

GRAPEVINE

Claire W. Teague Senior Center * 917 South Main Street * Great Barrington * MA, 01230

Polly Mann, Director ... Mimi Hassett, Assistant Director

December 2015

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

Center: 41-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

Holiday Lunch



Thursday December 17

Come join us celebrate the season with holiday cheers and music. Lunch will be Roast Turkey and we will have to see if Santa will be here.... Music for the event (11:15AM—12 Noon) by The MESSENGERS.

They are a men’s group ensemble, often singing acapella in a modern musical idiom, using multiple part harmonies, present day rhythms, and sometimes including instrumental arrangements. They are sponsored by the United Methodist Church of Lenox as part of the musical outreach program to other area local churches.



Caroling at Flagg Rock



Students from Monument mountain Pathways Program will be caroling at Flagg Rock Tuesday December 15th at 3:30. Refreshments to follow in the community room

HOLIDAY SALES Table

Come see and shop our Holiday Sales table. There are many items to reassure and add to our Holiday collections or give as gifts to friends and family.



End of Year Celebration: Save the date: **December 30** for a special end of the Year celebration with Fairview Commons providing a free lunch for attendees. We will have music and special end of year Festivities. All of the fun starts at **11AM....**

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Who’s Who Contest

Be sure to pick up your ballot .Decipher “who is who” in the pictures posted on the wall. Submit your guesses to Mimi,. Prizes will be awarded for the correct guesses.



HOUSING FORUM MEETING

Wednesday, December 16 at 1 PMClaire Teague Senior Center

- Do you know your housing options in Great Barrington and surrounding areas?
- We are fortunate in Great Barrington to have three senior housing sites but are they enough? Is that an option for you?
 - What do we need in Great Barrington and what would you like to see in Great Barrington? What can the seniors of Great Barrington do to bring about any change?

Please plan on attending these meeting whether you live in senior housing or you are thinking about your future options. We will continue these meeting as long as necessary and invite the appropriate officials at future meetings.



Holiday Gift Collection

Our custodian for the Senior Center., Bob is a special person here but you will rarely see him,. He never misses a day and is busy cleaning, mopping, vacuuming, our building long before we open in the morning. All the beautiful bulbs by the back entrance have been planted and tended by Bob. The front entrance benefited from his attention to the trimming and clearing of the bushes . Sweet touches like the kitty statue in the back and new bulbs to come up this spring are also his doings. Bob has also contributed by assembling various furniture pieces such as the picnic tables, barbeque and my desk. He goes above and beyond and I would like to present him with a gift at the end of the year.

*Thank
You*

Please sign the card for Bob and if you would like contribute monetarily to his gift fund.

Joke Corner: What do you call a letter sent up the chimney on Christmas Eve ?Black mail !

Who delivers cat's Christmas presents?Santa Paws !

Why does Father Christmas go down the chimney ?Because it soots him !

Who delivers elephants' Christmas presents? Elephanta Claus !

What do you have in December that you don't have in any other month ?The letter "D" !

What did Adam say on the day before Christmas ? It's Christmas, Eve !

~MONTHLY EVENTS~

CENTER EVENTS

- **Monthly Movie** ~ Monday December 7 12:15 *Mr Hunter*
- **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 December 10 ... *Thank you for your service.*
- **Lunch Bunch**—Monday December 7 at 11:30 at The East
- **Gad Abouts:** Going out on Friday December 18 at 5 PM to
- **Brown Bag** will be distributed on **Wednesday December 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 December 1 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Friday of each Month: Dates this month: December 7 from 9 -12 Noon and December 11 from 9-12 by appt. Cost \$35. Call 528-1881 for appointment.

COUNCIL MEETINGS

- **Council on Aging Meeting** .December 2 at 1:15 PM
- **A.G.E. TRIAD** meeting December 9 at 2 PM

COMMUNITY MEETINGS

- **Quilting Guild** will meet on Tuesday December 8 at 7PM.
- **Women’s Cancer Support Group** will meet on Thursday December 10 from 4PM to 5:30 PM.
- **Caregivers’ Support Group** will meet on Wednesday, December 16 from 1PM to 2:30 PM

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

DECEMBER 2015

Winner for November Word Search (by drawing): Veronica Deome

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

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.

