

GRAPEVINE

Claire W. Teague Senior Center

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

OCTOBER 2015

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

Dining Room: 528-4118 Transportation: 528-4773

Irish Party in October.....



Top of the "Mornin' to ya!" with Andy Kelly and his Irish band

Thursday ... October 8 11:00-12:00pm

Come and enjoy a bit of Irish Luck as you sing, favorite tunes and have some fun during lunch.

The menu for the day is Baked Fish recommended by many... Suggested donation \$2.00

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

Halloween Center Party

Friday October 23rd

Special music, ghostly desserts and prizes for best costumes, Lunch menu is roast pork with gravy/potatoes and beets



Who's Who??

We are continuing to collect and display your old photos as a child or young teen on the bulletin board in the hallway. Pick up an entry form and identify as many of the photos as you can. Remember there is a prize for the most correct guesses .

Photos accepted through November. Winner will be announced in December



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Open enrollment for MEDICARE



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to re-view, understand and save this information!*

During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer **FREE** and **CONFIDENTIAL** counseling on all Medicare and related health insurance programs. If you would like to meet with a SHINE counselor, **please call the senior center at 528-1881** for an appointment.

Timberlyn East (Former Great Barrington Rehabilitation) Presents :

Bingo and Ice Cream



Monday
October 26
12:30 pm



Fall Foliage Trip

When: Tuesday October 13th

Time: 9:00 am at the Claire Teague Senior Center



Trip Summary: Meet at the Claire Teague senior center at 9:00 am and drive north through **scenic route 7** to **Bennington Vermont**. We will make a brief stop at the **pumpkin patch** just south of Bennington and onto the **Bennington Museum** where you will visit the Grandma Moses Gallery

From the Bennington Museum we will dine at **Bennington Station Restaurant** lunch at 12:00

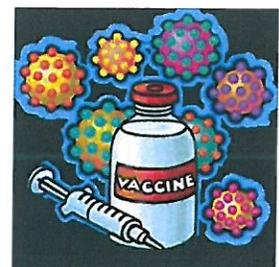
Following lunch we will visit the **Bennington Pottery** and return home approximately 4:00pm

The cost- \$10.00 per person/ not including lunch

*We would like to acknowledge the Art Grant received at CTSC from Housatonic Valley Art League that is making the Fall foliage trip possible— **Thank You***

Shingles Information Update

Bill the pharmacist will be on site Monday October 26th 10:30-11:30 to answer your questions about the shingles vaccination and other pharmaceutical concerns



Joke Corner

Sun Bathing

A rather well proportioned young lady, spent almost all of her vacation sunbathing on the roof of the hotel.

She wore a bathing suit the first day but on the second, being a naturist, she decided that no one could see her way up there and she slipped out of it for an overall tan.

She'd hardly begun when she heard someone running up the stairs. She was laying on her stomach, so she just pulled a towel over her rear.

"Excuse me, miss," said a flustered little assistant manager of the hotel, out of breath from running up the stairs.. "The hotel doesn't mind you sunbathing on the roof but we would very much appreciate you wearing a bathing suit as you did yesterday.

"What difference does it make, " Joan asked rather calmly. No one can see me up here, and besides, I'm covered with a towel.

"Not exactly," said the embarrassed little man. "You're lying on the dining room skylight."



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

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



Monday: October 5: 12:00-2:00

Movie Title: Night at the Museum with Ben Stiller

Alzheimer Support Group

If interested please contact Mimi or Polly at 528-1881

HAPPY BIRTHDAY

Oct 5	Steve Badurski
Oct 5	Dorothy Heath
Oct 11	Peggy Biscotti
Oct 11	Jenny Pruhenski
Oct 14	Florence Sasso
Oct 14	Mary Hamilton
Oct 18	Bob Jones
Oct 21	Barbara Davidson
Oct 23	Hazel Mack
Oct 24	Charles Williamson
Oct 24	Robert Farnum
Oct 25	Paul Murray
Oct 25	Edmond Troccia
Oct 28	Bill Clark
Oct 30	Richard Daris
Oct 31	Mary Anne Murray
Oct 31	Trudy Zimboski



Fun Outings in October

Tuesday October 13 (Day Trip) Fall Foliage Trip to Bennington, Vermont Cost: \$10

Monday October 19 11:30 AM Out To Lunch Bunch to : Four Brothers

Friday October 23 5:00pm: Gad Abouts going to Koi Restaurant ...

