

SENIOR GRAPEVINE

November is here...

Claire W. Teague Senior Center

917 South Main Street
Great Barrington, MA 01230
Telephone 413-528-1881



... A MONTH FOR THANKSGIVING

6-Week Fall-Prevention Workshop by Porchlight VNA

Just in time to prepare for winter!

The first workshop will be held on **Wednesday, November 6** from **10:00** to **11:00**. Future workshops will be held **November 13, 20, 27, December 4 and 11**.

Please join us for any or all of the workshops! We'll have separate sign-up sheets for each date.



Art Show

We invite you to our **23rd Annual Art Exhibit** on **Wednesday, November 6**, from **2:00 PM** to **3:00 PM**. Refreshments will be served. Come meet our talented artists and enjoy their watercolors!

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BIRTHDAYS OF THE MONTH

Bruce Maxwell	11/7
John Avenia	11/9
Katie Kilmer	11/9
Virginia Farnum	11/12
Suzanne Gulbranson	11/13
Winona Harding	11/14
Paulette Johnson	11/14
Annie Bushka	11/16
Nora Hayes	11/17
Franziska Kenney	11/24
Fay Diamond	11/26
Carolyn Carr	11/27
Louise Sierau	11/27
Priscilla Rueger	11/29



The birthday lunch will be
Wednesday, November 6 at 11:30 AM.

IMPORTANT NOTICES!



We will be closed **Monday, November 11** in recognition of **Veterans' Day.**



Polly will be on a well-deserved **VACATION** **November 7 and 8!**

Have FUN, Polly!

Thank You...

Laurel Lake for bringing us a delicious lunch last month;

Sandy & Sandy for performing their wonderful music;

Town Planner Chris Rembold for joining us at lunch;

GB Rehab for providing prizes for our Halloween party;

Joan Ury for her introduction to Medicare changes for 2014;

VNA for holding a flu clinic here;

BCAC for helping with Fuel Assistance applications;

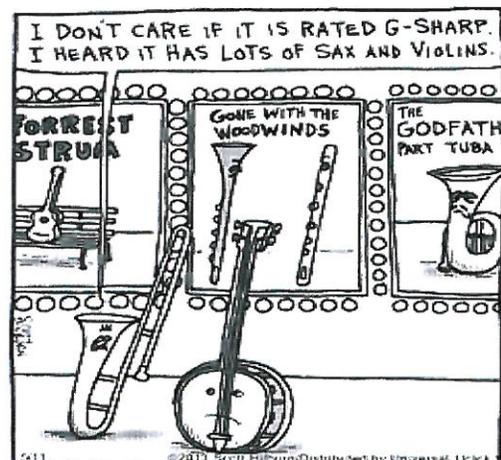
Officer Timothy Ulrich and Jori for their demonstration at our October AARP meeting;

MMHS Auto Mechanics class for evaluating our cars for winter;

Michelle Gilligan for the big bunch of pumpkins;

Linda Warner for the beautiful mums at our front door;

Great Barrington Police Dept. for helping institute the "Are You OKAY?" program.



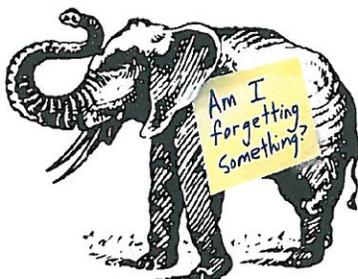
SPECIAL EVENTS

VETERANS' BREAKFAST*

Great Barrington Rehab invites veterans to a special breakfast on **Monday, November 11**. There will be a remembrance at 8:15 AM followed by breakfast.

* FREE to veterans and one guest.

B
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A
I



F I T N E S S

On **Thursday, November 14** from **10:00 AM to 11:00 AM**, a representative from *Epoch Assisted Living at Melbourne* will be here to introduce us to their **brain fitness program**. We encourage everyone to attend and learn some fun and challenging brain exercises to help keep you young! Sign up in the dining room.

Scam Alert!

If you receive a call and your Caller ID reads "**SENIORCW**" (from California 415-363-9589), the call can and should be **ignored**. The call will be regarding identity protection for seniors, 30 days of pet insurance, how to reduce credit card debt or possible interest in securing personal relationships.

