

# GRAPEVINE

Claire W. Teague Senior Center

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

## JUNE

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

Dining Room: 528-4118 Transportation: 528-4773

### Thursday June 18th

#### Father's Day Luncheon

11:00-12:00



You will be treated to a short TAP show along with two raffles, one from Catherine's Chocolates and a Big Y gift card. The menu is Roast Pork w/gravy Roasted Potatoes, Sugar Snap Peas and Peach Cobbler.

### Terrarium Workshop Thursday June 18th 12:00 pm

Ruth Heuberger will teach you how to make your very own terrarium. This class is FREE. Bring your own jar you want to use. As well as moss, rocks, acorns etc.. Please sign up by June 15th.



### Thursday June 25th 12:15pm

#### Make a Bluebird House with Jim Soules

\$10.00 per person

!!

#### NEW!! Wednesday Walks

Starting in June through October Polly will be leading a group walk from 10:00-10:30 .every Wednesday . We will make a loop around the Brookside apartments and beyond if desired.

Meet at the senior center at 10:00am and wear comfortable shoes, or join us as we walk by.

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**Laurel Lake Luncheon**

*Free meal with special music by Andy Kelly and Woody on guitar.*

**Menu**

*Raspberry Chicken, rice, salad, rolls, mixed vegetables and apple turnovers for dessert.*

**Date: Wednesday June 17th**

**Time: 11:00-12:00 Call for reservations by June 15th.**

**Elder Law and Estate Planning Workshop**

**With Paula Almgren ESQ**



Thursday June 18, 2015 10:30-12:00

Understanding Trusts

Minimize Estate Tax and Avoid Probate

Pros and Cons of Life Estate Deeds

New MOLST rules for Advanced Directives

Medicaid and VA Benefits Eligibility

Understanding Medicare Coverage for Home Care and skilled Nursing Facility's.

Please RSVP 528-1881

**NEWS**

**Keep Moving the Distance Walk**

Monday June 1st starting at 3:30pm-5:00 pm



Meet at Rudolph Steiner School 35 W Plain Rd. For more info call Bonnie Oloff at 528-5637

**BOCCE**

**Horseshoes**



**The BOCCE**

**Court is available for your use, as well as the equipment. Bring some friends enjoy some coffee ,snacks and good company.**

**Want to learn more about Diabetes?**



Sharyl Tutella S RN of Fairview Hospital will be our presenter for this very informative workshop.

June 10th 12:15, please RSVP to 528-1881 or sign up in the dining room.

## The Pacific Coast Trail

Pat Labagh's daughter is walking the Pacific Coast Trail. We will be following her progress on the map located next to the computer room door. She started in March and hopefully will finish in October. Her trail name is "Beerdra" and yes, she likes beer. She celebrated her 50th birthday on the trail

### UPDATE on Dee

As of May 11, Dee was at mile marker 625 and has encountered rattlesnakes, 50 mile an hour winds and a twisted ankle.



Got through



the desert using 7.5 quarts of water!! Keep up the great job Dee, we are looking forward to your next adventure and of course your visit when you return.

Don't forget Relay for Life march is Friday June 19th at 6:00pm at MMHS. Get there early to park and to cheer on the marchers

## Bingo and Burgers and music!

Wednesday  
June 3rd

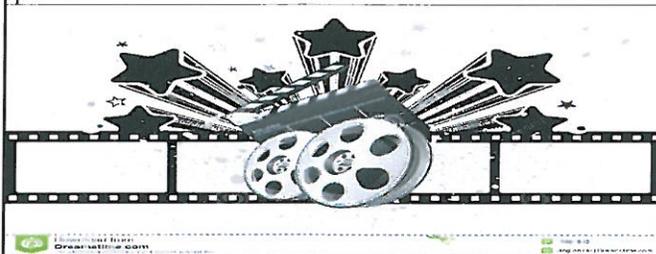


Bingo is from 2:30-4:00 Dinner is from 4:00-5:00. Burgers, hot dogs potato salad, chips and soda \$2.00 per person. Bingo is a \$2.00 game, you are welcome to bring any side dishes or desserts. You can choose to attend only the dinner or Bingo or BOTH!! Please sign up in the dining room sign up table.

