

JANUARY

Birthday Dinner Thursday, January 8th, 2026

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



Happy January Birthdays!!!

3	Marjorie	Ziegler	18	Jean	Hults
4	Kay	Affinito		Althea	Lewis
5	Robin	Miller		Judy	Reed
	Mary	Thomas	20	Raymond	Bergeron
9	Marie	Bogart	22	Paul	Donaldson
	Doris	Hall		Joan	Edmundson
10	Carla	LaBelle	24	Lucille	McLellen
	Don	Lamb		Lorraine	Wells
14	JoAnn	Holland	25	Carol	Hayes
	Sharon	Mallette	28	Catherine	Rochon
15	Louella	Nailor	31	Kathie	Roby
	Daniel	Whitney		Mark	Teeter
	Sun	Meile			

Staying Healthy

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

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

As a reminder, if the Poultney Schools are Closed, there will be NO Meals on Wheels that day. The center may also be closed so please call before coming (802)287-9200. Please look at the YAHSC Facebook page or listen to local Channel 3 news.

SUGGESTED donation of \$4.00 if 60 and over, and \$6.00 if under 60 years of age

(802)287-9200

Meals Served 12:00

Reservations by 9am

Jan-26

Tuesday		Wednesday		Thursday		Friday	
				1		2	
				Happy New Year!! CLOSED		Baked Chicken Mashed Sweet Potatoes California Mixed Veggies Fruit Crisp <u>Chair Yoga @12:45</u>	
6		7		8		9	
Swiss Steak w/ Peppers & Onions Pasta Garden Salad Peaches <u>Bone Builders 9:30</u>		French Toast Casserole Bacon Home Fries Yogurt Parfait <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Roast Pork Stuffing Mashed Potatoes Carrots <u>Bone Builders 9:30</u>		Haluski Ham w/ Cabbage & Onions Over Buttered Noodles Garden Salad Pears <u>Chair Yoga @12:45</u>	
13		14		15		16	
Baked Ziti Garden Salad Fruit Cocktail <u>Bone Builders 9:30</u>		Tuscan Bean Soup Deli Sandwich Cole Slaw Berries <u>Card Playing 1:00 PM</u>		Baked Pork Chop Mashed Potatoes Stuffing Brussels Sprouts Mandarin Oranges <u>Bone Builders 9:30</u>		Baked Fish Brown rice Peas & Carrots Jello w/Fruit <u>Chair Yoga @12:45</u>	
20		21		22		23	
Chicken Parmesan Pasta Garden Salad Melon <u>Bone Builders 9:30</u>		Pulled Pork Sandwich Baked Beans Cole Slaw Pineapple <u>Card Playing 1:00 PM</u>		Chili Garden Salad Corn Bread Mandarin Oranges <u>Bone Builders 9:30</u>		Mac& Cheese Stewed Tomatoes Broccoli Yogurt Parfait <u>Chair Yoga @12:45</u>	
27		28		29		30	
BBQ Ribs Baked Beans Home Fries Cole Slaw Berry Crisp <u>Bone Builders 9:30</u>		Chicken Pot Pie Garden Salad Peaches <u>Card Playing 1:00 PM</u>		Beef Stew Cole Slaw Biscuits Pears <u>Bone Builders 9:30</u>		Stuffed Shells Garden Salad w/ Chickpeas Fruit Cocktail <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.



S K I I N G S N O W B O O T
S F I R E P L A C E I N G E O
L I E A R M U F F S C N Y T S
E W S B C O L T R A E S T A C
D I M L R O W S N O U G H E A
D N U I A U L O W P S H T O R
I T F Z E S A D E H A T A O F
N R B Z B A E R O W P L Y I I
G C O A T O T L Y D M W L C R
I T O R H A F R O T A S U I E
P O T D E C E M B E R I L C L
L A S N C R O V I N C L O L R
O A D H J K T C E S H O V E L
W J A N U A R Y O E S A H S T
M I T T E N S W E A T E R E L

BLIZZARD
BOOTS
COAT
COCOA
COLD
DECEMBER
EARMUFFS
FEBRUARY

FIREPLACE
FROSTY
HAT
ICE
ICICLES
JANUARY
MARCH
MITTENS

PLOW
SCARF
SHOVEL
SKIING
SLEDDING
SNOW
SWEATER
WINTER

CRAYONSANDCRAVINGS.

*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.