

GRAPEVINE

Claire W. Teague Senior Center

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

November 2015

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

Dining Room: 413-528-4118 Transportation: 413-528-4773



November 12 Come Say

“Thank You” to our Veterans.

Fairview Commons will be providing a FREE Lunch (Yankee Pot Roast, Mashed Potatoes, honey glazed carrots, and pumpkin pie). Music Patriotic Songs with Jonathan and Emma, and the Color Guard . We commemorate and thank our veterans this day for all the sacrifices they and their families have made for all of us.

Music in November at CTSC



November is for singing and enjoying music. We have a variety of music, sing along’s, musicians., and even Singo. (See below)

November 12: Patriotic Songs with Emma and Jonathan, (Veterans Day Party)

November 13: Singo: Play along with your favorites tunes to live music and win prizes

November 19: Willie Nininger (Thanksgiving meal)

Thanksgiving Feast ...

November 19...Roast Turkey Dinner ... and performance by Willie Nininger



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Singo with Carolyn

November 13 12-1 PM

Combine your music and bingo skills in this fun and exciting new game. Know that tune and cover that square. Prizes, laughs and lots of fun .





If you are not able to prepare Thanksgiving dinner or will not be with family or friends this holiday, members of the First Congregational Church would like to prepare and deliver a dinner of roast turkey, stuffing, mashed potatoes, squash, rolls, pie and all the trimmings. There is no charge for this meals. The meals will be delivered between 11:30 and Noon on Thanksgiving Day.

Forms are available at the Senior Center from Mimi or Grace Zbell.



rvtech.com

Save the Date: Thursday December 3rd

Spaghetti dinner and special performance by the Gospel Group "the Messengers" from United Methodist Church in Lenox. The Messengers will perform at 4:00pm, dinner will be served at 5:00. The Messengers are a four part singing group, they will perform mostly gospel and holiday music. The performance is free, the dinner is \$3.00

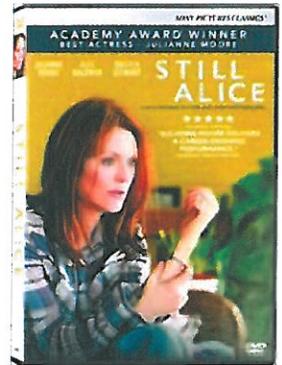
There will be free SBTEC van transportation provided for this event.

November Movie: Still Alice

When: Monday, November 2, 9

Time: 12:15 PM

Story Line: Alice Howland, happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's Disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring. *We will be showing the movie two weeks in a row in case folks are not able to make the first showing.*



New Soda Cooler in Dining Room

Thirsty? We have a new soda and water cooler in the Dining room over by the CD player. For 50 cents you can pick out something refreshing. There is a box on top of the cooler for your donation. Please let Mimi or Polly know if there is another drink you would like to see in the cooler.



Get Cuffed: Nov 23 at 2 PM

Berkshire Health Systems will be conducting a class for those with high blood pressure to receive an automatic cuff and learn about how to best keep their pressure in check.

Call Community Care Coordination at 413-854-9929 to sign up

Joke Corner:

At the beginning of my shift I placed a stethoscope on an elderly and slightly deaf female patient's chest.

"Big Breaths" I instructed.

Yes they used to be, replied the patient.

A bookseller conducting a market survey asked a woman: "Which book has helped you most in your life?"

The woman replied—"My husband's checkbook."

Las Vegas Churches are now accepting gambling chips as donations in the church's collection baskets. Chips that are collected are from many different casinos. The churches devised a method to handle the collected chips.

All the collected chips are sent to a nearby Franciscan Monastery for sorting and then the chips are taken to the casinos and cashed in.

This is done by the "Chip-monks".



Monument Mountain Regional High School's

24th Annual Senior Citizen Fall Festival

Tuesday, November 17,

Concert at 11 AM

Free Lunch at 12:30 PM

Sign up in Dining Room Let us know if you need a ride.

Exercise Classes

Monday

9:15 Cross Training with Misha (\$3.50)

10:00 Awareness Through Movement Misha (floor) (\$3.00)

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



HOLIDAY DECORATIONS REQUEST

We are having our holiday table again this year and are looking for folks to bring in decorations. Please see Mimi or Polly.

Who's Who??

The pictures continue to come in.

Take a look at the collection and see if you can guess who is who. In December we will have a ballot for you to match the names with pictures.

We will have a drawing in December to determine the winner of a fun prize.

Take a look and if you have not brought in your picture, you still have some time.





