YOUNG AT HEART
SENIOR CENTER
SERVING SENIORS SINCE 1975

November

Young at Heart Senior Center

www.poultneyyahsc.com November 2026

BIRTHDAY DINNER THURSDAY NOVEMBER 12



Menu to include: Chicken Parm, Pasta, Garden Salad, and a Special Dessert. Recognition of those with November 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

A New Plan for Birthday Meals coming in 2027

The Birthday Meal is a wildly popular event and we want to do our best to make sure everyone has a chance to participate in the fun. To that end we are going to try something new in the new year...

TWICE the fun!

We will have two birthday dinners each month starting in January 2027. The guidelines will be as follows:

- Two Birthday Dinner Days each month
- Folks can sign up for just one of the two dinners each month
- Two distinct signup sheets will be maintained, each with it's own Wait List.
- Sign up for a given month will begin on the day of the Birthday Dinner for the previous month.

If you have any questions about the process and how to sign up, please feel free to call the center at 802-287-9200 and ask for Anne.



YAH is part of the Chamber's 12 Stops of the Holiday Season



Young at Heart Senior Center will be calling Holly JollyBingo on November 28 between 1 and 3pm. Stop in, play a few rounds of Bingo, maybe win a silly prize, and have a little fun with us!

Staying Healthy

BONE BUILDERS-Tuesday/Thursday at 9:30am

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



Craft Corner

Cooking Project
11/18 - 10a

Join us for a fun, delicious, interactive, and PRETTY healthy cooking class.
To reserve for the craft and/or lunch please call 802-287-9200 as space is limited



MOBILITY SCOOTER AVAILABLE FOR LOAN



If you find yourself in short-term need of a Mobility Scooter, please contact the center. Are you taking a trip that involves a little too much walking? Are you considering the purchase of one and would like to see how it works for you?
This opportunity is made possible thru the coordination of Bob Williams and Chuck Colvin.
Call 802-287-9200 for more information.



Got Quilts? We Do!!

We have received a few beautiful donations, and we will be looking to hang them in the next few weeks. Once they are hung, we will determine whether we might need any additional quilts.

Did you Know??

St. Raphael's Christmas Bazaar

Dates: Friday, Nov. 20 from 3-6 &
Saturday, Nov. 21 from 9-1
Location: 21 East Main St, Poultney

A Basket Raffle, White Elephant Sale, Bake Sale, Lunch and Dinner. Come join the fun and see what sorts of treasures you might find!
Held at: 21 East Main Street, Poultney

CALL IF EATING IN BEFORE 9am | Suggested Donation $4 (802)287-9200 | Under 60 suggested donation of $6 | Meals Served 12:00 | **Nov-26**

Tuesday	Wednesday	Thursday	Friday
3 Baked Ziti Garden Salad Fruit Crisp *Bone Builders 9:30*	4 Pulled Pork Sandwich Cole Slaw Home Fries Peaches *Card Playing 1:00 PM*	5 Chicken & Biscuits Mashed Potatoes Green Beans Jello w. Fruit *Bone Builders 9:30*	6 Stuffed Pepper Casserole Garden Salad *Chair Yoga @1:00*
10 Turkey Tetrazzini Pasta Garden Salad Mandarin Oranges *Bone Builders 9:30* *BP Checks - 11:30*	11 Beef Stew Biscuit Cole Slaw Fruit Crisp Card Playing 1:00 PM	12 **Birthday Dinner** Chicken Parm Pasta Garden Salad Pineapple Bone Builders 9:30	13 Roast Pork Gravy Mashed Potatoes Peas & Carrots Peaches Chair Yoga @1:00
17 Chicken Noodle Soup Deli Sandwich Fruit Salad *Bone Builders 9:30*	18 Pork Chop Casserole Cole Slaw 3-Bean Salad Oranges Craft Project 10a Card Playing 1:00 PM	19 Mac & Cheese Stewed Tomatoes Broccoli Pudding Bone Builders 9:30	20 Pot Roast Mashed Potatoes Brussel Sprouts Peaches Chair Yoga @1:00
24 Veggie Lasagna Garden Salad Fruit Salad *Bone Builders 9:30*	25 French Toast Bake Bacon Homefries Yogurt Parfait Card Playing 1:00 PM	26 **Thanksgiving Day Closed**	27 **CLOSED**

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.

MEMORY LIGHT TREE



A longstanding tradition: During the winter months, it was difficult for people to get into the cemetery to put wreaths or decorations on the graves of their loved ones. The Memory Light Tree was a way for folks to remember those family members during the Christmas season. The Memory Light Tree is located in front of the Poultney Town Hall and is lit by Santa when he comes to town.

The tradition continues today, and the Memory Lights will be on sale from November 1 thru the first week in December at the following locations:

- Marcie's Hair Studio, East Main St, Tree of Giving (all on Main St),
- K & K Creations at 336 South St.,
- The Christmas Craft Fair at the High School,
- Young at Heart Senior Center on Furnace St.

You can also send your list of names along with a check made out to Young at Heart Senior Center. Mail to YAH, Attn: Memory Lights, 206 Furnace St, Poultney, VT
The cost is $1.00 per name and proceeds will benefit The Poultney Food Shelf and the sponsoring organization, Young at Heart Senior Center.

What a wonderful way to remember loved ones and help the community during the Holiday Season.

November Happy Birthday

1 - Mary Stouter
2 - Pops Donaldson
Jack Veno
3 - Erin Weber
5- Grace Calvin
6 Ruth Smith
9 - Joan Carruth
June Flynn
Tony Ciejko
10 - Jeanne Tobin
11 - Curtis Senecal
12 - Joan Donaghy
13 - John Affinito
14 - Nora Briere
Carol Matheny
15 - Paul Woodruff, Sr
Sally Cleveland
George Goodwin
16 - Patricia Beatty
18 - Dick McLellen
19 - Charlotte Burney
22 - Dave Kelly
24 - Sharon Bales
Steven Burke
William Miron
Joan Thomas
28 - Emilia Holmes
30 - Helena Rousseau

2026-2027 Board of Directors

President: Mark Teetor
Vice President: Carol Brown
Secretary: Nicole DeNoyers
Treasurer: Sharon Nettle
Kitchen Mgr: Carol Stierle
Cook: Diane Ferguson
Site Director: Anne Pacyna

Trustees
Geri Woodruff(1yr)
Carolyn Stella-Tella(1yr)
Sheila Nichols(2 yr)
Doris Rupe
Pat Beatty
Mary Pernal(3yr)
Nancy Kaplan

Young at Heart Senior Center's
Teacup Auction

Friday, November 13

Toys, Baked Goods, Crafted Items, Groceries, and much more!

Doors open at 5:00, drawings begin at 6:00

$1 for each set of 10 tickets

Refreshments will be available for purchase.

Location: Modern Woodmen (MWA Hall) Wells, VT

Whitney's West Side Styles
2660 County Route 17
West Granville, NY
Mary Whitney,
Licensed Hairdresser
Hours
Tuesday - Saturday
8am - 5pm
(518) 642-1331
Call for an Appointment

C & D
Artistic Creations
Handmade Woodcrafts
Ceil Sharon: 802-287-9255
David Schuster: 540-660-4672