

GRAPEVINE

May 2017

Claire W. Teague Senior Center * 917 South Main Street * Great Barrington * MA 01230

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

Memory Café

The Memory Café sessions for April went really well but we hope more people can join us!! The next one will be on Thursday, May 18th from 2:00 pm– 3:30 pm with guest speaker Suzanne Mazzarelli, who also is an instructor here at the senior center. This café will give loved ones/ caregivers/ friends the chance to socialize, have fun and interact with others. Everyone is welcome!



Mother's Day Lunch & Music



On Thursday, May 11th we will have a special Mother's Day Lunch and Monarch Jazz Trio (featuring Mary Ann Palermo, Steven Elling and Glen Jubilee) will be performing during lunch. They play great jazz tunes from the 1930's to present. Please make sure to sign up for lunch at least 24 hours in advance if you are planning on attending lunch.

June Craft Fair

Calling all crafters!! We are looking for handmade items to be featured at our Annual Craft Fair. The Senior Center will be hosting the Craft Fair on Saturday, June 17th from 9:00 am to 3:00 pm at the senior center. Spaces are \$10.00 (\$12.00 for spaces w/ electricity). Set up will be on June 16th from 2:00 pm– 7:00 pm. Please call Polly at 528-1881 if you are interested in participating as a vendor or if you need an application.

*** A local acupuncturist will be visiting to see if there is any interest in his services on May 18th following lunch.**

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Mini Health Fair

Representatives from several Berkshire agencies will be at the senior center on Thursday, May 25th from 10:00 am to Noon to hold a Mini Health Fair. Staff from Tri-Town Health, Elder Services, Berkshire Visiting Nurse Association Physical & Occupational Therapy Dept and Berkshire Health Systems Rehab Dept will be in attendance. They will be performing the TUG test, making home assessments and referrals. The fair will be held in the dining room. Feel free to stop in to see what information they have to offer everyone!

Senior Medicare Patrol -Wed., May 31st at 10:30

This was originally planned to occur back in March but we had to reschedule due to the flood at the center.

Senior Medicare Patrol investigates errors, fraud and abuse of Medicare and Medicaid insurance. Healthcare errors, fraud and abuse cost you, as an American taxpayer, billions of dollars annually and may cost you your life or the life of a loved one. We are all responsible for being involved participants in our own healthcare. If you or someone you know has been subjected to questionable billing practices and/or deceptive marketing tactics related to healthcare, then this is the informative program for you.

A Senior Medicare Patrol representative will be visiting the center on **Wednesday, May 31st at 10:30 am**. If you are interested, please sign up or call 528-1881 and let us know you will be attending.

REGISTERED VOTERS, MARK YOUR CALENDARS!!



Great Barrington's Annual Town Meeting is on Monday, May 1st at 6:00 PM at the Monument Mountain Regional High School in the Auditorium. The Town Meeting Warrant can be found on the Town's website (www.townofgb.org) or can be viewed at the Town Clerk's office in the Town Hall.

Tap Fest 2017 *free*

On Saturday, June 3rd from 11:30 am-1:30 pm, come join the fun & fellowship for our 2nd annual event. Featuring the adult dance students of Carolyn Calandro and more! Finger foods and punch will be served at Noon. There be some special musical guests, a couple of surprise performances and a group Grand Finale! A raffle will conclude the event. For more info call 528-1881. This event is in part sponsored by a grant from the Great Barrington Cultural Council.



EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

- 10:00 AM- Pilates with Kathi (\$5.00)
- 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

- 9:30 AM- Easy Does it Yoga with Joanne (\$3.00)
- 5:30 PM- Tap Dancing: All Levels (\$5.00)

Thursday:

- 10:00 AM- Therapeutic Movement /Breathing Class with Suzanne (\$3.00)
- 4:00 PM- Misha's Advanced Class (\$10.00)

Friday:

- 9:00 AM- Tai Chi with Christine (\$3.00)
- 10:00 AM -Chair Exercises with Harriet (Free)
- 12:45 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)



- | | |
|-------------------------------|--------------------------|
| May 4 Suzannah Schiff-Holiday | May 18 Winifred Staunton |
| May 4 Linda Santos | May 18 Jesse Martin |
| May 4 Janet Bratteseni | May 21 Norton Fletcher |
| May 5 Maureen Avery | May 22 Eugene Kalish |
| May 6 Joy Pratt | May 23 Eileen Gaarn |
| May 8 Mary Camarato | May 25 Karen Berger |
| May 16 Peggy Sullivan | May 26 Jane Traver |
| May 16 Gary Leveille | May 27 Theresa Macchi |
| May 17 Wes Orlovski | May 31 Raymond Phillips |

HAPPY BIRTHDAY TO ALL!

