

GRAPEVINE

Claire W. Teague Senior Center

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

JULY

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

Dining Room: 528-4118 Transportation: 528-4773

Wednesday July 1st

Bingo and Burgers

Bingo 2:30 Burgers 4:00pm

\$2.00 covers it all



Potato salad, chips, soda hot dogs burgers and ice cream

Wednesday August 5th Bingo and Burgers

Wednesday September 2nd Bingo and Burgers



Great Barrington own offices will be closed Friday July 3rd to observe the 4th of July. The Claire Teague Senior Center, SBETC will also be closed Friday July 3rd.

Elder Services will be closed Monday July 6th so the senior center will be serving pizza for Monday July 6th. The same applies, suggested donation of \$2.00

BIG Y Shopping Tour

Want to go shopping with a registered dietician to shop for Heart Healthy cooking?? Here's your opportunity. Sue Mozrolle is offering a free workshop sponsored by the Big Y. Sue will show you how to shop for Heart Healthy foods. If you are interested in this fun outing, please sign up in the dining room. The tour starts at 1:00. at the Big Y If you need transportation please let Polly know. Wednesday July 15th 1:00

Correction!! Trip to Berkshire Botanical Gardens to see the Birds of Prey and lunch at Koi has been **changed** to Friday, August 7th. The Birds of Prey show starts at 11:00. the cost is \$5.00 per person not including your lunch.



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Free Food and Music!!!!



The Great Barrington Cultural Council presents Bobby Sweet!! Thursday July 23rd from 11:00-12:00 You don't want to miss this. Along with a wonderful musician we will be treated to a free luncheon by Fairview Commons. Thank you to both The great Barrington Cultural council and Fairview Commons for their generosity!!

Menu: To be announced

A bit about Bobby Sweet

Bobby is a sixth-generation musician. He began performing at age 7 in his father's band, and left at 17 to pursue his widening musical interests. As a performer, Bobby has shared the bill with some of the top country and folk artists, including Vince Gill, Bill Staines, Bill Morrissey, Martin Sexton, Bryan White, Arlo Guthrie, Pete Seeger, and Jonathan Edwards. As a sought-after lead guitarist he has played shows opening for George Jones, Diamond Rio, Asleep at the Wheel, Willie Nelson, The Bellamy Brothers, Waylon Jennings, and many others. Bobby toured in 2008-2009 with Arlo Guthrie's Lost World Tour, 2010-2011 Journey On Tour, 2013-2014 Here Come the Kids tour, and is gearing up for Guthrie's 50th



Honoring Veterans at the Mahaiwe Performing Arts Center.

The Mahaiwe Theatre presents

Paul Taylor Dance Company

The July 11th performance is at 8:00pm is free for Veterans just bring your military Id to show at the door. Your guest or guests will also receive a 25% discount.

See Company B with songs of the Andrews Sisters



More music

Doug Smolze will be performing during lunch Tuesday July 14th

New Trip!!

"Lost in Yonkers"

Barrington Stage Trip

Wednesday July 22nd 2:00

Cost \$32.00

Check must be in at time of sign up

Thank You!!

Special Display !

by David Rutstein local historian Tuesday July 21st in the lobby

Don't miss this great display!!

Don't throw Me Away: Trashed Paper Items (ephemera) That May Be of Value.

David Rutstein will have a display of various prints on paper and other paper items of value. So many times we ourselves, parents, grandparents, etc. trash such items as old magazines, Norman Rockwell, popular sheet music, posters, baseball cards, movie and theatre stuff, war items, old postcards, advertising, political, the Berkshires, and so much more. David will display such memorabilia. Also, he will evaluate any such items you may have in regards to any value, if any, they may have. Just paper items, please.

"New"

Starting Tuesday July 7th 9:30-10:30
Free for first month

Eden Energy Medicine

This class is for those who want to feel more vitality, less stress, a greater degree of mental clarity, and an overall sense of health and well-being. You will be taught simple self-care techniques that involve gentle exercises and movements which can be done either standing or sitting. These tools are designed to activate and restore your body's natural balance and harmony.

