

GRAPEVINE

Claire W. Teague Senior Center

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

AUGUST 2015

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

Dining Room: 528-4118 Transportation: 528-4773

Wednesday August 5th

Bingo and Burgers

Bingo 2:30 Burgers 4:00pm

\$2.00 covers it all



Salad Potato or Macaroni chips,
soda hot dogs burgers and ice cream

You are welcome to bring any side dish but it is not required

The September Cook-Out will be Tuesday September 15th 11:00-1:00

Tanglewood on Parade Trip

Tuesday August 4th

Van leaves at 3:00pm from the senior center. Bring your own folding chairs and snacks to share. There will be boxed lunches from Lakota's new barbeque shop in Richmond available. The cost of the trip is \$25.00 You are welcome to meet us there in your car, please let Polly know if you plan on meeting us.

Grandparent Scam Takes New Twist

Fraudsters are targeting seniors with a variation of the grandparent scam, in which the perpetrator often calls the victim pretending to be their grandchild needing money due to an emergency. In this new variation, perpetrators claim to be debt collectors attempting to collect a fake debt on behalf of the grandchild. According to a blog by the Federal Trade Commission, the perpetrators threaten that the grandchild will be arrested, lose their job, or have their driver's license revoked if the victim does not provide a prepaid or credit card number or wire funds.

The FTC reminds consumers that, unless they have co-signed a loan, they are not responsible for someone else's debt.

We have more seats available to go to the Berkshire Botanical Gardens Friday August 7th

Meet at the senior center at 10:00, the demonstration be-



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Want to protect your investments?

Thursday August 13th at 10:00-11:00am

Eric Giroux, a staff attorney for the U.S. Securities and Exchange Commission, will visit the Claire Teague Senior Center



on Thursday, August 13, 2015, from 10:00-11:00 am, to talk about "The Three P's of Senior Investment Fraud." Learn the profile of the typical victim, common persuasion tactics that fraudsters deploy against seniors, and techniques seniors can use to help prevent investment fraud. Eric will also demonstrate how to check the status and disciplinary history of investment professionals and will be available to answer questions.

Eric works in SEC's Enforcement Division, with a primary focus on market-intelligence

Great News!!

Welcome Mimi Hassett to our team at the Claire Teague Senior Center. Mimi has accepted the position of Assistant Director. Mimi will be starting August 17th. There will be cake and ice cream following lunch to welcome Mimi on board.

Nutritionist Visit

Tuesday August 18th 11:00 am

The nutritionist from Fairview Hospital will be visiting us Tuesday August 18th at 11:00, right before lunch. She will be demonstrating how to make a healthy snack and offering information about healthy eating. Fairview Hospital has a great lunch menu and all healthy so don't miss this!!



Looking Ahead



Get
Hoe-



Ready for a
Down!!

Tuesday
15th

September
The Lee

Senior Center has been invited to join us for this fun event. 11:00-1:00 Country music , a bit of square dancing and great burgers and dogs on the grill. This event is free. Side dishes welcome

Spaghetti Dinner!!



Thursday August 27th

11:30 am

Join us for a special spaghetti luncheon, 50/50 raffle and special music.

The cost is the same \$2.00 donation

TEAGUE TAPPERS the Beginning

Carolyn Calandro began teaching beginner tap dance lessons at the CTSC over two years ago and started with one student...me. Nobody signed up so I felt I should at least try it so her trip would not have been in vain. Two years later, Carolyn's tap dance class has 10 regular tappers. We are called the "Teague Tappers" and have performed on Olga Milligans local T.V. show, and several performances at the senior center.

The Berkshire Choral Festival called the senior center and requested two tappers for their Duke Ellington Program to perform "David Danced". Carolyn and I (Polly) decided to give it a try and bring attention to this great class. Carolyn performed an amazing four minute tap solo and I joined her in an ending duo to a Duke Ellington number along with a 200 piece chorus and jazz band. If you see Carolyn Calandro, give her a big thank you and congratulations!!!!