Berkshire Traveler's TRAVEL CLUB

Baseball Game

We are taking a trip to Fenway Park for a game on June 25th to watch the Boston Red Sox play the LA Angels. The price for transportation (Yankee Trails) and a ticket is \$99. The details on this trip are on a sheet in the dining room along with the sign up sheet. For further questions please contact Maureen Avery (her number is on the sheet). It's going to be a great trip and we will have lots of fun!

Lunch, Goats, and an Orchard....Oh my!!!

On Friday May 26th, we will be dining at the Shaker Mill Tavern Smokehouse in West Stockbridge followed by a visit to meet and greet Polly's goats. The trip will end after a visit to Hilltop Orchard in Richmond where you



can buy their wonderful apples or great wines. The cost is \$5.00 per person plus lunch. Leaving center at 11:30 and returning at 3:00. Rain cancels the trip. Sign up is in the dining room.

Free Lunches!

Timberlyn East will be preparing 2 FREE lunches for the center in May as follows: Tuesday, May 2nd- Spaghetti with meat sauce, Tuesday, May 16th- Pulled Pork

Sign up is required. Hope you can join us!

The Senior Center will be closed on
Monday, May 29, 2017
for Memorial Day.
Have a great long weekend!

★ We would like to send out a huge
"THANK YOU"
to Fairview Commons for sponsoring
the Titanic program on April 19
AND
to Laurel Lake for providing lunch on April 13.

A NEW COLUMN TO APPEAR IN THE SENIOR CENTER'S MONTHLY GRAPEVINE:

"LETTERS TO THE EDITOR"



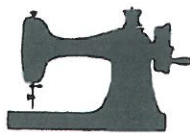
If anyone, in some way, has participated in what our Claire Teague Senior Center has to offer, be it a program, an activity, a special event, and even the lunches and other such meals, now is the chance to comment on your experience or participation in these happenings. Maybe there is a special person who is part of the Senior Center staff that deserves to be recognized. Now is your chance to express yourself as to what you do or do not like about our Senior Center and to make positive suggestions to this. What are the praises, thank you's, criticisms and anything else that you would like others to read in regards to our Center. We want to hear from you.

All letters **must** be signed and no anonymous or fictitious names will be accepted.

Place your comments in the "Letters to the Editor" box in the dining room on the sign up table. If sending an email, please send it to Jenn at jbailly@townofgb.org

"NEW"

Starting in May, the Bingo Room will be available for craft classes such as knitting, quilting, basket making, cards, wreaths etc. If you know of anyone who would like to lead a craft class or just need a space to make your craft, please let us know and we will work with you on the Bingo Room schedule. We have lots of donated yarns, quilting and sewing notions as well as three sewing machines available.



**"Jo's Simple Hand Crafts", Tuesday's
10:00 am- 11:30 am in the Bingo Room**

Dolmanisth Art Exhibit

Karen Dolmanisth is a versatile visual artist who works in many media— pencil, pastel, found objects and installations. Her work is currently on exhibit in the lobby of the center until May 30th. Her intuitive abstract style is derived from sound, light, color and concrete materials as well as energy, movement, rhythm and space. Feel free to stop by and check out her beautiful work!

90's Luncheon

We are moving the special lunch to celebrate everyone who is in their 90's to the month of June now (date TBD). If you have a family member or friend that you would like us to invite, please let us know. We would love to have them join us!



Community Garden

It is that time to make your reservations for the community garden. We have several plots available. If you are interested in one, please see Polly.

Grief Support Group

There is a Grief Support Group that meets at the senior center the third Wednesday of every month from 1:00 PM– 2:30 PM. No registration is required, you just need to show up. All are welcome!

