

YOUNG AT HEART



SERVING SENIORS SINCE 1975



BIRTHDAY DINNER THURSDAY SEPTEMBER 10th

Menu to include: Mac & Cheese, Stewed Tomatoes, veggies, and a Special Dessert. Recognition of those with September 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



Community Health Day

Friday, September 11, 2026

Please join us at the Young at Heart Senior Center as Southern Vermont Community OA hosts a Community Health Day. There will be representatives on site from 15 different agencies ranging from Alzheimer's Assoc and Community Health to Lifeline Services and Rutland County Health Partners Free Clinic. Health Screenings and resources will be available.

The Dining Room will be closed for the event, but you are welcome to enjoy a meal from the FoodTruck that will be at the event. Please see the flyer for full Details.

BP Checks Now Available!

Offered the 2nd Tuesday of every Month.
10:30 - 12p



Farmer's Market

Every Friday starting at 11
Free to Seniors. Come out and see what we have each week

www.poultneyahsc.com SEPTEMBER 2026

Young at Heart Senior Center

Staying Healthy

BONE BUILDERS-Tuesday/Thursday at 9:30am

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



Craft Corner

Eco Printing Class

9/16 - 10a

Nature on Cloth! This class will use elements from nature to print on fabric and create a lovely printed cloth. Sign up and join the class. Learn to eco print and have fun!

Call to make a reservation as space is limited
(802)287-9200



September

Happy Birthday

2 - Joseph Phillips, Jr

3 - Patricia Szabo

Rose Morrow

6 - Donna Crossman

Nancy Parker

7 - Shirley Scott

8 - Corey Melvin

9 - Bernie Vladyka

10 - Atlas Johnston

Debra Williams

11 - Julius Kiemersma

17 - Cathy Farrell

Cindy Krueger

18 - Jane Salisbury

20 - Ann DeBonis

23 - Linda Phillips

25 - Donald Clark

26 - Joanne Moss

Ginny Maguire

Oliver Allen

28 - Edith Golden

30 - Debra West

Unknown Date

Lorraine McGuinness

Annual Board Meeting

Our Annual Board Meeting is slated for October 19 at 10a here at the Center. During this meeting attendees will vote on Board and Officers for slots that are open. Please join the meeting if you'd like to cast your votes.

Don't Forget!

Teacup Auction Nov 13 @6p MWA, Wells
Details to come!

CALL IF EATING IN
BEFORE 9am

Suggested
Donation \$4 (802)287-9200

Under 60 suggested
donation of \$6

Meals Served
12:00

Sep-26

Tuesday		Wednesday		Thursday		Friday	
1		2		3		4	
Stuffed Pepper Casserole Garden Salad Peaches <u>Bone Builders 9:30</u>		Pork Chop Stuffing Peas & Carrots Fresh Fruit <u>Card Playing 1:00 PM</u>		Chicken Cacciatore Pasta Brussel Sprouts Pineapple <u>Bone Builders 9:30</u>		French Toast Bake Bacon Homefries Yogurt Parfait	
8		9		10		11	
Baked Chicken Mashed Sweet Potatoes Mixed Veggies Fruit Crisp <u>Bone Builders 9:30</u>		Hamburger Cole Slaw Pasta Salad Plum <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Mac 'n Cheese Stewed Tomatoes Broccoli Oranges <u>Bone Builders 9:30</u>		VCOA Community Day Dining Room Closed Food Truck for Seniors onsite! <u>Chair Yoga 1p</u>	
15		16		17		18	
Beef Tips Over Pasta Garden Salad Fresh Fruit <u>Bone Builders 9:30</u>		Chicken & Biscuits Mashed Potatoes Broccoli Oranges <u>Card Playing 1:00 PM</u>		BBQ Ribs Cole Slaw Pasta Salad Peaches <u>Bone Builders 9:30</u>		Veggie Lasagna Garden Salad Watergate Salad <u>Chair Yoga 1p</u>	
22		23		24		25	
Chicken Cordon Bleu Casserole Garden Salad Peaches <u>Bone Builders 9:30</u>		Ham Mashed Sweet Potatoes Carrots Fruit Crisp <u>Card Playing 1:00 PM</u>		Goulash Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Roast Pork w Gravy Mashed Potatoes Green Beans Pineapple <u>Chair Yoga 1p</u>	
29		30					
Shepherd's Pie Garden Salad Yogurt Parfait <u>Bone Builders 9:30</u>		Pork Stir Fry w. Veggies Over Rice Pudding <u>Card Playing 1:00 PM</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.

BACK TO SCHOOL

Q S R T C H S Y X Q S G P D M
 E Z U E H F S O W Y Y J Y V S
 K Y E A A S P Q W S W E I M U
 N E X C L C M E K G F Y L X Q
 W K H H K I A Z N T S H J W J
 S C G E B E T H D G Z B N N F
 N I N R O N H O E S L P A O H
 O K R U A C E M S D M I H O O
 Z Z E K R E M E K P E T S C L
 K V C E D B A W Z E N A X H W
 E F E O G U T O D N R P B J I
 J F S X C W I R G C M P V D G
 Q G S A X R C K F I N L A N X
 H A L L P A S S T L L E J T R
 A X M M L A L R E S Z V X Q A

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*Mary Whitney,
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*Hours
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*(518) 642-1331
 Call for an Appointment*



C&D



Artistic Creations

Handmade Woodcrafts

Ceil Sharon: 802-287-9255

David Schuster: 540-660-4672



Community Health Days



FREE. LOCAL. FOR EVERYONE.



Join us from 11 - 1 on Friday September 11 at the Young at Heart Senior Center here in Poultney.

Free health screenings, resources and LUNCH!!

Participating Agencies include:

AARP
Alzheimer's Association
Bayada
Caregiving Project
Caring Canine Therapy Dogs
Community Care Network
Community Health
Cornerstone Caregiving

Deep Awakening Massage
Lifeline Services
My Healthy VT
Office of Senator Sanders
Rutland County Health Partners Free Clinic
VNA & Hospice of the Rutland Region
Vermont Department for the Blind and Visually Impaired



Health Screenings & Vaccines



Local Resources & Support



Free Lunch



All Are Welcome

Thank you to our local sponsors

AARP



The Bank of Bennington



1-800-642-5119



svcoa.org

Empowering older Vermonters to age with dignity, independence & quality of life

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.