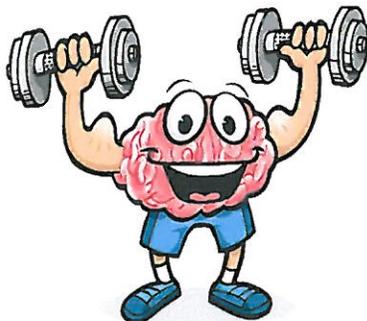
Instructor Beverly Haberman



"New"

"Fast Feet Fitness"

Theresa Decker is starting a new exercise class for a more active work-out. Beginning Wednesday July 8th at 1:00. The cost is \$3.00 per person.



Exercise Classes

Monday

- 9:15 Cross Training with Misha
- 10:00 Awareness Through Movement Misha (floor)
- 1:00 Balance and Movement with Theresa (Chair)
- 1:30 Beginner TAP
- 2:30 Intermediate Tap Dancing with Carolyn

Tuesday

- 3:30 Strength Training with Christine
- 9:30 Energy Medicine with Beverly

Wednesday

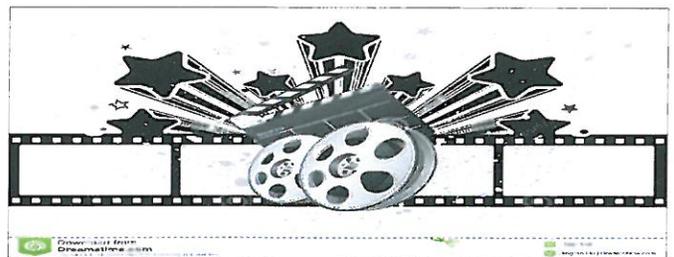
- 9:30 Easy Does it Yoga with Joanne
- 10:00 Wednesday Walk with Polly
- 1:00 Fast Feet Fitness with Theresa \$3.00

Thursday

- 4:00 Misha's Advanced Class \$10.00

Friday

- 9:00 Tai Chi with Christine \$3.00
- 10:00 Chair exercises with Harriet Free
- 1:30 Beginner Tap \$3.00
- 2:30 Advanced Tap \$3.00



Monday Movie July 6th Tea with Mussolini 12:00-2:00

HAPPY BIRTHDAY

- July 2nd Nettie Lokker
- July 6th Helen Hankey
- July 7th Judith Anderson
- July 8th Virginia Newinski
- July 9th Gizelle Doyle
- July 12th Jane Goewy
- July 15th Barbara Tinker
- July 15th Florence Tisserand
- July 16 Anne Macheski
- July 19th Pia Bellinger
- July 20th Alma Smith
- July 21 Jo Robinson
- July 22 Susan Morris
- July 23 Joan Ury

Farmer's Market Tickets

Farmers market Tickets are now available, please call the senior center for eligibility guidelines and pick up.

528-1881

The Claire Teague senior center has a great garden this year, we have ten plots that are being tended by our seniors and an extra plot for excess produce o give out. If you are interested in growing vegetables for the senior center we'd love to have your vege donations!!

Upcoming Trips

Tanglewood on Parade Presents Keith Lockhart, Boston Symphony and Pops

Tuesday August 4th

The van will pick up at the senior center at 4:30 pm

There will be boxed lunches available from the new Lakota Barbeque Shop in Richmond. Menu: Pulled pork sandwich Baked Beans and Corn Bread for

Bring your own lawn chair , blankets, wine, cheese etc to share.

The cost of the trip is \$25.00 which includes your lawn seat ticket, transportation and meal. There are only 14 seats available on the van. Make your check out to Berkshire Travelers asap so we can order the tickets.

