

YOUNG AT HEART



SERVING SENIORS SINCE 1975

HELLO March

Birthday Dinner Thursday, March 12th, 2026

Menu to include: Corned Beef, Cabbage, Potatoes, Carrots, a Biscuit, and a Special Dessert. Recognition of those with March 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



Sustainable Chic: Eco-Friendly Fashion SHOW

At the Young At Heart Poultney, VT

Thursday March 26, 2026

Fashion Show @1:00PM Free and Fun

With the upward push of conscious consumerism, a sustainability-themed display highlights recycled material, recycled clothing, and zero-waster fashion. Upcycled and giving new life to our Young at Heart Unique Boutique Thrift Shop. Our Young at Heart Fashion show is an event organized by Young at Heart friends to showcase many of the beautiful and always changing lines of clothing and accessories offered in our clothing and gift boutique at the senior center in Poultney, Vermont. FUN FUN FUN Call for more info (802)287-9200



Maplefest Ham Dinner at Young at Heart

Saturday, March 21, 2026 from 4:30-6:30pm

*The meal includes maple-glazed ham, potatoes, vegetables, dessert, and beverages.

*Cost is just \$10 for adults, \$5 for kids 12 and under

*Dinner will be served from 4:30 to 6:30 PM

*Take-out available call (802)287-9200

Young at Heart is located at 206 Furnace Street in Poultney. For more information, call (802) 287-9200. Support your local seniors!

www.poultneyahsc.com March 2026

802-287-9200

Young at Heart Senior Center

Staying Healthy

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

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



March



2	Charlotte	Capron	14	Andy	Donaghy
5	Donna	Ballard	18	Emery	Austin
6	Nancy	Baird	23	Mary	Senecal
				Karin	Austin
7	Bradford	Hedges		Kathy	Farwell
9	Barbara	Baldwin	24	William	Hoyenski
	John	Thomas			
			27	Kathryn	Crocket
10	John	Atkinson			
			28	Eileen	Fleeming
11	Marilyn	Case			
			30	Donna	Bardin
13	Andrea	Rivers			

2025-2026 Board of Directors:

President: Mark Teetor

Vice President: Carol Brown

Secretary: Nicole DeNoyers

Treasurer: Carol Stierle

Site Director: Carrie Hurlburt

Kitchen Manager: Carol Stierle

Cook: Diane Ferguson

Directors: Doris Rupe

Emily Sosnoff

Carolyn Stellatella

Gerri Woodruff

Mary Pernal

Sheila Nichols

Pat Beatty

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 (802)287-9200

Under 60 suggested
donation of \$6

Meals Served 12:00

Mar-26

Tuesday		Wednesday		Thursday		Friday	
3		4		5		6	
Roast Pork Mashed Sweet Potatoes Brussels Sprouts Fruit Crisp <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Mandarin Oranges <u>Card Playing 1:00 PM</u>		Pot Roast Mashed Potatoes Carrots Applesauce Biscuit <u>Bone Builders 9:30</u>		Butternut Squash Soup Deli Sandwich Cole Slaw Pears <u>Chair Yoga @12:45</u>	
10		11		12		13	
Meatloaf Mashed Potatoes California Mixed Vegetables Fruit Cocktail Biscuit <u>Bone Builders 9:30</u>		Sweet & Sour Pork Stir Fry Vegetables Brown Rice Garden Salad Pineapple <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Corned Beef & Cabbage Potatoes Carrots Biscuit Mandarin Oranges <u>Bone Builders 9:30</u>		Fish Sticks Tater Tots Mixed Veggies Cole Slaw Berries <u>Chair Yoga @12:45</u>	
17		18		19		20	
Roast Beef w/ Gravy Mashed Potatoes Green Beans Fruit Crisp <u>Bone Builders 9:30</u>		Roast Turkey Stuffing Mashed Sweet Potatoes Broccoli Peaches <u>Card Playing 1:00 PM</u>		BBQ Pulled Pork Sandwich Home Fries Cole Slaw Pears <u>Bone Builders 9:30</u>		Baked Ziti Garden Salad w/ Chickpeas Mandarin Oranges <u>Chair Yoga @12:45</u>	
24		25		26		27	
Baked Ham Mashed Sweet Potatoes Brussels Sprouts Fruit Crisp <u>Bone Builders 9:30</u>		BBQ Ribs Baked Beans Macaroni Salad Cole Slaw Pineapple <u>Card Playing 1:00 PM</u>		Chicken & Biscuits Mashed Potatoes Carrots & Peas Cranberry Sauce <u>Bone Builders 9:30</u>		Chef Salad Yogurt Parfait <u>Chair Yoga @12:45</u>	
31							
Chili Garden Salad Bananas <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.