Music by Doug Smolze

Held: Outside weather permitting

We need volunteers to call Bingo for this event.



July  
Bingo is

Wednesday July 1st

August Bingo is Wednesday August 5th

This is a great movie, a bit sad. Snacks served too!!

MOVIE MONDAY @ 12:15 pm

June 1st, "The Imitation Game" 2014 Alan Turing, British mathematician cracks Nazi codes in World War II. Based on a true story. Benedict Cumberbatch (BBC's Sherlock Holmes), Keira Knightley

# HAPPY BIRTHDAY

<i>Catherine Gray</i>	<i>6/3</i>
<i>Jim Marks</i>	<i>6/7</i>
<i>Roger Gutwillig</i>	<i>6/8</i>
<i>Sue Farnum</i>	<i>6/9</i>
<i>Dot Cahill</i>	<i>6/10</i>
<i>Louis Todd</i>	<i>6/10</i>
<i>Harold French</i>	<i>6/19</i>
<i>Ruth Phillips</i>	<i>6/24</i>
<i>Pat LaBagh</i>	<i>6/26</i>
<i>Edith Levieille</i>	<i>6/28</i>
<i>Elizabeth Pizzichemi</i>	<i>6/28</i>

**Bingo and Ice Cream Sundaes** Monday  
June 29th sponsored by Great Barrington Rehab. June 29th 12:30pm

I am finally going to Arizona to visit my father Jim Mann for a few days, June 5th through 8th. It has been over 18 months that I have seen him so I am excited. He says hi to everyone. I will bring back lots of pictures of his town of Sierra Vista Arizona near Tucson. I appreciate all of you who volunteer to make it possible for me make this trip. ~ Polly



## Learn To Paint!!

*Saturday June 20th 10:00-12:00*

*And*

*June 23rd 6:00-8:00pm*

*Claire Teague Senior Center*



*\$25.00 (seniors over 60 \$15.00)  
includes 2hr instruction by local  
artist Liz Macchi, 8x10 stretched canvas, and use  
of paints & brushes and material to create your  
masterpiece*

*Join the fun! Find your creative side!  
Limited space, deadline for pre registration/ June  
17*

*Sign-up/Pre pay with Polly*

Sugar Hill in Dalton is hosting an great event for those that may be interested. "Still Alice" is a movie about one woman's struggle with early on-set Alzheimer's disease along with presenters from the Memory Clinic of Bennington VT Thursday June 4th Movie runs at 3:30-5:00 followed by a discussion from 5:00-6:00 pm

Sugar Hill 45 Main Street Dalton 684-0100

## Volunteers Needed

Exercise instructors

If you have an exercise that we do not already have please let me know if you'd be interested in teaching at the senior center, also

### COMING TRIP ATTRACTIONS...

#### Mac Haydn trip

##### Carl Ritchie's

**" I know I Came in Here for Something".....A clever lyrics and catchy tunes to tell the story of four folks wandering through the mazes and amazements of middle age.**

**June 22nd 3:00pm \$22.00 per person**

**Sign up in dining room or call Grace Zbell at 528-0230**

#### Berkshire Botanical Gardens Presents

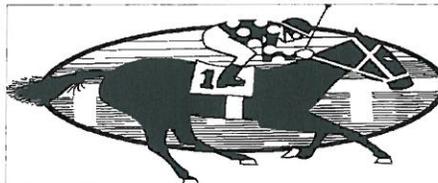
**Birds of Prey Wednesday July 8th 11:00am**



**We will visit Berkshire Botanical Gardens first, followed by lunch at Koi at 12:30 or 1:00 Details to follow Cost per person is \$5.00 plus lunch**

#### Headed to the Races in August 12th!!

TRACK ~ Package includes: roundtrip  
eral admission to the park \$57.00 per  
own at the track.



SARATOGA RACE  
transportation & gen-  
person. Lunch on

#### 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. Jo-



seph'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!

## *FROM BRUCE MAXWELL*

Will Rogers - who died in a 1935 plane crash in Alaska with bush pilot Wiley Post - was one of the greatest political country/cowboy sages this country has ever known. Some of his sayings:

1. Never slap a man who's chewing tobacco.
2. Never kick a cow chip on a hot day.
3. There are two theories to arguing with a woman, ... Neither works.
4. Never miss a good chance to shut up.
5. Always drink upstream from the herd.
6. If you find yourself in a hole, stop digging.
7. The quickest way to double your money is to fold it and put it back into your pocket.
8. There are three kinds of men:

The ones that learn by reading. The few who learn by observation. The rest of them have to pee on the electric fence and find out for themselves.

