

# YOUNG AT HEART SENIOR NEWS LETTER

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## MAY 2014

### FOOT CARE AND BLOOD PRESSURE CLINICS

The monthly Foot Care Clinic will be on Friday, May 2<sup>nd</sup> at 9:30. The cost is \$10.00. A Bayada nurse will check your Blood pressure for free between 11 and 12 before the Birthday Dinner on May 22nd.

### MAY BIRTHDAY DINNER

The Young At Heart will be celebrating the May Birthdays with Dinner on the 22nd. Reservations are required. If you need to cancel, please do so as soon as possible so someone on the waiting list can take your place. As requested we will have a raffle. BINGO at 12:45.

### THE YOUNG AT HEART MEAL SITE

Young at Heart Meal Site opens at 11:00 am. Homemade soup and coffee will be served at 11:15. Dinner is served at 12:00. Reservations are required and cancellations are appreciated.

Meals are cooked in our kitchen and served family style. Suggested donation is \$3.25 for seniors 60 years and older. The cost for others is \$4.25. **Meals on Wheels** are delivered by our volunteers to seniors who are unable to come to the center. Arrangements for Meals On Wheels are made by contacting the Vermont Council On Aging at (802) 786-5990.

### WEEKLY ACTIVITIES SCHEDULE

Tuesday -Bone Builders- 9:30-10:30 am

Wednesday-Card Party-12:45 pm

Thursday-Bone Builders-9:30-10:30.

Friday- Bingo-12:45 pm.

### MAY BOARD MEETING

The monthly Board meeting will be held on Wednesday, May 21st at 10:00 am.

Everyone is invited to attend our meetings, but only members of the board are eligible to vote.

#### ***Young At Heart Executive Board:***

John Thomas – President

June West – Vice President

Pat Beatty – Secretary

Midge Stephenson – Treasurer

***Directors:***  
(three year) Geraldine Woodruff, Shirley Brown, Ann DeBonis; (two year)

Patricia Panoushek, UnaJean Capman,

Barbara Pacyna; (one year) Ernest

DeMatties, Rita O'Rourke, Barbara

DeBonis.

### ***Did You Know...?***

The Poultney Public Library has a FREE book delivery service for all home-bound patrons? This also includes magazines, LARGE PRINT BOOKS, and audio books. If anyone in Poultney would like a ride to the library to browse for your selection, please give Deb Buciak a call at (802) 884-8036

