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# 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.

here at lunch time. \* \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

#### 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 Happy Birthday

| 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

Vice President: Mark Teetor

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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 | G IN  | Whole wheat bread  | Meals Served 12:00  |  | low sodium<br>gravy is used | N      | 1ar-25 |
|---|---|-----------------|---|--|---|--|-----------------------------|--------|--------|
| Tuesday   | 1 1 1   | Wednesday       |   |  | Thursday  |  |                             | Friday |        |
| 4   |   |                 | 5   |  |   | 6  |                             |        | 7      |
| Chili<br>Garden Salad<br>Apples<br>Corn Muffin  | Corn Chowder<br>Egg Salad Sandwich<br>3 Bean Salad<br>Fruit Crisp         |                 | Sweet & Sour Pork with<br>Vegetables<br>Brown rice<br>Cole Slaw<br>Mandarin Oranges |  | Chicken & Broccoli<br>Casserole w/ Noodles<br>Garden Salad<br>Peaches                   |  |                             |        |        |
| Bone Builders 9:30  | Card Playing 1:00   |                 | Bone Builders 9:30  |  | Chair Yoga 12:45  |  |                             |        |        |
| 11  |   |                 | 12  |  |   | 13   |                             |        | 14     |
| Chicken Pot Pie<br>Garden Salad<br>Fruit Cocktail<br>*Death, Dying, and<br>Danishes (after lunch) | Pulled Beef Sandwich Potato Salad Cole Slaw Pears  Card Playing 1:00 PM   |                 |   | BIRTHDAY DINNER Roast Pork w/ Gravy Mashed Potatoes Stuffing Brussels Sprouts Applesauce |   | Mac & Cheese Stewed Tomateos Broccoli Pineapple  NO CHAIR YOGA |                             |        |        |
| Bone Builders 9:30  |   |                 |   | Bone Builders 9:30   |   |  |                             |        |        |
| 18  |   |                 | 19  |  |   | 20   |                             |        | 21     |
| Spaghetti w/ Meat Sauce Garden Salad Mandarin Oranges  *SCAM Prevention*                          | Irish Meal Corned Beef w/ Cabbage, Potatoes, and Carrots Biscuits Berries |                 | Pulled Pork Sandwich Baked Beans Cole Slaw Pineapple                                |  | English Muffin Pizza<br>Garden Salad w/<br>Chickpeas<br>Yogurt Parfait                  |  |                             |        |        |
| Bone Builders 9:30  | Card Playing 1:00 PM  |                 | *Estate Planning*  Bone Builders 9:30   |  | Chair Yoga 12:45  |  |                             |        |        |
| 25  |   |                 | 26  |  |   | 27   |                             |        | 28     |
| Baked Ham Mashed Sweet Potatoes Green Beans Berry Crisp  Bone Builders 9:30                       | Stuffed Cabbage Casserole Carrots Pears  Card Playing 1:00 PM             |                 | Beef Stew Garden Salad Biscuit Peaches  Bone Builders 9:30                          |  | BBQ Chicken Sandwich Home Fries w/ Peppers & Onions Cole Slaw Berries  Chair Yoga 12:45 |  |                             |        |        |
| <u>Bone Builders 5.50</u>   | Card Fraying 1.00 FW  |                 | 25.10 24110010 3.30   |  | <u> </u>  |  |                             |        |        |
| Bone Builders 9:30  | Card Play   | ying 1:00 PM    |   | Bone Buil  | <u>ders 9:30</u>  |  |                             |        |        |

Menu is subject to change without notice due to product availability and Nutritionist. 60 and over suggested donation of \$4 per meal, those under 60 are charged \$6 per meal. Reservations by 9am that day however special events can fill up well before the day of so please call (802)287-9200 to make reservations.

**35QVT**: 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 years.

To learn more, go to https://dcf.vermont.gov/benefits/3SquaresVT/SNAP

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.

The Yellowstone and Tetons Trip has been cancelled. Stay tuned for upcoming trips!!

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.

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**Hours** Tuesday - Saturday 8am - 5pm

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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.

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.