

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyahsc.com May 2026

802-287-9200

Young at Heart Senior Center



The Old Recipe Box



Recipes from the RECIPE BOX

Wednesday, May 6th @11 am And

Wednesday, May 13 @11am

RECIPES, MEMORIES, AND STORY a Community Gathering. Join us for a special event where food meets heart and history. Bring your favorite recipe, a cherished memory, or a meaningful story to share. Connect, laugh, and learn from each other. Whether it's a handwritten recipe passed down or a simple dish that holds a place in your heart, your story matters. All are welcome. Please call to make reservations if staying for lunch (802)287-9200

Birthday Dinner Thursday, May 14th, 2026

Menu to include: Roast Pork, Stuffing, Mashed Potatoes, Vegetable, Applesauce, 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



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MEMORIAL DAY
REMEMBER AND HONOR

Memorial Day is a great day to enjoy time with friends and family, but the holiday has a deeper meaning. We remember those who gave their lives for our freedom.

As we begin an exciting transition in Directors, we are pleased to welcome our incoming Director over the next couple of weeks. During this time, there will be opportunities for collaboration, guidance, and a smooth handoff of responsibilities. We appreciate your support, patience, and encouragement as we move through this transition together and we look forward to introducing our new Director more formally very soon.

Staying Healthy

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

CHAIR YOGA WITH CAROLYN-Fridays, from 1-2pm



May



1	Andrea	Mott	19	Donna	Marcy
2	Michelle	McCarron		Betty	Jackson
3	Eugene	Holmes		Elwin	Jackson
	Sandy	Davis	20	Ernie	LaRose
4	Theresa	Guillory	21	Carol	Bunce
	Beverly	Johnson		Diana	Litchfield
8	Joyce	McGreevy	22	Virginia	Veno
	Doug	Hatch	23	Gladys	Parker
	Dan	Krueger	24	Val	Broughton
11	Nellie	Rogers		Cheryl	Mapes
12	Bruce	Parker	26	Ray Jean	Butler
14	Nancy	Church		Sarah	Royce
	David	Sargent	29	Peg	Browe
15	Nat	Wells		Geraldine	Woodruff
16	Joan	Ellis	31	Patricia	Conger

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 Stelatella

Geri Woodruff

Mary Pernal

Sheila Nichols

Pat Beatty

CALL IF EATING IN BEFORE 9am

Suggested Donation \$4 (802)287-9200

Under \$40 suggested donation of \$5

Meals Served 12:00

May-26

Tuesday		Wednesday		Thursday		Friday	
						1	
<u>Bone Builders 9:30</u>		<u>Card Playing 1:00 PM</u>		<u>Bone Builders 9:30</u>		Chicken Parmesan Pasta California Mixed Vegetable Cole Slaw Mandarin Oranges <u>Chair Yoga @12:45</u>	
5		6		7		8	
Reuben Casserole Garden Salad Peaches <u>Bone Builders 9:30</u>		Roast Turkey Stuffing Mashed Potatoes Peas & Carrots Cranberry Sauce <u>Card Playing 1:00 PM</u>		Pork Chop Brown Rice Sautéed Cabbage 3 Bean Salad Applesauce <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Yogurt Parfait w/Berries and Granola <u>Chair Yoga @12:45</u>	
12		13		14		15	
French Toast Casserole Home Fries w/Peppers & Onions Bacon Berries <u>Bone Builders 9:30</u>		Chicken Cacciatore Pasta Garden Salad Pears <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Roast Pork w/Gravy Stuffing Mashed Potatoes Green Beans Applesauce <u>Bone Builders 9:30</u>		Goulash Garden Salad Mandarin Oranges <u>Chair Yoga @12:45</u>	
19		20		21		22	
Ham or Turkey Deli Sandwich Garden Salad Cottage Cheese w/Berries <u>Bone Builders 9:30</u>		Pork Fried Rice w/Veggies Cole Slaw Pineapple <u>Card Playing 1:00 PM</u>		Baked Chicken Sweet Potatoes Brussels Sprouts Berry Crisp <u>Bone Builders 9:30</u>		Hamburger Potato Salad Cole Slaw Jello w/ Fruit Cocktail <u>Chair Yoga @12:45</u>	
26		27		28		29	
Chicken Pot Pie Garden Salad Peaches <u>Bone Builders 9:30</u>		Pot Roast w/Gravy Mashed Potatoes Green Beans Biscuit Mandarin Oranges <u>Card Playing 1:00 PM</u>		Pulled Pork Sandwich Baked Beans Cole Slaw Pears <u>Bone Builders 9:30</u>		Spinach & Cheese Stuffed Shells Garden Salad Yogurt Parfait w/Berries and Granola <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.

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.

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.

3SQVT :The Department for Children and Families (DCF) announced a new program starting October 1, 2020. 3SquaresVT in a SNAP offers older and/or disabled Vermonters an easier way to receive and keep 3SquaresVT food benefits.

This program is for households where everyone is: at least 60 years old or receiving disability benefits, and not earning income from a job or self-employment. Households that qualify will be able to: apply using a simpler, shorter application, and keep their benefit for three years without needing to do an annual review.

3Squares in a SNAP is a demonstration project authorized by the Federal Nutrition Service of the USDA. The goal is to increase the participation of older and disabled Vermonters in the state's federal nutrition assistance program: 3SquaresVT. It does this by streamlining the application and recertification process. The project is authorized for a period of five years.

To learn more, go to <https://dcf.vermont.gov/benefits/3SquaresVT/SNAP>

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Ad Rates: \$12 a month/\$60 for 6 months/\$115 a year

MAY DAY

*Whitney's
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Styles*



*2660 County Route 17
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*Mary Whitney,
Licensed Hairdresser*

*Hours
Tuesday - Saturday
8am - 5pm*

(518) 642-1331

Call for an Appointment

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ROMANS
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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.