

SENIOR GRAPEVINE



Claire W. Teague Senior Center

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

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



MAINE TO GEORGIA

On **Monday, February 10** at **12:00 noon**, **Dee Smith** will present a slide show of her trek along the entire Appalachian Trail, ***all 2174 miles of it!*** If you'd like an armchair tour of one of America's most special wilderness areas, and you care about protecting its fragile beauty, please join us.



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SPECIAL EVENTS

MONTHLY MOVIE



By request, we have changed the day and time of our movie. This month's movie will be shown on **Monday, February 3 at 12:00 noon**. Come see the career of this remarkable baseball player unfold.

NEW CLASS!

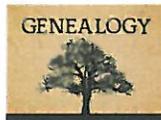
SENIORS CROSS-FITNESS

Weekly class starts on **Monday, February 3 at 9:15 AM**, with instructor Misha Forrester. Cost: \$3.50/class. All are welcome, regardless of fitness level.



SING ALONG WITH SUE

On **Tuesday, February 4 at 11:00 AM**, Sue Farnum will lead a sing-along! So bring your best (or even your worst) voice and share the songs everyone loves!



Ever wonder who your ancestors were? Make an appointment with Steve Strommer, our genealogist, to find out! **Wednesdays from 9:00 AM to 11:00 AM. And it's FREE!**



On **Thursday, February 6 at 12:00 noon**, Barbara Coons will educate us on the harsh reality of heart disease in women. Sign up in the dining room.

AARP® MEETING

Please join the group on **Monday, February 10 at 2:00 PM**. Guest speaker will be Jessica Krupski from Berkshire Bank. She'll explain what you need to know about reverse mortgages. We will also have a 50/50 raffle to benefit our scholarship fund. Refreshments following the meeting.

THE PUBLIC IS WELCOME TO ATTEND!



Valentine Treat!

The New Marlborough Kindergarten Class will visit us on **Tuesday, February 11** during lunch! They will read their special Valentine's Day cards to all seniors who are present. Sure to put a smile on your face!



SPECIAL EVENTS

Valentine's Day Party!

Thursday, February 13

11:00 AM to 12:30 PM

♥ Music by Doug Smolze ♥

♥ **FREE** Lunch provided by ♥
Laurel Lake

♥ **Prizes** for best dancers! ♥

Come on and have a good time with your honey and your friends.

Dance your little hearts out if you'd like! Wear your best red outfit! Menu includes: chicken marsala, green beans, mashed potatoes, rolls and a special Valentine dessert!

Sign up in the dining room!

Maximum 70 diners.



The Hermit of the Berkshire Valley, George Clinton Crosby and his Guns



GEORGE C. CROSBY
The Hermit of the Berkshire Valley
(From a Photograph by James A. Crockett, 1935, F.A.O. of the Berkshire Trust)

On **Wednesday, February 19 at 7:00 PM**, the Great Barrington Historical Society will sponsor a presentation about this little-known eccentric from the late 19th century. George Clinton Crosby lost his only love, Alice, while apprenticing as a gunsmith. He returned to Great Barrington and became a hermit, living on the edge of East Mountain, making his living as a gunsmith and a hunting guide. Come and learn about the man, his story and the very accurate target and hunting rifles that he built. **Some of his rifles will be on display.**

Suggested donation: \$5 at the door.

Questions? Call Debbie at 413-579-1457

SPECIAL EVENTS



PROTECT YOURSELF AGAINST FRAUD!

Rising incidents of scams targeting older adults present an enormous threat to seniors' security, both financially and emotionally. On **Friday, February 21 at 1:00 PM**, Bonny DiTomasso from Elder Services, will offer advice on how to stay safe from internet and identity fraud.

FEBRUARY



This month's raffle prize is a discount savings booklet **valued at \$20.00**. Hundreds of coupons to use throughout the year for deals on dining, shopping, movies, etc. Tickets are **25 cents each or 5 for a dollar**. Winner will be announced at lunch on **Thursday, February 27**.



was a GREAT success last month! So, we're offering it again in February. Come join the weekend fun on **Saturday, February 22 from 12:00 noon to 3:00 PM**.

NEW! NEW! NEW!

Twice a month, Great Barrington Rehab will provide a van for any seniors who would like to visit their residents. Details coming soon. Take advantage of this chance to check up on, share a few minutes or just say hello to someone there. We are looking for a name for this visiting group. Any suggestions?



TAP DANCE PERFORMANCE

by our very own tappers! **Monday, February 24** during lunch. Includes both regular and chair dancers.

