



## Greenhill Financial Partners Thursday, July 10th @12:30pm

Greenhill Financial will be here after lunch to do a presentation on Technology Tips for Retirees: Managing Finances, Staying Safe Online,

## Birthday Dinner Thursday, July 17th, 2025

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



## Senior Medical Patrol Wednesday, July 16th @11am

They will be here to educate, discuss, and answer questions. Senior Medicare Patrols (SMPs) is funded by the U.S. Department of Health and Human Services (HHS) to educate seniors and their caregivers about Medicare and Medicaid fraud, errors, and abuse. Their mission is to empower people to prevent, detect, and report healthcare fraud. If staying for lunch please call to make a reservation.

## Advanced Directives Workshop with VNA and Hospice July 23rd 1-3pm

To assist community members in completing their advanced directives. Sharing tips, answering questions and stimulating conversations. While completing the process of advance care planning can be an uncomfortable topic to bring up, the benefits to you and your loved ones are significant. It will help to ensure that the care you desire is the care you receive, and prevents overtreatment or treatment by default. Advance care planning includes completing an advance directive, sometimes known as a living will. It also includes appointing a healthcare power of attorney, which is someone designated to make healthcare decisions on your behalf when you are no longer able to. Completing this task is even more important in the state of Vermont, as it is not automatically your next of kin (spouse, parent, adult sibling, etc.) who can make decisions if you are unable to speak for yourself. Please call the center for more info (802)287-9200.

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TRIPS SEE PAGE 4 FOR DETAILS!!!!

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BASKET RAFFLE SEE PAGE 5!!

## Staying Healthy

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

**CHAIR YOGA** will be back in August!

**Matter of Balance Managing Concerns About Falls**- An 8 week evidence-based program designed to help older adults reduce their fear of falling and increase their activity levels. The program includes interactive workshops, exercises, and practical tips to improve balance, strength, and mobility. It will be Wednesday's 10am-12pm starting July 9th. Space is limited, please call (802)287-9200 for more info or to register.



### FRIDAY FARMERS MARKET

Friday's into September from 11am until supplies last we will have our free farmers markets for those **60 and over**. We will have fresh, local produce available. Thank you to the Vermont Foodbank for the Vermonters Feeding Vermonters grant. Offerings will vary depending on what's in season. Quantities may be limited. Outside near the pavilion, weather permitting.

**July**



1	Sarah	Gordon	6	Michael	Ball
	Tom	Reed		Kathleen	McClaren
	Nancy	Kaplan	7	Lynne	Martin
2	Edward	Hultz	9	Cecelia	Sharon
3	Mary	Dayton	15	Velma	Reed
	Violet	Lanthier	17	Cathy	Butto
	Mildred	Stephenson	19	Sandra	Forrest
	Jean	Betit		Cynthia	Galbicsek
4	Walter (Alan)	Smith	20	Laura	Skovira
	Thomas	Silver	21	Ernest	DeMatties
			29	Mark	Haskins

### Board of Directors:

**President:** Jeff King

**Vice President:** Mark Teetor

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

**Secretary:** Carol Brown

**Treasurer:** Carol Stierle

**Director:** Carrie LaFond-Hurlburt

**Kitchen Manager:** Carol Stierle

CALL IF EATING IN BEFORE 9am		Suggested Donation \$4	(802)287-9200	Under 60 fee of \$6	Meals Served 12:00	
Tuesday		Wednesday		Thursday		Friday
1		2		3		4
Goulash Garden Salad Fruit Cocktail  <u>Bone Builders 9:30</u>		Baked Fish Brown Rice Carrots & Peas Fruit Crisp  <u>Card Playing 1:00</u>		BBQ Ribs Baked Beans Potato Salad Cole Slaw Melon  <u>Bone Builders 9:30</u>		<b>Happy 4th of July!!!</b>  CLOSED
8		9		10		11
Deli Sandwich Garden Salad Yogurt Parfait  <u>Bone Builders 9:30</u>		Pork Chops Mashed Sweet Potatoes Brussels Sprouts Biscuit Applesauce  <u>Card Playing 1:00 PM</u>		Greenhill Financial @12:30 Chicken Parmesan Pasta Garden Salad Peaches  <u>Bone Builders 9:30</u>		Beef Tips over Mashed Potatoes Broccoli & Cauliflower Fruit Crisp
15		16		17		18
Chef Salad Yogurt Parfait Fruit Muffin  <u>Bone Builders 9:30</u>		Senior Medical Patrol @11 Sloppy Joes Home Fries w/ Onions Cole Slaw Fruit Salad  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY DINNER</b> Open Face Hot Turkey Sandwich Mashed Potatoes Mixed Veggies Stuffing w/Cranberries  <u>Bone Builders 9:30</u>		Haluski Ham w/ Cabbage & Onions Buttered Noodles Garden Salad Pears
22		23		24		25
Baked Ziti Garden Salad Mandarin Oranges  <u>Bone Builders 9:30</u>		VNA&Hospice Advanced Directives 1-3 Chicken & Biscuits Mashed Potatoes Peas & Carrots Cranberry Sauce  <u>Card Playing 1:00 PM</u>		BBQ Pulled Pork Sandwich Potato Salad Cole Slaw Peaches  <u>Bone Builders 9:30</u>		French Toast Casserole Home Fries w/ Onions & Peppers Sausage Berries
29		30		31		
Mac & Cheese Stewed Tomatoes Broccoli Mandarin Oranges  <u>Bone Builders 9:30</u>		Pot Roast Mashed Potatoes Carrots Pineapple Biscuit  <u>Card Playing 1:00 PM</u>		Salad Plate w/ Chicken Salad Pasta Salad Cole Slaw Fruit Cocktail  <u>Bone Builders 9:30</u>		

ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.

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 \$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.

### DAY TRIP TO LAKE GEORGE DINNER THEATER!!

Join us Wednesday, August 13<sup>th</sup> for a trip to the Lake George Dinner Theater where we will enjoy a lunch and a performance of Guys on Ice- The Fishing Musical  
Call (802)287-9200 for more info

### Sights & Sounds of Lancaster, PA September 16-19, 2025 (4 days, 3 nights)

\$769.00 per person double occupancy \$958.00 per person single occupancy

- 3 Nights Lodging
- 3 Breakfasts
- 3 Dinners including a smorgasbord dinner and meal at an Amish home
- Performance of Noah at Sight & Sound Theatre with Preferred Seating
- Guided Tour of the Amish Countryside, including stops at an Amish Craft Farm & Bake Shop plus the Amish Experience film presentation of Jacob's Choice
- Kitchen Kettle Village
- Guided Tour of Hershey plus Chocolate World
- Julius Sturgis Pretzel Bakery
- Li'l Country Store & Miniature Horse Farm
- Souvenir Gift
- Luggage Handling
- Taxes & Meal Gratuities
- Motor coach Transportation

For more info and reservations please call YAHSC (802)287-9200

\*\*\*Cancellation Insurance Available Separately\*\*\*

# 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

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!

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

## BASKET PARTY!!

We are planning a basket raffle for **Saturday, July 12, 2025**. Held at Modern Woodsmen in Wells. If you would like to donate a basket, craft item, prize, or gift certificate please feel free to drop off at the center or call us (802)287-9200 to schedule a pick up.

**Doors open at 11am, Drawing starts at 1pm**

Concessions will be available!

Thank you for supporting the Young at Heart Senior Center! Hope to see everyone there!



*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.*