9. Good judgment comes from experience, and a lot of that comes from bad judgment.
10. If you're riding ahead of the herd, take a look back every now and then to make sure it's still there.
11. Lettin' the cat outta' the bag is a whole lot easier'n puttin' it back.
12. After eating an entire bull, a mountain lion felt so good he started roaring. He kept it up until a hunter came along and shot him.

The moral: When you're full of bull, keep your mouth shut.

This had me laughing all afternoon! Thank you Bruce!!

Second ~ The older we get, the fewer things seem worth waiting in line for.

Third ~ Some people try to turn back their odometers. Not me; I want people to know 'why' I look this way. I've traveled a long way, and some of the roads weren't paved.

Fourth ~ When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth ~ You know you are getting old when everything either dries up or leaks.

Sixth ~ I don't know how I got over the hill without getting to the top.

Seventh ~ One of the many things no one tells you about aging is that it's such a nice change from being young.

Eighth ~ One must wait until evening to see how splendid the day has been.

Ninth ~ Being young is beautiful, but being old is comfortable and relaxed.

## Exercise Classes at the Glance

### Monday

9:15 Cross Training with Misha

10:00 Awareness Through Movement with Misha ( Feldenkrais)

1:00– Balance and Movement with Theresa ( chair exercise

1:30 Beginner Tap Dance

2:30 Tap Dance

### Tuesday

Strength Training 3:30 pm “note time change”

Simons Rock Swim Class M, W, F 11:00-12:00

### Wednesday

9:30 Easy Does It Yoga

10:00 Wednesday Walks

### Thursday

10:30 Chair Dancing “new”

### Friday

9:00am Tai Chi

10:00 Harriet's Chair exercises

### THE FOLLOWING CLASSES WILL BE ONGOING AS YOU WOULD LIKE TO PARTAKE...

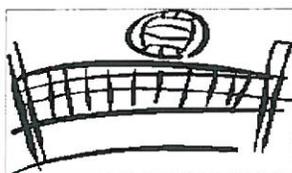
Bocce



Wii



Chair volleyball



cribbage



**~MONTHLY EVENTS~**

**Monthly Movie ~ Monday June 1st 12:00-2:00 "The Imitation Game"**

**Grief Support Group** will meet **Monday, June 1st 5:30-7:00. Open To All.**

**AVADA Hearing** will be on site **Tuesday June 2nd by appointment. (413) 442-0184**

**Lunch Bunch ~** second Monday of every month. **Monday June 8th—Four Brothers**

**Quilting Guild** will meet on **Tuesday June 9th at 7:00 PM.**

**Brown Bag** will be distributed on **Wednesday, June 10th** **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, June 10th at 2:00 PM.**

**Blood Pressure Clinic with VNA , Thursday June 25th from 10:00 to 11:00 AM.**

**Barbara's and Virginia's Breakfast is Back!** The **third Tuesday** of each month. **Join us Tuesday, June 16th at 8:30.** See **sign-up flyer** in dining room.

**Veterans - FREE Lunch - June 11th and 25th at 11:30 AM.**

**Women's Cancer Support Group** will meet **Thursday, June 11th and June 25th 4:00 to 5:30 PM.**

**Foot Nurse: Monday June 8th and Friday June 12th from 9:00 AM to 1:00 PM by appointment. Cost \$35.00.**

**Caregivers' Support Group** will meet on **Wednesday, June 17th from 1:00 PM to 2:30 PM.**

This month's **Council On Aging Board Meeting** will be held on **June 24th at 1:15 PM.**

**Gad Abouts Friday June 26th Salmon Run in Lee**

**WORD OF THE MONTH:** **supersonic**

Make as many words as you can, using only the letters in this word. Using only your brain and not the computer (!), write down the words, sign your name, tear off this page and give it to Polly. We will announce the winner at lunch **Friday July 24th**

