

YOUNG AT HEART



HELPING SENIORS SINCE 1975



Birthday Dinner Thursday, August 13th, 2026

Menu to include: Chicken & Biscuits, Mashed potatoes, veggies, and a Special Dessert. Recognition of those with August birth days 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



Farmers Market

Fridays from 11 til 1(or we run out!) here at Young at Heart. Come check out what is available each week From local farms!



Blood Pressure checks Coming in September

Offered the second Tuesday of every month from 10:30 - 12 at YaH. Starts Sept 8



SASH
SUPPORT AND SERVICES
AT HOME
a caring partnership

Lake George Theatre Trip

The trip is on Wed, 8/12. The bus will depart at 10:30 and boarding will start around 10a. We have permission from the High School to park in their lot for the day.



DISH FLOWER PROJECT

Join us for a fun summer project! It will take place on Wed 8/19 from 10-12. To sign up, stop in or give us a call at the center by 8/14. We will paint dishes, construct flowers and mount them on posts to place in your lawn. There will be no cost to participants.

802-287-9200

www.poultneyahsc.com

AUGUST 2026

Young at Heart Senior Center

Staying Healthy
BONE BUILDERS-Tuesday/Thursday at 9:30am Drop-ins
 always welcome
CHAIR YOGA WITH CAROLYN-Fridays, from 1-2pm



THANK YOU

Grateful

We thank all who attended our basket raffle. From attendees to donors to volunteers from both YaH and the MWA - We are grateful for your kindness and generosity.

Appreciation

August



1	David Knipess	14	Virginia Ericson	23	Jack Roberts Gloria Giet
2	Kathleen Knipes	15	Bernie Bucci	28	Mary Whitney Lori Holcomb
4	Marlene Parker	16	Gladys Sharp		
7	Cindy Davis	18	Brenda Flowers		
9	Nancy Boynton	20	John Richards		
13	David Schuster	21	Rosemary McManus		

2025-2026 Board of Directors

President: Mark Teetor
Vice President: Carol Brown
Secretary: Nicole DeNoyers
Treasurer: Carol Stierle

Kitchen Mgr: Carol Stierle
Director: Anne Pacyna
Cook: Diane Ferguson

Directors
 Geri Woodruff
 Carolyn Stellatella
 Sheila Nichols
 Pat Beatty
 Mary Pernal

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 (802)287-9200

Under 60
suggested donation
of \$6

Meals Served 12:00

Aug-26

Tuesday		Wednesday		Thursday		Friday	
4		5		6		7	
Pancake Bake Bacon Hash Browns Yogurt Parfait w/ Berries <u>Bone Builders 9:30</u>		Sweet & Sour Pork Carrots, Broc, Onions, Pineapple, Green Beans Over Brown Rice Salad Pears <u>Card Playing 1:00 PM</u>		Shredded BBQ Chicken Sandwich Cole Slaw Baked Beans <u>Bone Builders 9:30</u>		Stuffed Cabbage (Beef) Casserole Garden Salad Fruit Salad <u>Chair Yoga 1p</u>	
11		12		13		14	
Pork Stir Fry w. Mixed Veggies over Brown Rice Cole Slaw Banana <u>Bone Builders 9:30</u>		Beef Stroganoff Noodles Garden Salad Fruit Crisp <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Chicken & Biscuits Mashed Potatoes Peas & Carrots Oranges <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Pineapple <u>Chair Yoga 1p</u>	
18		19		20		21	
Chicken Parm Pasta Coleslaw 3-Bean Salad Fresh Fruit <u>Bone Builders 9:30</u>		Vegetable Lasagna Garden Salad Oranges <u>Card Playing 1:00 PM</u>		Meatloaf Mashed Potatoes Broccoli Jello w. Fruit <u>Bone Builders 9:30</u>		Pulled Pork Sandwich Potato Salad Coleslaw Peaches <u>Chair Yoga 1p</u>	
25		26		27		28	
Chef Salad - Turkey, Ham, Cheese, Chickpeas, Veggies Berry Crisp <u>Bone Builders 9:30</u>		Roast Pork Mashed Potatoes Brussel Sprouts Fruit Cocktail <u>Card Playing 1:00 PM</u>		Meatball Sub Chips Garden Salad Peaches <u>Bone Builders 9:30</u>		Ham Sweet Potatoes Peas & Carrots Plum <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.

SAVE THE DATE!

Teacup Auction

Nov 13 @6p

MWA, Wells

Details to come!

YOUNG at HEART THRIFT STORE

Open Tuesday - Friday

9am - 12pm

Lots of new stuff!

Come by, find some
treasures, and make an
offer!

We accept donations during
regular business hours.

Please, no stained articles,
broken or missing parts, VCR
tapes, or baby equipment can
be accepted.

THANK YOU!!

Thank you to our advertisers!!

Interested in placing your AD here and
supporting YaH by helping to defray the
cost of the Newsletter?

Please call 802-287-9200 for information.

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.

SUDOKU

	3	4	8					9
			7		1	5	3	
		5		9				8
			4	6			2	7
9	4	2						
	6				9	3		
		1				2		6
				3			8	
6		9	1	8		7	4	3

How to Play

Sudoku is a logic puzzle where you have to populate the grid with numbers. A number can appear only once in each row, column and house. Each puzzle can be solved using logic from the given information and requires no guesswork.

		House						
1		2	3	4				
9		8	6	7				
8		1	9	5				
7		Row						
6	2	3	4	5	1	7	8	9
5								
4								
3								
2								

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Call for an Appointment*



C&D



Artistic Creations

Handmade Woodcrafts

Ceil Sharon: 802-287-9255

David Schuster: 540-660-4672

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.