

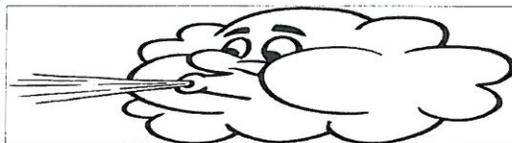
GRAPEVINE

Claire W. Teague Senior Center

917 South Main Street * Great Barrington * MA, 01230 * 413.528.1881

MARCH

2015



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

Dining Room: 528-4118 Transportation: 528-4773



With better weather coming—really, it is : *) - how about we gather a group and begin a monthly dinner outing? We can call ourselves the Gad-Abouts or if anyone is interested, we can throw some names into a hat and pull a new name out!

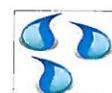
The first dinner is at Pleasant and Main on Wednesday, March 30th at 5:00. Let us know if you need transportation. \$15 for meal.

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WATER-WELLNESS AT THE KILPATRICK CENTER



Water Wellness is a Bonnie Prudden based aqua exercise program designed in particular for seniors. Theresa Decker, Exercise Therapist, teaches this program to promote fitness and ward off the effects of aging, inactivity and arthritis. The class includes work with weights, noodles and the therapeutic attributes that only water can provide for strength training, balance and flexibility.

The class is offered year round on Mondays, Wednesdays and Fridays at 11:00 a.m. for a \$3.00 fee and is co-sponsored by the Claire Teague Senior Center. *Pick up an application at Claire Teague to get a jump on it!*

* This program is financially supported by the senior centers from the towns of Great Barrington, New Marlborough, Alford, Egremont, and Mount Washington.





** Winter Closing policy—Check WSBS for “official” closure of Claire Teague. Go to station 860 AM and 94.1 FM. Announcements are made every 10 minutes from 6:00 AM until 10:00 AM and then at 50 minutes past the hour the remainder of the day.

** We’re continuing to collect “**Box Tops Education**” for Muddy Brook Middle School. Many thanks to those who brought some in!! Check out the top of your food boxes, clip the box top that is **dark pink/red** in color and says “**Box Tops Education**” and drop it in the container in the dining room.

** **Free tax return preparation** at Claire Teague Senior Center, Great Barrington **every Wednesday through April 8th from 9 AM to Noon**. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Call 528-1881 to schedule an appointment.

** To view the Grapevine online/in color go to: www.townofgb.org

WE NEED EVERYONES’ HELP... Please...

There are two things coming up re: healthy aging and services needed that everyone could surely help us with. **One** is a survey you can fill out in **paper form or online** and the **other** is a **focus group** that will take place after lunch and includes Strawberry Shortcake!!



SURVEY Info~

AGE FRIENDLY COMMUNITIES~ Berkshire County is aging faster than most of Massachusetts and our nation. This change in population requires that we all rethink what it means to get older in the Berkshires, and that we begin to take steps to prepare for this change. An **AGE-FRIENDLY COMMUNITY** is a way to help older adults remain health, active and engaged in their community for as long as possible.

PLEASE help us in our planning efforts by taking about 15 minutes to fill out a survey either online at

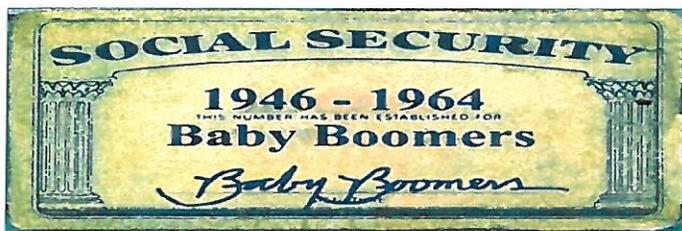
www.surveymonkey.com/s/

BerkshireAgeFriendly or in paper form that you can pick up at the senior center, the library, or town hall. If doing the **paper form**, please return it to **Claire Teague Senior Center**.

AND THEN THE FOCUS GROUP~

Be Well Berkshires is working together on a Mass in Motion healthy aging grant project. Part of this project is to conduct a focus group among the senior population in 4 of our 8 towns, and Great Barrington is included—yaaay! So, here’s the plan—On March 25th at high noon (!), once everyone has almost finished lunch, Bobbie Orsi with Mass in Motion will begin with a short Power Point presentation. She will then ask some questions of the group and then have a group discussion—all while eating some fabulous strawberry shortcake.





