

YOUNG AT HEART



SERVING SENIORS SINCE 1975



PHOTO: JESSICA WILSON

**Birthday Dinner Thursday, July 9th, 2026**

Menu to include: Meatloaf w/ Gravy, Mashed Potatoes, Vegetable, and a Special Dessert. Recognition of those with July 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 as space is limited (802)287-9200



**FRIDAY FARMERS MARKET**

Fridays into September from 11 until the tables are empty we will have a free farmers market for those 60 and over. We plan to offer fresh produce available from local farmers. Stop by each week to see what is available as offerings will vary based on season and availability. The market will be available in the pavilion, weather permitting.



**\*\*\*\*Basket Raffle\*\*\*\***

Basket raffle Saturday, July 11, 2022 at MWA in Wells. \$5 entry ticket, \$2 each additional ticket.

If you would like to donate a basket, craft item, gift certificate, or a prize please drop off at YAHSC or give us a call to arrange pick-up. Doors Open at 11am.

Drawing Starts at 1pm

**Thank you for supporting the Young at Heart Senior Center!**

**Hope to see you there!**



**REMINDER:** For those going on the Niagara Falls trip Trip balances are preferred by 7/17, but required before 8/1. Please reach out to make payments.

www.poultneyyahsc.com July 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 1-2pm



*Thank YOU!*

Thank you to United Way and the generous donors who support them for the very kind donation. It is these donations that allow us to continue to do amazing work in support of our Seniors.

*Grateful*

*Appreciated*

July



1	Sarah Gordon	9	Cecelia Sharon
	Tom Reed		
	Nancy Kaplan	15	Velma Reed
3	Mary Dayton	17	Cathy Butto
	Violet Lanthier		
	Mildred Stephenson	19	Sandra Forrest
	Jean Betit		Cynthia Galbicse
4	Thomas Silver	20	Laura Skovira
6	Michael Ball	21	Ernest DeMatties
	Kathleen McClaren		
		29	Mark Haskins
7	Lynne Martin		

## 2025-2026 Board of Directors:

**President:** Mark Teetor

**Directors:** Carolyn Stelatella

**Vice President:** Carol Brown

Geri Woodruff

**Site Director:** Anne Pacyna

**Secretary:** Nicole DeNoyers

Mary Pernal

**Kitchen Manager:** Carol Stierle

**Treasurer:** Carol Stierle

Sheila Nichols

**Cook** Diane Ferguson

Pat Beatty

CALL IF EATING IN  
BEFORE 9am

Suggested  
Donation \$4 (802)287-9200

Under 60 suggested  
donation of \$6

Meals Served 12:00

Jul-26

Tuesday		Wednesday		Thursday		Friday	
			1		2		3
		Deli Sandwich Chips Pasta Salad Pineapple  <u>Card Playing 1:00 PM</u>		Pork Loin w. Gravy Mashed Potatoes Stuffing Carrots Apple Sauce  <u>Bone Builders 9:30</u>		Chicken Pot Pie Mixed Veggies Garden Salad Pears  <u>Chair Yoga 1p</u>	
7			8		9		10
Chicken Cacciatore Pasta Green Salad Fruit Salad  <u>Bone Builders 9:30</u>		Pulled Pork Sandwiches Cole Slaw Baked Beans Jello w. Fruit  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY DINNER</b> Meatloaf w. Gravy Mashed Potatoes Peas & Carrots Oranges  <u>Bone Builders 9:30</u>		Veggie Lasagna Garden Salad Fruit Salad  <u>Chair Yoga 1p</u>	
14			15		16		17
Mac & Cheese Stewed Tomatoes Mixed Veggies Fresh Fruit  <u>Bone Builders 9:30</u>		Pork Stir Fry over Rice Mixed Veggies Cole Slaw Banana  <u>Card Playing 1:00 PM</u>		Chicken Parmagiana Pasta Cole Slaw Garden Salad Peaches  <u>Bone Builders 9:30</u>		Stuffed Cabbage Cottage Cheese Garden Salad Fruit Crisp  <u>Chair Yoga 1p</u>	
21			22		23		24
Chef Salad - Turkey, Ham, Cheese Veggies Berry Crisp  <u>Bone Builders 9:30</u>		Beef Tips w. Onions/Peppers over Noodles Garden Salad Peaches  <u>Card Playing 1:00 PM</u>		Pork Ribs Pasta Salad Cole Slaw Yogurt Parfait  <u>Bone Builders 9:30</u>		BBQ Chicken Home Fries Broccoli 3 Bean Salad Oranges  <u>Chair Yoga 1p</u>	
28			29		30		31
Baked Ziti Garden Salad Pineapple  <u>Bone Builders 9:30</u>		Sweet & Sour Pork Over Rice Peppers/Onions Fruit Crisp  <u>Card Playing 1:00 PM</u>		Chicken & Biscuits Mashed Sweet Potatoes Peas & Carrots Fruit Cocktail  <u>Bone Builders 9:30</u>		Pot Roast w. Gravy Mashed Potatoes Green Beans Biscuit Peaches  <u>Chair Yoga 1p</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.

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.

### Do you play Chess or Checkers?

Stop in for a game on Tuesdays thru the summer from 1-2p.



### 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 during regular business hours. No stained articles, broken or missing parts, books/VCR tapes/records, or baby equipment can be accepted. Thank you!



**Friendly Reminder on parking:** Please take care to park a reasonable distance from the neighboring car to allow for maximum parking capacity.

### 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

# INDEPENDENCE DAY



X S W J Z F O T Q K I T D S T  
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 U B H L M I Q O K Y D I U H M  
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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.*