Bill Shontz will be coming back to perform at the senior center on Tuesday, May 16th during lunch from 11:00 am to Noon. Hope you can join us for lunch that day. Pass the word for this wonderful performer!



“A Matter of Balance”

Just a reminder that the Matter of Balance classes will be starting on Tuesday, May 9th from 2:00 pm-4:00 pm. It will be every Tuesday & Thursday at the center until June 1st for a total of 8 classes.

Elder Services Lunch Menu

Elder Services is in the process of looking for a new nutritionist and that is the reason why the salt count is not currently on their menus. As soon as they hire a new one, the menu will have those numbers listed again. Thanks for your patience with this matter.

World War I Exhibit Featured at Mason Library

This April is the 100th anniversary of the United States entering World War I on April 6, 1917. The Mason Library is featuring a display curated by David Rutstein from his extensive World War I collection. The exhibit features contemporary items from this war, not only from America and its allies, but also includes the Central Powers of German and Austria-Hungary. The exhibit is highlighted by a propeller of Mordechai Levinson of the American Air Service with his war record stenciled onto this prop.

Another high point are Leslie's magazine covers depicting some of the most incredible propaganda illustrations of any periodical during the war. Mr. Rutstein has spoken extensively on World War I to historical societies and educational institutions including the Berkshire County Historical Society, the University of Bridgeport (CT) and he was a guest speaker at a Colorado State University's Fine Arts Series program on the topic of World War I propaganda.

He also organized World War I exhibits at the Berkshire Athenaeum in Pittsfield and the Western Gateway Heritage State Park in North Adams. This exhibit will run at the Mason Library through April and May.

“Bingo with a Kick”

Come join us for bingo and some light chair exercises on Tuesday mornings at 10:00 am starting May 2nd. It's a great way to have some fun and exercise all at the same time!

Council on Aging Open House

**We invite ALL to attend the
Council on Aging's Open House
at the Claire Teague Senior Center!**

On Saturday, May 20th from 12:00 pm - 2:00 pm

we will host an Oompah Band & lunch.

**David Rutstein will begin the event
with an introduction about the Council on Aging.**


Feel free to bring a covered dish for lunch or "just come" to have fun.

There will also be dancing and a 50/50 raffle.

Come check out the senior center and see what we're all about!



May 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Chicken Breast w/ Gravy 12:15 Movie: Young at Heart 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>2</p> <p>TIMBERLYN EAST-FREE LUNCH 8:45 Women to Women Discussion Grp 9-12 BARRINGTON AUDIOLOGY By Appt. 10:00 Bingo with a Kick 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Spaghetti w/ Meat Sauce 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>3</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Veal Parmesean 12:30 Pitch 4:00 Decorative Arts</p> <p>**WE ARE GOING BACK TO SERVING ELDER SERVICES MEALS ON WEDNESDAY'S STARTING MAY 3rd**</p>	<p>4</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Dominos 10:00 Therapeutic Breathing 11:30 LUNCH- Baked Breaded Pollock 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>5</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Beef Chili 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>8</p> <p>9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Salisbury Steak 12:30 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p>9</p> <p>8:45 Women to Women Discussion Grp 10:00 Bingo with a Kick 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Chicken Cacciatore 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>10</p> <p>9:30 Easy Does it Yoga 10:30-12:00 BCAC Fuel Assistance 11:30 LUNCH- Egg Salad 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts</p>	<p>11</p> <p>MOTHER'S DAY LUNCH & JAZZ TRIO 9:30 Vera's Painting Class 10:00 News & Views and Dominos 10:00 Therapeutic Breathing 11:30 LUNCH- Roast Turkey w/ Gravy 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>12</p> <p>9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chicken w/ Asparagus 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>15</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Macaroni & Cheese 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>16</p> <p>TIMBERLYN EAST- FREE LUNCH 8:30 Breakfast (See Flyer) 8:45 Women to Women Discussion Grp 10:00 Bingo w/ a Kick & Crossword Puzzle 10:00 Pilates with Kathi 11:00-12:00 BILL SHONTZ 11:30 LUNCH- Pulled Pork 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>17</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Meatloaf with Gravy 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts</p>	<p>18</p> <p>2:00 PM MEMORY CAFE 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 11:30 LUNCH- Chicken w/ Orange Sauce 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>19</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>22</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Shepherd's Pie 12:30 Ice Cream and Bingo 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>23</p> <p>8:45 Women to Women Discussion Grp 10:00 Bingo with a Kick 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Tuna Salad 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>24</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Soup & Sandwich 11:30-1:00 HOSPICE OF WESTERN & CENTRAL MA PRESENTATION 12:30 Pitch 4:00 Decorative Arts</p>	<p>25</p> <p>10:00-12:00 MINI HEALTH FAIR 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Beef Stew 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>26</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Cheeseburger 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p>
<p>29</p> <p>SENIOR CENTER CLOSED</p> 	<p>30</p> <p>8:45 Women to Women Discussion Grp 10:00 Bingo with a Kick 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Hot Dog w/ Roll 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>31</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Baked Trout 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>*Coffee Hour every day at 8:30 AM*</p>	<p>For more information or to schedule appointments call: 413-528-1881 ***** Lunch RSVP: 413-528-4118</p>