Friday August 7th Trip

Berkshire Botanical Gardens Presents

The Birds of Prey



Followed by lunch at the KOI

The cost is \$5.00 does not include you lunch

The van leaves from the senior center at 10:00am

Need help with shopping?

We have a an experienced volunteer who has offered to either assist you with your shopping or shop for you. If you are interested please call Polly. This is a volunteer service .

528-1881



Memorial Service for Ernie Brush

The Claire Teague Senior will be holding a short memorial service for Ernie Brush who was a dear member of our senior center. Pastor Van will join us to honor Ernie .

Everyone is welcome to share their own memories of this wonderful man

Monday July 6th 12:00

Refreshments to follow in the dining room

Letter from Grace Zbell

On June 1st two members of the council on aging, and Polly attended a meeting in Pittsfield for the Age Friendly Summit.

After a two hour meeting I came away feeling really upbeat about the senior friendly town of Great Barrington.

This is why:

- 1. Transportation : being the number one unmet need for seniors. We have SBETC (Southern Berkshire Elderly Transportation Corporation) which has been operating for 30 years. Good News!! SBETC is expanding its services to Pittsfield.***
- 2. Housing: We have three elderly housing sites .***
- 3. Health: We are so fortunate to have Fairview Hospital in Great Barrington-East Mountain Medial and the Community Health Center and all the doctors and dentist available to us.***
- 4. Senior Resources: Last but not least is our Senior Center. Under the leadership of Polly Mann, the center is a place where seniors needs are met, whether it is reassurance, questions, exercise, health needs, or just a place to have fun. Ho meals are served 5 days a week for a donation of \$2.00. Social outreach is an important part of alleviating depression. Out doors are always open so don't stay home alone.***

Workshops at Claire Teague

Genealogy

Ancestry .com

Genealogy with Steve Strommer- Steve has uncovered lots of juicy family history and some that is quite impressive. If you would like a free hour long consultation with Steve just call the senior center for an appointment on Wednesday mornings. Steve uses ancestry .com and his own research techniques to assist you in finding those family connections.

Computers and Gadgets

Tuesdays 12:15 =1:15 walk in s welcome

This is a free computer instruction class. The senior center has two community computers to use or you can bring your own laptop and utilize our wifi. All are welcome. Richard Needelman is our instructor and will be having a young student helping him this summer.

News and Views

Thursdays at 10:00

Historian David Rutstein has an open discussion about current events. David has a wealth of information about the history of Great Barrington. This month David will be bringing in a special display if memorabilia on July 21st. If you enjoy a cup of coffee

Attention: SNAP (Food Stamps) recipients

The CHP Farmers Market is held every Thursday from 3:00-6:00pm. This year they will be DOUBLING your SNAP purchases

The Mobile Food Bank provides fresh vegetables, fruit and other nutritious foods the first Tuesday of each month from 12:00-1:00pm

SHINE: Are you turning 65? Do you struggle to pay for your prescriptions? Do you need assistance filling out those dreaded Mass Health Reviews? Are you wondering if you might be eligible for some entitlements? Are you unsure if you should keep your employers insurance? Do you need help choosing a supplemental Insurance plan? Are you unhappy with your Part D plan. The questions can be endless. If you need assistance please call the senior center at 528-1881. We have SHINE counselors Joan Ury and Polly Mann available to help with those questions.

~MONTHLY EVENTS~

Monthly Movie ~ Monday July 6th 1st 12:00-2:00 "Tea with Mussolini

Grief Support Group will meet **Monday, July 6th 5:30-7:00. Open To All.**

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

Lunch Bunch ~ second Monday of every month. **Monday June 8th—The East**

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

Brown Bag will be distributed on **Wednesday, July 8th** **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 is taking a break for the summer and will resume in September

Blood Pressure Clinic with VNA , Thursday July 23rd from 10:00 to 11:00 AM.

Barbara's and Virginia's Breakfast is Back! The **third Tuesday** of each month. **Join us Tuesday, July 21st at 8:30.** See **sign-up** flyer in dining room.