SOME OF THE ARTISTS FROM THE 60's ARE REVISING THEIR LYRICS TO ACCOMMODATE AGING BABY BOOMERS:

Herman's Hermits: *MRS. BROWN, YOU'VE GOT A LOVELY WALKER*

The Bee Gees: *HOW CAN YOU MEND A BROKEN HIP*

Bobby Darin: *SPLISH, SPLASH, I WAS HAVIN' A FLASH*

Ringo Starr: *I GET BY WITH A LITTLE HELP FROM DEPENDS*

Roberta Flack: *THE FIRST TIME EVER I FORGOT YOUR FACE*

Johnny Nash: *I CAN'T SEE CLEARLY NOW*

Paul Simon: *FIFTY WAYS TO LOSE YOUR LIVER*

Commodores: *ONCE, TWICE, THREE TIMES TO THE BATHROOM*

Marvin Gay: *I HEARD IT THROUGH THE GRAPE NUTS*

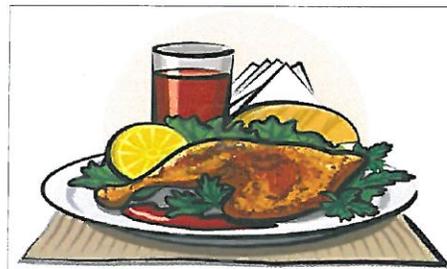
Procol Harem: *A WHITER SHADE OF HAIR*

Leo Sayer: *YOU MAKE ME FEEL LIKE NAPPING*

The Temptations: *PAPA'S GOT A KIDNEY STONE*

ABBA: *DENTURE QUEEN*

BERKSHIRE SOUTH REGIONAL COMMUNITY CENTER MONDAY NIGHT SUPPER



Are you interested in going to **Berkshire South Community Center** for their **Monday night Community Supper on Monday, March 30th**? If so, please let us know if you would be interested in attending and we will arrange for \$2.00 rides with SBETC for "pick ups!" at Brookside, Bostwick, and Beachtree Commons. The suppers are free, but donations are "gratefully accepted." Visit with neighbors and friends or meet new ones!



**IN SEARCH OF... SETBACK
CARD PLAYERS FOR TUES-
DAY AND WEDNESDAY**

**AFTERNOONS FROM 12 to 3:30. Sign-
up sheet in Dining Room.**



Emily Dickinson wrote: "My friends are my estate." Friendship is in the air! A few of our friends at Claire Teague have mentioned that they would like to meet new companions. If you are feeling like making new friends/companions, let Polly or Rita know and we can coordinate a special computer training to navigate social media sites.

LOOKING AHEAD...

~ Final AARP Chapter #89 meeting, March 9th @ 2:00 PM.

~ Barbara's and Virginia's Breakfast is Back! The third Tuesday of each month. Join us Tuesday, March 17th at 8:30. See sign-up flyer in dining room. (weather-permitting)

~ St. Patty's Day party Tuesday March 17th Ron Baker musician and 50/50 raffle.

~ Gizmo/Gadget—yes, another class scheduled for Tuesday, March 17th from 2—3pm.

~ Monthly dinner outing to Pleasant and Main on Wednesday, March 25th at 5. Let us know if you need transportation. \$15 for meal.

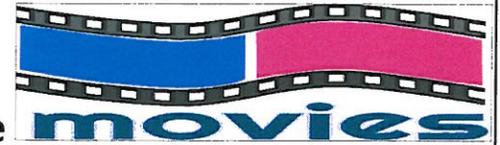
~ Winter BINGO and Subway sandwiches on Saturday: 3/28 from 12 until 3. See flyer for sign-up!!

~ Monday Night Community Supper at Berkshire South- Monday, March 30th, see pg. 3 for details.

Volunteers needed at the Claire Teague Senior Center for the following tasks:

~ Deliver groceries to seniors, please call Claire Teague Senior Center for more information.

~ Handyman to run a Repair Café once a month.



Monday at the

12:15 pm

March 2nd, "Keeping Mum" with Maggie Smith (2005— a very English piece of humour, well written and a lot of fun.)