Nov 1	Belle Piontek
Nov 3	Mary King
Nov 4	Helen Audino
Nov 7	Bruce Maxwell
Nov 9	Katie Kilmer
Nov 9	Maureen Avery
Nov 12	Virginia Farnum
Nov 14	Paulette Johnson
Nov 16	Annie Bushka
Nov 17	Nora Hayes
Nov 17	Anne Wever
Nov 17	Emma Daigle
Nov 23	Betty Pratt
Nov 26	Fay Diamond
Nov 27	Carolyn Carr
Nov 29	Priscilla Rueger

BP Checks/Hand Washing Presentation:

November 5 and 24, stop by the lobby and get your BP checked and have some fun conversation.

November 10. Hand Washing Presentation given by Karen and Carol to get us ready for the winter and flu season.

Fun Outings in November

Monday November 9 11:30 AM Out To Lunch Bunch to : The East

Friday November 23 5:00pm: Gad Abouts going to Barrington Brewery

If you need a ride please indicate on the sign up

Diabetic Classes: Join your neighbors in learning about diabetic management and associated issues. Pat Donovan McLeod and Stephanie Baker will be teaching classes on November 1, 23, 30, and December 7, 14, 21 from 12:30 PM - 3 PM. Register by calling Pat at 781-287-9162 or Stephanie at 781-287-9151

CHP Van will be here on November 24 to assist with a variety of Health Checks such as cholesterol, glucose, and BP checks plus additional screenings. Come to the parking lot and tour the van at 11 AM on November 24.

Timberlyn East Presents: Bingo and Ice Cream Monday November 30, 12:30 pm

Legal Info with Attorney Eva Schatz...

November 17 at 11 AM. Sign Up on form in the Dining room and get your questions answered. Stay for a hot lunch of Hot Dog's and baked beans (Throw back Summer)

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.*

~MONTHLY EVENTS~

CENTER EVENTS (Note: Veterans Day Holiday on November

- **Monthly Movie** ~ Monday November 2, 9 STILL ALICE
- **Barbara's and Virginia's Breakfast:** November 24, Last Breakfast for the year. 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 November 12... *Thank you for your service.*
- **Lunch Bunch**—Monday November 11:30 at The East
- **Gad Abouts:** Going out on Friday November 20 at 5 PM to Berkshire Brewery
- **Brown Bag** will be distributed on **Monday NOVEMBER 9** at 12 Noon. **Note:** Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.
- **AVADA Hearing** will be on site Tuesday November 3 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Second Friday of each Month: Dates this month: November 9 from 9-12 Noon and November 13 from 9-12 by apt. Cost \$35. Call 528-1881 for appointment.

COUNCIL MEETINGS

- **Council on Aging Meeting** .November 25 at 1:15 PM
- **A.G.E. TRIAD** meeting November 18 at 2 PM

COMMUNITY MEETINGS

- **Quilting Guild** will meet on Tuesday November 10 at 6PM.
- **Women's Cancer Support Group** will meet on Thursday November 12 from 4PM to 5:30 PM.
- **Caregivers' Support Group** will meet on Wednesday, November 25 from 1PM to 2:30 PM

Medicare Open Enrollment is NOW!

You need to check your plan!

Here is Beth's story. Beth was in Okeydokey Drug plan in 2015 and decided to see a SHINE counselor in her town to compare Okeydokey to other plans for 2016. She was surprised to find that two of her medications won't be covered on her drug plan next year and it would cost her \$550 a month to pay for them! The SHINE counselor helped her find a new plan -- and she saved over \$6000! Success!

REMEMBER: A Shine Counselor is available at the Claire Teague Senior Center by appointment on Monday 10:30 AM—2:30 PM and Friday 1PM— 2:30 PM. Call 52801881 for an appointment. .

Weather the Winter at Claire Teague Senior Center

Last winter may have seemed a long cold time away and now we are getting ready for another New England winter. As the weather changes, please remember that getting out of the house has a number of benefits. The Claire Teague Senior Center is a "place to gather and socialize". Polly Mann, director of our center, reminds us to "Check WSBS (AM 860 or FM 94.1) for center closure in winter".

Consider spending a few hours a day at the center meeting new friends, getting caught up with old friends and experiencing or learning new things. We have activities such as bingo or cards games, exercise classes, discussion groups, classes and new for the winter an arm chair travel club.



If you need help with transportation for perhaps your grocery shopping, a doctor's appointment, a special event or coming to the center, call the Southern Berkshire Transportation Corporation (528-4773). The friendly voices on the phone will get you set up with a van and courteous driver to escort you from your home to your destination and back again.

So as the days get shorter and the New England winter sets in, remember to include a visit to the Claire Teague Senior Center as your winter anti-dote.