Veterans - FREE Lunch - July 9th and 23rd 11:30 AM.

Women's Cancer Support Group will meet **Thursday, July 9th and July 23rd 4:00 to 5:30 Pm**

Foot Nurse: Monday July 10th and Friday July 13th rom **9:00 AM to 1:00 PM** by appointment. Cost **\$35.00.**

Caregivers' Support Group will meet on **Wednesday, July 15th** from **1:00 PM to 2:30 PM.**

This month's **Council On Aging Board Meeting** will be held on **July 29th** at **1:15 PM.**

Gad Abouts Friday July 31st Canaan Country Club

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WORD OF THE MONTH: Berkshires

June's winner for the word supersonic is : Barbara Tinker followed by Mary Elfers, Joe Lockwood, Eileen Gaarn and Cora Roraback

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**

July 2015

Final

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6		1	2	3
7	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

		Chicken Divan Egg Noodles Broccoli Dinner Roll Peaches	July 4th Celebration Cheeseburger Potato Puffs Mixed Vegetables Hamburg Roll *Ice Cream Cup	<i>Closed</i>
Beef Stew Boiled Potatoes Wax Beans Dinner Roll Mixed Fruit	Egg Salad Pasta Salad Tossed Salad Hamburg Roll Orange	Baked Chicken w/ Gravy Roasted Potatoes Sugar Snap Peas Oatmeal Bread Applesauce	Baked Chicken w/ Gravy Roasted Potatoes Sugar Snap Peas Oatmeal Bread Applesauce	Meatloaf w/ Gravy Garlic Mashed Potatoes Carrots Rye Bread *Chocolate Pudding w/ Topping
Chicken Salad Potato Salad Carrot Raisin Salad Hamburg Roll Pears	Stuffed Pepper Casserole Spinach Wax Beans 100% Whole Wheat Bread *Butterscotch Pudding w/ Topping Tossed Green Salad (Cong)	Roast Turkey w/ Gravy Roasted Potatoes Beets Dinner Roll Peaches	Roast Turkey w/ Gravy Roasted Potatoes Beets Dinner Roll Peaches	Lasagna Sugar Snap Peas Broccoli-Cauliflower Blend Multigrain Bread Apple Sauce
**Hot Dog Baked Beans Braised Cabbage Hot Dog Roll Applesauce	Baked Fish Garlic Mashed Potatoes Butternut Squash 100% Whole Wheat Bread *Fruited Gelatin w/ Topping	<i>Free Fairview Lunch</i>		Oriental Chicken Brown Rice Chinese Mixed Vegetables Rye Bread Pineapple
Chicken Cacciatore Buttered Noodles Mixed Greens Oatmeal Bread Banana	**Ham Salad Tossed Salad Three Bean Salad Hamburg Roll Pineapple	Macaroni & Cheese Tomato Medley Green Beans 100% Whole Wheat Bread *Vanilla Pudding w/ Topping	Macaroni & Cheese Tomato Medley Green Beans 100% Whole Wheat Bread *Vanilla Pudding w/ Topping	Swedish Meatballs Buttered Noodles Peas & Mushrooms Multigrain Bread Orange

