

YOUNG AT HEART SENIOR NEWS LETTER

206 Furnace St. Poultney, Vermont 05764

802 287-9200

Email: yahsc@comcast.net

JUNE 2014

FOOT CARE AND BLOOD PRESSURE CLINICS

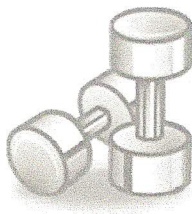
The monthly Foot Care Clinic will be on Friday, June 6th at 9:30. The cost is \$10.00. A Bayada nurse will check your Blood pressure for free between 11 and 12 before the Birthday Dinner on June 19th.

JUNE BIRTHDAY DINNER

The Young At Heart will be celebrating the June Birthdays with Dinner on the 19th. 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.

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.



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.

YOUNG AT HEART THRIFT STORE

Thanks to the hard work of all our Thrift Store volunteers, we've got lots of Spring and Summer clothing out on our shelves. Stop in and check out the great selection!

The new and used store is located on the lower level in the back of the Young At Heart building. The store is open Tuesday thru Friday, 9:00 am – 2:00 pm. (Closed from 12:00 -12:30 for lunch.)

