



GRAPEVINE

February 2019

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

Polly Mann Salenovich, Director ... Jennifer Messina, Assistant Director

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



Center: 413-528-1881

Dining Room: 413-528-4118

www.townofgb.org

Valentine's Day Party- Feb. 14

Bill Shontz is back to perform at the center for our party from 11:00-12:00. His saxophone music is wonderful, come check him out! There will be a raffle and prizes. Polly will be baking & serving hot buttered homemade bread which will be delicious.

There will also be a sneak preview of the **Age Friendly Berkshires** 12 minute video following the party and lunch. Don't miss this short video of our community making a better place for seniors. Heather Barbieri & Bruce Bernstein will be featured in this video.

If you would like to attend, please sign up on the sheet in the dining room.

FREE Lunch & Railroad Presentation- Feb. 12

GB Healthcare will be providing a **FREE** lunch on **February 12th** at 11:30 am. The meal is to be determined.

There will also be a special presentation/film after lunch on this day from Dick Towle about railroad safety. His program is both informative & educational. Mr. Towle has over 40 years experience in the fire, police and railroad industry.



He is looking for seniors who remember the former New Haven RR Berkshire line that hosted passenger trains. He needs volunteers to join him on Feb. 13 at Monument Valley MS to share these memories with the 5th graders and teach them about train safety and travel before interstates and jets were available. A sign up sheet is in the dining room for the lunch & presentation.

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The Great Barrington Council on Aging offers the following at the Senior Center:

- | | |
|-------------------------------------|-------------------------------|
| *Congregate Meals (Mon- Fri) | *Transportation through SBETC |
| *Exercise Classes | *Pain Workshop |
| *Genealogy Research (FREE) | *Support Groups |
| *Tax Preparation (FREE) | *Bridge/Pitch |
| *Health Insurance Counseling (FREE) | *Ping Pong |
| *Art Classes | AND MUCH MORE..... |
| *Resource Referral | ALL AGES ARE WELCOME! |

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 w/ Carolyn (\$5.00)

TUESDAY:

- 9:45 AM- Pilates for Osteoporosis Prevention with Kathi (\$5.00) **Challenging Class**
 9:45 AM- Move & Groove (\$3.00) **NEW* w/ Nadine*
 3:30 PM- Strength Training with Christine (\$3.00)

WEDNESDAY:

- 9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

THURSDAY:

- 9:45 AM- Move & Groove (\$3.00) **w/ Nadine Foster**
 10:00 AM- Therapeutic Movement Exercise/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 Ann (**Free**)
 12:45 PM- Beginners Tap Dancing (\$5.00)
 2:00 PM- Intermediate Tap Dancing (\$5.00)

ART CLASSES

Did you know that the senior center offers a couple of different art classes on a weekly basis?? We have different levels and styles of classes to suit most everyone's needs. Below is the class information. Feel free to stop in to one of the classes & see what they're all about.

- *NEW* Wed. at 12:30 pm "Painting w/ Margaret"**
Wednesday at 4:00 pm "Decorative Arts"
Thursday at 9:30 am "Vera's Painting Class"
Thursday at 1:00 pm "Art Class w/ Eunice"

If you have any further questions, please call the center at 528-1881

Many Thanks.....

A big THANK YOU to **Winnie Veretto** for her hard working sorting the many cards for our Bazaar. Winnie has spent a lot of time going through the cards & creating a very attractive display. Thank you Winnie!!

We would also to thank all the volunteers who helped out at the Saturday Bazaar, **Sue Farnum, Jeanne Holcomb & Anita Seile-Segura.**

Many thanks to **GB Healthcare** for our delicious monthly lunches they provide. We cannot thank you enough!!

WELCOME to our 2 new kitchen staff members, Sandra Larkin & Judy Corbett!!

The center is still offering FREE beginner piano lessons with Mary Warford.

If you are interested, please call the center at 528-1881.

CHANGE OF TIME

Please note that **News & Views** on Thursday mornings is going to start at **10:30 AM** from beginning in February.

HAPPY BIRTHDAY!!