Elder Services of Berkshire County - Nutrition Program

MAY 2017

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Breast w/Gravy Mashed Potatoes Carrots Oat Nut Bread Cold Spiced Apples	2 * FREE * <i>Timberlyn East Lunch</i> <i>Spaghetti w/Meat Sauce</i>	3 Veal Parmesan Penne w/Sauce Spinach Italian Bread Pineapple Tidbits	4 Baked Breaded Pollock Roasted Potatoes Corn 100% Wheat Bread Fruited Gelatin*	5 CINCO de MAYO Beef Chili Black Beans and Rice Cauliflower w/Pimiento Rye Bread Mixed Fruit
8 Salisbury Steak Roasted Potatoes Mixed Vegetables Multigrain Bread Fresh Apple	9 Chicken Cacciatore Egg Noodles Wax Beans Italian Bread Diced Peaches	10 Egg Salad Cream of Cabbage Soup Sugar Snap Peas Hot Dog Roll Apple Crisp	11 MOTHER'S DAY Roast Turkey w/Gravy** Mashed Potatoes Winter Squash Dinner Roll Vanilla Pudding*	12 Chicken w/Asparagus Brown Rice Pilaf Peas and Carrots 100% Whole Wheat Tropical Fruit Salad
15 Macaroni & Cheese Stewed Tomatoes Peas and Pearl Onions Oat Nut Bread Butterscotch Pudding*	16 * FREE * <i>Timberlyn East Lunch</i> <i>Pulled Pork</i>	17 Meatloaf w/Gravy Mashed Potatoes Green Bean Almondine Dinner Rolls Apricots	18 Chicken w/Orange Sauce Roasted Potatoes Mixed Vegetables Rye Bread Banana	19 Beef Stroganoff Egg Noodles Green Beans 12 Grain Bread Pineapple Tidbits
22 Shepherd's Pie Mashed Potatoes Winter Squash Whole Grain Biscuit Diced Peas	23 Tuna Salad Tossed Salad Pasta Salad Hot Dog Roll Blueberry Snack Loaf*	24 Chicken Piccata Wild Brown Rice Beets 12 Grain Bread Fresh Orange	25 Beef Stew Mashed Potatoes Broccoli Dinner Roll Vanilla Yogurt*	26 MEMORIAL DAY Cheeseburger Roasted Potatoes Peas and Mushroom Hamburg Roll Ice Cream*
29 Memorial Day Observed	30 Hot Dog w/Roll Vegetarian Baked Beans Coleslaw Peach Crisp	31 Baked Trout Roasted Potatoes Spinach 100% Whole Wheat Bread Mixed Fruit		

Dietary Information: All meals include 1% Milk

**Modifications for restricted sugar available

HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.



Flower Power



- | | | |
|----------|-------------|-----------|
| ASTER | HONEYSUCKLE | ORCHID |
| CROCUS | LAVENDER | PANSY |
| DAFFODIL | LILAC | SUNFLOWER |
| DAISY | LILY | TULIP |
| GERANIUM | MARIGOLD | VIOLET |

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Please return your completed word search to Jenn at the Senior Center. Thank you!

Name: _____