

# GRAPEVINE

Claire W. Teague Senior Center

917 South Main Street \* Great Barrington \* MA, 01230 \* 413-528.1881

## SEPTEMBER 2015

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

Dining Room: 528-4118 Transportation: 528-4773

### HOE DOWN!!

Tuesday September 15th 11:00-1:00pm

Chuck wagon

**Menu:** Not too hot chili, rice ,hot dogs, cornbread, lemonade and dessert.

50/50 Raffle and prizes for best western outfit. Bring your square dancing shoes and join us for a fun event. Suggested donation \$2.00

For reservations call dining room at 528-4118, please leave a message if no answer.



*Want to make Jewelry?* Helen Hinkley will be teaching a jewelry making class Wednesday September 16th from 9:45-11:30 for only \$2.00 per person. If you would like to stay for lunch following the class at

11:30, the menu for that day is baked ham, sweet potato and Italian beans,



### Who's Who??

#### September guessing Game

Bring in an old photo of you as a child or young teen to be posted on the big board and the winner of the most correct guesses receives a prize.

Please bring in a childhood, teen or young adult photo. Of yourself. Make sure your face is clearly visible in the photo.



FLU CLINIC THURSDAY OCTOBER 1ST 1:00-3:00PM AT THE CENTER

There will not be a Blood Pressure Clinic in the month of September.

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## SBETC VERSES COA



The Senior Center Staff and Council on Aging members will be challenging SBETC 's Transportation staff and board members to a game of chair volleyball . You *won't* want to miss this competition. Thursday **September 17th** starting at 11:00 am in the Dining Room.

## Book Signing and Presentation

**Friday September 18th at 12:00 pm**

Local author Kevin Larkin is a former Great Barrington Police Officer and lifetime fan of baseball. He published the book

"Baseball in the Bay State" which is about America's pastime in the state of Massachusetts. Larkin's 2nd

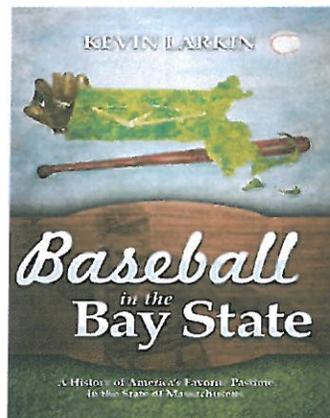
book "Gehrig Game by Game" details the career of

New York Yankees first baseman Lou Gehrig.

Both of Larkin's books have been donated to the Baseball Hall o Fame Research Library and he has also spoken at the Norman Rockwell Museum in Stockbridge as well as numerous schools and other functions. Kevin lives in Great Barrington and is currently working on another project relating to the sport he loves. Kevin can be reached at

[kjlarkin@verizon.net](mailto:kjlarkin@verizon.net)

Refreshments served:



Great Barrington Rehab Presents :

Bingo and Ice Cream



**Monday Sep-  
tember 17th  
12:30 pm**



**Introduce someone new to the  
senior center**

Bring a senior friend who has not been to the senior center on Tuesday September 29th. You and your friend will receive a free lunch and will be entered into a drawing for a \$25.00 gift certificate to the Big Y. Drawing will be immediately after lunch.

For reservations call 528-4118

The Teague Tappers will be performing for you Thursday **September 3rd** during lunch.



## Joke Corner

**An idea to chew over**

After the meeting one of the other members approached him again. " Please Joe, I'm

desperate to get those extra pounds off can't you just let me in on your secret?"

Well, okay, but you have to promise not to tell anyone. I was really struggling, but then I

heard on a talk show that you have to stop eating late at night, so now I just take my

teeth out at 7:00. Works like a charm!"

It just dawned on me why Mayberry was so peaceful and quiet....nobody was married.

Here are the single people that come to mind. Andy, Aunt Bea, Barney, Floyd, Howard,

Goober, Gomer, Sam, Ernest T Bass, the Darlin family, Helen, Thelma Lou, Clara...

in fact, the only one married was Otis and he stayed drunk.