Exercise Classes

Monday

9:15 Cross Training with Misha

10:00 Awareness Through Movement Misha (floor)

1:00 Balance and Movement with Theresa (Chair)

2:30 Intermediate Tap Dancing with Carolyn \$5.00

Tuesday

3:30 Strength Training with Christine

Wednesday

9:30 Easy Does it Yoga with Joanne

10:00 Wednesday Walk with Polly

Thursday

4:00 Misha's Advanced Class \$10.00

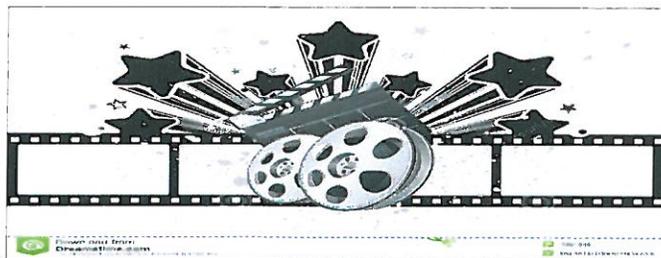
Friday

9:00 Tai Chi with Christine \$3.00

10:00 Chair exercises with Harriet F

2:30 Intermediate Tap \$5.00

Attention Walk Leaders: We need a volunteer to lead walks , if interested, please let Polly know.



Monday Movie August 3rd Tea with Mussolini 12:00-2:00 This time I have it

HAPPY BIRTHDAY

August 7th Sandra Sokul

August 9th Barbara Chamberlin

August 10th Rosalie Krupski

August 13 th Doris Race

August 13th Anna Cruikshank

August 14th Norma Pothal

August 14th Leonard Kilmer

August 15th Bob Van Deusen

August 16th Ruth Champigny

August 17th Bette Ann Stalker

August 18th Cora Roraback

August 20th Geri Stefanacci

August 21st Dorothy Capassee

August 21st Gloria Yanez

August 23rd Steve Matava

August 28th Gloria Anthony

August 31st Marie Kirchner

Farmer's Market Tickets

We still have some Farmers Market Coupons. Please call the senior center for eligibility guidelines and or pick up.

528-1881

September Trip

**Wednesday September 9th, 9:00am
at the senior center.**

SBETC Van will take us to the town of Adams where we will visit the Susan B Anthony Museum. The Appalachian Trail is nearby if anyone wants to take a quick meander ; Then we will continue on to the Red Carpet Restaurant in North Adams for a delicious affordable lunch.

Cost of this trip is: \$10.00 , includes museum tickets and seat on van. Price does not include lunch. Only 12 seats available, so please sign up asap and make your checks out to Berkshire Travelers.

Basket Road Show

Have an old basket you are not sure where it came from, what it is made of ? Is your basket just interesting?

Bring it to the Senior Center Thursday August 20th at 10:00-12:00. Polly will be displaying her baskets, old , new and reproduction as well as basketry tools, and will do her best to tell you about your basket.

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



Special Interest Story

Long time resident of Great Barrington, Florence Sasso has been attending the senior center's genealogy class ed by Steve Strommer. Flo and Steve have been meeting regularly at the senior center on Wednesday mornings to research her heritage.

You may have read the recent article in the Berkshire Eagle about the infamous baseball card that was discovered in her family. It all started here at the Claire Teague Senior Center.

Florence has been interviewed by the Boston Globe, Berkshire Eagle , Fox News, and now will be interviewed on the T.V. show " Strange Heritage" .

If you want to hear the first hand story, Florence and Steve will be hosting a program about how it was discovered and what exactly it means to find this rare baseball card right here in Great Barrington and in our senior center.

You are all invited Wednesday August 19th 10:30 to hear it first hand from Florence Sasso and Steve Strommer.

VOLUNTEERS NEEDED

Would you like to be a companion for those that may need assistance while attending the senior center?

Exercise Instructors

Special Interest Presentations

Craft Classes

Craft Fair

Sponsored by the Friends of the Claire Teague Senior center

Looking for Crafters for our fall craft Fair—Date to be announced Senior crafters . Booth fee is \$20.00 and request a donation of one item for a raffle. Please call the senior center at 528-1881

Reading Machine

We were given a Merlin reading machine but it needs work. If you have someone that can fix it for someone with macular degeneration you are welcome to take it.

Shopper

We still have a volunteer shopper for someone who needs a companion to shop with , call Polly at 528-1881

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 Will not meet the month of August but will resume in September

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.

THANK YOU CORNER

Thank You to Pastor Van and Belle Fox Martin for their kind and thoughtful words for our memorial service for Ernie Brush,

Great Barrington Cultural Council Grant for the Bobby Sweet excellent and moving performance

Carolyn Calandro for her amazing performance at the Berkshire Choral Festival

Grace Zbell for all her hard work coordinating the great trips

David Rutstein for his display of memorabilia

Fairview Commons for the delicious fried chicken lunch

Great Barrington Rehab for the fun Bingo and Ice Cream

Ray Palmucci & Mel Greenberg for his tireless distribution of goodies to our center

And of course all of our wonderful volunteers and workshop and exercise instructors for all they do!!

Michele Gilligan for the Tangelwood tickets!!