- | | | |
|----------------------|---------------------|--------------------|
| CAROLS | FUEL | ICECRYSTALS |
| COFFEE MUG | GLITTER AND GOLD | MESSIAH |
| CROSS COUNTRY SKIING | HOLIDAY BAKED GOODS | REINDEER |
| DECEMBER | HOUSING FORUM | SANTASHELPERS |
| FESTIVAL OF LIGHTS | HOT CHOCOLATE | SNOWY WINTER NIGHT |
| | THANKFUL | |

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: Holiday Greetings

November's word (*Pilgrims*) of the month winner: : Bruce Barnum

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 December 23th**

Name: _____ Phone: _____



Sunday December 20th 1:00pm

Join us for a holiday covered dish and a
special presentation by the

Earth Angels

Bring your grandchildren, great
grandchildren, your friends and family, all
ages welcome to meet and greet Santa
and enjoy their wonderful singing

Please call for reservations at 528-1881

1:00pm Covered Dish Meal (optional)

2:00 pm Earth Angels

December 2015

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																									
1	Beef Burgundy 6oz Buttered Noodles 1/2c Peas w/Pimiento 1/2c Dinner Roll 1 Pineapple 1/2c Calories: 357 Sodium: 200	2	Baked Chicken w/ Gravy 6oz Mashed Potatoes 1/2c Winter Blend Vegetables 1/2c Rye Bread 1 Banana 1 Calories: 314 Sodium: 284	3	Soup & Sandwich Cabbage Soup 1/2c Egg Salad 4oz Spiced Carrots 1/2c Hamburg Roll 1 Apple Crisp 1/2c Calories: 328 Sodium: 391	4	Baked Fish 4oz Red Potatoes 1/2c Sliced Beets 1/2c Multigrain Bread 1 Pears 1/2c Tossed Green Salad (Cong) Calories: 341 Sodium: 331	5	Veal Parmesan 1 Ziti w/ Sauce 1/2c Spinach 1/2c Rye Bread 1 Pears 1/2c Calories: 620 Sodium: 804	6	Chicken & Biscuit 6oz Egg Noodles 1/2c Winter Squash 1/2c Orange 1 Tossed Green Salad (Cong) Calories: 347 Sodium: 129	7	Cheeseburger 1 Tater Tots 1/2c Broccoli Florets 1/2c Hamburg Roll 1 Applesauce 1/2c Calories: 412 Sodium: 696	8	Oriental Chicken 6oz Brown Rice 1/2c Chinese Mixed Vegetables 1/2c Oatmeal Bread 1 Pineapple 1/2c Calories: 472 Sodium: 289	9	Soup & Sandwich Cream of Broccoli Soup 1/2c Tuna Salad 4oz Green Beans 1/2c Hotdog Roll 1 **Peach Cobbler 1/2c Calories: 234 Sodium: 290	10	Goulash 8oz Mixed Greens 1/2c Succotash 1/2c Dinner Roll 1 Orange 1 Calories: 526 Sodium: 256	11	*Glazed Ham 3oz Sweet Potato 1/2c German Red Cabbage 1/2c 100% Whole Wheat Bread 1 **Vanilla Pudding w/Topping 1/2c Calories: 274 Sodium: 1069	12	Shepherd's Pie 6oz Mashed Potatoes 1/2c Italian Green Beans 1/2c 100% Whole Wheat Bread 1 Peaches 1/2c Calories: 269 Sodium: 235	13	Chicken Cacciatore 6oz Roasted Potatoes 1/2c Mixed Vegetables 1/2c Multigrain Bread 1 Mixed Fruit 1/2c Calories: 308 Sodium: 116	14	Veal Parmesan 1 Ziti w/ Sauce 1/2c Spinach 1/2c Rye Bread 1 Pears 1/2c Calories: 620 Sodium: 804	15	Shepherd's Pie 6oz Mashed Potatoes 1/2c Italian Green Beans 1/2c 100% Whole Wheat Bread 1 Peaches 1/2c Calories: 269 Sodium: 235	16	Chicken & Biscuit 6oz Egg Noodles 1/2c Winter Squash 1/2c Orange 1 Tossed Green Salad (Cong) Calories: 347 Sodium: 129	17	Holiday Meal Pot Roast w/ Gravy 3oz Garlic Mashed Potatoes 1/2c Broccoli/Cauliflower Blend 1/2c Dinner Roll 1 **Trifle 1/2c Calories: 308 Sodium: 116	18	Split Pea Soup 1/2c Crabby Cakes 2 Mixed Vegetables 1/2c Multigrain Bread 1 Pineapple 1/2c Calories: 756 Sodium: 806	19	Salisbury Steak 1 Boiled Potatoes 1/2c Sugar Snap Peas 1/2c Rye Bread 1 Applesauce 1/2c Calories: 321 Sodium: 489	20	Macaroni & Cheese 8oz Stewed Tomatoes 1/2c Green Beans 1/2c Oatmeal Bread 1 Banana 1 Calories: 403 Sodium: 515	21	Macaroni & Cheese 8oz Stewed Tomatoes 1/2c Green Beans 1/2c Oatmeal Bread 1 Banana 1 Calories: 403 Sodium: 515	22	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	23	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	24	Chicken Cacciatore 6oz Roasted Potatoes 1/2c Mixed Vegetables 1/2c Multigrain Bread 1 Mixed Fruit 1/2c Calories: 304 Sodium: 374	25	CHRISTMAS DAY
21	Salisbury Steak 1 Boiled Potatoes 1/2c Sugar Snap Peas 1/2c Rye Bread 1 Applesauce 1/2c Calories: 321 Sodium: 489	22	Macaroni & Cheese 8oz Stewed Tomatoes 1/2c Green Beans 1/2c Oatmeal Bread 1 Banana 1 Calories: 403 Sodium: 515	23	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	24	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	25	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	26	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	27	Swedish Meatballs 3 Buttered Noodles 1/2c Spinach 1/2c 100% Whole Wheat Bread 1 **Chocolate Pudding w/ Topping 1/2c Calories: 403 Sodium: 650	28	Barbecue Pork 1 Sweet Potatoes 1/2c Buttered Corn 1/2c 100% Whole Wheat Bread 1 Orange 1 Calories: 498 Sodium: 768	29	Baked Chicken w/ Gravy 6oz Rice Pilaf 1/2c Broccoli 1/2c Biscuit 1 Peaches 1/2c Calories: 384 Sodium: 421	30	Lasagna 8oz Mixed Greens 1/2c Carrots 1/2c Italian Bread 1 Applesauce 1/2c Calories: 250 Sodium: 406	31	Roast Pork w/ Gravy 3oz Mashed Potatoes 1/2c Zucchini Squash 1/2c Dinner Roll 1 Pears 1/2c Calories: 325 Sodium: 229		NEW YEAR'S DAY																										

