

# GRAPEVINE

# August 2016

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

*Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator*

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

Center: 413-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

Welcome Jennifer Bailly to the Claire Teague Senior Center. Jennifer will be assisting the senior center in two ways, she is the Assistant Director and the newly created Outreach Coordinator.

Jenn comes to us with a wealth of information, energy and resources. As the Outreach Coordinator, she will be out and about in the community. The Outreach Program is new so take this opportunity to let people know about it or if you know of someone who could use a little helping hand, or guidance in the way of resources and encouragement let us know. Let's let Jenn get settled in her new job as my assistant and your Outreach Coordinator which will begin Tuesday July 26.

We'd like to thank Mimi Hassett for her time at the senior center and wish her well in her new capacity.

## Student Interviews

Second Graders from Muddy Brook School will be visiting us at the senior center Tuesday August 2nd from 10:30-12:00. The second graders will be interviewing you with a list of questions.

To make this event more fun, consider bringing a memento , photo or item that can be shared with the students, kind of a show and tell. The students visited us in July and received great reviews by the seniors that were interviewed. It is always such a joy to have the children visit. . I would also like to thank Camp Eisner young people for there energy filled hour of singing and bingo, what a great group of youth, they will be back to visit us during August for a sing-a-long.



This months Monday movie is "As Good As it Gets" with Jack Nicolson. Monday Movies are the first Monday of each month following lunch at 12:30.

Next month we will be viewing "The Red Violin" Joshua Bell is the background violinist for this great movie.

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### The CTSC is looking for "Seniors Teaching Seniors" Volunteers

We have lots of opportunities for learning at the CTSC : Art, Dance, Music, Exercise , Computer , Bridge but we are always looking to expand. If you have a skill, hobby, trade that you would like to share with other seniors, we will work with you to create a class/group. You also may be eligible for the Senior Tax Work Off Program if you are a Great Barrington homeowner. We'd love to know what your interests are and your talents, so give us a call at 528-1881

### Mr. Wizard says, "Summer Fun With Internet Radio".

Did you know that when your computer is connected to the internet, you can listen to literally *thousands* of radio stations, both here and around the world, all for free?



Yep, your computer can do that for you.

Is "Swing" your thing? You can listen to <http://radioswingworldwide.com/> to hear Glen Miller's Chattanooga Choo Choo to your heart's desire. Luciano Pavarotti more your style?

You can type in <http://operamusicbroadcast.com> and listen any time you want, 24 hours a day.

Real, authentic New Orleans Jazz, perhaps? Just point your browser to <http://www.wwoz.org>, and listen 'till you could swear you taste that Crawfish Etoufee!

If you'd like to learn how to listen to the world, and other fascinating things you can do with your computer (and your iPad too), join us nerds at the Senior Center, every Tuesday at 12:15.

### Exercise Classes

#### Monday

- 9:15AM Cross Training with Misha (\$3.50)
- 10AM Awareness Through Movement Misha (floor) (\$3.50)
- 1PM Balance and Movement with Misha (Chair) (\$3.00)
- 2PM Intermediate Tap Dancing with Carolyn (\$5.00)

#### Tuesday

- 10 AM Pilates with Kathy Casey (**\$3.50**)
- 3:30PM Strength Training with Christine (\$3.00)

#### Wednesday

- 9:30AM Easy Does it Yoga with Joanne (\$3.00)

#### Thursday

- 10 AM: Therapeutic Movement /Breathing Class with Suzanne (\$3.00)
- 4PM Misha's Advanced Class (\$10.00)

#### Friday

- 9AM Tai Chi with Christine (\$3.00)
- 10AM Chair exercises with Harriet (Free)
- 2PM Intermediate Tap (\$5.00)

**Please note** that the Pilates Class and the Therapeutic Movement class introductory offer prices have ended and the new class fee is now in affect. The introductory prices were available due to a grant but that has run its course, we really want to keep these two great classes going so it was necessary to increase the fee.

