

Young at Heart is a meeting of St. John's seniors and retirees that meets once a month for early afternoon snacks, conversations and various speakers and programs. Recent meetings have included a travelogue of Greece, local speaker Chip Duncan's overview of the Veteran's Memorial Museum and Jesse Lloyd's showcase of Veterans Journey Forward. Veteran's Journey forward offers free counseling and activities for veterans of any age in the Twin Cities and east Lewis County area. Meetings also include table games and trivia, coffee and conversation.

YAH meets September – May with the summer months off. Meeting time is usually 1:30 the third Wednesday of the month. All seniors and guests are welcome.