Help our littles "Read to Succeed" Poultney Elementary School is looking for volunteers to read with children in grades 1 and 2 whose parents are not finding time to read with their son/ daughter . Please volunteer to read with these amazing students on Monday and/or Thursdays from 2:10-2:30 pm in our school library. Please call Tia Hewes to sign up at 1-802-287-5212

Thursday, March 12th @10am

VNA and Hospice Advanced Directives Workshop

A workshop focusing on answering questions about the Vermont Ethics Network's Advanced Directive Short Form. If the form is completed during the workshop, participants may upload the form to the Vermont Advance Directive Registry for review and acceptance.

To review the form before the workshop go to www.vtethicsnetwork.org/forms for access.

Space is limited, advanced registration is required.

Please register with facilitator, Nicole DeNoyers by calling (802)369-9440 or email Nicole.denoyers@vnaahsr.org

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 \$4.00 if 60 and over, and a fee of \$6.00 if under 60 years of age.

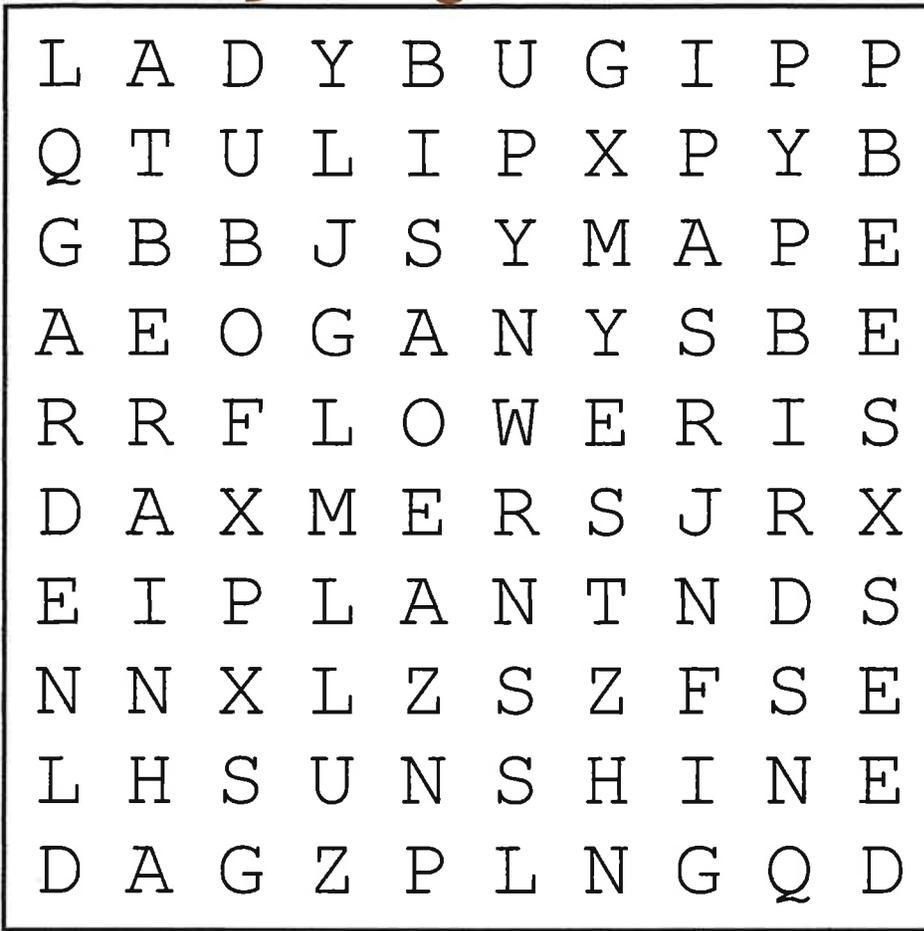
A person over 60 years of age is eligible for Meals on Wheels if he/she:
Experiences "food insecurity" as described by the Urban Institute OR Has temporary or permanent incapacity. Also Eligible: The spouse of an eligible participant, regardless of age, if according to criteria, recipient of the meal 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

SpringTime



Word list:

BEES
BIRDS
FLOWER
GARDEN
LADYBUG
PLANT
RAIN
SEED
SUNSHINE
TULIP

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.