**AUGUST 24th Hamburger/ Hotdog COOK-OUT**  
11:30 \$2.00



**Chef Larry from Devonshire will be providing sides and salads.**

### Farmers Market Coupons are here!

There are income eligibility requirements for receiving the Farmers Market Coupons



- |                             |                           |
|-----------------------------|---------------------------|
| August 6 Mary Ann Carter    | August 16 Ruth Champigny  |
| August 4 Art Martin         | August 18 Cora Roraback   |
| August 5 Martha Eichstedt   | August 20 Geri Stefanacci |
| August 6 Kate Purcell       | August 21 Dorothy Capasse |
| August 7 Sandra Sokul       | August 21 Gloria Yanez    |
| August 7 Maureen Rathbun    | August 23 Stephen Matava  |
| August 9 Barbara Chamberlin | August 28 Gloria Anthony  |
| August 13 Doris Race        | August 28 Kate Basler     |
| August 13 Anne Cruikshank   | August 31 Al Butterworth  |
| August 14 Bob Van Deusen    | August 31 Marie Kirchner  |
| August 15 Rose Wellauer     | August 30 Virginia Hansen |

## Berkshire Traveler's TRAVEL CLUB

- August 2: "Tanglewood on Parade" cost \$24 Sign up in Dining room
- August 17: "Sister Act" **Cancelled!**
- **October Foliage** trip to Robert Frost House in Shaftsbury Vermont. Lunch at B&R Tavern & Bistro in Historic Bennington Station

### **September 18 & 19 Trip to West Point, Westchester Theatre, and 9/11 Memorial and Museum.**

\$275 / person (double) (\$75 Deposit due at signup)

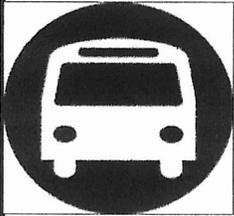
Package includes:

- Roundtrip Deluxe Motor Coach
- 1 night Hotel stay (LaQuinta or Hampton Inn)
- 2 meals included on this tour
- Continental Breakfast at the Hotel
- Dinner at the Westchester Dinner Theatre

Narrated West Point Tour

Westchester Dinner Theatre "Saturday Night Fever"

Admission to the 9/11 Museum & Memorial



**NOTE:** Need 40 guests for trip to depart. Call 528-0230 for additional information and to sign up.

*If you have a trip idea, we welcome your suggestions*

## Future Trips

Here are a few trip possibilities, if you are interested in going on any of these trips please let Grace know so she can work her magic getting all the details together.

### **The Aqua Turf Club December 8th**

Plantsville Connecticut Jimmy Sturr Christmas Show starring Jimmy Sturr and his Orchestra and special guest "The four Aces" Thursday December 8 **\$57.00** includes: Lunch, Matinee Show, The Four Acres,

**Trip to Salem October 6th for \$75.00.** Berkshire South is offering a trip to Salem. If you are interested in going to Salem with a group from the senior center, please let Grace or Polly know you are interested.



### **Atlantic City**

February 15-17 \$189.00 includes 2 nights at a resort hotel, \$60.00 slot bonus and \$60.00 in meal vouchers, 2 shows in the resorts theatre, One show is America's Got Talent Finalist Paul Salos with his Frank Sinatra Tribute.



## Friday August 5 Trip to Hancock Shaker Village

Polly will be leading a carpool group on a tour of Hancock Shaker Village. We will be carpooling to Hancock Shaker Village on Free Friday August 5th. We will meet at the senior center at 10:00 AM. During the visit we will tour the Round Stone Barn, The Dwelling, Machine shop which includes a demonstration of the water power. We will also visit the Tan House and the Blacksmiths Shop. There will be a picnic lunch on the grounds of the village. Please be sure to bring comfortable walking shoes and water. The cost of the trip is \$3.00 for a picnic lunch. If we have time we will stop on the way back and visit Polly's goats, Heidi, Sugie and Daisy. Please let Polly know if you want to volunteer to drive. Rain cancels trip. See sign up sheet in dining room.