**May's contestants were Eileen Gaarn, Marion Smith, Joe Lockwood, Barbara Davidson, Cora Roraback , and Dorothy Heath ,**

Mon	Tue	Wed	Thu	Fri	Sat
<p>1 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch -BB Pork 12:15 Movie <i>The Imitation Game</i> 1:00 Balance &amp; Movement 1:30 Beginner TAP 2:30 TAP Dancing Intermediate 5:30 Grief Support</p>	<p>2 8:30 Coffee Hour 9:00 Bingo 10:00 AVADA hearing by apt 10:00 Crossword puzzles 11:30 Lunch-Chicken Biscuit 12:15 Computer Class 12:15 Cards/Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>3 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:30 Wednesday Walk 11:30 Lunch-Egg Salad 12:30 Cards 4:00 Decorative Arts 4:00 <b>Bingo/Burgers</b></p>	<p>4 9:00 Bagels &amp; Bingo 9:30 painting with Vera 10:00 News &amp; Views 11:30 Lunch-Roast Turkey 12:00 Crafty Hands 12:30 Poker/bridge 4:00 Misha's advanced class</p>	<p>5 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch-Lasagna 12:00 Bridge 1:30 Beginner TAP 2:30-3:30 TAP Dance</p>	<p>6</p>
<p>8 9:00 Foot Nurse 9:15 Cross-Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Out to Lunch Bunch 4 Brothers 11:30 Lunch/ Cheeseburger 1:00 Balance &amp; Movement 1:30 Beginner TAP 2:30 TAP Dancing Intermediate</p>	<p>9 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzles 11:30 Lunch Beef Burgundy 12:00 Bridge/Cards 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>10 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy - Brown Bag 10:00 - Wednesday Walk 11:30 Lunch Baked Chicken 12:15 Diabetes Presentation 12:30 Cards 4:00 Decorative Arts</p>	<p>11 9:00 Bagels &amp; Bingo 9:30 Painting with Vera 10:00 Chair Dance 10:00 New &amp; Views 11:00-12:00 Ron's sing-a-long 11:30 Lunch -Goulash 12:00 Crafty Hands 12:00 Poker/Bridge 4:00 Misha's Advanced Class</p>	<p>12 8:30 Coffee Hour 9:00 Tai Chi 9:00 Foot Nurse 10:00 Harriet's Chair Exercise 11:30 Lunch Mac n Cheese 1:30 Beginner TAP 2:30 TAP Dancing</p>	<p>13</p>
<p>15 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch /Yea/Peppers 12:00 Benefits Counselor 1:00 Balance &amp; Movement 1:30 Beginner TAP 2:30 Intermediate</p>	<p>16 8:30 Coffee Hour 8:30Breakfast w/ Barb &amp; Virginia 9:00 Bingo 10:00 Crossword Puzzles 11:30 Lunch Chicken Asparagus 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>17 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:00 Wednesday Walk 11:30 Lunch Laurel Lake Lunch music 12:30 Cards 4:00 Decorative Arts</p>	<p>18 9:00 Bagel &amp; Bingo 9:30 Painting with Vera 10:00 News &amp; Views 10:00 Pamela Almgren ESQ 11:30 Father's Day Lunch Turkey 12:00 Terrarium Class 12:00 Crafty Hands 12:00 Bridge/cards</p>	<p>19 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch Mac n Cheese 1:30 Beginner Tap 2:30 TAP Dancing 6:00 <b>Relay For Life March</b></p>	<p>20 <i>Learn To Paint</i> 10:00-12:00 Liz Macchi</p>
<p>22 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch Chicken Parm 1:00 Balance &amp; Movement 1:30 Beginner Tap 2:30 Tap Dancing Intermediate</p>	<p>23 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch Hot Dog 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>24 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:00 Wednesday Walks 11:30 Lunch Turkey w/Gravy 12:30 Cards 1:00 Care Givers Support 1:15 COA MTG</p>	<p>25 9:00 Bagels &amp; Bingo 9:30 Painting with Vera 10:00 News &amp; Views 11:30 Lunch Chef's Salad 12:00 Crafty Hands 12:00 Bridge 12:00 Poker cards 4:00 Women's Cancer Support</p>	<p>26 8:30 Coffee Hour 9:00 Tai chi 10:00 Harriet's Chair Exercise 11:30 Lunch Meatballs 12:00 Blue Bird House Class 1:30 Beginner TAP 5:00 <b>Gad Abouts Salmon Run in Lee</b></p>	<p>27</p>
<p>29 BINGO &amp; ICE CREAM 12:30 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch Stuffed Cabbage 1:00 Balance &amp; Movement 1:30 Beginner TAP 2:30 Tap Dance Intermediate</p>	<p>30 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch Baked Ham 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>30 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch Baked Ham 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>		<p><b>JUNE 2015 Claire Teague</b></p>	<p>Claire Teague Senior Center JUNE 2015</p>

