

YOUNG AT HEART



SERVING SENIORS SINCE 1975



www.poultneyahsc.com November 2025

802-287-9200

# Young at Heart Senior Center

## Vermont Patient Choices will be here November 4<sup>th</sup> at 10:30 am

Vermont's Patient Choice at End of Life Law (Act 39) was enacted in 2013. Act 39 enables people who are terminally ill and capable of making their own medical decisions to request and access medication (MAID) that they can use to bring about a peaceful death if they so choose. We'll talk about:

- \* How Medical Aid in Dying works- who qualifies for it and how to start the process of accessing it
- \* Act 39- what's required under Vermont law
- \* Conversations- how to talk with your doctor and other medical personnel about your wishes and your plans

This is an opportunity to ask questions, learn, and share stories.

## Young at Heart Senior Center Tea Cup Auction

Friday, November 7<sup>th</sup>

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.

## Birthday Dinner Thursday, November 13<sup>th</sup>, 2025

Call (802)287-9200 to reserve due to limited seating. Menu to include: Open face turkey sandwich, stuffing, mashed potatoes, green beans, cranberry sauce, and a special Dessert. Recognition of those with November 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.



## Holiday Cookie Exchange Thursday, December 18<sup>th</sup> at 1pm

A little sugar, a lot of fun, We are having a cookie exchange so please plan to come. Each person needs to bring 2 dozen cookies or treats for the exchange. Bring your own container and leave with a variety of cookies. Please call to rsvp and say what kind of cookies/treats you are bringing (802)287-9200.

## Staying Healthy

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

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



November

Happy Birthday

1	Tom	McAdams	15	Paul	Woodruff, Sr.
2	Pops	Donaldson		George	Goodwin
	Jack	Veno		Sally	Cleveland
	Mary	Stouter	16	Patricia	Beatty
3	Erin	Weber	18	Richard	McLaughlin
5	Grace	Calvin	19	Charlotte	Burney
6	Ruth	Smith	24	William	Miron
8	Linda Nye	Knowlton		Sharon	Bales
9	Joan	Carruth		Joan	Thomas
	June	Flynn	27	Carol	Casey
	Tony	Ceijko	28	Emilia	Holmes
11	Curtis	Senecal	29	Alicia	Marcy
12	Joan	Donaghy	30	Helena	Rousseau
13	John	Affinito			
14	Carol	Matheny			

### 2025-2026 Election Results for Board of Directors:

**President:** Mark Teetor

**Vice President:** Carol Brown

**Secretary:** Nicole DeNoyer

**Treasurer:** Carol Stierle

**Site Director:** Carrie Hurlburt

**Kitchen Manager:** Carol Stierle

**Cook:** Diane Ferguson

**Directors:** Doris Rupe (2 year)

Emily Sosnoff (1 Year)

Carolyn Stellatella (1 Year)

Geri Woodruff (1 Year)

**Continuing Directors:** Mary Pernal

Sheila Nichols

Pat Beatty

CALL IF EATING IN  
BEFORE 9am

Suggested  
Donation \$4 (802)287-9200

Under 60  
fee of \$6

Meals Served 12:00

Nov-25

Tuesday		Wednesday		Thursday		Friday	
4		5		6		7	
Chili Cole Slaw Cornbread Berries  <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Yogurt w/ Fruit  <u>Card Playing 1:00 PM</u>		Chicken Noodle Soup Deli Sandwich 3 Bean Salad Mandarin Oranges  <u>Bone Builders 9:30</u>		Stuffed Pepper Casserole Garden Salad Pears  <u>Chair Yoga @12:45</u>	
11		12		13		14	
Chicken Cordon Bleu Casserole Garden Salad Pineapple  <u>Bone Builders 9:30</u>		Pot roast Mashed Potatoes Carrots Fruit Crisp  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY LUNCH</b> Open Face Turkey Sandwich Stuffing Mashed Potatoes Green Beans Cranberry Sauce <u>Bone Builders 9:30</u>		BBQ Pulled Pork Sandwich Baked Beans Cole Slaw Mandarin Oranges  <u>Chair Yoga @12:45</u>	
18		19		20		21	
English Muffin Pizzas w/ Meat Sauce Garden Salad Melon  <u>Bone Builders 9:30</u>		Baked fish Brown Rice Peas & Carrots Cole Slaw Pears  <u>Card Playing 1:00 PM</u>		Baked Chicken Mashed Sweet Potatoes California Mixed Veggies Peaches  <u>Bone Builders 9:30</u>		Pork Stir Fry w/ Vegetables Brown rice Pineapple  <u>Chair Yoga @12:45</u>	
25		26		27		28	
Baked Cheese Ziti Garden Salad w/ Chickpeas Fruit Cocktail  <u>Bone Builders 9:30</u>		Beef Stew Cole Slaw Biscuit Applesauce  <u>Card Playing 1:00 PM</u>		<b>HAPPY THANKSGIVING CLOSED</b>		<b>CLOSED</b>	

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**

### **Memory Light Tree**

Poultney Memory Lights will be on sale beginning Nov. 1 through the first week in December at the following locations: Marcie's Hair Studio, East Main St, The Original Vermont Store, Tree of Giving, and Poultney Library all on Main St., K & K Creations, 336 South St., The Christmas Craft Fair at the High School, Young at Heart Senior Center, Furnace St. You may also send your list of names with a check made out to Young at Heart Senior Center (YAH), and mail to YAH, attn.: Memory Lights, 206 Furnace St., Poultney, VT 05764.

The cost of a light is \$1.00 for each name; proceeds will benefit the Food Shelf and the sponsoring organization, Young at Heart.

Santa Clause will light the Memory Tree in front of the town hall on Saturday, December 6 when he comes to town.



# Thanksgiving Word Search



Word list:

FALL  
FAMILY  
FEAST  
GRAVY  
HARVEST  
NOVEMBER  
PIE  
PUMPKIN  
SHARE  
SQUASH  
THANKS  
TURKEY

**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!**

*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.*