- | | |
|----------------------------|-----------------------------|
| Feb. 2 Harriet Ebitz | Feb. 16 Maryellen Brown |
| Feb. 2 Dorris VanDeusen | Feb. 17 Marjory Gardella |
| Feb. 2 Beth Wilson | Feb. 17 Shirley Olds |
| Feb. 4 Donald Moulthrop | Feb. 18 Margareta Thaute |
| Feb. 4 Skip Johnson | Feb. 19 Ron Boibeaux |
| Feb. 4 Sandra Larkin | Feb. 20 Patricia Andrus |
| Feb. 6 Joan Wood | Feb.23 Norma Haight Colman |
| Feb. 7 Helen Maxwell | Feb. 23 Karen Skelton |
| Feb. 10 Helena Jennings | Feb. 25 Priscilla Moulthrop |
| Feb. 15 Anna Beining | Feb. 26 Frank Pothul |
| Feb. 16 Margaret Mansfield | Feb. 28 Tara Rahkola |

MELT Workshops

Instructor Joyce Peirce will be continuing with her "MELT Method" workshops at the center on Wednesday's from 12:15-1:15. There is a fee for the workshop but there is a sliding scale of \$0 -\$5. The simple self-treatments of MELT can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis & carpal tunnel syndrome. MELT balls will be provided for use during the workshop & are available for purchase. If you would like to attend, please sign up on the sheets in the dining room.



Painting w/ Margaret Buchte

Margaret is going to continue her Art Class in February but she is changing to **Wednesday's** at **12:30 pm** starting on **Feb. 6**. The class will be for 8 weeks. This is a stress-free & fun "Painting in Oils" class for all levels. You will create beautiful scenes of the seasonal Berkshire area in oils. Everyone paints at their own pace from their photo or a photo she provides. Demonstrations, talks and critiques provided. The fee is **\$3.00** per class. Please sign up on the sheet in the dining room.

The Great Barrington and the Sheffield Senior Centers are working together this year to bring you some great trips. The upcoming trips will be posted in both centers as well as future newsletters. Ideas are always welcome!

Knitting Group

We are looking for a Knitting Instructor to

come to the center for our newly formed knitting group. If you are interested, please call the center at 528-1881.



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Monthly Breakfast w/ Barbara Returns

Barbara Bailly will be preparing a monthly breakfast for us on the last Tuesday of every month at 8:30 AM starting **February 26th**. We are happy to have her back cooking for us! If you would like to attend, please sign up on the sheet in the dining room.

A Second Class by Nadine

She is adding another class to our schedule. It is a second **Move & Groove** class. It will be on Tuesday's from 9:45- 10:30 AM. The fee per class will be \$3. Class will begin on February 5th. Come check out her class!

Friday Movies

Our first feature movie in February is "First of May", with Andy Rooney & Julie Harris, and will be shown on February 15th at 12:30 pm. Popcorn will be served.



Our second feature is a 3 part Amazon Prime movie "The Jury". The highly publicized murder trial of a young Sikh student brings together 12 jurors who must survive the media circus and reach a verdict in this thoughtful and gripping mini-series. Featuring an all-star cast including Gerard Butler, Mark Strong, Julie Walters and Derek Jacobi. We will be showing this series on February 22, March 1 & March 8 at 12:30 pm.

Sign up sheets for these movies are located in the dining room.



Ping Pong is scheduled for Tuesday mornings at 9:00 AM however anyone can feel free to come in at any time and play. The only exception is during lunch (11:30-12:00) and Monday & Friday afternoons due to tap classes.

Ping Pong, Poker, Pitch & Painting are all offered on **Wednesday's** following lunch. Please see the menu for the great lunches for only a \$2.00 donation.

