

YOUNG AT HEART



SERVING SENIORS SINCE 1975

Young at Heart Senior Center

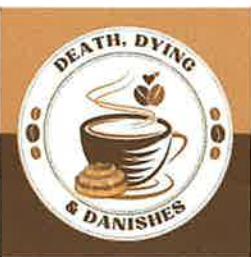
www.poultneyahsc.com January 2025

802-287-9200

JANUARY

**January 9, 2025 @12:45 (after lunch) Death, Dying, and Danishes
By VNA and Hospice**

Led by a Hospice volunteer from VNA, the objective of Death, Dying, & Danishes is to increase awareness of death and to encourage people to make the most of their lives. Sharing food creates a relaxed and nurturing environment where the group can join open, honest conversations to explore the questions about life, dying and grief. People are encouraged to bring their questions, experiences, and thoughts to the gathering. The goal is simply to provide a forum for community members to come together in a relaxed atmosphere over coffee, tea, and goodies to share thought-provoking and life-affirming conversation. The event is free, please call to RSVP (802)287-9200



Birthday Dinner Thursday, January 16th, 2025

Call (802)287-9200 to reserve due to limited seating. Menu to include: Chicken & Biscuits, Mashed Potatoes, Carrots, Dessert. Recognition of those with January 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.



Northwind Quintet

Friday, January 17, 2025

After lunch we will be entertained by Northwind Quintet!

Lunch Menu to include: Spaghetti & Meatballs, Garden Salad, and a Special Dessert. Space will be limited so please call (802) 287-9200 to reserve your spot.

Yellowstone and Tetons May 17th-24th, 2025

Cost will be \$2,650pp double occupancy. \$3,650 single occupancy AIR FAIR NOT INCLUDED but group air fair options are available. Fly into Salt Lake City for 1 night, 3 nights in Jackson, 2 nights in Yellowstone, and last night Billings, Mt and fly from there back. See Old Faithful, Buffalo Bill Museum, and more. Some activities, meals included.

Call Excite Experiences at 402)293-9282 for more information!

For full itinerary please go to:

<https://poultneyahsc.com/trips/>

Staying Healthy

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

VNA Foot Clinic

January 3, 2025 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 schedules fill up quickly usually 1-2 months in advance. Call (802)287-9200

Chair Yoga with Carolyn

Starting Friday, January 3rd we will be having chair yoga after lunch starting at about 12:45pm. This will continue through at least the end of February. There will be no class February 21st. Call for more info (802)287-9200

JANUARY



3	Marjorie	Ziegler	18	Jean	Hults
4	Kay	Affinito		Althea	Lewis
5	Robin	Miller		Judy	Reed
	Mary	Thomas	20	Raymond	Bergeron
9	Marie	Bogart	22	Paul	Donaldson
	Doris	Hall		Joan	Edmundson
10	Carla	LaBelle	24	Lucille	McLellen
	Don	Lamb		Lorraine	Wells
14	JoAnn	Holland	25	Carol	Hayes
	Sharon	Mallette	26	Patricia	McCoy
15	Louella	Nailor	28	Catherine	Rochon
	Daniel	Whitney	31	Kathie	Roby
	Sun	Meile		Mary Eileen	Stouter
				Mark	Teeter

Board of Directors:

President: Jeff King

Vice President: Mark Teeter

Trustees: John Thomas, Sheila Nichols, Pat Beatty, Mary Pernal, and Michelle McCarron