April 6th, "A Good Year" with Russell

Crowe and Robert Finney (2006 British romantic comedy-drama film, set in London and Provence. Beautiful scenery.)

The Mac-Haydn Theatre

Stepping Out!!

The Mac-Haydn Theatre's 2015 season has been announced and is filled with great offerings for everyone. We are planning to attend at least two shows and will choose them by vote. The list will also be posted on the Sign-Up table in the dining room. By signing up, you cast your vote! Here is the list of shows upcoming:

The Baker's Wife May 21-24 & May 27-31

The Drowsy Chaperone June 4-7 & June 10-14

Rent June 18-21 & June 24-28

Hairspray July 2-5, July 8-12 & July 15-19

West Side Story July 23-29, July 29-Aug.2, & Aug. 5-9

The Producers Aug. 13-16 & Aug. 19-23

Thoroughly Modern Millie Aug. 27-30 & Sept. 2-6



Wednesday, March 4th is Birthday lunch free to all March birthday participants!

- 3rd Roberta Nussbaum**
- 3rd Rosemary Smith**
- 5th David Rosenberg**
- 7th Evelyn Race**
- 9th Gloria Davis**
- 11th Elizabeth Watson**
- 13th Dorothy Cronin**
- 14th Bruce Bailly**
- 16th Alice Olender**
- 16th Susan Peisner**
- 20th Barbara Bailly**
- 20th Rachel Shaw**
- 21st Agnes Walker**
- 21st Betty Pachulski**
- 23rd Mimi Hassett**
- 23rd Steve Strommer**
- 23rd Roseina Emprimo**
- 25th Lynn Stonebridge**
- 28th Alan Macy**



THANK YOU

To ~ The family of Nora Cowherd for donation in memoriam.

To ~ The Philip Consolini family for donation in memoriam.

To ~ Robert Sykes for donating his time for seated massage.

Alzheimer's Professional to Speak at Fairview Hospital: Fairview Hospital and the Alzheimer's Association will present a free program to support families dealing with Alzheimer's or other memory diagnosis on Tuesday, March 10th, from 5:30-7:00 in Fairview Hospital's Conference Room at 29 Lewis Avenue in Great Barrington.

Marcia McKenzie, Director of the Alzheimer's Association, Mass/New Hampshire Chapter, will offer valuable tips for maintaining, navigating and celebrating relationships with your spouse, parent or loved one in the face of a memory impairment diagnosis. Attendees are encouraged to bring questions for discussion and support.

For more information or to reserve your place, call the Community Relations Office at (413) 854-9609.

CLAIRE TEAGUE SENIOR CENTER SOON TO HAVE ITS OWN FACEBOOK PAGE

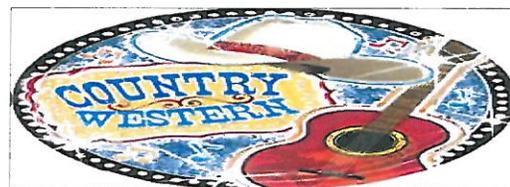
We will soon be able to show our faces off to our families and the public by letting others know that we are here and just what the heck we are up to at Claire Teague!! We have a collection of photos from various parties, etc. and will be using them on our Facebook page. **PLEASE** let us know if you would prefer that we didn't use your picture and we will abide by that.



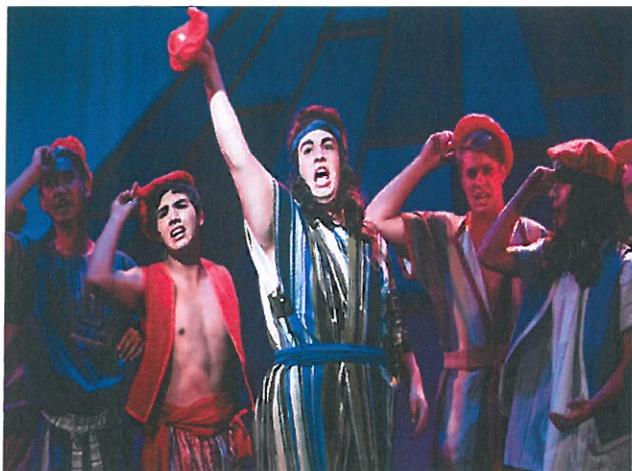
COMING TRIP ATTRACTIONS...