Another **FREE LUNCH** from Fairview Commons!

Thursday, November 14 at **11:30**. **PLUS, Sandy & Sandy** will be back at **11:00!** Menu to be announced. Sign up in the dining room.



Sue Farnum will present her annual homage to the Pilgrims on **Friday, November 15** at **11:00 AM**.



AARP will meet on **Monday, November 18** at **2:00 PM**. A representative from Fairview Hospital will be speaking on diabetes.



The **Fall Concert and Luncheon** at Monument Mountain High School will be on **Thursday, November 21**, starting at **11:00 AM**. Please let us know by **Monday, November 18** if you'll need to ride in the van.



On **Tuesday, November 26**, we'll hear **SPECIAL MUSIC** from **2 AMIGOS**. We'll also raffle off the Christmas bunny, created by Jean Deming, that's on display in Polly's office. Tickets on sale now. **5 for \$1.00**. See Annie!

SPECIAL EVENTS

ARE YOU OKAY?

A new program will be available for Great Barrington and Housatonic seniors who live alone, are at risk of falling, have no family in the area, or simply need to feel safer.

The “**Are You Okay?**” program will be offered by the Claire Teague Senior Center in conjunction with the Great Barrington Police Department.

Each morning, the senior will receive a phone call. If there is no response to the call after several attempts, the caller will alert a family member or someone responsible for the senior. If all such attempts fail, the police will pay a visit to the senior’s home in order to ascertain if the person is OKAY.

The program begins in January, 2014. If you are interested in this service, please call Grace Zbell at 528-0230.

Thanksgiving Meal Offered



Thanksgiving meals will again be provided to seniors by the First Congregational Church in Great Barrington. Meals will be delivered to your home at **noon** on **Thanksgiving Day (11/28)**, at no charge.

Church members will happily provide your dinner, a card and a smile!

For more information, call Grace Zbell at 528-0230.



COMING SOON!

Chair Tap! Learn to tap dance while you sit! Please sign up if interested. We’ll then form the class. **\$3.00 each**. More info to come!



Our Holiday Party is coming up!

On **Wednesday, December 6** from **5:00 PM to 6:00 PM**, we are having a holiday party with complimentary dinner provided by Fairview Commons and special music by **Bittersweet**. Transportation will be provided.

The theme of the party will be “Sharing Holiday Traditions.” If you have a family tradition or a favorite holiday dish, please consider sharing your memories or the recipe. **Must be signed up by November 25th!**

SPOTLIGHT ON SENIORS

NEW this Month!

Because this is **YOUR** newsletter, we've added a page just for you! Jokes, recipes, household tips... **WHATEVER** you think will be useful, interesting or fun! Just see Annie with your ideas!

LOVE PASTA?

CAN'T LIFT THAT HEAVY POT OF BOILING WATER?

TRY THIS!

PUT 1 serving (or 1 lb.) of pasta in a 2 qt. pitcher.

FILL pitcher HALFWAY with water.

PUT pitcher in REFRIGERATOR.

STIR contents the next day.

Spaghetti & lasagna noodles need this so the top half gets into water.

LET SIT another day.

TO SERVE:

DRAIN & NUKE what you want to eat.

SAFER: no boiling water to lift

YOU SAVE:

TIME... no standing waiting for water to boil and cook.

MONEY ... no cooking fuel cost.... your refrigerator is always on.

WATER ... very little is discarded as most is absorbed.

A JOKE from

our very own Gizelle

Eleven people—10 men and 1 woman—were hanging on a rope, under a helicopter.

The rope was not strong enough to carry them all, so they decided that one had to leave; otherwise they were all going to fall.

They weren't able to choose that person until the woman gave a very touching speech.

She said that she would voluntarily let go of the rope, because, as a woman, she was used to giving up everything for her husband and kids or for men in general, and was used to always making sacrifices and receiving little in return.

As soon as she finished her speech, all the men started clapping!

Good Gardening! Tips from Bruce Maxwell

* The best time to till your garden is at the end of the season. The birds will eat the bugs.

*Pumpkins can be cut up and added to your compost pile.