NOVEMBER 2015

Winner for October Word Search (by drawing): Dorris Van Duesen

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M E A N V P U P V L C B I A K Y Q Y S S
M I N C G C O E G R V K U L T Z A A S O
R B R C A N U E N A V V N I S N E X A D
H S H G X N T J I K E Z S C K C F K L A
S P W F L C E T K M C Z Z E A T O X C C
L E I Q U I I M Q U B Z E S F B O Y C O
F C S F E B P A O F B P Z R D F Z U I O
E A F I T N E M L L O R N E N E P O T L
E E L G C P B N I T H K K S H A W N E E
D L Z L Q R G K R X X U D T B T R N B R
C F P A F Z E O P L Q A D A L D F R A V
S I N G O E A X M B U M M U J H B V I I
O D H Z M S S V E E X N M R N W Y D D C
T B N V T U X T T R Y V Y A A F O E I N
W T H A N K S G I V I N G N R V E S K T
R E B M E V O N M V F A S T E Z U A Q J
R X Q G J Z K J E M A K H F T M F Q S E
J U F W I C G Y K C R L A C E B Q T C T
H R Q P T T E Z S S Z O E D V V D K O E
F W K H F S F D S O C I R J C Q G O Z P

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Below is a list of words taken from our November Newsletter and hidden in the above search square. The words are displayed horizontally, vertically, or diagonally.

Note: a word may be reversed.

ALICES RESTAURANT	FEAST	OPEN ENROLLMENT	THANKSGIVING
CHAIR EXERCISES	GET CUFFED	PILGRIM	VAN
CHP	MMRHS	SINGO	VETERAN
DIABETIC CLASS	MUSIC	SODA COOLER	YANKEE POT ROAST
FALL FESTIVAL	NOVEMBER		

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: Pilgrims

October's word (*Bennington*) of the month was successfully used to make 61 words. Eileen Gaarn with a close runner up Steve Badurski

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 November 25th**

Name: _____ Phone: _____

November 2015				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Stuffed Cabbage 12:00 Movie: Alice 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate	ELECTION DAY 3 8:30 Coffee Hour 9:00 Bingo with Sue 10:00 Crossword Puzzle 11:30 Lunch— Barley Soup/ Tuna Salad 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	4 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Oriental Chicken 12:30 Cards 4:00 Decorative Arts	5 9:00 Bingo/ Bagel Swap with Betsy Ross 9:30 Painting with Vera 10:00 News & Views 11:00 BP check with Carol and Karen 11:00 Hand Washing Presentation 11:30 Lunch— Baked Fish 12:00 Bridge 12:00 Crafty Hands	6 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Lasagna 12:00 Bridge 2:30 Intermediate Tap Dancing
9 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Sweet & Sour Pork 11:30: Out to Lunch: The EAST 12:00 Brown Bag 12:00 Movie: Alice 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate	10 8:30 Coffee Hour 9:00 Bingo with Sue 10:00 Crossword Puzzle 11:30 Lunch— Shepherd's Pie 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	VETERANS DAY 11 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Baked Chicken 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts	Veteran's Lunch 12 9:00 Bingo/ Bagel swap 9:30 Painting with Vera 10:00 News and Views 11:00 Patriotic Music: Emma/Jonathan 11:30 Lunch— Fairview Commons 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	13 8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Roast Pork with gravy 12:00 – 1PM Singo with Carolyn 12:00 Bridge 2:30 Intermediate Tap
16 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Minestrone/Neal Parmesan 12:00-4PM Movie Alice 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate	17 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11AM Monument Mt HS Festival 11AM Attorney Eva Schatz 11:30 Lunch— Hot Dog 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	18 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Baked Chicken 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts	THANKSGIVING LUNCH 19 9:00 Bingo/ Bagels swap with Pilgrims 9:30 Painting with Vera 10:00 News & Views 11:00 Music: Willie Ninninger 11:30 Lunch— Holiday Meal: Roast Turkey Dinner 12:00 Crafty Hands 12:30 Bridge	20 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Crabby Cakes 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts: Barrington Brewery
23 8:30 Coffee Hour 9:00 – 1:00 Foot Nurse 9:15 : Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11:30 Lunch— Cheeseburger 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00-3PM :Get Cuffed Berkshire Health 2:00 Tap Dancing—Intermediate	24 8:30 Breakfast Virginia&Barbara (Last one) 9:00 Bingo 10:00 Crossword Puzzle 11:00 BP checks with Carol and Karen 11 AM CHP Van - Health checks 11:30 Lunch— Chicken Divan 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	25 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Italian Meat Balls 12:30 Cards 1:00 Caregiver Support Group 1:15 PM COA Meeting 4:00 Decorative Art	THANKSGIVING 26 9:00 Bingo/ Bagels swap with Pilgrims 9:30 Painting with Vera 10:00 News & Views 11:00 Music: Willie Ninninger 11:30 Lunch— Holiday Meal: Roast Turkey Dinner 12:00 Crafty Hands 12:30 Bridge	27 8:30 Coffee Hour 9:00" Thankful" discussion 10:00 Movie: Alice's Restaurant 11:30 Lunch Pizza 12:00 No SBETC Transportation
30 8:30 Coffee Hour 9:15: Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11:30 Lunch— Mac and Cheese 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate				For Questions and to Schedule Appointments call: Claire Teague Senior Center 413-528-1881

