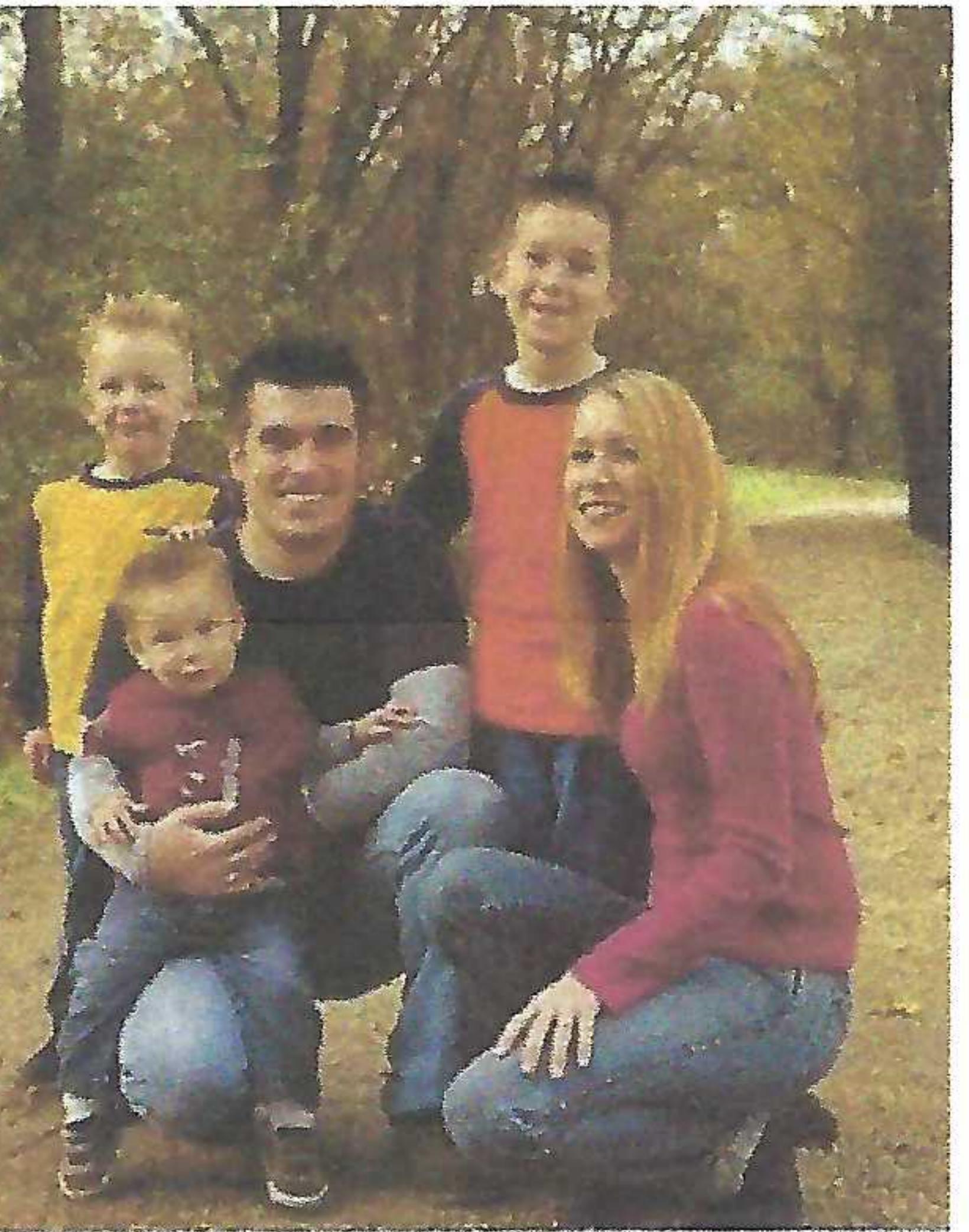
(518) 642-1331  
Call for an Appointment