ONGOING WEEKLY ACTIVITIES

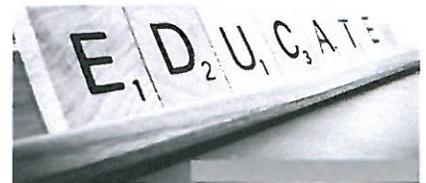
EXERCISE & MOVEMENT

Walkabout to Music—Monday, Tuesday, Thursday, 9:00 AM
 Awareness Through Movement—Monday, 10:00 AM
 Balance & Movement—Monday, 1:00 PM
 Strength Training—Tuesday, 4:00 PM
 Tap Dancing for Grown-ups—Wednesday, 9:00 AM
 Easy Does It Yoga—Wednesday, 9:30 AM
 Wii Games for Exercise—Wednesday, 10:00 AM;
 Thursday, 12:30 PM
 Tai Chi—Friday, 9:00 AM
 Chair Exercise—Friday, 10:00 AM



EDUCATIONAL

FREE Health Insurance Counseling (SHINE), Monday
 10:30 to 2:00 (by appointment)
 Computer Group Lessons—Tuesday, 12:15 PM
 Genealogy Class—Wednesday, 9:00 AM to 12:00 noon



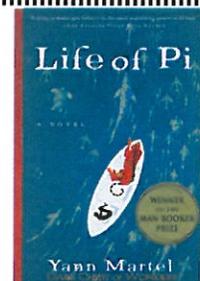
ARTS

Painting with Vera—Thursday, 9:30 AM
 Crafty Hands—Thursday, 12:00 noon
 Quilting Guild—Tuesday, 7:00 PM
 Holiday Handcrafts—Wednesday, 12:00 noon



BOOK CLUB

This month's selection is *Life of Pi* by Yann Martel.
 We will meet on **Monday, November 25 at 12:00 noon.**



MONTHLY EVENTS

- ❖ The **Out-to-Lunch Bunch** will be going to **Ena** on **Monday, November 18**, leaving the Senior Center at **11:30 AM**.
- ❖ **Brown Bag** will be distributed on **Wednesday, November 13** between **12:30 PM** and **3:00 PM**.
- ❖ The **Women's Cancer Support Group** will meet **Thursday, November 14** from **4:00 PM** to **5:30 PM**.
- ❖ The **November Veterans' Lunch** will be on **Thursday, November 14**.
- ❖ **Caregivers' Support Group** will meet on **Wednesday, November 20** from **1:00 PM** to **2:30 PM**.
- ❖ **Blood Pressure Clinic** will be on **Thursday, November 21**, from **12:00 noon** to **1:30 PM**.
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, November 27** at **1:30 PM**.
- ❖ **Hearing Aid Assistance by Avada: Tuesday, November 5**, by appointment. (413) 442-0184.
- ❖ **Foot Nurse: Friday, November 8** and **Friday, November 15** from **9:00 AM** to **1:30 PM** by appointment. Cost **\$35.00**.

IMPORTANT SCHEDULE CHANGES FOR NOVEMBER

- ❖ The **Women's Cancer Support Group** will meet **NOT** meet on **Thursday, November 28**.
- ❖ **Blood Pressure Clinic** will be held on the **3rd Thursday** instead of the 4th.
- ❖ **Foot Nurse** will be here on **Friday, November 15** instead of Monday, November 11.
- ❖ This month, the **Out-To-Lunch Bunch** will meet on **Monday, November 18**.



Does anyone have Christmas ornaments they don't want?
 We'd love you to donate them to our Sales table!
 (Clean, unbroken items only, please!)



**SOUTHERN BERKSHIRE ELDERLY
TRANSPORTATION CORP. (S.B.E.T.C.)**

Telephone (413) 528-4773, Monday through Friday from 8:00 AM to 4:00 PM.
S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: Great Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10. Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.

COUNCIL ON AGING

Barbara Bailly, Chair
David Rutstein, Vice Chair
Richard Needelman, Recording Secretary
Anita Diller, Treasurer
Alan Buckes
Eileen Gaarn
Michele Gilligan
Amy Rutstein
Grace Zbell

A Poem by Jack Kornfield

Reverse Living

Life is tough.

It takes a lot of your time,
all your weekends.

And what do you get at the end of it?
Death, a great reward.

I think the life cycle is all backwards.

You should die first, get it
out of the way.

