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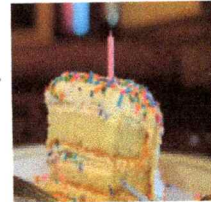
Young at Heart Senior Center

802-287-9200



Birthday Dinner Thursday, June 11th, 2026

Menu to include: Roast Pork w/ Gravy, Mashed Sweet Potatoes, Stuffing, Vegetable, and a Special Dessert. Recognition of those with June 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



Pack your bags! We are going to Niagara Falls!

Please consider this great opportunity to see one of Mother Nature's great accomplishments!

Dates: September 15—18 (4 days, 3 nights)

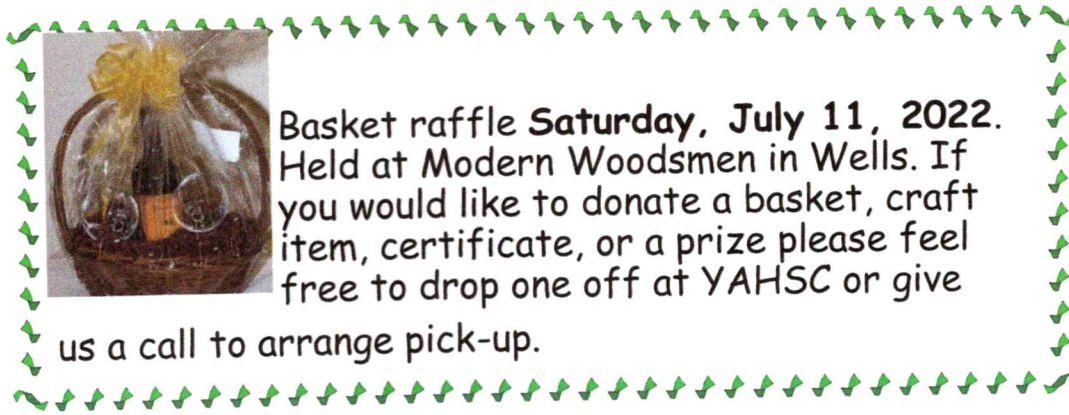
Cost: \$826 per person (Double Occupancy)

Trip Highlights: Maid of the Mist boat tour, Dinner at Skylon Tower, Fallsview Casino, and more! See flyer on last page of Newsletter for full details

Trip Deposit of \$100 Holds your Reservation. Paid in Full by: July 1

Lake George Dinner Theatre

****All Money for this trip is due by July 1st ****



Basket raffle Saturday, July 11, 2022.

Held at Modern Woodsmen in Wells. If you would like to donate a basket, craft item, certificate, or a prize please feel free to drop one off at YAHSC or give

us a call to arrange pick-up.

Staying Healthy

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

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



June



1	June Graziano	17	Bert Cenate
2	Gordon Stacey	20	Leslie Sterfels Bridget Harrison
3	Nancy Smartt		Helen Cooper
4	Japp Simons June West Susan Clark	22	Ray Bogart Robert Whitaker
5	Richard Davis	23	Gayle Hoessler
6	Richard Church Patricia LeToureau	26	Kathy Macura Bruce Douglas
11	Jean Edwards Edward Preseau	27	Darlene LaFond
12	Kathleen Eagan Richard Balt	29	Luvia Webster Corey Mackey
14	Martha Ellis	30	Renee Heath Theresa Fowler

2025-2026 Board of Directors:

