

YOUNG AT HEART SENIOR NEWS LETTER

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NOVEMBER 2014

NOVEMBER BIRTHDAY DINNER

The Young At Heart will be celebrating the November Birthdays with Dinner on the 20th. The sign-up sheet will be posted on the 10th. **Reservations required, cancellation notice appreciated.** 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.

FOOT CARE AND BLOOD PRESSURE CLINICS

The monthly Foot Care Clinic will be on Friday, November 7th, at 9:30. The cost is \$10.00. A Bayada nurse will check your Blood pressure for free between 11 and 12 on November 20th, before the Birthday Dinner.

FALL RISK SCREENING

Did you know that one-third of people over age 65 typically fall once or more each year, and that falls are the most common cause of injury for seniors? Dr. Tyler Arnett, PT, DPT (Source Physical Therapy, Poultney), will be at the Center on Friday, November 14th from 10 to noon. Dr. Arnett will be doing FREE fall risk screenings. Screening takes about 5 to 10 minutes per person.

NOVEMBER BOARD MEETING

The monthly Board meeting will be held on Wednesday, November 19th at 10:00 am. **Everyone is invited to attend our meetings**, but only members of the board are eligible to vote. The new board was voted in at the October meeting

Young At Heart Executive Board:

June West – President

Bob Buciak -- Vice President

Pat Beatty – Secretary

Midge Stephenson – Treasurer

Directors: (three year) John Thomas, Ernie DeMatties, Andy Donaghy; (two year) Geraldine Woodruff, Shirley

Brown, Ann DeBonis; (one year)

Patricia Panoushek, UnaJean Capman,

Barbara Pacyna.

Site Director: Kathy Hutson