Then you live twenty years
in an old age home.

You get kicked out when you are
too young.

You get a gold watch, you go to work.

You work forty years until you're
young enough to enjoy
your retirement.

You go to college, you party until
you're ready for high school.

You become a little kid, you play,
you have no responsibilities.

You become a little boy or girl,
you go back into the womb,

You spend your last nine months
floating.

And you finish off as a gleam
in someone's eye.

A TRIP FOR 2014!

The **Berkshire Travellers** will be going to **Atlantic City** for 3 days, from **February 18 to February 20, 2014.**



TRIP POLICY

1. Day trips must be paid in full in advance when you sign up. If you cancel at the last minute, we will refund your money **IF** there is someone on the waiting list to take your place.
2. You must make a deposit for overnight trips when you sign up. We will not wait for late arrivals at the departure place. You will not receive a refund if you miss the trip.
3. You must provide information as to your emergency contact person. Please have a list of your medications in case of emergency.
4. If you are handicapped, you must be accompanied by a caregiver to assist you.



Mr. Wizard Says...

“Let’s talk about email.”



Want to keep in touch with your daughter? Want to complain to a politician? It’s easy via email. You could call them on the phone, or you could write them a letter. But, these days, the most efficient way to communicate in writing is by sending an electronic mail, or ‘email’. Why is it the most efficient way? People may ignore their phone messages, or forget to open their mail, but **EVERYONE** checks their email almost every single day! If you want your message to be received, electronic mail is the way to go!

What’s email? It’s kind of like a Western Union telegram, except you don’t have to find a Western Union office, pay for it, then wait for someone at Western Union to send your message. You can send an email to anyone anytime, and they’ll get it almost instantaneously! All your recipient has to do is have an email address, and a computer, iPad or ‘smart phone’ to check their email with.

If you don’t know what email is, or how to send one, come join us geeks every Tuesday at 12:15 at the Claire Teague Senior Center. We’ll get you zapping messages around the world in no time. That’s a Mr. Wizard guarantee!

AS TIME GOES BY...

A Monthly Commentary On Local and Other Historical Events of Interest and Note

By David Rutstein

I'm back after a long summer hiatus and hope these columns are still of interest and relevant. Any comments and ideas are always appreciated. —David

The following observations are in two parts and are concerned with the very beginnings of the abolition of slavery in Massachusetts with a Great Barrington and a Sheffield connection. These comments are taken from a talk I gave last month to the Great Barrington Historical Society.

MUMBET: THE FIRST SLAVE TO BE FREED BY A COURT OF LAW- OR WAS SHE?



Part 1: Bet (Mumbet)

Slavery was legal in the thirteen colonies and also in the spanking brand new United States of America during the last decades of the 18th century. During this time period, there occurred a series of events that would bring about ultimately the complete abolition of the institution of slavery in the nation (as a curiosity, the southern slave states referred to this as "Our Peculiar Institution"). The origins of this has its beginnings in Massachusetts in which our Berkshires played a significant role. It's a well-known story of John Ashley and a slave of his, Bet. It's also about another slave, a contemporary of Bet, who was held in bondage in the Worcester area of Massachusetts.

Bet had no last name. She could not read or write but was intelligent and applied reason and common sense to that which she heard to make her question why she was being held in bondage by another human being.

AS TIME GOES BY... (continued)

From the 1760's into the 1770's she heard talk about taxes or duties being imposed on the colonies by the British Parliament. And since the colonies had no representatives in Parliament, they began to question the legality and purpose of these laws. Sheffield drew up a list of grievances in 1763 addressed to Parliament and the Crown. Then there was the *Declaration of Independence* of 1776 and in 1780, Massachusetts ratified its first state constitution.

All these documents contained words such as the equality, freedom, and liberty of men or mankind. Bet, using her own reason, began to question her condition of lifelong servitude and since she considered herself a part of mankind, then why was she still the property of another human being.