**NOTICES:** Please call Claire Teague Senior Center 528-1881 for more details on any of the following notices.

**LUNCHES:** Please call the dining room number 528-4118 for lunch reservations and cancellations, you can leave a message on the machine, or let Grace know.

### Much Appreciated.....

Thank you to Fairview Hospital for donating the safety reflective vests at our A.G.E. Triad meeting in July, more than 40 reflective vests were given out and several scooters outfitted with Scooter kits. Everyone is welcome to join us at our monthly TRIAD meetings held each second Wednesday of the month at 2:00pm at the CTSC .



#### Brown Bag News

August 10th is our next Brown Bag delivery date. If you are signed up for a Brown Bag, please be prepared to renew your application. Brown Bag representatives will be on site that day to help renew everyone's application. You do not need to bring any paper verification just answer income related questions. If you do not receive this monthly brown bag of groceries and are interested, give us a call or stop by on August 10th and get your application in.

#### New!! Dominos and Bagels

Want to try a game of **Dominos**? Sue Farnum will be hosting an hour of Dominos every Thursday morning at 10:00 AM starting August 4th.



Bring a friend or two, or three!

#### Bone Density Testing

Wednesday August 10



Lee Jaggi will be visiting us again for his pre-screening for bone density. Wednesday August 10th between 10:00-and 1:00pm.

#### Knitting on Thursday at 12:00

Enjoy company while knitting a blanket for the Linus project. The Linus Mission is to provide love and a sense of comfort to children who are seriously ill. The blankets are mailed to a group in Auburn Ma. <https://www.projectlinus.org/>

#### Summer Basket Class

Thursday August 25th

Bring your grandkids for a final summer basket making class.

We've had a fun summer making baskets, this will be the last basket making class of the summer, look for another class this fall using "molds"! Please sign up if interested, first come first serve. Cost is \$7. 00 per person for materials.



#### Senior Statutory Exemption ( Real Estate Tax Relief)

Thursday August 4th Great Barrington Town Assessor Chris Lamarre will be joining us for lunch for a question/answer session about the Senior Statutory Exemption. He will answer your questions about requirements and eligibility.

#### Free Fridays at Tanglewood

Free Friday Rehearsals August 5th and August 13th are the final free rehearsal dates. The cost of the trip in \$7.00 for the transportation by SBETC van, the rehearsal is free. There are limited tickets and days so let Polly know asap if you are interested.

#### Trip to Berkshire Museum Friday August 26th.

The final Free Friday trip this month is to the Berkshire Museum followed by lunch at the 99 restaurant in Pittsfield.