IMPORTANT ANNOUNCEMENT ABOUT THE BROWN BAG PROGRAM

The Hatfield Food Bank has informed us that, beginning this month, any participant in the program who fails to pick up their brown bag more than 3 times will be removed from the list.

Thank You

Cory and Lee from the Great Barrington town crew for the fabulous transformation of our bingo room!



Folks from Devonshire for sharing info about their community and the delicious crème brulee dessert!

Great news about our Christmas Boutique!

Thanks to your generous and lovely donations, and your purchases, we cleared \$400 for the Senior Center!

HOUSING REPAIR/REHABILITATION SURVEY

Don't forget to fill one out and put it in the box located at the check-in station!



REMINDER!

The Senior Center will be **CLOSED** on **Monday, February 17** in honor of Presidents' Day.



Harriet Ebitz	2/2
Don Moulthrop	2/4
Bruce Bernstein	2/4
Helen Maxwell	2/7
Mary Elfers	2/9
Helena Jennings	2/10
Anna Beining	2/15
Margaret Mansfield	2/16
Marjory Gardella	2/17
Shirley Olds	2/17
John Tully	2/21
Otto Borsodey	2/22
Priscilla Moulthrop	2/25
Jane Brittingham	2/29

FREE birthday lunch for all celebrants will be on **Wednesday, February 5** at 11:30 AM. Call 413-528-4118 the day before to make your reservation.

A very special belated birthday wish to **Joe Tuzza** who turned **105** years old on January 19!



LET'S TALK TAXES *

TAX PREPARATION HELP

Free tax return preparation will be offered at the **Claire W. Teague Senior Center**, every **Wednesday from 9 AM to noon**, beginning **February 5** through **April 9**. The service is available to all middle- and low-income taxpayers with special attention to those aged 60 and older. *You must have an appointment! Call 528-1881* or stop by the office to sign up. *If you are unable to keep an appointment that you've scheduled, please let us know so that someone else can take your spot.*

NOTE: Unfortunately, those with rental income no longer qualify for this free service.



MORE TAX TIPS FOR SENIORS

- You and/or a spouse are eligible for a \$700 exemption if you turn 65 before the close of the tax year.
- Households with elderly or disabled dependents get a deduction of \$3600 for a single dependent and \$7200 for two or more dependents.
- Social Security payments received are not taxable in Massachusetts.

CIRCUIT BREAKER TAX CREDIT

This is a tax credit (up to \$1030) available to seniors 65 and older who pay more than 10% of their income on property taxes. Renters also qualify if 25% of their rent exceeds 10% of their annual income.

If qualified, each dollar of taxes or rent over 10% of income paid provides a credit on state income taxes. You must file a state tax return to claim the credit, even if you owe no taxes.

Basic eligibility requirements:

- Must be a MA resident, 65 or older;
- Must own or rent residential property in MA that is your primary residence;
- Annual income must be below \$55,000 (single, not head of household), \$69,000 (head of household), or \$82,000 (joint filers);
- May not be married, filing separately;
- Assessed property value must be below \$700,000 (before residential exemptions but after abatements);
- Must not receive a federal or state rent subsidy directly, or live in a property-tax exempt facility; and
- Must not be a dependent of another tax filer.

* This information is not intended to give tax advice, nor are we qualified to answer tax questions.

UPCOMING TRIPS



Field Trip!! St. Patrick's Day Party

Tuesday, March 4 at Chez Josef in Agawam, MA. \$76.00 per person includes:

roundtrip motor Coach, lunch at Chez Josef, gratuities and taxes, and wonderful Irish music, comedy and dancing!

Sign up in the dining room by February 18.

Questions? Call Grace Zbell

TRIP TO THE CIA

No, not *that* CIA! — The Culinary Institute of America in Hyde Park, New York.



Date: **Monday, April 7** for lunch and a tour of the complex. Details to follow...



**Barrington Stage
June 17**

Stay tuned for more information...

BRUCE'S GARDENING TIPS

As winter has us dreaming of warm weather, sunshine and green grass, Bruce Maxwell has the perfect remedy for the winter blues.

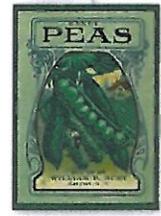
"Greetings my friends, Do you have the "grow bug" yet? It's spreading. Soon the outside temperatures will support a vigorous demand for new life.

Make your plans, select your vegetables and flowers. Research the planting tips in your catalogs and plan when to start your seeds indoors.

You may start some flowers now and vegetables later, as little as four to seven weeks before the last frost.

