

YOUNG AT HEART



SERVING SENIORS SINCE 1975



**Card Making Class for Spring Wed. April 1st @11:00am**

This class is all about learning new ways of creating a spring theme card. Card Making Class at the Young at Heart before lunch. Easy and fun card making class. After a long winter, the bright colors of spring is like a breath of fresh air. Spring cards filled with vibrant colors. Flowers and nature themes always make great cards. Stamping, coloring, folding, layering. This will be a class filled with fun and joy!



**BINGO!!!** Join us Thursday, April 9th and Sunday, April 12th at the MWA Hall in Wells where Young at Heart Senior Center will receive the proceeds of 1 of their sheet paper bingos. We appreciate everyone's support of this fundraiser for our senior center, thank you MWA!

Thursday, April 9th doors open at 4pm, games start at 6:45pm

Sunday, April 12th doors open at 9:30am, games start at 12pm

Concessions available both dates.

MWA HALL 61 MWA Loop, Wells, VT 05774

**Birthday Dinner Thursday, April 16th, 2026**

Menu to include: Spaghetti & Meatballs, Garden Salad, Fruit, and a Special Dessert. Recognition of those with April 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



**Celebrating Our Volunteers !!**

At the heart of our senior center is something truly special — our volunteers. As a nonprofit organization, we rely on the generosity, compassion, and dedication of community members who choose to give their time to support our older adults. Whether you're delivering meals, leading activities, waiting tables, assisting with events, helping behind the scenes, working the thrift store, or simply sitting and sharing conversation, your presence makes a lasting impact.

You do more than fill roles — you build relationship. You bring comfort, connection, and dignity to the lives of those we serve.

Because of you, our center is not just a building — it is a vibrant, welcoming community where seniors feel valued, supported, and engaged.

**THANK YOU FOR ALL THAT YOU DO!!!**

www.poultneyahsc.com April 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



April



<b>1</b>	Gloria	Covell	<b>17</b>	Diane	Baker
<b>2</b>	Christine	Gamble	<b>21</b>	Mary	Preseau
	Sandy	Kelley	<b>24</b>	Ron	Kelley
	Linda	Bates	<b>25</b>	Sheila	Nichols
<b>6</b>	Jane	Gibson		Patricia	Panoushek
<b>7</b>	Carol	Brown	<b>26</b>	Rose	LaRose
<b>8</b>	John	Saltis	<b>27</b>	George	Butts
<b>11</b>	Elizabeth	Bruce		Mary	Pernal
	Fred	Capron	<b>29</b>	Una Jean	Capman
<b>13</b>	Michelle	Folger		Janet	DeMatties
<b>14</b>	Deloris	Richards		Robin	Anderson
<b>15</b>	Diane	Ferguson	<b>30</b>	Carol	Ross
	Diane	Saltis		Beverly	King
<b>16</b>	Cindy	Martin		Helen	Young
				Mattie	Scott