After an incident in which John Ashley's wife hit Bet with a red-hot oven shovel, that would prove to be the catalyst she needed to declare her freedom from the Ashleys. She ran away to the Sheffield home of the lawyer Theodore Sedgwick, and she expressed to him reasons why she should be a free woman based upon what she had heard over the years. Sedgwick agreed and represented her in court in her suit for freedom. He based his argument on the "All men are born free and equal..." clause of the "Declaration of Rights" of the 1780 state constitution. Her plea for freedom took place August 21, 1781 in the county courthouse which was located then in Great Barrington. The jury agreed with Sedgwick's contention and Bet was declared to be a free woman. To inform the world of her new status she changed her name to Elizabeth Freeman. Thus it is thought that Bet was the first slave to be freed by the justice system. Or was she?

Find out in the December Grapevine: Part 2



The BRAIN GAME

word for **NOVEMBER** is

PRISCILLA

(as in "Alden")



Make as many words as you can using *only* the letters in this word. Write them down, sign your name, tear off this page and hand it in to Annie. We'll announce the winner at lunch on Wednesday, November 27. GOOD LUCK and HAVE FUN!

November 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p> Veterans Day IS NOVEMBER 11</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Stuffed Pepper Casserole 1:00 Balance & Movement</p>	<p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Sweet & Sour Meatballs 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild</p>	<p>8:30 Coffee 9:00-11:30 Genealogy by App't. 9:30 Easy Does It Yoga 10:00 Fall Prevention 11:30 Birthday Lunch—Baked Chick. Breast 12:00 Holiday Handcrafts 12:30 Cards 4:30 Decorative Ptg. w/Liz</p>	<p> THANKSGIVING DAY IS NOVEMBER 28</p> <p>8:30 Coffee/Bagels 9:00 Bingo 9:30 Painting with Vera 10:30 Pet Therapy NEW! 11:30 Lunch—Beef Barley Soup; Egg Salad 12:30 Poker, Majhong, Wii Rummikub</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Hot Dog 12:30-3:30 Bridge</p> <p>8:30 Coffee 9:00-1:30 Foot Nurse by App't. 9:00 Tai Chi 10:00 Chair Exercise 10:30-2:00 SHINE By App't. 11:30 Lunch—Roast Pork w/Gravy 12:30-3:30 Bridge</p>
<p>11 VETERANS' DAY</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Chicken Parmesan 11:30 Out to Lunch Bunch — Ena 12:00 Book Club 2:00 AARP Mtg. 1:00 Balance & Movement</p>	<p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Chicken Cacciatore 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>8:30 Coffee 9:00-11:30 Genealogy by App't. 9:30 Easy Does It Yoga 11:30 Lunch—Beef Stew 12:00 Holiday Handcrafts 12:30-3:00 Brown Bag 12:30 Cards 4:30 Decorative Ptg. w/Liz</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 14 9:30 Painting with Vera 10:00 Brain Fitness 10:30 Pet Therapy NEW! 11:30 Fairview Commons FREE Lunch 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub</p>	<p>8:30 Coffee 9:00 Tai Chi 9:00-1:30 Foot Nurse by App't. 10:00 Chair Exercise 10:30-2:00 SHINE By App't. 11:30 Lunch—Meatloaf 12:30-3:30 Bridge</p>
<p>18 CLOSED</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Chicken Parmesan 11:30 Out to Lunch Bunch — Ena 12:00 Book Club 2:00 AARP Mtg. 1:00 Balance & Movement</p>	<p>8:30 Breakfast 9:00 Bingo 19 10:00 Crossword Club 11:30 Lunch—Veal/Pepper/Onions 12:00 Bingo, Cards, Bridge 12:15 Computer Class 2:00 Triad Meeting 4:00 Strength Training</p>	<p>8:30 Coffee 9:00-11:30 Genealogy by App't. 9:30 Easy Does It Yoga 11:30 Lunch—Baked Fish 12:30 Cards 1:00-2:30 Caregivers' Support Group 4:30 Decorative Ptg. w/Liz</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 21 9:30 Painting with Vera 10:30 Pet Therapy NEW! 11:00 MMHS Fall Concert & Lunch 11:30 Lunch—THANKSGIVING MEAL! 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Cheeseburger/Soup 12:30-3:30 Bridge</p>
<p>25 CLOSED</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Barbecued Beef 1:00 Balance & Movement</p>	<p>8:30 Coffee 9:00 Bingo 26 10:00 Crossword Club 11:00 Two Amigos 11:30 Lunch—Baked Ham/Raisin Sauce 12:00 Bingo, Cards, Bridge 12:15 Computer Class 1:30 COA Board Meeting 4:00 Strength Training</p>	<p>8:30 Coffee 9:00-11:30 Genealogy by App't. 9:30 Easy Does It Yoga 12:00 Holiday Handcrafts 11:30 Lunch—Goulash 12:30 Cards</p>	<p>THANKSGIVING DAY CLOSED</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—PIZZA! 12:30-3:30 Bridge</p>

