

YOUNG AT HEART



SERVING SENIORS SINCE 1975

# March

## Birthday Dinner Thursday, March 13, 2025

Call (802)287-9200 to reserve due to limited seating. Menu to include: Roast Pork, Mashed Potatoes, Stuffing, Vegetable, and a special Dessert. Recognition of those with March 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.



## St. Patrick's Day Meal- Wednesday, March 19th

Join us for food and friendship while we enjoy an Irish meal. Menu to include: Corned beef with cabbage, potatoes, carrots, a biscuit, and a special dessert. Space is limited so please call (802)287-9200 to make a reservation.

## MAPLEFEST HAM DINNER at YOUNG AT HEART

**Saturday, March 22, 2025 from 4:30-6:30pm**



The meal includes maple-glazed ham, maple potatoes, vegetables, dessert, and beverages. Cost is just \$10 for adults, \$5 for kids 12 and under. Dinner will be served from 4:30 to 6:30 PM

Take-out available call (802)287-9200

Young at Heart is located at 206 Furnace Street in Poultney. Support your local seniors!

## Save the Dates

**Friday, March 7th-** Starting at 11:15am we will make a beaded garden stake for a potted plant. We will provide the materials so supplies will be on a 1st come basis.

**Tuesday, March 11th-** After lunch we will have Death, Dying, and Danishes conversations with VNA and Hospice for those who wish to stay

**AARP Income Tax Preparation- Friday, March 14th.** This is currently filled. Please call their Rutland AARP office at (802)772-0530.

**Tuesday, March 18th-** Guest speaker on SCAM Prevention will be here at lunch time.

www.poultneyyahsc.com March 2025

802-287-9200

**Young at Heart Senior Center**

## Staying Healthy

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

**Chair Yoga with Carolyn**- Fridays @12:45pm. There is no chair yoga March 14th.



### VNA Foot Clinic

**March 7, 2025 from 8:30-10:45am, must sign up!**

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

We regret to inform you that the VNA will no longer be offering foot clinics beyond March 2025. While we have no control over this decision, we are actively working to find a solution moving forward.

We appreciate your understanding and will keep you updated as more information becomes available.

March



2	Charlotte	Capron	14	Andy	Donaghy
5	Donna	Ballard	18	Emery`	Austin
6	Nancy	Baird	23	Mary	Senecal
7	Elenor	Luizzi		Karin	Austin
	Bradford	Hedges	24	William	Hoyenski
9	Barbara	Baldwin	27	Kathryn	Crocket
	John	Thomas	28	Eileen	Fleeming
11	Marilyn	Case	30	Donna	Bardin
13	Andrea	Rivers			

### Board of Directors:

**President:** Jeff King

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**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





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 probably be closed. Please look at the YAHSC Facebook page or listen to local Channel 3 news.

# Whitney's West Side Styles

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## *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.*