~MONTHLY EVENTS~

Monthly Movie ~ Monday August 3rd 12:00-2:00 "Tea with Mussolini

Grief Support Group will meet **Monday, August 3rd 5:30-7:00. Open To All.**

AVADA Hearing will be on site **Tuesday August 4th by appointment. (413) 442-0184**

Lunch Bunch ~ second Monday of every month. **Monday August 10th—Barrington Bagel**

Quilting Guild will meet on **Tuesday August 11th at 7:00 PM.**

Brown Bag will be distributed on **Wednesday, August 12th****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 August 27th from 10:00 to 11:00 AM.

Barbara's and Virginia's Breakfast is Back! The **third Tuesday** of each month. **Join us Tuesday, August 18th at 8:30.** See **sign-up** flyer in dining room.

Veterans - Veterans eat for free Lunch - August 13th & 27th at 11:30 AM.

Women's Cancer Support Group will meet **Thursday, August 13th & 27th 4:00 to 5:30 Pm**

Foot Nurse: Monday August 10th & Friday 14th 9:00 AM to 1:00 PM by appointment. Cost \$35.00.

Caregivers' Support Group will meet on **Wednesday, August 19th from 1:00 PM to 2:30 PM.**

This month's **Council On Aging Board Meeting** will be held on **August 26th at 1:15 PM.**

Gad Abouts Friday August 28th Pleasant and Main

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WORD OF THE MONTH: Baseball

July's word of the month winners are in order Mary Elfers, Eileen Gaarn, Cora Roraback and Bruce Barnum. Great Job

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 August 27th**

August Joke

Blake and his wife Blanche go to the state fair every year, And every year Blake would say, "Blanche, I'd like to ride in that helicopter"

Blanche always replied, "I know Blake, but that helicopter ride is fifty bucks, And fifty bucks is fifty bucks!"

One year Blake and Blanche went to the fair, and Blake said, "Blanche, I'm 75 years old. If I don't ride that helicopter, I might never get another chance"

To this, Blanche replied, "Blake that helicopter ride is fifty bucks, and fifty bucks is fifty bucks"

The pilot overheard the couple and said,

Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word its fifty dollars."

Blake and Blanche agreed and up they went.

The pilot did all kinds of fancy maneuvers, but not a word was heard. He did his daredevil tricks over and over again But still not a word...

When they landed, the pilot turned to Blake and said, "By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!"

Blake replied, "Well, to tell you the truth I almost said something when Blanche fell out, But you know, Fifty bucks is fifty bucks!"

