



FEBRUARY

Soup'er Bowl Party Thursday, February 5th



Wear your favorite sports team's attire, enjoy some snacks, and there will be a chance to win a prize (Winner to be drawn after the Super Bowl). Lunch menu to include: Corn Chowder, Deli Sandwich, Garden Salad, and snacks! Call to make a reservation (802)287-9200

Birthday Dinner Thursday, February 12th, 2026

Menu to include: Baked Chicken, Stuffing, Mashed Potatoes, Vegetable, Cranberry Sauce, and a Special Dessert. Recognition of those with February 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. Call to make a reservation since space is limited (802)287-9200



Save the Dates!!

Wednesday, February 18th @ 11:30am Senior Medical Patrol

Wednesday, February 25th Hummin Strummin Ukulele Band will play during lunch. Call to make reservations.

Thursday, March 12th @10am VNA and Hospice will be here at Young at Heart to assist community members in completing their advanced directives. Sharing tips, answering questions and stimulating conversations. Please call (802)287-9200 for more information.

AARP FREE INCOME TAX PREPARATION!!



Friday, March 20th, 2026

Tax returns will be prepared and electronically filed by preparers certified by AARP.

Appointments are limited and must be scheduled in advance.

Please call Young at Heart to schedule (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

Preventing unsafe exposure to cold outdoors

If you must go out on windy, cold, or damp days, don't stay outside for long.

Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.

Keep warm blankets and extra cold-weather clothing in your car.

Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.

Avoiding falls in cold weather

Keep outside walkways clear of snow and ice with an ice melt product or sand.

Avoid shoveling snow yourself when possible.

Use railings to help avoid slipping on icy stairs and walkways.

Wear nonskid, rubber-soled, low-heeled footwear.

February



4	Pat	Provost	19	Linda	Shaw
6	Barb	Haviland		Ann	Coulter
	Irene	Ashford	21	Michele	Grenier
8	Ellis	Flanders	27	Francis	Loyd
13	Shirley	Rogers	28	Molly	Douglas
18	Jane	Brown			

2025-2026 Board of Directors:

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Treasurer: Carol Stierle

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Site Director: Carrie Hurlburt

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Cook: Diane Ferguson

Pat Beatty

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

IMPORTANT REMINDERS

- 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.
- For the safety of our volunteers, driveways, paths, and steps must be clear of ice and snow. If your home is not safely accessible, you will NOT receive a meal that day. Thank you for your understanding.

EFFECTIVE April 1, 2023 Home Delivered Meal Participant Eligibility Changes from DIAL

Any person is eligible who is age 60 or over, and is unable to obtain or prepare meals on a temporary or permanent basis due to a physical, mental or cognitive condition that requires assistance to leave home.

Also eligible are the spouse, regardless of age, of eligible individuals receiving HDM; and individuals under 60 years of age with a disability, who reside with an eligible individual receiving HDM.

CALL IF EATING IN BEFORE 9am	Suggested Donation \$4 (802)287-9200	Under 60 suggested donation of \$1	Meals Served 12:00	Feb-26
Tuesday	Wednesday	Thursday	Friday	
3 Goulash Garden Salad Pears <u>Bone Builders 9:30</u>	4 Roast Pork w/Gravy Mashed Potatoes Green Beans Fruit Crisp <u>Card Playing 1:00 PM</u>	5 Soup'er Bowl Party Corn Chowder Deli Sandwich Garden Salad Mandarin Oranges <u>Bone Builders 9:30</u>	6 Chicken Pot Pie Cole Slaw Berries <u>Chair Yoga @12:45</u>	
10 BBQ Ribs Brown Rice Baked Beans Cole Slaw Pineapple <u>Bone Builders 9:30</u>	11 Mac & Cheese Stewed Tomatoes Broccoli Applesauce <u>Card Playing 1:00 PM</u>	12 Birthday Dinner Baked Chicken Stuffing Mashed Potatoes Green Beans Cranberry Suace <u>Bone Builders 9:30</u>	13 Beef Tips over Egg Noodles Garden Salad Pears <u>Chair Yoga @12:45</u>	
17 Chili Garden Salad Corn Muffin Mandarin Oranges <u>Bone Builders 9:30</u>	18 French Toast Casserole Sausage Home Fries w/ Peppers & Onions Yogurt Parfait <u>Card Playing 1:00 PM</u>	19 Pork Chops Mashed Sweet Potatoes California Mixed Veggies Fruit Crisp <u>Bone Builders 9:30</u>	20 Chicken Cordon Bleu Casserole Garden Salad Fruit Cocktail <u>Chair Yoga @12:45</u>	
24 Shepherd's Pie Garden Salad Fruit Crisp <u>Bone Builders 9:30</u>	25 Hummin Strummin Ukulele Minestrone Soup Deli Sandwich Cole Slaw Peaches <u>Card Playing 1:00 PM</u>	26 Baked Ziti Garden Salad w/ Chickpeas Jello w/ Fruit <u>Bone Builders 9:30</u>	27 Pulled Pork Sandwich Baked Beans Cole Slaw Pineapple <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.

VALENTINE'S DAY



WORD SCRAMBLE

1. cudpi

2. hetar

3. trtea

4. etsew

5. pyhpa

6. edsov

7. nedca

8. euvns

9. oeard

10. iselm

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.