February 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881</p> <p>9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Shepherd's Pie 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>*Coffee Hour at Every Day at 8:30 AM*</p> <p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 9:45 Move & Groove *NEW* 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken Chow Mein 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>Lunch RSVP: 413-528-4118 ***** 24 hours in advance</p> <p>8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Baked Pollock Loin 12:15 MELT Pain Workshop 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>9:45 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:30 SHINE (by Appt.) 11:30 LUNCH- Homemade Meatloaf w/ Gravy 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Pulled Pork w/ BBQ Sauce 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Roast Turkey w/Gravy 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>GB HEALTHCARE FREE LUNCH</p> <p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 9:45 Move & Groove *NEW* 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- To Be Determined 12:15 RAILROAD PRESENTATION 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Veal Marsala 12:15 MELT Pain Workshop 12:30 Brown Bag 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>Veterans Eat For Free Today</p> <p>9:45 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 V-Day Party & Bill Shontz 11:30 SHINE (by Appt.) 11:30 LUNCH- Chicken Divan 12:15 Age Friendly Berk. Video 12:30 Canna Care Presentation 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p> 	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef & Pepper Casserole 12:00 Bridge 12:30 Movie & Popcorn- "First of May" 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>CLOSED</p> 	<p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 9:45 Move & Groove *NEW* 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Cheese Lasagna with Marinara 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Piccata 12:15 MELT Pain Workshop 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>9:45 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:30 SHINE (by Appt.) 11:30 LUNCH- Grilled Egg Patty w/ French Toast 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Moroccan Beef Stew 12:00 Bridge 12:30 Movie- "The Jury" (Part 1) 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts</p>
<p>9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Breaded Pollock 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>Breakfast with Barbara</p> <p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 9:45 Move & Groove *NEW* 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- White Chicken Chili 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Spanish Rice w/Hamburg 12:15 MELT Pain Workshop 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>Veterans Eat For Free Today</p> <p>9:45 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:30 SHINE (by Appt.) 11:30 LUNCH- Roast Pork w/ Gravy 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Moroccan Beef Stew 12:00 Bridge 12:30 Movie- "The Jury" (Part 1) 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts</p>

Elder Services of Berkshire County - Nutrition Program

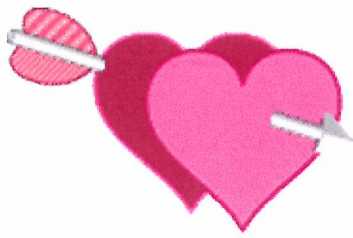
FEBRUARY 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Superbowl Friday Pulled Pork w/BBQ Sauce 296 Roasted Potatoes 6 Green Beans 3 Hamburger Bun 213 Diced Peaches 5 Calories: 629 Sodium: 648	
4 Shepherd's Pie 75 Mashed Potatoes 97 Broccoli Florets 22 12 Grain Bread 200 Strawberry Cup ** 0 Calories: 731 Sodium: 519	5 Chinese New Year! Chicken Chow Mein 59 Steamed Brown Rice w/Bulgur 44 Oriental Vegetables 21 Chow Mein Noodles 263 Pineapple Tidbits 1 Fortune Cookie 2 Calories: 654 Sodium: 515	6 Baked Pollock Loins 97 Scalloped Potatoes 20 Sliced Carrots 43 100% Whole Wheat Bread 138 Fresh Orange 0 Calories: 482 Sodium: 423	7 Home Made Meatloaf w/Gravy 270 Buttered Boiled Potatoes 13 California Blend Vegetables 56 Dinner Roll 27 Diced Pears 160 5 Calories: 732 Sodium: 656	8 Chicken Ala King 364 Steamed White Rice 3 Mixed Greens 149 WG Biscuit 440 Mixed Fruit 3 Calories: 721 Sodium: 1084	11 Roast Turkey w/Gravy* 617 Garlic Mashed Potatoes 33 Butternut Squash 48 Oat Nut Bread 230 Banana 1 Calories: 691 Sodium: 1054	12 <i>GIB Healthcare</i> <i>"FREE" Lunch</i> Calories: 967 Sodium: 903	13 Veal Marsala 499 Roasted Potatoes 6 Brussels Sprouts 68 12 Grain Bread 200 Fruit Cocktail 5 Calories: 967 Sodium: 903	14 Valentine's Day Chicken Divan 56 Sweet Potatoes 35 Peas & Mushrooms 180 12 Grain Bread 200 Black Forest Cake 335 Calories: 921 Sodium: 931	15 Beef & Pepper Casserole 109 Au gratin Potatoes 93 Italian Blend Vegetables 40 Oat Nut Bread 230 Tropical Fruit Mix 10 Calories: 629 Sodium: 607
18 <i>President's Day</i> CLOSED Calories: 588 Sodium: 842	19 Cheese Lasagna w/Marinara 391 Spinach 76 Italian Bread 230 Warm Fruit Crisp 20 Tossed Salad @ Meal Sites 0 Calories: 588 Sodium: 842	20 Chicken Piccata 376 Sweet Potatoes 35 Peas and Pearl Onions 34 100% Whole Wheat Bread 138 Mandarin Oranges 6 Calories: 583 Sodium: 714	21 Grilled Egg Patty w/ French Toast 105 Sausage Link 300 O'Brien Potatoes 165 Applesauce 27 14 Calories: 636 Sodium: 736	22 Moroccan Beef Stew 178 Boiled Potatoes 56 Broccoli 22 Dinner Rolls 160 Diced Pears 5 Calories: 675 Sodium: 546	25 Breaded Pollock Square 222 Roasted Potatoes 49 Brussels Sprouts 5 100% Whole Wheat Bread 138 Diced Peaches 5 Calories: 568 Sodium: 544	26 White Chicken Chili 416 Steamed Brown Rice 5 Broccoli 22 12 Grain Bread 200 Tropical Fruit Salad 10 Calories: 596 Sodium: 778	27 Spanish Rice w/Hamburg 142 Green Beans 3 Cauliflower w/Pimiento 17 Tortilla Shell 170 Apricots 10 Calories: 725 Sodium: 467	28 Roast Pork /Gravy 143 Mashed Potatoes 97 Harvard Beets 178 Oat Nut Bread 230 Sliced Apples 4 Sponsored in part by:  Calories: 662 Sodium: 777	