**August 2016**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<p>8:30 Coffee Hour</p> <p>9:15 Cross Training</p> <p>10 Awareness through Movement</p> <p>10:30 SHINE by Appt</p> <p><b>11:30 Lunch: Macaroni &amp; Cheese</b></p> <p>1:00 Balance &amp; Movement</p> <p>2:30 Tap Dancing—Intermediate</p>	<p><b>MUDDY BROOK STUDENTS TODAY 2</b></p> <p>9:30 Bingo</p> <p>10:00 Crossword Puzzle</p> <p>10:00 Pilates with Kathi</p> <p><b>11:30 Lunch: Grilled Chicken</b></p> <p>12:00 Bridge</p> <p>12:30 Bingo</p> <p><b>12:30 Beginner Piano</b></p> <p>12:15 Computer Class</p> <p>3:30 Strength Training</p>	<p>8:30 Coffee Hour</p> <p>9:30 Easy Does it Yoga</p> <p><b>11:30 Lunch: Alaskan Salmon Boat</b></p> <p>12:30 Cards</p> <p>4:00 Decorative Arts</p>	<p><b>TOWN ASSESSOR VISITS TODAY 4</b></p> <p>10:00 DOMINOS</p> <p>9:30 Vera's Painting</p> <p>10-11 News &amp; Views</p> <p>10 Therapeutic breathing</p> <p><b>11:30 Lunch: Veal Patty</b></p> <p>12:00 Crafty Hands</p> <p>12:00 Bridge</p> <p>4:00 Misha's Advanced Exercise</p>	<p><b>FREE FRIDAY TANGLEWOOD</b></p> <p>8:30 Coffee Hour</p> <p>9:00 Tai Chi</p> <p>9:30 -11:30: Genealogy by appt</p> <p><b>9:30 Hancock Shaker Village Trip</b></p> <p>10:00 Harriet's Chair Exercise</p> <p><b>11:30 Lunch: Goulash</b></p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>	5			
8	<p><b>9:00 – 12:00 Foot Nurse</b></p> <p>9:15 Cross Training</p> <p>10 Awareness through Movement</p> <p>10:30 SHINE by Appt</p> <p><b>11:30 Lunch: Chicken Salad</b></p> <p><b>12:15 Movie: "As Good As It Gets"</b></p> <p>1:00 Balance &amp; Movement</p> <p>2:30 Tap Dancing—Intermediate</p> <p>5:30 Grief Support Group</p>	<p>9:30 Bingo</p> <p>10:00 Crossword Puzzle</p> <p>10:00 Pilates with Kathi</p> <p><b>11:30 Lunch: Cheeseburger</b></p> <p>12:00 Bridge</p> <p>12:30 Beginner Piano</p> <p>12:30 Bingo</p> <p>12:15 Computer Class</p> <p>3:30 Strength Training</p>	<p>8:30 Coffee Hour</p> <p>9:30 Easy Does it Yoga</p> <p>10:00 <b>BONE DENSITY TESTING</b></p> <p><b>11:30 Lunch: Bone-In Roasted Chicken</b></p> <p><b>12:00 Brown Bag</b></p> <p>12:30 Cards</p> <p>2:00 A.G.E. TRIAD</p> <p>4:00 Decorative Arts</p>	<p><b>Veteran's Lunch 11</b></p> <p>9:30 Vera's Painting</p> <p>10-11 News &amp; Views</p> <p>10 Therapeutic breathing</p> <p>10:00 <b>DOMINOS</b></p> <p><b>11:30 Lunch: Barbecue Pork Rib</b></p> <p>12:00 Crafty Hands</p> <p>12:00 Bridge</p> <p>4:00 Misha's Advanced Exercise</p> <p>4:00 Breast Cancer Support Group</p>	<p>8:30 Coffee Hour</p> <p>8:45 <b>Free Friday Tanglewood Trip</b></p> <p>9:00 Tai Chi</p> <p><b>9:00 – 12:00 Foot Nurse</b></p> <p>9:30 -11:30: Genealogy by appt</p> <p>10:00 Harriet's Chair Exercise</p> <p><b>11:30 Lunch: Roast Turkey</b></p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>	12			