**Exercise Classes****Monday**

9:15 Cross Training with Misha

10:00 Awareness Through Movement Misha ( floor)

1:00 Balance and Movement with Theresa ( Chair)

2:00 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**

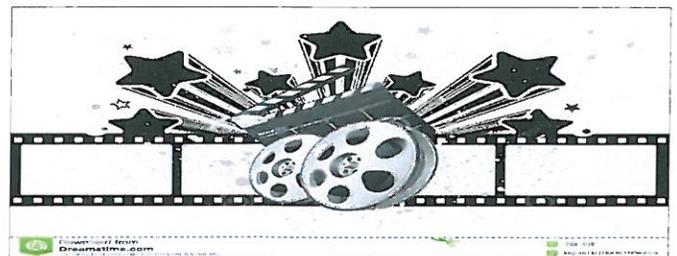
4:00 Misha's Advanced Class \$10.00

**Friday**

9:00 Tai Chi with Christine \$3.00

10:00 Chair exercises with Harriet

2:00 Intermediate Tap \$5.00



**Due to Labor Day holiday falling on Movie Monday, this month the movie will be Monday September 14th 12:00-2:00 "The Woman in Gold"**

# HAPPY BIRTHDAY

<i>Rita Valliere</i>	<i>9/5</i>
<i>Massi Bachetti</i>	<i>9/8</i>
<i>Mark Bachman</i>	<i>9/11</i>
<i>Carol Scapin</i>	<i>9/13</i>
<i>Linda Warner</i>	<i>9/20</i>
<i>Linda Traficante</i>	<i>9/22</i>
<i>Maryanne Macy</i>	<i>9/22</i>
<i>Hugh Black</i>	<i>9/25</i>
<i>Tillie Mann</i>	<i>9/27</i>
<i>Nellie Hudson</i>	<i>9/30</i>

## Victorian Tea



shutterstock - 69860251

*Egremont Garden Club invites you to their Victorian Tea featuring "Her Majesty" portrayed by Sally Mummy, a full English tea and raffle Wednesday September 16th 2:00pm at the First Congregational Church Main street Great Barrington Contribution is \$15.00. All proceeds for scholarships to benefit Berkshire students. We are carpooling from the senior center if you need a ride.*

## 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 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.

Gad Abouts going to Hillsdale Diner Friday September 25th 5:00pm

Out To Lunch Bunch Monday September 14th  
Barrington Bagel

If you need a ride please note it on the sign up sheet

### KEY CARDS:

If you do not have a key card to sign in to the senior center, please see Mimi to have one assigned to you. By using the card each time you visit the center, we are better able to report our statistics for our grants monies. Our goal is for everyone to sign in, if you need help signing in, please ask either Mimi or Polly.

Po

# September 2015

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L H Z N Q R G C R E B M E T P E S V
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*Below is a list of words taken from our September Newsletter and hidden in the above search square. The words are displayed either horizontally, vertically, or diagonally. Note: a word may be reversed.*

BASEBALL	CALICO BEANS
CHILI	GRAPEVINE
HOEDOWN	HOTDOG
JEWELRY	MUSEUM
RAFFLE	SBETC
SEPTEMBER	VICTORIAN TEA

To be eligible for a monthly lottery ticket drawing just fill in your name and phone number and return your completed search to Polly at the Senior Center.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**~MONTHLY EVENTS~**

**Monthly Movie ~ Monday September 14th 12:00-2:00 "Woman in Gold"**

**AVADA Hearing** will be on site **Tuesday September 1st** by appointment. (413) 442-0184

**Lunch Bunch ~** second Monday of every month. **Monday September 14th** Barrington Bagel

**Quilting Guild** will meet on **Tuesday September 8th** at 7:00 PM.

**Brown Bag 12:00pm** will be distributed on **Wednesday, September 9th** **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 .

**A.G.E. TRIAD** Wednesday September 9th 2:00 everyone is welcome to join us and discuss senior safety.

**TOY BABY BASSINETT RAFFLE TICKET ONE FOR 25 CENTS OR 5 FOR A DOLLAR** Raffle date 9/30

( Due to Hoedown the breakfast will be held the 4th Tuesday jus this month)

**Barbara's and Virginia's Breakfast is Back!** The third Tuesday of each month. Join us Tuesday, September 22nd at 8:30. See sign-up flyer in dining room.