“Jerry’s Girls” Sunday, March 29th at the Ghent Playhouse in Ghent, NY (38 minute trip!). MAME! DOLLY! ZAZA! Just 3 of the larger than life ladies from Jerry Herman’s biggest Broadway hits—come meet all of Jerry’s Girls! \$22.00 admission. Handicapped accessible. Please pay in advance to secure seating. Checks made payable to Grace Zbell by March 9th.

Join us on **APRIL 16th** to the casino and a **Country Western Show at the Garden Arts Center**. The cost is \$69.00. We will be taking a big bus on this trip—yee-ha!!!



In September ~ A 3-day trip to Amish Country in PA. Joseph & Pennsylvania Dutch “The amazing Production Show Joseph” 3 Day Tour—September 16th-18th, 2015. Joseph’s story of forgiveness and integrity has made this Bible story a timeless truth, inspiring generations of men and women to walk uprightly in the midst of great temptation. Sight and Sound’s depiction of this classic story will magnify the many qualities that make this story appeal to all ages. Pick up the flyer at Claire Teague to discover all that it is included in this great trip and talk with Grace Zbell!



~MONTHLY EVENTS~

Monthly Movie ~ Monday, March 2nd 12:00-200 "Keeping Mum"

Grief Support Group will meet **Monday, March 2nd 5:30-7:00. Open To All.**

AVADA Hearing will be on site **Tuesday March 3rd** by appointment.

Low Vision Support Group Monday, March 9th 12:15 PM . If you need transportation, call 528-4773.

Quilting Guild will meet on **Tuesday, March 10th** at **7:00 PM.**

Brown Bag will be distributed on **Wednesday, March 11th** **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE. Brown Bag is** distributed every second Wednesday of the month .

This month's **TRIAD** meeting will be on **Wednesday, March 11th** at **2:00 PM.**

Blood Pressure Clinic with VNA , Thursday March 12th from **10:00 AM** to **11:00 AM.**

Barbara's and Virginia's Breakfast is Back! The **third Tuesday** of each month. **Join us Tuesday, March 17th** at **8:30.** See sign-up flyer in dining room. (weather-permitting)

Veterans - FREE Lunch - March 12th and 26th at **11:30 AM.**

Women's Cancer Support Group will meet **Thursday, March 12th** and **March 26th** from **4:00 PM** to **5:30 PM.**

Foot Nurse: Friday, March 9th and **Monday, March 13th** from **9:00 AM** to **1:00 PM** by appointment. Cost \$35.00.

Caregivers' Support Group will meet on **Wednesday, March 18th** from **1:00 PM** to **2:30 PM.**

Friends of Claire Teague meeting Wednesday, March 25th at **12:30 PM.**

This month's **Council On Aging Board Meeting** will be held on **Wednesday, March 25th** at **1:15 PM.**

AS TIME GOES BY...A Monthly Commentary on Local and Other Events of Historical Interest and Note....by David Rutstein will return in April.

WITH SO MUCH GOING ON IN THE WORLD... What's Your Take on the News?

SENIOR CENTER DISCUSSION GROUP

Kayla Mueller, Brain Williams, ISIS – articles, Congressional authorization against ISIS (6 months), Assad and Hezbollah- “The enemy of my enemy is my friend.”, Vaccinations – articles, Charlie Hebdo, Boko Haram, Ukraine...



JOIN DAVID RUTSTEIN FOR LIVELY DISCUSSIONS ON A VARIETY OF TOPICS: THURSDAY MORNINGS FROM 10 a.m. until 11 a.m.!

david81amy@roadrunner.com

“People believe what they want to believe and most things people believe in aren’t true.”

“Everybody is entitled to their opinion, but not their own facts.”