Secretary: Carol Brown

Treasurer: Carol Stierle

Director: Carrie LaFond-Hurlburt

Kitchen Manager: Carol Stierle

Cook: Diane Ferguson

ALL MEALS INCLUDE	1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Jan-25
Tuesday		Wednesday		Thursday		Friday
			1		2	
<u>Bone Builders 9:30</u>		Happy New Year!!!		Pork Chops Stuffing Sweet Potatoes Applesauce <u>Bone Builders 9:30</u>		FOOT CLINIC Baked Chicken Rice Pilaf Brussels Sprouts Pears <u>Chair Yoga @12:45</u>
	7		8		9	
Sausage, peppers & onions over buttered noodles Garden Salad Pears <u>Bone Builders 9:30</u>		Pot Roast Mashed Potatoes Carrots Apple Crisp <u>Card Playing 1:00 PM</u>		Death, Dying & Danishes Haluski Ham w/ Cabbage & Onions over Buttered Noodles Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Chicken Chop Suey w/ Vegetables Brown Rice Cole Slaw Pineapple <u>Chair Yoga @12:45</u>
	14		15		16	
BBQ Ribs over Rice Garden Salad Pears <u>Bone Builders 9:30</u>		Butternut Squash Soup Deli Sandwich Beets Peaches <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Chicken & Biscuits Mashed Potatoes Carrots Berries <u>Bone Builders 9:30</u>		MUSICIANS Spaghetti & Meatballs Garden Salad Mandarin Oranges <u>Chair Yoga @1</u>
	21		22		23	
Vegetable Lasagna Garden Salad Yogurt Parfait <u>Bone Builders 9:30</u>		Beef Tips Brown Rice California Mixed Vegetables Pineapple <u>Card Playing 1:00 PM</u>		Baked Chicken Mashed Potatoes Brussels Sprouts Fruit Muffin <u>Bone Builders 9:30</u>		Roast Pork Sweet Potatoes String Beans Pears <u>Chair Yoga @12:45</u>
	28		29		30	
Beef Stew Garden Salad Biscuit Fruit Salad <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Applesauce <u>Card Playing 1:00 PM</u>		Chicken Pot Pie Cole Slaw Jello w/ Berries <u>Bone Builders 9:30</u>		Scalloped Potatoes with Ham Peas & Carrots Berry Crisp <u>Chair Yoga @12:45</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.



AARP FREE INCOME TAX PREPARATION!!

Friday, March 14th, 2025

Tax returns will be prepared and electronically filed by preparers certified by AARP.

Appointments are limited and must be scheduled in advance.

Please call Young at Heart to schedule (802)287-9200.

* Snow Days are COMING, "WEATHER "WE LIKE IT OR NOT.

* As a reminder, if the Poultney Schools are Closed, there will
* be NO Meals on Wheels that day. The center will also proba-
* bly be closed. Please look at the YAHSC Facebook page or
* listen to local Channel 3 news.

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 \$4.00 if 60 and over, and a fee of \$6.00 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.

SAVE THE DATES!!

Feb. 7th- Souper Bowl Party- Wear your favorite team's attire, enjoy snacks, and a chance to win a prize!

Feb. 13th- Birthday Dinner- Valentine's Theme

March 13th- Birthday Dinner- Irish Themed

March 14th- AARP



2660 County Route 17
West Granville, NY

*Mary Whitney,
Licensed Hairdresser*

*Hours
Tuesday - Saturday
8am - 5pm*

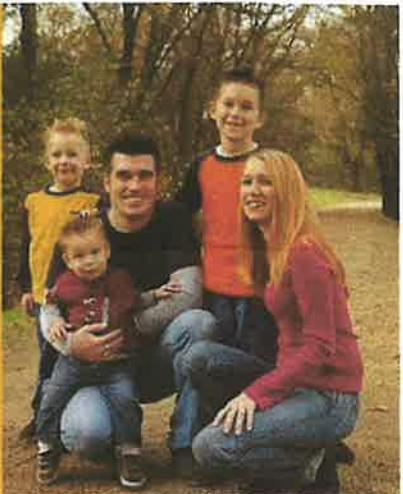
*(518) 642-1331
Call for an Appointment*

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

Greetings,

With the help of our dedicated volunteers and community partners, we oversee preparing, serving, and delivering around 12,000 meals annually to older adults in the Poultney area.

Most of our services are provided at no charge. As a nonprofit, we depend on donations to provide the support and guidance that inspires our community to embrace aging with confidence. Like most, we too have seen an increase in our costs.

Due to this we have made some changes to the meals on wheels and congregate dining. As of January 1, 2025, No cost to guests 60 and over but we do ask for a suggested donation of \$4 per meal. Guests under age 60 are charged \$6 per meal.

We appreciate your understanding,

Carrie LaFond-Hurlburt

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 ad 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

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.