If you need a ride please indicate on the sign up sheet

SAVE THE DATE:

Talent Demonstration and Sale

Wednesday, November 18 10AM-2 PM
(Set up Tuesday 2PM—4 PM)

Come and see a variety of talents in work, pottery, woodworking, textiles and music. If you are interested in participating Please call Mimi or Polly at 413-528-1881



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,

~MONTHLY EVENTS~

CENTER EVENTS (Note: Columbus Day Holiday on October 12)

- **Monthly Movie** ~ Monday October 5, 12:00-2:00 Night at the Museum
- **Barbara's and Virginia's Breakfast:** The third Tuesday of each month Join us on Tuesday October 20th at 8:30 AM. See sign up flyer in Dining Room.
- **News and Views** meets 9:30 AM on Thursday for lively discussions on current events and other topics.
- **Veterans eat for free**— lunch for free October 8th and 22nd... *Thank you for your service.*
- **Lunch Bunch**—second Monday of every month. Due to Columbus Day the Lunch Bunch will go out Monday October 19 11:30 at Four Brothers
- **Gad Abouts:** Going out on Friday October 23 at 5 PM to Koi Restaurant
- **Brown Bag** will be distributed on Wednesday October 14 at 12 Noon. **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.
- **AVADA Hearing** will be on site Tuesday October 6 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Second Friday of each Month: Dates this month: October 9 from 9—12 Noon and October 19 from 9-12 by apt. Cost \$35. Call 528-1881 for appointment.

COUNCIL MEETINGS

- **Council on Aging Meeting** will hold area training on October 28th 9AM –12 Noon.
- **A.G.E. TRIAD** meeting October 14 at 2 PM Everyone is welcome to join us and discuss senior safety.

COMMUNITY MEETINGS

- **Quilting Guild** will meet on Tuesday October 13 at 6PM. This is a special meeting with an Auction of various quilting and other textile articles in the auction. All are welcome to attend.
- **Women's Cancer Support Group** will meet on Thursday October 8th and 22nd from 4PM to 5:30 PM.
- **Caregivers' Support Group** will meet on Wednesday, October 21st from 1PM to

Emergency Preparedness Information

Massachusetts Emergency Management Agency (MEMA) encourages us all to make a "Family"* Emergency plan that outlines what you will do, how you will find each other, and how you will communicate in an emergency or "disaster". A plan should include:

An **emergency Contact** with name, address, and phone number provided to all "family" members

If you have a cell phone list your emergency contacts under "ICE" or In case of emergency

Establish **Meeting Locations**

Choose at least 2 locations: one close to home and another farther away

Provide Evacuation Information to "family"

Identify and practice how you will **exit** our home

Establish routes to your meeting locations

Make arrangements if you need transportation

Be sure local public safety officials are aware of any **special assistance** you might need.

Include instructions for "**Sheltering in Place**" in a safe room which should

have:

As few windows and doors as possible

Access to television, radio (battery powered if possible) and telephone

Access to supplies such as water, food, (pet food), first aid kit, etc

***NOTE:** "Family" can be defined as your neighbor, out of town friend, or landlord



INCLUDE YOUR PETS IN YOUR EMERGENCY PLAN

Berkshire Disaster Animal Rescue Team (DART) what the following recommendations for Pets during an emergency or disaster:

Be sure your pet has a permanent identifier such as a tattoo, microchip, brand or tag. Have a photo available also.

Assemble an evacuation kit to include:

Plastic trash barrel with lid for supplies

Water and food

Plastic bag for waste disposal

Cat box and litter if needed

Pet Carrier with Blanket or bedding

Label carrier with pet/owner information

First aid and meds of pet

Leash or halter

Special concerns or Questions: Let Polly or Mimi know as Corrine from DART will be coming in in November to address any special question or concerns.



The smart thing is to prepare for the unexpected.....