November 2015

Nutr

Calories & Sodium count is for entire, starch and vegetable

*Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Stuffed Cabbage Casserole Spiced Beets Spinach Rye Bread Peaches</p> <p>cal: 298 sod: 907</p>	<p>3 Soup and Sandwich Beef & Barley Soup Tuna Salad Broccoli Florets Hamburger Roll Apple Crisp</p> <p>cal: 304 sod: 263</p>	<p>4 Oriental Chicken Fried Rice Oriental Mixed Vegetables 100% Whole Wheat Bread Pears</p> <p>cal: 307 sod: 446</p>	<p>5 Baked Fish Red Potatoes Corn Dinner Roll Mixed Fruit Tossed Green Salad (Cong)</p> <p>cal: 497 sod: 354</p>	<p>6 Lasagna w/ Meat Sauce Winter Blend Vegetables Italian Green Beans Multigrain Bread Banana</p> <p>cal: 254 sod: 303</p>
<p>9 Sweet & Sour Pork Sweet Potatoes Sugar Snap Peas Oatmeal Bread Pineapple</p> <p>cal: 486 sod: 486</p>	<p>10 Shepherd's Pie Mashed Potatoes Green Beans Muffin Apple</p> <p>cal: 385 sod: 228</p>	<p>11 Veterans' Day</p>	<p>12 Chicken w/ Biscuit Boiled Potatoes Zucchini 100% Whole Wheat Bread *Vanilla Pudding w/ Topping</p> <p>cal: 353 sod: 131</p>	<p>13 Roast Pork w/ Gravy Roasted Potatoes Glazed Carrots Dinner Roll Mixed Fruit</p> <p>cal: 330 sod: 410</p>
<p>16 Soup and Sandwich Minestrone Soup Veal Parmesan Ziti w/ Sauce Italian Bread Orange</p> <p>cal: 486 sod: 251</p>	<p>17 Hot Dog Baked Beans Coleslaw Hotdog Roll Hot Spiced Peas</p> <p>cal: 569 sod: 853</p>	<p>18 Baked Chicken Boiled Potatoes Italian Blend Vegetables 100% Whole Wheat Bread Peaches Tossed Green Salad (Cong)</p> <p>cal: 271 sod: 415</p>	<p>19 Holiday Meal Roast Turkey Dinner Mashed Potatoes Butternut Squash Snowflake Roll *Pumpkin Pie</p> <p>cal: 323 sod: 265</p>	<p>20 "Crabby Cakes" Noodles & Sauce Spinach Multigrain Bread Applesauce</p> <p>cal: 711 sod: 728</p>
<p>23 Cheeseburger Potato Puffs Peas & Carrots Hamburger Roll Mixed Fruit</p> <p>cal: 535 sod: 858</p>	<p>24 Chicken Divan Rice Pilaf Spinach Oatmeal Bread Applesauce</p> <p>cal: 351 sod: 241</p>	<p>25 Italian Meatballs Spirals w/ Sauce Broccoli Florets Rye Bread *Chocolate Pudding w/ Topping</p> <p>cal: 428 sod: 416</p>	<p>26 Happy Thanksgiving</p>	<p>27 Holiday</p>
<p>30 Macaroni & Cheese Stewed Tomatoes Wax Beans Multigrain Bread Peaches</p> <p>cal: 446 sod: 356</p>	<p>The top contributor to sodium in your diet is bread (7.4% in the typical American diet). So check the label and choose breads with lower sodium content. Bread labeled natural and healthy are not likely to be any lower in sodium than regular breads.</p>			

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.

Calories and sodium from salad dressings, margarine, crackers and condiments are not included. This nutrition information is not exact but will help guide you. Recipes are changed to reflect new information and products.

Other foods, average

- Milk 1%
- Bread
- Fruit
- Baked Dessert/Pudding
- 1 cup = 95 cal./100mg. Sod
- 1 slice = 85 cal./145mg. Sod
- 1/2 cup = 65 cal./5mg. Sod
- 1/2 cup = 230 cal./200mg. Sod