May your garden be bountiful!!"

~ Bruce



Next month Bruce will share more gardening wisdom with us!

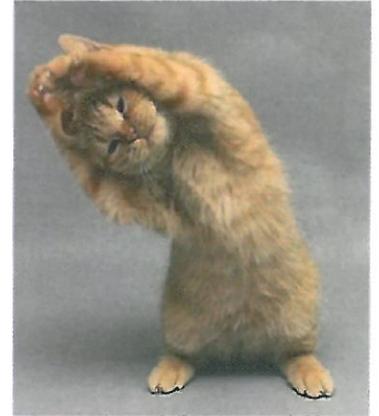
BOOK CLUB

This month's selection is "Hotel on the Corner of Bitter and Sweet" by Jamie Ford. We'll meet on **Monday, February 24 at 12:00 noon.**

ONGOING WEEKLY ACTIVITIES

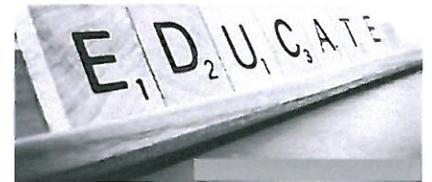
EXERCISE & MOVEMENT

NEW! Seniors' Cross Fitness—Monday, 9:15 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;
Monday, 2:30 PM (NEW!)
NEW! Chair Tap—Wednesday, 1:15 PM
Easy Does It Yoga—Wednesday, 9:30 AM
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)
Crossword Puzzle Club—Tuesday, 10:00 AM
Computer Group Lessons—Tuesday, 12:15 PM
Genealogy Class—Wednesday, 9:00 AM to 12:00 noon
NEW! Brain Exercise—Thursday, 10:30 AM



ARTS

Painting with Vera—Thursday, 9:30 AM
Crafty Hands—Thursday, 12:00 noon
Decorative Painting with Liz—Wednesday, 4:30 PM



MONTHLY EVENTS

- ❖ **NEW! Grief Support Group** will meet **Monday, February 10** and **Monday, February 24** from **5:30 PM to 7:00 PM.** 
- ❖ **Brown Bag** will be distributed on **Wednesday, February 12** between **12:30 PM** and **3:00 PM.** **NOTE: WE will hold bags for one day only.** 
- ❖ The **Women's Cancer Support Group** will meet **Thursday, February 13** and **Thursday, February 27** from **4:00 PM to 5:30 PM.** 
- ❖ **Veterans' Lunches** will be on **Thursday, February 13** and **Thursday, February 27** at **11:30 AM.** 
- ❖ **Caregivers' Support Group** will meet on **Wednesday, February 19** from **1:00 PM to 2:30 PM.** 
- ❖ **Blood Pressure Clinic** will be on **Thursday, February 27,** from **12:00 noon to 1:30 PM.** 
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, February 26** at **1:30 PM.** 
- ❖ **Hearing Aid Assistance by Avada:** **Tuesday, February 4, 10:00 AM to 12:00 noon,** by appointment. Call **413-442-0184.** 
- ❖ **Foot Nurse:** **Monday, February 10** and **Friday, February 14** from **9:00 AM to 1:30 PM** by appointment. Cost **\$35.00.** 
- ❖ **Quilting Guild** will meet on **Tuesday, February 11** at **7:00 PM.** 
- ❖ **Out -to-Lunch Bunch** will be going to **The East** on **Monday, February 10** at **11:30 AM.** 
- ❖ This month's **A.G.E. Triad** meeting will be on **Wednesday, February 12** at **2:00 PM.**

Check this out!

We now have an exciting new device called the "**Pocket Talker,**" compliments of The Friends of The Claire Teague Senior Center. The Pocket Talker is ideal for those who need hearing assistance in order to fully enjoy our events. Anyone interested in borrowing it can see Polly or Annie.

AS TIME GOES BY...

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

By David Rutstein

Two Familiar Personages That Attended Great Barrington Public Schools That Will Surprise You

(in two parts)

2. The Daughter Of W.E.B. Du Bois Attends School In Great Barrington

Oftentimes a student of history encounters conjecturable evidence without being able to document or verify the authenticity of such assumptions at hand. This is one of these times and involves Yolande Du Bois, the daughter of W.E.B. Du Bois.

Due to a major and vicious race riot in Atlanta, Georgia, on the night of September 22, 1906, Du Bois decided it would be safer if Yolande and his wife Nina spent the school year of 1906-07 in his birth town of Great Barrington. This race riot had been life-threatening to so many black people that Du Bois, a professor at Atlanta University, had armed himself with a shot gun to protect his family.