Senator Daniel Patrick Moynihan

“The first casualty in war is the truth.” Senator Hiram Johnson, 1917

~SIGN-UP SHEET IN DINING ROOM~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 8:30 AM Coffee Hour 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM SHINE 11:30 AM Lunch 12:15 PM Movie 1:00 PM Balance and Movement 2:30 PM Tap Dance 5:30 PM Grief Support	3 8:30 AM Coffee Hour 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM AVADA Hearing Aid Assistance 10:30 AM Crossword Puzzle 10:00 AM WII - Wed AM 11:30 AM Lunch 12:00 PM Bingo Tuesday PM 12:00 PM Bridge - Tuesdays 12:00 PM Cards 12:15 PM computer 12:15 PM Computer Class 4:00 PM Strength Training	4 8:30 AM Coffee Hour 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 11:30 AM BIRTHDAY LUNCH 12:00 PM Cards 4:00 PM Decorative Painting	5 8:30 AM Coffee and Bagels 9:00 AM Bingo Thursday AM 9:30 AM Painting with Vera 10:00 AM Brain word game 10:00 AM Discussion Group w/David 11:30 AM Lunch 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise	6 8:30 AM Coffee Hour 9:00 AM Tai chi 10:00 AM Chair Exercise 11:30 AM Lunch 12:00 PM Bridge 12:00 PM Computer Classes 12:15 PM Crafting 1:30 PM Beginner Tap	7
8	9 8:30 AM Coffee Hour 9:00 AM FT. Nurse MON. 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM SHINE 10:30 AM Sing Along 11:30 AM Lunch 12:15 PM Low Vision Support 1:00 PM Balance and Movement 2:00 PM AARP Meeting - Monthly 2:30 PM Tap Dance	10 8:30 AM Coffee Hour 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 10:00 AM WII - Wed AM 11:30 AM Lunch 12:00 PM Bingo Tuesday PM 12:00 PM Bridge - Tuesdays 12:00 PM Cards 12:15 PM computer 12:15 PM Computer Class 4:00 PM Strength Training	11 8:30 AM Coffee Hour 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Cards 12:30 PM Brown Bag 2:00 PM Triad Meeting 4:00 PM Decorative Painting	12 8:30 AM Coffee and Bagels 9:00 AM Bingo Thursday AM 9:30 AM Painting with Vera 10:00 AM Blood Pressure Clinic VNA 10:00 AM Brain word game 10:00 AM Discussion Group w/David 11:30 AM Lunch 11:30 AM VETERANS LUNCH 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise 4:00 PM Women CA Suprt.	13 8:30 AM Coffee Hour 9:00 AM FT. Nurse FRI. 9:00 AM Tai chi 10:00 AM Chair Exercise 11:30 AM Lunch 12:00 PM Bridge 12:00 PM Computer Classes 12:15 PM Crafting 1:30 PM Beginner Tap	14
15	16 8:30 AM Coffee Hour 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 11:30 AM Lunch 1:00 PM Balance and Movement 2:30 PM Tap Dance	17 8:30 AM Breakfast w/Barbara & Virginia 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 10:00 AM WII - Wed AM 11:30 AM St Patricks Day Luncheon w/Ron Baker, Musician 12:00 PM Bingo Tuesday PM 12:00 PM Bridge - Tuesdays 12:00 PM Cards 12:15 PM computer 12:15 PM Computer Class 2:00 PM Gadgets/Gizmos 4:00 PM Strength Training	18 8:30 AM Coffee Hour 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Cards 2:00 PM Caregivers Support Group 4:00 PM Decorative Painting	19 8:30 AM Coffee and Bagels 9:00 AM Bingo Thursday AM 9:30 AM Painting with Vera 10:00 AM Brain word game 10:00 AM Discussion Group w/David 11:30 AM Lunch 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise	20 8:30 AM Coffee Hour 9:00 AM Tai chi 10:00 AM Chair Exercise 11:30 AM Lunch 12:00 PM Bridge 12:00 PM Computer Classes 12:15 PM Crafting 1:30 PM Beginner Tap	21

PLEASE SEE OUR DINING ROOM MENU AND PHONE NUMBER TO MAKE YOUR RESERVATION (24 HOURS IN ADVANCE) FOR LUNCH ON THE LAST PAGE OF THIS NEWSLETTER. THANK YOU!

