

YOUNG AT HEART SENIOR NEWS LETTER

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JULY 2014

FOOT CARE AND BLOOD PRESSURE CLINICS

The monthly Foot Care Clinic will be on Friday, July 11th 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 July 24th.

JULY BIRTHDAY DINNER

The Young At Heart will be celebrating the July Birthdays with Dinner on the 24th. 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.

JULY 4TH ACTIVITIES IN POULTNEY

The town of Poultney will continue its annual Fourth of July tradition of music, fun, and fireworks! The parade steps off from the East Poultney Green promptly at 10 AM and proceeds down Main Street, turning right onto College Street, and continuing to Poultney Elementary School. Field events at the school include the Catamount Pipe Band, Curbstone Chorus, music, magicians, marionettes, and games! Fireworks begin at dusk

**The Young At Heart will
be closed Friday July 4th.
There will be no Meals on
Wheels delivery that day.**

**Have a safe and happy
Fourth of July!**