Senior Services of Berkshire County - Nutrition Program

# June 2015

## Nutr

\*Indications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Barbecue Pork Sweet Potatoes Green Beans Rye Bread Orange cal: 827 sod: 838 fat%: 26	<b>3</b> Chicken on a Biscuit Boiled Potatoes Mixed Vegetables Peaches cal: 677 sod: 715 fat%: 35	<b>4</b> Egg Salad Potato Salad Corn Salad Hamburg Roll Applesauce cal: 661 sod: 512 fat%: 31	<b>5</b> Lasagna w/ Meat Sauce Mixed Greens Multigrain Bread Banana (Tossed Green Salad - Cong) cal: 845 sod: 995 fat%: 27	
<b>9</b> Cheeseburger Irish Potatoes Green Beans Almondine Hamburg Roll Pears cal: 692 sod: 567 fat%: 33	<b>10</b> Baked Chicken w/ Gravy Hickory Jalapeno Broccoli Florets 100% Whole Wheat Bread *Chocolate Pudding w/ Topping cal: 745 sod: 759 fat%: 31	<b>11</b> Goulash Spinturci Wax Beans Oatmeal Bread Peaches cal: 782 sod: 571 fat%: 28	<b>12</b> Meatloaf w/ Gravy Rosemary Potatoes Peas & Mushrooms Dinner Roll Mixed Fruit cal: 873 sod: 1175 fat%: 29	
<b>16</b> Veal w/ Peppers Buttered Noodles Italian Blend Vegetables 100% Whole Wheat Bread Pineapple cal: 724 sod: 408 fat%: 24	<b>17</b> Chicken w/ Asparagus Brown Rice Corn Multigrain Bread Orange cal: 772 sod: 683 fat%: 30	<b>18</b> Father's Day Menu Roast Pork w/ Gravy Roasted Potatoes Sugar Snap Peas Oatmeal Bread *Peach Cobbler cal: 661 sod: 537 fat%: 28		<b>19</b> Macaroni & Cheese Stewed Tomatoes Broccoli Multigrain Bread Applesauce cal: 658 sod: 775 fat%: 29
<b>23</b> Chicken Parmesan Rollini w/ Sauce Spinach 100% Whole Wheat Bread Peaches cal: 1085 sod: 1327 fat%: 46	<b>24</b> **Hot Dog Baked Beans Colelaw Hot Dog Roll Apple Crisp cal: 874 sod: 718 fat%: 32	<b>25</b> Chef's Salad Pasta Salad Carrot Raisin Salad Hamburg Roll Pineapple cal: 859 sod: 1201 fat%: 33	<b>26</b> Meatballs Ziti w/ Sauce Broccoli Oatmeal Bread Mixed Fruit cal: 666 sod: 882 fat%: 31	
<b>30</b> Stuffed Cabbage Casserole Carrots Spinach Multigrain Bread Applesauce cal: 727 sod: 1567 fat%: 18	<b>31</b> **Baked Ham w/ Raisin Sauce Sweet Potato Green Beans Rye Bread Orange cal: 1085 sod: 1327 fat%: 46	<b>32</b> Fresh vegetables and fruit will be coming slowly to your local Farmer's Markets. In the next few weeks look for salad greens including spinach and lettuce, asparagus and perhaps fresh peas by the end of June. Fruit featured will be local strawberries and rhubarb. The season for local strawberries is brief so enjoy them while they are available. They are a good source of Vitamin C.		

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

528-4118

Chaire Teague Senior Ctr

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

\*Meal will be home when your meal is delivered  
USE TEL. YOUR DRIVER OR CALL 1-800-981-5201