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium ***Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you.

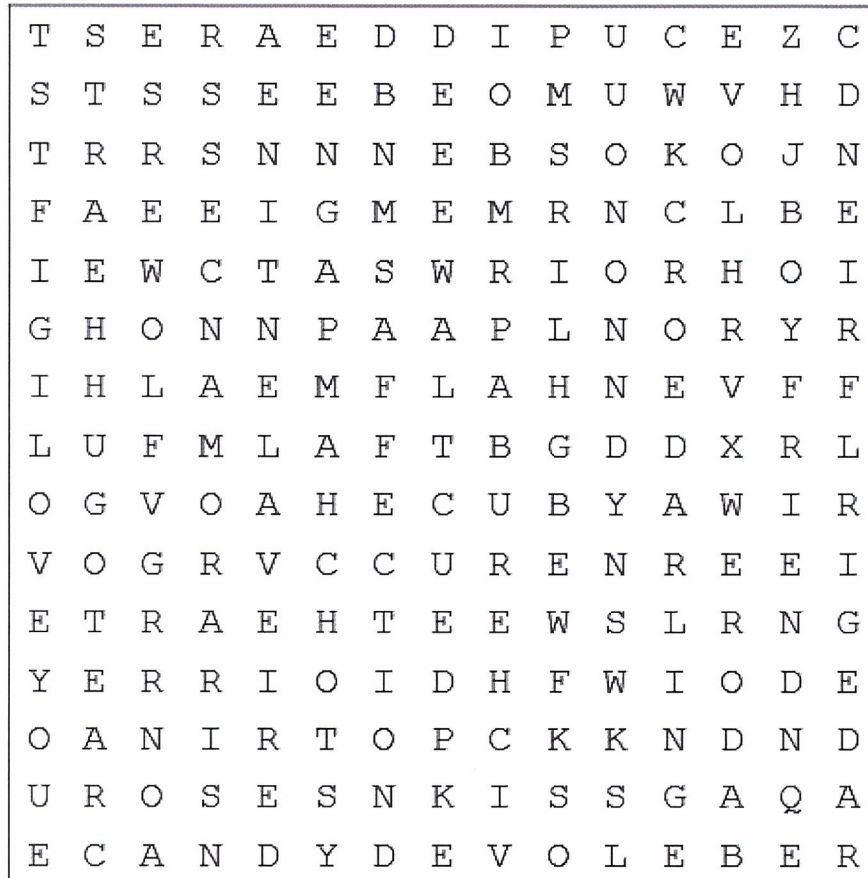
HOME DELIVERED MEALS: If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

Menu subject to change.



Valentine's Day

February 14th



ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



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

Name: _____