**Veterans - Veterans eat for free Lunch - September 10th & 24th at 11:30 AM.**

**Women's Cancer Support Group** will meet **Thursday, September 10th & 24th 4:00 to 5:30 Pm**

**Foot Nurse: Monday September 11th and 14th 9:00 AM to 1:00 PM by appointment. Cost \$35.00.**

**Caregivers' Support Group** will meet on **Wednesday, September 23rd** from 1:00 PM to 2:30 PM.

Bring a new Friend to Lunch **Tuesday September 29th 11:30**

This month's **Council On Aging Board Meeting** will be held on **September 30th** at 1:15 PM.

**Gad Abouts Friday September 25th Hillsdale Diner**



## WHAT'S YOUR TAKE ON THE NEWS?

**Please join us** as part of our coffee, conversation, and current and past events friendly discussion group at the Claire Teague Senior Center every Thursday morning starting **September 17, 9:30-11:00 A.M.**

**David Rutstein**, of the popular "As Time Goes By" column which appeared for years in the Center's newsletter, *The Senior Grapevine*, will be the host of a lively discussion on what's going on in our "crazy" world. A relevant "twist" to news and historical perspective enables a unique understanding of today's headlines. *CONSIDER THESE QUESTIONS:*

*Is Donald Trump the answer to our nation's problems or should we be wary of him?*

*Is Hilary Clinton a bright and savvy contender or does she carry too much "baggage?"*

*And what about Bernie Sanders and Carly Fiorina?*

*"People believe what they want to believe and most things people believe in aren't true"*

*"Everybody is entitled to their opinions, but not their own facts" Senator Daniel Patrick Moynihan*



*Looking forward to talkative group and if I may say so, we do have a lot of fun!!*

**WORD OF THE MONTH: COWHAND**

August's word (*Baseball*) of the month winners are in order Eileen Gaarn, Barbara Davidson, Mary Elfers, and Norton and Cora tied!! :-)

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 **Wednesday September 30th**

SEPTEMBER 2015	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<p>8:30 Coffee Hour 9:00 Bingo 9:00 AVADA Hearing by Appt (413-442-0184) 10:00 Crossword Puzzle 11:30 Lunch – <b>Pepper Steak</b> 12:00 Bridge/Cards 12:15: Computer Class 2:30 Bingo 3:30 Strength Training</p>	<p>8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch—<b>Chicken A La Orange</b> 12:30 Cards 12:30 Beginner Bridge 4:00 Decorative Arts</p>	<p>9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News &amp; Views 11:30 Lunch—<b>Roast Pork w Gravy</b> 12:00 Bridge 12:00 Crafty Hands 4:00 Misha's Advanced Exercise</p>	<p>8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch – <b>Crabby Cakes</b> 12:00 Bridge 1:30 PM Beginner Tap Dancing 2:30 Intermediate Tap Dancing</p>	
<p>8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch—<b>Not Too Hot Chili</b> 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:00 Special Music 11:30 Lunch: <b>Baked Fish</b> 12:00 Brown Bag 12:30 Cards / Beginner Bridge 2:00 TRIAD 4:00 Decorative Arts</p>	<p>Veterans Lunch .... 10 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 New and Views 11:30 Lunch—<b>Calico Beans/Sausage</b> 12:00 Crafty Hands 12:00 Cards/Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—<b>Baked Chicken</b> 12:00 Bridge 2:30 Intermediate Tap</p>	
<p>8:30 Coffee Hour 9:00 –12:00 Foot Nurse by apt 9:15 Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt. 11:00 Out to lunch Group: Barrington Bagel 11:30 Lunch—<b>Veal Parmesan</b> 12:00 Movie <i>Woman in Gold</i> 1:00 Balance &amp; Movement 2:00 Tap Dancing—Intermediate</p>	<p>8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch—<b>Baked Ham</b> 12:30 Beginner Bridge 12:30 Cards 2:00 <b>Victorian Tea</b> (Congregational Church—6B) 4:00 Decorative Arts</p>	<p>9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News &amp; Views 11:00 Chair Volleyball 11:30 Lunch: <b>Chicken Cacciatore</b> 12:00 Crafty Hands 12:30 Bridge / Cards 4:00 Misha's Advanced Exercise</p>	<p>8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—<b>Egg Salad</b> 12:00 Bridge 2:00 Intermediate Tap</p>	
<p>8:30 Coffee Hour 9:15 : Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11-1:00 <b>Bone Density and Analysis</b> 11:30 Lunch—<b>Barbeque Pork</b> 1:00 Balance &amp; Movement 2:00 Tap Dancing—Intermediate</p>	<p>FREE Fairview Common Lunch 23 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch—<b>Fairview Common Choice</b> 12:30 Cards / Beginner Bridge 1:00 Caregiver Support Group 4:00 Decorative Arts</p>	<p>Veterans Lunch....24 9:00 Bingo &amp; Bagels 9:30 Painting with Vera 10:00 News &amp; Views 11:30 Lunch—<b>Hot Dog</b> 12:00 Crafty Hands 12:30 Bridge/Cards 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch—<b>Chef's Salad</b> 12:00 Kevin Larkin: Author , Book Signing 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts .... Hillsdale Diner</p>	
<p>8:30 Coffee Hour 9:15: Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11:30 Lunch—<b>Mac and Cheese</b> 12:30 Bingo and ice cream 1:00 Balance &amp; Movement 2:00 Tap Dancing—Intermediate</p>	<p>8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch—<b>Meatballs</b> 12:25 Friends of the CTSC 12:30 Cards / Beginner Bridge 1:15 COA meeting</p>	<p>For Questions and to schedule Appointments Call: Claire Teague Senior Center 413-528-1881</p>		