Dietary Information:

Calorie & Sodium counts are noted for Entrée, Starch and Vegetable only. Calories and sodium from salad dressings, margarine, crackers and condiments are not included. This nutrition information is not exact but will help guide you. *High Sodium **Modifications for restricted sugar available

Other Foods, Average Calorie/Sodium counts:

Milk 1% = 1 cup = 95 calorie / 100 mg sodium
Bread = 1 slice = 85 calories / 145 mg sodium
Fruit = 1/2 cup = 65 calories / 5 mg sodium
Baked Dessert/Pudding = 1/2 cup = 230 calories / 200 mg sodium

HOME DELIVERED MEALS:

If you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Questions and to Schedule Appointments call: 413-528-1881 Claire Teague Senior Center</p> <p>7 8:30 Coffee Hour 9AM - 12 Noon Foot Nurse 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Cheeseburger 11:30: Out to Lunch: ENA'S 12:00 Movie: Mr Hunter 1:00 Balance & Movement (No class) 2:00 Tap Dancing—Intermediate</p>	<p>8 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Oriental Chicken 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>9 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Soup and Sandwich 12:30 Cards A.G.E. TRIAD Meeting 4:00 Decorative Arts</p>	<p>10 9:00 Bingo/ Bagel swap 9:00 Foot Nurse 9:30 Painting with Vera 10:00 New and Views 11-2 Art Reception 11:30 Lunch— Goulash 12:00 Crafty Hands 12:00 Bridge 4:00 Breast Cancer Support Group 4:00 Misha's Advanced Exercise</p>	<p>11 8:30 Coffee Hour 9:00 - 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Glazed Ham 12:00 Bridge 2:30 Intermediate Tap</p>
<p>14 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Veal Parmesan 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>15 8:30 Coffee Hour 9:00 Bingo 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</p>	<p>16 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Chicken and Biscuit 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts</p>	<p>17 9:00 Bingo/ Bagels swap 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch — Pot Roast 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>18 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: Pleasant and Main</p>
<p>21 8:30 Coffee Hour 9:15 : Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11:30 Lunch—Salisbury Steak 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>22 9:00 Bingo 10:00 Crossword Puzzle 11:00 BP checks with Carol and Karen 11:30 Lunch— Mac and Cheese 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training 4:00 Misha's Advanced Exercise</p>	<p>23 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch— Swedish Meatballs 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Art</p>	<p>24 9:00 Bingo/ Bagels swap 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch—Chicken Cacciatore 12:00 Crafty Hands 12:30 Bridge</p>	<p>25 Happy Holidays  Center Closed</p>
<p>28 8:30 Coffee Hour 9:15: Cross Training 10:00 Awareness Through Movement 10:30 SHINE by Appt 11:30 Lunch— Barbecue Pork 12:30 Bingo and ice cream 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>29 9:00 Bingo 10:00 Crossword Puzzle 11:00 BP checks with Carol and Karen 11:30 Lunch— Baked Chicken 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training 4:00 Misha's Advanced Exercise</p>	<p>30 End Of Year Celebration 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:00 Genealogy 11:30 Lunch—Fairview Commons 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Art</p>	<p>31 9:00 Bingo/ Bagels swap 9:30 Painting with Vera 10:00 News & Views 11:30 Lunch—Roast Pork 12:00 Crafty Hands 12:30 Bridge</p>	<p>Center Closed </p>