

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com October 2025

802-287-9200

Young at Heart Senior Center



Join us on Wednesday, October 1st to celebrate Autumn. Starting at 11am you can make a 3D paper pumpkin craft. At noon, we will serve a harvest themed lunch. Menu to include: Roast Pork w/ Apples & Onions, Mashed Sweet Potatoes, Brussels Sprouts, and a Fruit Crisp. Call to make a reservation (802)287-9200.

Wednesday, October 15th at 11:30am Senior Medical Patrol will be here to talk with you about ways to prevent, detect, and report health care fraud, errors, and abuse.

Birthday Dinner Thursday, October 16th, 2025

Call (802)287-9200 to reserve due to limited seating. Menu to include: Mac & Cheese, Stewed Tomatoes, Mixed Veggies, 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 Friday, October 31st!

Everyone is encouraged to dress up! We will be playing games at 11am. All the classic music like Monster Mash and I Put a Spell on You will be playing. Lunch will be served at 12pm. Menu will be: Ghoulish, Graveyard Greens Salad, and Pumpkin Mousse. There will be a special treats station and a photo area set up to take photos. Space is limited so call to make a reservation (802)287-9200.

The election of officers and directors of Young at Heart Senior Center will take place at the October 20th board meeting at 10am. If you are interested in running for a position on the board, please contact Mark Teetor or Carrie LaFond-Hurlburt at the center (802) 287-9200. Annually, all four Executive positions are re-appointed. We currently have a vacancy for Vice President. We also have three Trustees positions up for re-election.

Staying Healthy

BONE BUILDERS-Tuesday and Thursday at 9:30am Drop-ins always welcome

CHAIR YOGA WITH CAROLYN-Fridays, from 12:45-1:45pm



Young at Heart Senior Center Tea Cup Auction

Friday, November 7th

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 (MWA Hall) Wells, VT

Concession stand will be available. Ample parking. Call (802)287-9200 for more info.



October

1	Patty	Mc Collough	23	Judy	Prunier
4	Richard	Thomas		Alice	Reed
7	Joseph	Meyers	24	Peggy	Moulton
12	Maureen	Capman		Solange	Martineau
	Donald	Boutwell	25	Donna	Lamb
	Beverly	Bride	26	Diane	Rice
13	Pamela	Mikkelson	27	Ruth	Jones
14	Joan	Vladyka	28	Dorothy	LeBlanc
15	Jeff	King	29	Katherine	Dikeman
16	Corie	DeMatties		Crystal	Rockwell- Mangler
21	Martha	Hurlbut	31	Audrey	Haschemeyer
22	Ruth	Baker			

Board of Directors:

President: Mark Teetor

Vice President:

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

Cook: Diane Ferguson

**CALL IF EATING IN
BEFORE 9am**

Suggested
Donation \$4 **(802)287-9200**

**Under 60
fee of \$6**

Meals Served 12:00

Oct-25

Tuesday		Wednesday		Thursday		Friday	
		1		2		3	
		Harvest Lunch Roast Pork w/ Apples & Onions Mashed Sweet Potatoes Brussels Sprouts Fruit Crisp <u>Card Playing 1:00 PM</u>		Cream of Broccoli Soup Deli Sandwich 3 Bean Salad Pears <u>Bone Builders 9:30</u>		Chicken Parmesan w/ Pasta Garden Salad Peaches <u>Chair Yoga @12:45</u>	
7		8		9		10	
Meatloaf w/ Gravy Mashed Potatoes Broccoli & Cauliflower Biscuit Mandarin Oranges <u>Bone Builders 9:30</u>		Baked Fish Brown rice Peas & Carrots Pineapple <u>Card Playing 1:00 PM</u>		BBQ Ribs Pasta Salad Cole Slaw Berries <u>Bone Builders 9:30</u>		Baked Chicken Mashed Sweet Potatoes Green Beans Fruit Crisp <u>Chair Yoga @12:45</u>	
14		15		16		17	
Shepherd's Pie Garden Salad Fruit Crisp <u>Bone Builders 9:30</u>		Senior Medical Patrol @11:30 BBQ Pulled Pork Sandwich Cole Slaw Baked Beans Fruit Cocktail <u>Card Playing 1:00 PM</u>		BIRTHDAY Mac & Cheese Stewed Tomatoes Broccoli Mandarin Oranges <u>Bone Builders 9:30</u>		Chicken Pot Pie Garden Salad Berries <u>Chair Yoga @12:45</u>	
21		22		23		24	
Baked Pork Chop Stuffing Mashed Sweet Potato Green Beans <u>Bone Builders 9:30</u>		Chicken & Biscuits Mashed Potatoes Peas & Carrots Cranberry Sauce <u>Card Playing 1:00 PM</u>		Beef Stew Coel Slaw Biscuit Pears <u>Bone Builders 9:30</u>		Spinach & Cheese Stuffed Shells Garden Salad Peaches <u>Chair Yoga @12:45</u>	
28		29		30		31	
Bruschetta Baked Chicken Pasta Garden Salad Pineapple <u>Bone Builders 9:30</u>		French Toast Casserole Home Fries w/ peppers & Onions Sausage Yogurt Parfait <u>Card Playing 1:00 PM</u>		Baked Ham Mashed Sweet Potatoes Broccoli & Cauliflower Biscuit Berries <u>Bone Builders 9:30</u>		HALLOWEEN Ghoulash Graveyard Greens Salad Pumpkin Mousse <u>Chair Yoga @12:45</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 Southwestern Vermont Council on Aging (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 \$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.

Thank you to our advertisers!!

Interested in placing your AD in our newsletter and supporting the Young at Heart by deferring the cost of this newsletter, please call (802)287-9200 to find out more.

Ad Rates: \$12 a month/\$60 for 6 months/\$115 a year

3SQVT :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>

Autumn Word Search

L U E F K X K V R E H T A G B D Y C W T V P E V
 U M Z T T D Q J B F O E J P U E N C T O K R Y J
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jack o lantern

Thanksgiving

Halloween

scarecrow

squirrel

harvest

pumpkin

gather

autumn

apples

yellow

leaves

cider

brown

acorn

rake

fall

red

pie

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 Senior Center

206 Furnace St.

Poultney, VT 05764

Help Support Young at Heart

For 50 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 to provide access to information and services, including Meals on Wheels and Medicare. Like most people, we pay our insurance, utility bills, heating and cooking fuels, and food costs.

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.