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

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6 9:15 Cross-Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch/ Pizza 12:30 Memorial for Ernie Brush 1:00 Balance & Movement 1:30 Beginner TAP 2:30 TAP Dancing Intermediate</p>	<p>8: 8:30 Coffee Hour 9:00 Bingo 9:30 Energy Medicine 10:00 Crossword Puzzles 11:30 Lunch -Beef Stew 12:00 Bridge/Cards 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>1 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:30 Wednesday Walk 11:30 Lunch-Chicken Divan 12:30 Cards 4:00 Decorative Arts 4:00 Bingo /Burgers</p>	<p>2 9:00 Bagels & Bingo 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch-Cheeseburger 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's advanced class</p>	<p>3 Senior Center Closed for Fourth of July</p>	
<p>13 9:00 Foot Nurse 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 The East Lunch 11:30 Lunch / Veal Parmesan 12:00 Benefits Counselor 1:00 Balance & Movement 1:30 Beginner TAP 2:30 Intermediate</p>	<p>7 8:30 Coffee Hour 9:00 Bingo 9:30 Energy Medicine 10:00 Crossword Puzzles 11:30 Lunch -Beef Stew 12:00 Bridge/Cards 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>8 9:30 Easy Does it Yoga 10:00 Genealogy- 10:00- Wednesday Walk 11:30 Lunch Egg Salad 12:00 Brown Bag 1:00 New Fast Feet Fitness 12:30 Cards 4:00 Decorative Arts</p>	<p>9 9:00 Bagels & Bingo 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch -Baked Chicken 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Class 4:30 Breast Cancer Support</p>	<p>10 8:30 Coffee Hour 9:00 Tai Chi 9:00 Foot Nurse 10:00 Harriet's Chair Exercise 11:30 Lunch Mac n Cheese 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing</p>	
<p>20 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch Pepper Steak 1:00 Balance & Movement 1:30 Beginner Tap 2:30 Tap Dancing Intermediate</p>	<p>14 8:30 9:00 Bingo 9:30 Energy Medicine 10:00 Crossword Puzzles 11:00 Doug Smolze Music 11:30 Lunch Chicken Salad 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>15 1:00 Big Y Shopping Trip 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:00 Wednesday Walk 11:30 Lunch Stuffed Peppers 12:30 Cards 1:00 Fast Feet Fitness 4:00 Decorative Arts</p>	<p>16 9:00 Bagel & Bingo 9:30 Painting with Vera 10:00 News & Views 10:00 Roast Turkey 11:30 Lunch Roast Turkey 12:00 Crafty Hands 12:00 Bridge/cards</p>	<p>17 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 TAP Dancing</p>	
<p>27 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch Roast Turkey /w gravy 12:30 Bingo & Ice Cream 1:00 Balance & Movement 1:30 Beginner TAP</p>	<p>28 8:30 Coffee Hour 9:00 Bingo 9:30 Energy Medicine 10:00 Crossword Puzzle 11:30 Lunch chicken Cacciatore 12:00 Bridge/Cards 1:30 Bingo</p>	<p>29 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:00 Wednesday Walks 11:30 Lunch Baked Fish 12:30 Cards 1:00 Fast Feet Fitness 1:00 Care Givers Support</p>	<p>30 9:00 Bagels & Bingo 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch Mac-n-Cheese 12:00 Crafty Hands 12:00 Bridge</p>	<p>24 8:30 Coffee Hour 9:00 Tai chi 10:00 Harriet's Chair Exercise 11:30 Lunch Oriental chicken 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing 5:00 Gad Abouts Canteen Country Club</p>	<p>25</p>
<p>27 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE 11:30 Lunch Roast Turkey /w gravy 12:30 Bingo & Ice Cream 1:00 Balance & Movement 1:30 Beginner TAP</p>	<p>21 Special Memorabilia Display 8:30 Breakfast 9:00 Bingo 9:30 Energy Medicine 10:00 Crossword Puzzle 11:30 Lunch Hot Dog 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>22 2:00 Lost in Yonkers Trip 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 10:00 Wednesday Walks 11:30 Lunch Baked Fish 12:30 Cards 1:00 Fast Feet Fitness 1:00 Care Givers Support</p>	<p>23 9:00 Bagels & Bingo 10:00 News & Views 11:30 Bobby Sweet 11:30 Fairview Commons Lunch- 12:00 Crafty Hands 12:00 Bridge</p>	<p>31 8:30 Coffee Hour 9:00 Tai chi 10:00 Harriet's Chair Exercise 11:30 Lunch Oriental chicken 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing</p>	<p>Claire Teague Senior Center JULY 2015</p>