October 2015

Winner for September Word Search (by drawing): Mary Elfers

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C A T R U M B R F T X N E B P T P N
S X A V L E E S E I S S Z H F N U E
T L U Z D D H E I B E O O G U E M E
C C D J F I Q F E E O T H S Q M P W
M E E R N C E S H Y O T B G B L K O
F C M G D A W C Y G T K C T I L I L
P A L E X R D F R I S S U O X O N L
P E L P R E P A R E D N E S S R P A
S U I L L G P K D S P H D T Z N I H
X O O L F H E L G V S A E T F E E B
K T I S Z O O N N O T G N I N N E B
S R X F O G L A C O H S I R I E Z M
G P Q E F T U I H Y W U X H V P I U
Q S O O G T A W A S U B M U L O C S
D Y T O U N S T K G V E R M O N T E
A O R M K O J A O V E K H Q O C Z U
P K N T H Y A N V P I V Z L E R I M
N M D W A Q C T D A N D Y K E L L Y
    
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Below is a list of words taken from our October Newsletter and hidden in the above search square. The words are displayed horizontally, vertically, or diagonally.

Note: a word may be reversed.

ANDY KELLY
 AUTUMN
 BENNINGTON
 COLUMBUS
 CTSC
 EMERGENCY
 FALL FOLIAGE

GRILLED CHEESE
 HALLOWEEN
 IRISH
 KOI
 MEDICARE
 MUSEUM
 OCTOBER

PHOTOGRAPH
 POTATO SOUP
 POT OF GOLD
 PREPAREDNESS
 PUMPKINPIE
 SHINGLES

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: _____

WORD OF THE MONTH: Bennington

September's word (*Cowhand*) of the month was successfully used to make 42 words.

Make as many words (3 letters or more) as you can, using only the letters in this word. Use the letters as you would a scrabble letter set. If a letter appears in the word once it can only appear in any of your words once. However as in this case if a letter appears more than once such as "n" it can appear in your words that number of times (3). Use only your brain and write down the words, sign your name, tear off this page and give it to Polly or Mimi We will announce how many words were created at lunch **Wednesday October 28th**

Name: _____ Phone: _____

October 2015

Final

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

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

OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Questions and to Schedule Appointments call: Claire Teague Senior Center 413-528-1881</p>				
<p>5 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appointment 11:30 Lunch— Cheeseburger 12:00 Movie 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>6 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Beef Stew 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>7 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Chicken Parmesan 4:00 Decorative Arts</p>	<p>1 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch— Ham Salad 12:00 Bridge 12:00 Crafty Hands 1:00-3:00 Flu Clinic 4:00 Misha's Advanced Exercise</p>	<p>2 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Barbecue Chicken 12:00 Bridge 2:30 Intermediate Tap Dancing</p>
<p>12 Columbus Day </p>	<p>13 Bennington Trip.....</p> <p>8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Calico Beans/Sausage 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>14 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:00 BP checks Carol/Karen 11:30 Lunch— Italian Meatballs 12:00 Brown Bag 12:30 Cards 2:00 Triad 4:00 Decorative Arts</p>	<p>15 9:00 Bingo and Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch— Baked Chicken/ Gravy 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>16 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Shepard's Pie 12:00 Bridge 2:00 Intermediate Tap</p>
<p>19 8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:15 : Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appointment 11:30 Lunch— Veal & Peppers 11:30: Out to Lunch: Four Brothers 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>20 8:30 Breakfast w/ Virginia & Barbara 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Goulash 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>21 8:30 Coffee Hour 9:30 Easy Does it Yoga 9:30-11:30 Open Enrollment Prez 10:00 Genealogy 11:30 Lunch— Grilled Cheese/Potato Soup 12:30 Cards 1:00 Caregiver Support Group</p>	<p>22 Veteran's Lunch 9:00 Bingo & Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch— Tuna Salad 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>23 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Roast Pork / gravy 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts- Koi Restaurant</p>
<p>26 8:30 Coffee Hour 9:15: Cross Training 10:00 Awareness Through Movement 10:30 Bill, Pharmacist Visit. Shingles discussion 10:30 SHINE by Appointment 11:30 Lunch— Cool Chili 12:30 Bingo and Ice cream 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>27 8:30 Coffee 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Chicken a la King 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>28 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Meatloaf / tomato sauce 12:30 Cards 4:00 Decorative Art COA Training Emmett</p>	<p>29 9:00 Bingo & Bagels 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch— Baked Ham / raisin sauce 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>30 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Macaroni & Cheese 12:00 Bridge 2:00 Intermediate Tap</p>