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Site Director: Anne Pacyna

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

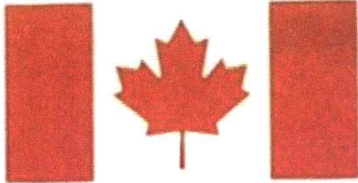
Under 60 suggested
donation of \$6

Meals Served 12:00

Jun-26

Tuesday	Wednesday	Thursday	Friday
2 Baked Fish Rice Garden Salad <u>Bone Builders 9:30</u>	3 Matza Ball Soup Ham or Turkey Sandwich Cole Slaw Mandarin Oranges <u>Card Playing 1:00 PM</u>	4 Meatloaf Mashed Potatoes Gravy Peas & Carrots Berry Crisp <u>Bone Builders 9:30</u>	5 Chicken Parmesan Pasta Garden Salad Peaches <u>Chair Yoga @1</u>
9 Chef Salad w/ Ham, Turkey, Cheese, Chickpeas Yogurt Parfait w/ Berries <u>Bone Builders 9:30</u>	10 Chicken & Biscuits Mashed Potatoes Pea & Carrots Cranberry Sauce <u>Card Playing 1:00 PM</u>	11 BIRTHDAY DINNER Roast Pork w/Gravy Mashed Sweet Potatoes Stuffing Broccoli & Cauliflower Pears <u>Bone Builders 9:30</u>	12 Swiss Steak Pasta Garden Salad Mandarin Oranges <u>Chair Yoga @1</u>
16 Mexican Lasagna Garden Salad Pineapple <u>Bone Builders 9:30</u>	17 Baked Chicken Brown Rice Brussels Sprouts Cole Slaw <u>Card Playing 1:00 PM</u>	18 Vegetable Fritata Bacon Home Fries Yogurt Parfait w/Berries <u>Bone Builders 9:30</u>	19 Pot Roast w/ Gravy Mashed Potatoes Carrots Fruit Crisp <u>Chair Yoga @1</u>
23 Turkey Tetrazzini Garden Salad Mandarin Oranges <u>Bone Builders 9:30</u>	24 BBQ Chicken Potato Salad Pasta Salad Cole Slaw Pears <u>Card Playing 1:00 PM</u>	25 Pulled Pork Sandwich Baked Beans Beets Cole Slaw Pineapple <u>Bone Builders 9:30</u>	26 Mac & Cheese Stewed Tomatoes Broccoli Yogurt Parfait w/ Berries <u>Chair Yoga @1</u>
30 Beef Tips Egg Noodles Garden Salad Peaches <u>Bone Builders 9:30</u>			

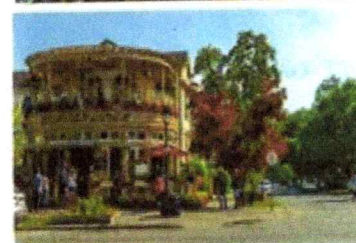
ALL MEALS INCLUDE: 1% Milk, Whole Wheat Bread, and Low Sodium Gravy. Menu is subject to change without notice due to product availability and Nutritionist. Garden Salads consist of Lettuce, Tomatoes, and peppers.



NIAGARA FALLS, ONTARIO

4 DAYS - 3 NIGHTS
SEPTEMBER 15-18, 2026

\$826 Per Person
Double Occupancy
\$100 deposit required to reserve



PACKAGE INCLUDES:

- * 3 Nights Lodging in Niagara Falls, Canada
- * 3 Breakfasts
- * 3 Full Course Dinners Including Skylon Tower
- * All Day Tour of Niagara, including Niagara-on-the-Lake
- * Royal Botanical Gardens
- * Famous *Hornblower (Maid of the Mist)* Boat Ride Tour of the Falls
- * Visits to the Welland Canal & the beautiful Floral Clock
- * Visit to Niagara Fallsview Casino
- * Chocolate FX
- * White Star Escort for the entire trip
- * Souvenir Gift
- * Luggage Handling
- * All taxes & Meal Gratuities
- * Motorcoach Transportation



*Valid passport or enhanced drivers license
required when traveling into Canada.*



**Cancellation insurance is available & highly recommended;
see reverse side for details.**

FOR INFORMATION AND RESERVATIONS CONTACT:

YOUNG AT HEART SENIOR CENTER
206 Furnace St.
Poultney, VT 05764

Carol Stierle
(203) 727-3951

Anne Pacyna
(802) 287-9200

 26 E. Lancaster Avenue, Reading PA 19607 * 610-775-5000 * 800-437-2323 * www.whitestartours.com

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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

Flowers



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Call for an Appointment

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!