### 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

Geri Woodruff

Mary Pernal

Sheila Nichols

Pat Beatty

CALL IF EATING IN  
BEFORE 9am

Suggested  
Donation \$4 (802)287-9200

Under 50 suggested  
donation of \$5

Meals Served 12:00

Apr-26

Tuesday		Wednesday		Thursday		Friday	
			1		2		3
		Steak w/ Garlic Butter Potato Wedges Brussels Sprouts Biscuit Melon  <u>Card Playing 1:00 PM</u>		Pork Chop Mashed Sweet Potatoes Stuffing Broccoli & Cauliflower Applesauce  <u>Bone Builders 9:30</u>		Vegetable Frittata Bacon Home Fries w/Peppers & Onions Yogurt Parfait  <u>Chair Yoga @12:45</u>	
7			8		9		10
Mac and Cheese Stewed Tomatoes Broccoli Pears  <u>Bone Builders 9:30</u>		Sloppy Joes Potato Wedges Cole Slaw Fruit Cocktail  <u>Card Playing 1:00 PM</u>		Chicken & Biscuits Mashed Potatoes Peas & Carrots Cranberry Sauce  <u>Bone Builders 9:30</u>		Vegetable Lasagna Garden Salad Jello w/ Fruit Cocktail  <u>Chair Yoga @12:45</u>	
14			15		16		17
Sweet & Sour Chicken w/ Stir Fry Vegetables Brown Rice Pineapple  <u>Bone Builders 9:30</u>		Roast Pork Loin Mashed Sweet Potatoes Brussels Sprouts Berry Crisp  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY DINNER</b> Spaghetti & Meatballs Garden Salad Mandarin Oranges  <u>Bone Builders 9:30</u>		Baked Fish Rice Green Beans Cole Slaw Peaches  <u>Chair Yoga @12:45</u>	
21			22		23		24
French Toast Casserole Sausage Home Fries w/ Onions & Peppers Berries  <u>Bone Builders 9:30</u>		Baked Chicken Rice Pilaf Garden Salad Pears  <u>Card Playing 1:00 PM</u>		Pot Roast Egg Noodles Garden Salad Peaches  <u>Bone Builders 9:30</u>		Pulled Pork Sandwiches Baked Beans Cole Slaw Pineapple  <u>Chair Yoga @12:45</u>	
28			29		30		
Meatloaf Mashed Potatoes Carrots Biscuit Peaches  <u>Bone Builders 9:30</u>		Ham Scalloped Potatoes Green Beans Berry Crisp  <u>Card Playing 1:00 PM</u>		Chef Salad w/ Ham & Turkey, Garbanzo Beans, and Cheese Yogurt Parfait  <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.

**Lake George Dinner Theater**  
**Wednesday, August 12<sup>th</sup>, 2026**

**Join us for a trip to Lake George Dinner Theater where we will enjoy lunch and a performance of The Marvelous Wonderettes**

A smash off-Broadway hit, The Marvelous Wonderettes is a crowd pleasing blast from the past that will keep you smiling, singing, and toe-tapping all the way to the end. Join us for this cotton candy-colored musical trip down memory lane, featuring your favorite pop songs from the 50's and 60's!

**Cost is \$85.00 per person which includes the lunch, show, and transportation. Transportation graciously provided by the Poultney Rotary!**

**Non-refundable \$25 deposit due upon sign-up and final payment of \$60 is due by July 1<sup>st</sup>.**

**Space is limited; please call to make a reservation (802)287-9200. Please have your meal choice ready when making a reservation.**

**Luncheon Menu:**

- 1.) Center Cut Bone in Pork Chop- All natural 8oz center cut chop lightly blackened with pineapple mango mint chutney served with garlic mashed potatoes & market vegetables. GF
- 2.) Chicken Francaise- with supreme sauce, seared egg- battered chicken served with garlic mashed potatoes & market vegetables. GF upon request
- 3.) Faroe Island Salmon- with lemon beurre blanc sauce with garlic mashed potatoes and market vegetables. GF upon request
- 4.) Pasta Primavera- with fresh vegetables tossed in basil pesto sauce. GF upon request

**\*All entrees served with Salad, Warm Rolls, Cake & Coffee or Hot Tea**

Seating for the matinee is at 11:30am. Beverages are available for purchase at this time as well. The main entrée is served around noon and the show begins at 1pm and ends around 3pm.

**Bus will depart Young at Heart Senior Center at 10:30am sharp and we will depart the theater around 3pm.**

**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**

# Spring Word Scramble

WBNIAOR \_\_\_\_\_  
BLLAMURE \_\_\_\_\_  
WFLORE \_\_\_\_\_  
PLITU \_\_\_\_\_  
NERGE \_\_\_\_\_  
MLOBO \_\_\_\_\_  
PLRIA \_\_\_\_\_  
LFBTUTREY \_\_\_\_\_  
NIAR \_\_\_\_\_  
DREGNA \_\_\_\_\_  
EBE \_\_\_\_\_  
YMA \_\_\_\_\_  
GNRIPS \_\_\_\_\_  
HSSNIEUN \_\_\_\_\_  
YBNUN \_\_\_\_\_  
CAMHR \_\_\_\_\_  
EDES \_\_\_\_\_

**Young at Heart Thrift Store**

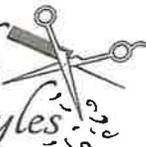
**Open Tuesday– Friday**

**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 Hatdresser*

*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.*