Du Bois had always been fond of his home town and even had Nina give birth to his two children in Great Barrington. His first born, Burghardt, had passed away before his second birthday in Atlanta (both of Du Bois' children, as well as his wife, are buried in the Mahaiwe cemetery) .

Upon arriving in Great Barrington, Nina and Yolande probably stayed with Du Bois' uncle Jim who may have been still living on East Street.

There were three grammar schools (which consisted of just grades 1-5) in walking distance of East Street. First, there was the North Street School consisting of grades 1-3 with about 35 students and two teachers (this school is now the Ahavath Sholom Synagogue); next the Belcher Square or Bung Hill School which was a so-called one room school house with grades 1-4 of about 20 pupils and one teacher; and last the William Cullen Bryant School with grades 1-5 with six teachers.

AS TIME GOES BY... (continued)

It is very probable that Nina chose to enroll five-year old Yolande in the first or second grade of the Bryant School, there being no kindergarten classes at that time.

Bryant School was a relatively new school only 17 years old. The school had an excellent reputation and consisted of six large class rooms. Her teacher would have been Bessie Amesbury who was a graduate of Albany Norman School (a two-year teacher's college) and taught first grade, or Katherine A. Maloney, a graduate of Westfield Normal School, who taught second grade.

The only known fact that is documented is that Yolande Du Bois spent the school year of 1906-07 attending a grammar school in Great Barrington. All the rest is assumption and conjecture that is very possibly true. Isn't history fun!

FILM REVIEWS

We thought it would fun and informative to have our monthly films reviewed by the audience. If, after reading the reviews, anyone would like a repeat showing of the movie, we can accommodate you.

For our January movie, *Invictus*, we have 2 reviews.

"Amazing lesson on forgiveness. Nelson Mandela after many years in a small cell unites South African citizens with the 1995 World Rugby game. Excellent acting by Morgan Freeman and Matt Damon. "

~ Grace Zbell

"Blacks and whites find a common component in the game of rugby, which brings them together as one nation. During Mandela's severe 30-year prison term, he found solace in the poem, "Invictus" which teaches that we are masters of our souls, are incomparable no matter what the circumstance. Consequently the team goes on to victory under impossible odds which brings the nation together. The Christian ethic which says 'Love your enemy' works."

~ John Peters

**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

***Mr. Wizard
Says...***

Let's Learn Ebay



A lot of people know that if you want to find something on the internet, you use Google to find it. But, did you know that there's a place where you can go not only to buy things, but sell your things as well? That place is www.ebay.com. How can you use Ebay if you're buying something, even from a local store? You can see what the item is selling for on Ebay, to see if the local price is around the same price, or not. What can you sell? For the guys, if you're ready to part with that Honus Wagner baseball card, how much should you sell it for? There's one for sale on Ebay right now for \$250, so you could sell yours somewhere around that price. For the ladies, if you have a Vintage crochet pattern, say Design # 787 for a Crocheted Cape, you could sell it now on Ebay for \$12.95. Just about anything you have at home, but don't really use anymore, could be sold on Ebay for cold, hard cash. The very items you don't use anymore may be just what someone else is looking for; and the Wizard speaks from experience! The best part is, it's so easy. If you have access to a computer, and can type in your name and address, that's about all that's necessary to open an Ebay account. You can buy or sell your items outright, or if you'd like to have even more fun, you can sell your items "auction style" & watch your customers fight over your stuff! To learn more about Ebay, and what else you can do with a computer, please join us every Tuesday at 12:15pm at the Center. You'll be glad you did!

FEBRUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30 Coffee 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Barbecued Beef 12:00 Monthly Movie 1:00 Balance & Movement 2:30 Tap Dancing NEW!</p>	<p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 10:00-12:00 Hearing Aid Service 11:00 Sing Along with Sue 11:30 Lunch—Oriental Chicken 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Birthday Lunch— Swedish Meatballs 12:30 Cards 1:15 Chair Tap NEW!</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Baked Ham 12:00 Heart Disease in Women 12:30 Poker, Majhong, Wii Rummikub 4:30 Misha's Advanced Exercise</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Macaroni & Cheese 12:30-3:30 Bridge</p>
<p>8:30 Coffee 9:00-1:30 Foot Nurse by Appt. 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Salisbury Steak 11:30 Out to Lunch—The East 12:00 Appalachian Trail Lecture 2:00 AARP Meeting 5:30-7:00 Grief Support Group NEW!</p>	<p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 11:00 Valentines with Kindergartners 11:30 Lunch—Hot Dog/Beans 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild</p>	<p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Beef Burgundy 12:30-3:00 Brown Bag 12:30 Cards 2:00 TRIAD Meeting</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:00-12:30 VALENTINE'S DAY PARTY! 11:30 Free Lunch from Laurel Lake 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:30 Misha's Advanced Exercise</p>	<p>8:30 Coffee 9:00 Tai Chi 9:00-1:30 Foot Nurse by Appt. 10:00 Chair Exercise 11:30 Lunch—Pork Roast /Gravy 12:30-3:30 Bridge</p>
<p>17 PRESIDENTS' DAY (CLOSED) </p>	<p>8:00 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Veal/Peppers/Onions 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Cream Cabbage Soup/ Egg Salad Sandwich 1:15 Chair Tap NEW! 1:00-2:30 Caregivers' Support Group 7:00 Historical Society Presentation</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Roast Turkey/Gravy 12:00-1:30 Blood Pressure Clinic 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:30 Misha's Advanced Exercise</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Lasagna 12:30-3:30 Bridge 1:00 Fraud Prevention Lecture</p>
<p>8:30 Coffee 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Cheeseburger 12:00 Book Club 1:00 Balance & Movement 5:30-7:00 Grief Support Group NEW!</p>	<p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Baked Fish 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Meatloaf 1:15 Chair Tap NEW! 1:30 COA Board Meeting 4:30 Decorative Ptg. w/Liz</p>	<p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Veterans' lunch—Lentil Soup/ Tunafish Sandwich 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:30 Misha's Advanced Exercise</p>	<p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Calico Beans/Sausage 12:30-3:30 Bridge</p>

FEBRUARY 2014 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barbecue Beef Scalloped Potatoes Peas & Pimiento Rye Bread Mixed Fruit	4 Chinese New Year (Jan. 31) Oriental Chicken Brown Rice Chinese Mixed Vegetables Multigrain Bread Pineapple *Fortune Cookie	5 **Swedish Meatballs Mashed Potatoes Buttered Corn Oatmeal Bread *Chocolate Pudding w/ Topping	6 ** Baked Ham w/ Raisin Sauce Sweet Potatoes Sugarsnap Peas Sourdough Bread Pears	7 Macaroni & Cheese Tomato Medley Green Beans 100% Whole Wheat Bread Peaches
10 Salisbury Steak Boiled Potatoes Winter Blend Vegetables Oatmeal Bread Mixed Tropical Fruit	11 **Hot Dog Baked Beans Coleslaw Hot Dog Roll Applesauce	12 Beef Burgundy w/ mushrooms Buttered Noodles Broccoli Multigrain Bread Banana	13 Baked Chicken Breast Wild Rice Blend Spinach 100% Whole Wheat Bread *Vanilla Pudding w/ Topping Tossed Green Salad (Cong)	14 Valentine's Day Roast Pork w/ Gravy Rosemary Potatoes Mixed Vegetables Dinner Roll *Valentine Cupcake
17 PRESIDENT'S DAY	18 Veal w/ Peppers & Onions Ziti w/ Sauce Green Beans Oatmeal Bread Orange	19 Soup & Sandwich Cream Cabbage Soup Egg Salad Stewed Tomatoes Hamburg Roll Apple Crisp	20 Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Rye Bread Mixed Fruit	21 Lasagna w/ Meat sauce Mixed Greens Carrots Italian Bread *Butterscotch Pudding w/ Topping
24 Cheeseburg Tater Tots Peas & Pearl Onion Hamburg Roll Apple	25 Baked Fish Parsiled Potatoes Beets 100% Whole Wheat Bread Pears	26 Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Summer Squash Blend Multigrain Bread Mixed Fruit Tossed Green Salad (Cong.)	27 Soup & Sandwich Lentil Soup Tunafish Sandwich Braised Red Cabbage Hot Dog Roll *Peach Charlotte	28 Calico Beans w/ Sausage Brown Rice Pilaf Mixed Vegetables Oatmeal Bread Pineapple

If you will not be home... PLEASE!

All cor

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



The **BRAIN GAME**
word for February is
CUPID



Make as many words as you can using *only* the letters in this word. A letter can be used *only* as many times as it appears in the word above. Please use only your brain, not a computer! Write them down, sign your name, tear off this page and hand it in to Annie.

We'll announce the winner at lunch on **Thursday, February 27.**

GOOD LUCK and HAVE FUN!