## K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

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



# VOLUNTEER

### Young at Heart Thrift Store

Open Tuesday— Friday

9am –12pm

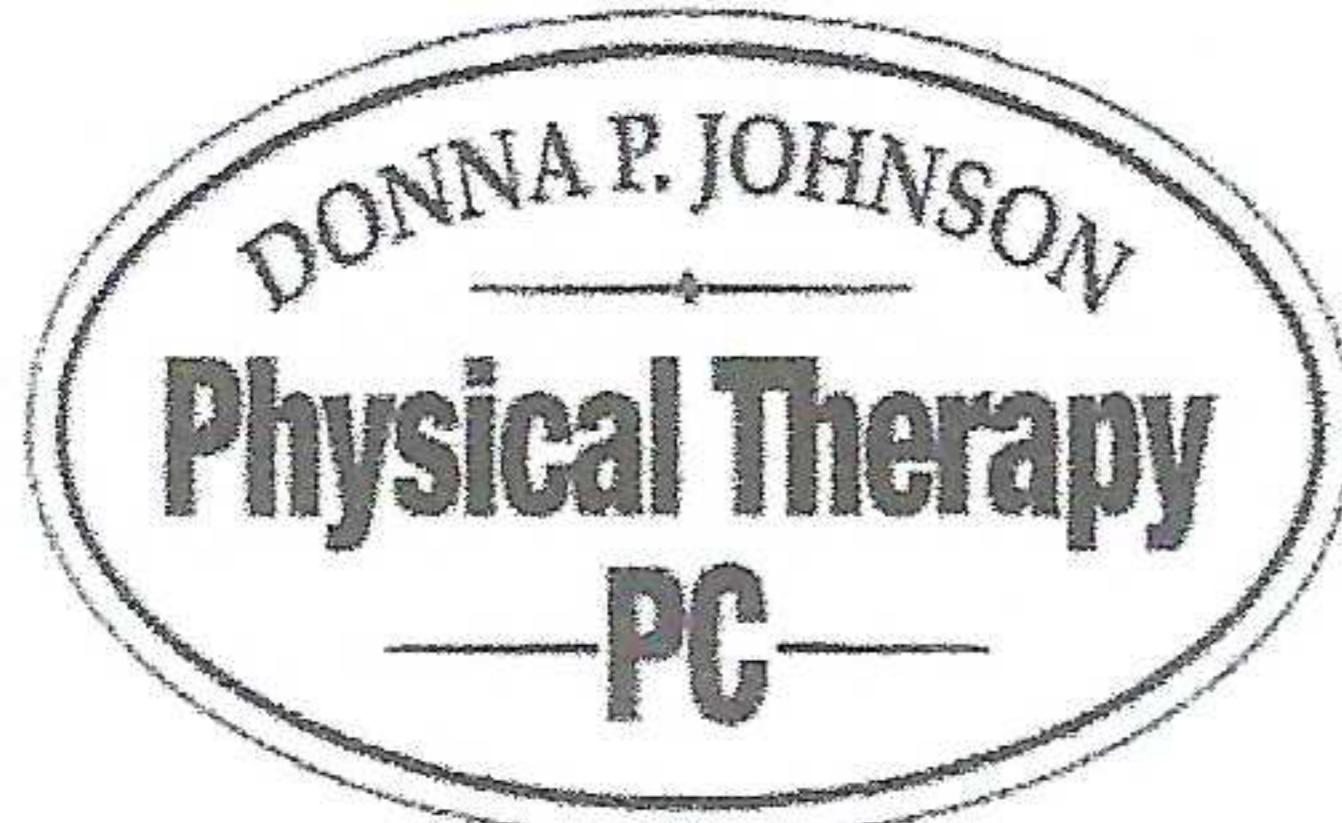
Lot's of new stuff!

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](http://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 ad here and supporting the Young at Heart by deferring the cost of this newsletter, 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.