NOVEMBER 2013 MENU

Menu subject to change without notice

*Modification for sugar restricted diets

**High sodium foods

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 Stuffed Pepper Casserole Sliced Beets Broccoli Cuts 100% Whole Wheat Bread Apple</p> <p>cal: 510 sod: 528 fat: % 24</p>	<p>5 Sweet & Sour Meatballs Buttered Noodles Spinach Multigrain Bread Pears</p> <p>cal: 757 sod: 1184 fat: % 28</p>	<p>6 Baked Chicken Breast Mashed Potatoes Winter Blend Vegetables Oatmeal Bread *Chocolate Pudding w/ Topping Tossed Green Salad (Cong)</p> <p>cal: 757 sod: 651 fat: % 25</p>	<p>7 Beef Barley Soup Egg Salad Green Beans Wheat Hot Dog Roll *Peach Cobbler</p> <p>cal: 559 sod: 497 fat: % 40</p>	<p>1 **Hot Dog Baked Beans Cole Slaw Hot Dog Roll Apple Crisp</p> <p>cal: 1144 sod: 1248 fat: % 42</p>
<p>11 VETERAN'S DAY</p>	<p>12 Chicken Cacciatore w/Mushrooms Rice Pilaf Green Beans 100% Whole Wheat Bread Orange</p> <p>cal: 568 sod: 528 fat: % 20</p>	<p>13 Beef Stew Boiled Potatoes Corn w/ Pimento Biscuit Peaches</p> <p>cal: 734 sod: 968 fat: % 24</p>	<p>14 Macaroni & Cheese Stewed Tomatoes Sugar Snap Peas Italian Bread Applesauce</p> <p>cal: 660 sod: 903 fat: % 27</p>	<p>15 Meatloaf w/ Tomato Sauce Garlic Mashed Potatoes Peas with Mushrooms Multigrain Bread *Fruited Jello w/ Topping</p> <p>cal: 700 sod: 688 fat: % 34</p>
<p>18 Chicken Parmesan Spirals with Sauce Broccoli Italian Bread Banana</p> <p>cal: 746 sod: 710 fat: % 30</p>	<p>19 Veal w/ Peppers & Onion Parslied Noodles Mixed Vegetables Multigrain Bread Pineapple</p> <p>cal: 697 sod: 1095 fat: % 28</p>	<p>20 Baked Fish Red Potatoes Brussels Sprouts au Gratin 100% Whole Wheat Bread Applesauce</p> <p>cal: 483 sod: 573 fat: % 20</p>	<p>21 Thanksgiving Meal Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Dinner Roll *Pumpkin Pie</p> <p>cal: 955 sod: 910 fat: % 34</p>	<p>22 Cream of Cabbage Soup Cheeseburger Tater Tots Wheat Hamburger Roll Peaches</p> <p>cal: 809 sod: 561 fat: % 35</p>
<p>25 Barbecue Beef Garlic Mashed Potatoes Wax Beans Rye Bread Mixed Fruit</p> <p>cal: 676 sod: 700 fat: % 39</p>	<p>26 **Baked Ham w/ Raisin Sauce Sweet Potato Sweet & Sour Red Cabbage Rye Bread Applesauce Tossed Green Salad (Cong)</p> <p>cal: 524 sod: 890 fat: % 11</p>	<p>27 Goulash Broccoli Harvard Beets Multigrain Bread *Vanilla Pudding w/ Topping</p> <p>cal: 799 sod: 950 fat: % 27</p>	<p>28 THANKSGIVING HOLIDAY</p>	<p>29 PIZZA</p>

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-961-5201

All contributions are returned to the community toward the cost of nutrition programs and services.

Sign up in the dining room or call 413-528-4118 the day before to reserve your seat for lunch. Thanks!