15	<p>8:30 Coffee Hour</p> <p>9:15 Cross Training</p> <p>10 Awareness through Movement</p> <p>10:30 SHINE by Appt</p> <p><b>11:30 Lunch: Chicken Marsala</b></p> <p><b>12:00 Out To Lunch Bunch ( see flyer)</b></p> <p>1:00 Balance &amp; Movement</p> <p>2:30 Tap Dancing—Intermediate</p>	<p>9:30 Bingo</p> <p>10:00 Crossword Puzzle</p> <p>10:00 Pilates with Kathi</p> <p><b>11:30 Lunch: Unstuffed Cabbage</b></p> <p>12:00 Bridge</p> <p>12:30 Bingo</p> <p>12:15 Computer Class</p> <p><b>12:30 Beginner Piano</b></p> <p>3:30 Strength Training</p>	<p>8:30 Coffee Hour</p> <p>9:30 Easy Does it Yoga</p> <p>11:00 <b>Nutritionist Visit/Sodium</b></p> <p><b>11:30 Lunch: Roast Pork</b></p> <p>12:30 Cards</p> <p><b>1:00 Caregiver Support Group</b></p> <p>4:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class</p> <p>10:00 <b>DOMINOS</b></p> <p>9:30 -11:30: Genealogy by appt</p> <p>10:00 Harriet's Chair Exercise</p> <p><b>11:30 Lunch: Meat Loaf</b></p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p> <p><b>5:00 Gad Abouts: See Flyer</b></p>	<p>8:30 Coffee Hour</p> <p>9:00 Tai Chi</p> <p>9:30 -11:30: Genealogy by appt</p> <p>10:00 Harriet's Chair Exercise</p> <p><b>11:30 Lunch: Meat Loaf</b></p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p> <p><b>5:00 Gad Abouts: See Flyer</b></p>	19			
22	<p>8:30 Coffee Hour</p> <p>9:15 Cross Training</p> <p>10 Awareness through Movement</p> <p>10:30 SHINE by Appt</p> <p><b>11:30 Lunch: Cheese Tortellini</b></p> <p>1:00 Balance &amp; Movement</p> <p>2:30 Tap Dancing—Intermediate</p> <p>5:30 – 7:30 Grief Support Group</p>	<p><b>8:30 Breakfast 9:30 Bingo</b></p> <p>10:00 Crossword Puzzle</p> <p>10:00 Pilates with Kathi</p> <p><b>11:30 Lunch: Beef Stroganoff</b></p> <p>12:00 Bridge</p> <p>12:30 Bingo</p> <p><b>12:30 Beginner Piano</b></p> <p>12:15 Computer Class</p> <p>3:30 Strength Training</p>	<p>8:30 Coffee Hour</p> <p>9:30 Easy Does it Yoga</p> <p></p> <p>11:30 <b>COOK-OUT</b></p> <p>12:30 Cards</p> <p>4:00 Decorative Arts</p>	<p><b>Veteran's Lunch 25</b></p> <p>9:30 Vera's Painting Class</p> <p>10-11 News &amp; Views</p> <p>10:00 <b>DOMINOS</b></p> <p>10 Therapeutic Movement /breathing</p> <p>10:30 <b>Blood Pressure</b></p> <p><b>11:30 Lunch- Sage Stuffed Chicken Breast</b></p> <p>12:00 Crafty Hands/ Basket Making</p> <p>12:30 Bridge</p> <p>4:00 Misha's Advanced Exercise</p> <p>4:00 Breast Cancer Support</p>	<p>8:30 Coffee Hour</p> <p>9:00 Tai Chi</p> <p>9:30 -11:30: Genealogy by appt</p> <p>10:00 Harriet's Chair Exercise</p> <p><b>9:30 Berkshire Museum Trip</b></p> <p><b>11:30 Lunch: Pollock</b></p> <p>12:00 Bridge</p> <p>2:00 Intermediate Tap</p>	26			