# September 2015

## Final

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		<b>Pepper Steak</b> Rosemary Potatoes Summer Squash Multigrain Bread Pears	<b>Chicken a l'Orange</b> Wild Rice Blend Green Beans Rye Bread Pineapple	<b>Labor Day Menu</b> Roast Pork w/ Gravy Boiled Potatoes Mixed Vegetables Dinner Roll *Cookie	<b>"Crabby Cakes"</b> Noodles w/ Sauce Spinach 100% Whole Wheat Bread Banana Tossed Green Salad (Cong)
7	<b>Labor Day</b>	<b>Lasagna</b> Mixed Greens Zucchini Dinner Roll Mixed Fruit	<b>Baked Fish</b> Roasted Potatoes Wax Beans 100% Whole Wheat Bread Banana	<b>Calico Beans w/ Sausage</b> Mixed Vegetables Broccoli Multigrain Bread Nectarine	<b>Baked Chicken</b> Mashed Potatoes Beets Multigrain Bread Apple
14	<b>Veal Parmesan</b> Pasta & Sauce Spinach Oatmeal Bread Applesauce	<b>Not Too Hot Chili</b> Rice Pilaf Broccoli Oatmeal Bread Pears	<b>**Baked Ham</b> Sweet Potato Italian Beans Rye Bread Pineapple	<b>Chicken Cacciatore</b> Roasted Potatoes Corn w/ Pimiento Dinner Roll *Chocolate Pudding w/ Topping	<b>Egg Salad</b> Pasta Salad Tossed Salad Hamburg Roll Orange
21	<b>Barbecue Pork</b> Scalloped Potatoes Sugar Snap Peas 100% Whole Wheat Bread Mixed Fruit	<b>Oriental Chicken</b> Fried Rice Oriental Vegetables Rye Bread Pineapple *Fortune Cookie	<b>Beef Burgundy</b> Buttered Noodles Peas & Carrots Dinner Roll Orange Tossed Green Salad (Cong)	<b>Hot Dog</b> Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	<b>**Chef's Salad</b> Potato Salad Carrot Raisin Salad Multigrain Bread Pears
28	<b>Macaroni &amp; Cheese</b> Tomato Medley Green Beans 100% Whole Wheat Bread Applesauce	<b>Chicken Divan</b> Boiled Potatoes Braised Red Cabbage Oatmeal Bread Apple	<b>Meatballs</b> Ziti w/ Sauce Summer Squash Dinner Roll Pineapple		

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

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.