Submitted by Bruce Maxwell

Mon	Tue	Wed	Thu	Fri	Sat
<p>3. 9:15 Cross-Training 10:00 Awareness Through Movement 10:30 SHINE by appt 11:30 Lunch/ Barbeque Pork 1:00 Balance & Movement 1:30 Beginner TAP 2:30 TAP Dancing Intermediate</p>	<p>4 9:00 Bingo AVADA Hearing by Appt 10:00 Crossword Puzzles 11:30 Lunch -Calico Beans 12:00 Bridge/Cards 12:15 Computer Class 12:30 Bingo 3:00 Tanglewood on Parade 3:30 Strength Training</p>	<p>5 9:30 Easy Does it Yoga 10:00 Genealogy- 11:30 Lunch -Baked Chicken/Gravy 12:30 Beginner Bridge 12:30 Cards 4:00 Decorative Arts 2:30 Bingo 4:00 Cook Out Bingo and Burgers</p>	<p>6 9:00 Bagels & Bingo 9:30 Painting with Vera 11:30 Lunch -Chef's Salad 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Class</p>	<p>7 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 10:00 TRIP Birds of Prey 11:30 Lunch -Roast Pork/Gravy 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing</p>	
<p>10. 9:00 Foot Nurse by appt 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE by apt 11:30 Out To Lunch Bunch ENA's 11:30 Lunch / Chicken Parm 12:00 Benefits Counselor 1:00 Balance & Movement 2:30 Intermediate</p>	<p>11 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch -Meatloaf w/gravy 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>12 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:00-Special Music 11:30 Lunch-Egg Salad 12:00 Brown Bag 12:30 Beginner Bridge 12:30 Cards</p>	<p>13 9:00 Bagel & Bingo 9:30 Painting with Vera 10:00 Special Presentation US Securities 11:30 Lunch-Hot Dog (Veterans) 12:00 Crafty Hands 12:00 Bridge/cards 4:00 Breast Cancer support Group</p>	<p>14 8:30 Coffee Hour 9:00 Tai Chi 9:00 Foot Nurse by appt 10:00 Harriet's Chair Exercise 11:30 Lunch -Baked Fish 12:00 Bridge 1:30 Beginner Tap 2:30 TAP Dancing</p>	
<p>17 WELCOME MIMI!! 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE by appt 11:30 Lunch -Cheeseburger 1:00 Balance & Movement 1:30 Beginner Tap 2:30 Tap Dancing Intermediate</p>	<p>18 8:30 Breakfast 9:00 Bingo 10:00 Crossword Puzzle 11:00 Nutritionist Demonstration 11:30 Lunch -Chicken Salad 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>19 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch -Beef Stew 12:30 Beginner Bridge 12:30 Cards 1:00 Care Givers Support</p>	<p>20 9:00 Bagels & Bingo 10:00 Basketry Display 11:30 Lunch-Shepherd's Pie 10:00 Basket Road Show 11:30 Lunch Shepard's Pie 12:00 Crafty Hands 12:00 Bridge</p>	<p>21 8:30 Coffee Hour 9:00 Tai chi 10:00 Harriet's Chair Exercise 11:30 Lunch -Macaroni & Cheese 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing</p>	
<p>24 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE by appt 11:30 Lunch -Veal & Peppers 12:30 Bingo & Ice Cream 1:00 Balance & Movement 1:30 Beginner TAP 2:30 Tap Dance Intermediate</p>	<p>25 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch -Baked Chicken 12:00 Bridge/Cards 12:30 Bingo 3:30 Strength Training</p>	<p>26 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch -Ham Salad 12:30 Beginner Bridge 12:30 Cards 12:15 Friends of the Claire Teague 1:15 COA MTG</p>	<p>27 (Veteran's Lunch) 9:00 Bagels & Bingo 9:30 Painting with Vera 10:00 Blood Pressure Clinic 11:30 Lunch -Spaghetti !! 12:00 Crafty Hands 12:00 Bridge 4:00 Breast Cancer Support</p>	<p>28 8:30 Coffee Hour 9:00 Tai chi 10:00 Harriet's Chair Exercise 11:30 Lunch -Lasagna/Meat Sauce 12:00 Bridge 1:30 Beginner TAP 2:30 TAP Dancing 5:00 Gad Abouts Pleasant & Main</p>	
<p>31 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE by appt 11:30 Lunch -Sweet & sour Meatballs 12:30 Bingo & Ice Cream 1:00 Balance & Movement 1:30 Beginner TAP 2:30 Tap Dance Intermediate</p>	<p>August 2015</p>			<p>(413) 528-1881 OFFICE (413) 528-4118 LUNCH RESERVATIONS (413) 528-4773 TRANS- PORTATION</p>	

August 2015 Final

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Barbecue Pork Sweet Potatoes Spinach Rye Bread Nectarine	4 Calico Beans w/ Sausage Mixed Vegetables Broccoli Oatmeal Bread *Vanilla Pudding w/ Topping	5 Baked Chicken w/ Gravy Roasted Potatoes Sugar Snap Peas Multigrain Bread Applesauce	6 **Chef's Salad Pasta Salad Coleslaw 100% Whole Wheat Bread Pears	7 Roast Pork w/ Gravy Rosemary Potatoes Summer Squash Dinner Roll Peaches Tossed Green Salad (Cong)
10 Chicken Parmesan Penne w/ Sauce Italian Blend Vegetable Italian Bread Pineapple	11 Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Rye Bread Applesauce	12 Egg Salad Carrot Raisin Salad Macaroni Salad Hamburger Roll Orange	13 **Hot Dog Baked Beans Sauerkraut Hot Dog Roll *Ice Cream	14 Baked Fish Red Boiled Potatoes Green Beans Multigrain Bread Mixed Fruit
17 Cheeseburger Potato Puffs Broccoli Hamburger Roll Peaches	18 Chicken Salad Chickpea Salad Potato Salad Hot Dog Roll Pears	19 Beef Stew Boiled Potatoes Carrots Oatmeal Bread Applesauce	20 Shepherd's Pie Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Mixed Fruit Tossed Green Salad (Cong)	21 Macaroni & Cheese Tomato Medley Green Beans Dinner Roll Banana
24 **Veal & Peppers Ziti w/ Sauce Italian Green Beans Multigrain Bread Pineapple	25 Baked Chicken Breast w/ Gravy Roasted Potatoes Zucchini Multigrain Bread Peaches	26 **Ham Salad Tortellini Salad Tossed Salad Hamburger Roll Mixed Fruit	27 <i>Spaghetti Garlic Bread</i>	28 Lasagna w/ Meat Sauce Mixed Greens Glazed Carrots 100% Whole Wheat Bread Pears
31 Sweet & Sour Meatballs Brown Rice Broccoli Oatmeal 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