<p>22</p>	<p>23</p> <p>8:30 AM Coffee Hour 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 11:30 AM Lunch 1:00 PM Balance and Movement 2:30 PM Tap Dance</p>	<p>24</p> <p>8:30 AM Coffee Hour 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 10:00 AM Wii - Wed AM 11:30 AM Lunch 12:00 PM Bingo Tuesday PM 12:00 PM Bridge - Tuesdays 12:00 PM Cards 12:15 PM computer 12:15 PM Computer Class 4:00 PM Strength Training</p>	<p>25</p> <p>8:30 AM Coffee Hour 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 11:30 AM Lunch 12:00 PM Age Friendly Communities Focus Group & Shortcake! 12:00 PM Cards 12:30 PM Friends of Claire Teague 1:30 PM COA Board Meeting 2014 4:00 PM Decorative Painting</p>	<p>26</p> <p>8:30 AM Coffee and Bagels 9:00 AM Bingo Thursday AM 9:30 AM Painting with Vera 10:00 AM Brain word game 10:00 AM Discussion Group w/David 11:30 AM Lunch 11:30 AM VETERANS LUNCH 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise 4:00 PM Women CA Suprt.</p>	<p>27</p> <p>8:30 AM Coffee Hour 9:00 AM Tai chi 10:00 AM Chair Exercise 11:30 AM Lunch 12:00 PM Bridge 12:00 PM Computer Classes 12:15 PM Crafting 1:30 PM Beginner Tap</p>	<p>28</p> <p>12:00 PM Bingo SATURDAY</p>
<p>29</p>	<p>30</p> <p>8:30 AM Coffee Hour 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM SHINE 11:30 AM Lunch 12:30 PM Bingo/Ice Cream 1:00 PM Balance and Movement 2:30 PM Tap Dance 5:00 PM Monthly Dinner Out-Pleasant&Main</p>	<p>31</p> <p>8:30 AM Coffee Hour 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 10:00 AM Wii - Wed AM 11:30 AM Lunch 12:00 PM Bingo Tuesday PM 12:00 PM Bridge - Tuesdays 12:00 PM Cards 12:15 PM computer 12:15 PM Computer Class 4:00 PM Strength Training</p>				

March 2015

**Modifications for restricted sugar available

2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY
9	Goulash Green Beans Sliced Beets Rye Bread Apple	Baked Chicken Breast Sugar Snap Peas Wild Rice Oatmeal Bread Pineapple	Beef Stew Boiled Potatoes Mixed Greens Dinner Roll *Pudding w/ Topping	Chilli Mexican Rice Cole Slaw 100% Whole Wheat Bread Apple Crisp	Baked Fish Red Potatoes Clam Chowder Multigrain Bread Banana				
10	Veal Parmesan Ziti w/ Sauce Winter Blend Vegetable Italian Bread Peaches	Sweet & Sour Meatballs Brown Rice Mixed Vegetables Oatmeal Bread Pears	Baked Chicken Breast Roast Potatoes Zucchini Rye Bread Orange	Roast Pork w/ Gravy Garlic Mashed Potatoes Peas & Mushrooms Dinner Roll *Pudding w/ Topping	Lasagna Broccoli Italian Green Beans Italian Bread Mixed Fruit				
16	Cheeseburger Boiled Potatoes Buttered Corn Hamburg Roll Pineapple	St. Patrick's Day Corned Beef Mixed Irish Vegetables Boiled Potatoes Rye Bread Green Jello w/ Topping	Soup & Sandwich Cream of Cabbage Soup Chicken Salad Green Beans Hot Dog Roll Apple	Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Dinner Roll Mixed Fruit	Macaroni & Cheese Stewed Tomatoes Spinach Multigrain Bread *Pudding w/ Topping				
23	**Hot Dog Baked Beans Sauerkraut Hot Dog Roll Peaches	Meatloaf Cheesy Mashed Potatoes Peas & Carrots Oatmeal Bread Banana	Salisbury Steak Irish Potatoes Wax Beans Dinner Roll Pineapple	Chicken Cacciatori Buttered Noodles Yellow Squash Rye Bread *Cookie	Soup & Sandwich Minestrone Soup Tuna Salad Potato Puffs Hamburg Roll *Peach Cobbler				
30	Chicken Divan Spinach Rice Pilaf 100% Whole Wheat Bread Pears	Stuffed Pepper Casserole Broccoli Florets Sliced Beets Multigrain Bread Applesauce							

If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201

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

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

DINING ROOM: 528-4118