29	<p>8:30 Coffee Hour</p> <p>9:15 Cross Training</p> <p>10 Awareness through Movement</p> <p>10:30 SHINE by Appt</p> <p><b>11:30 Lunch: Shepard's Pie</b></p> <p>12:30 <b>Ice Cream and Bingo</b></p> <p>1:00 Balance &amp; Movement</p> <p>2:30 Tap Dancing—Intermediate</p>	<p>8:30 Coffee / 9:30 Bingo</p> <p>10:00 Crossword Puzzle</p> <p>10:00 Pilates with Kathi</p> <p><b>11:30 Lunch: Hot Dog</b></p> <p>12:00 Bridge</p> <p>12:15 Computer Class</p> <p>12:30 Bingo</p> <p><b>12:30 Beginner Piano</b></p> <p>3:30 Strength Training</p>	<p>8:30 Coffee Hour</p> <p>9:30 Easy Does it Yoga</p> <p><b>11:30 Lunch: Grilled Chicken Breast</b></p> <p>12:30 Cards</p> <p>1:15 <b>COA Meeting</b></p> <p>4:00 Decorative Arts</p>	<p>For More Information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4881</p>	<p>For More Information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4881</p>	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Macaroni & Cheese Stewed Tomatoes 279 Mixed Vegetables 186 Multigrain Bread 43 Orange 145 0 Calories: 652 Sodium: 760	2 Grilled Chicken 77 Orange Sauce 2 Brown Rice 47 Broccoli 9 100% Whole Wheat Bread 110 **Chocolate Pudding w/ Toppi 430 Calories: 821 Sodium 782	3 Alaskan Salmon Boat 210 Newburg Sauce 272 Roasted Potatoes 6 Brussels Sprouts 69 Rye Bread 193 Peaches 5 Calories: 576 Sodium: 862	4 Veal Patty 457 Gravy 39 Mashed Potato 187 Carrots 43 Oatmeal Bread 121 Fruit Cocktail 5 Calories: 815 Sodium: 959	5 Goulash 174 Mixed Greens (MOW) 53 Corn 1 Italian Bread 123 Nectarine 0 Tossed Green Salad (Cong) 0 Calories: 716 Sodium: 458
8 Chicken Salad 319 Pasta Salad 218 Carrot Raisin Salad 194 Hot Dog Roll 213 Pineapple Chunks 1 Calories: 1017 Sodium: 1052	9 Cheeseburger* 658 Roasted Potatoes 6 Cauliflower 14 Peaches w/ topping 5 (Roll included w/ cheeseburger) Calories: 605 Sodium: 790	10 Bone-In Roasted Chicken 224 Sweet Potato 30 Braised Cabbage 16 Multigrain Bread 99 Banana 1 Calories: 755 Sodium 477	11 Barbecue Pork Rib 493 Black Beans & Rice 235 Spinach 109 100% Whole Wheat Bread 110 Applesauce 15 Calories: 1028 Sodium: 1069	12 Roast Turkey* 607 Turkey Gravy 56 Mashed Potato 187 Winter Squash 2 Dinner Roll 132 Diced Peas 5 Calories: 616 Sodium: 1096
15 Chicken Marsala 122 Broccoli w/ Cheese Sauce 181 Brown Rice 47 100% Whole Wheat Bread 110 Apricots 5 Calories: 713 Sodium: 572	16 Unstuffed Cabbage* 664 Harvard Beets 178 Peas 58 Oatmeal Bread 121 Pineapple Chunks 1 Calories: 576 Sodium: 1129	17 Roast Pork 70 Pork Gravy 71 Mashed Potatoes 187 Mixed Vegetables 43 Dinner Roll 132 Fruited Yogurt 66 Calories: 658 Sodium: 676	18 Egg Salad 167 Macaroni Salad* 510 Tossed Green Salad 9 Hot Dog Roll 213 Orange 0 Calories: 595 Sodium: 1006	19 Meat Loaf 270 Meatloaf Gravy 231 Roasted Potato 6 Peas & Carrots 23 Multigrain Bread 145 Diced Peaches 5 Calories: 736 Sodium: 787
22 *high sodium meal* Cheese Tortellini* 921 Marinara Sauce 235 Mixed Greens 53 Italian Bread 123 Mixed Fruit 3 Calories: 952 Sodium: 1442	23 Beef Stroganoff 161 Noodles 2 Spinach 109 Biscuits 355 Diced Peaches 5 Calories: 672 Sodium: 739	24 Chef's Salad* 577 Potato Salad 63 Cole Slaw 169 Dinner Roll 132 Fruited Gelatin w/ Topping 10 Calories: 880 Sodium: 1058	25 Sage Stuffed Chicken Breast 500 Sweet Potato 30 Broccoli 9 100% Whole Wheat Bread 110 Fresh Pear 2 Calories: 607 Sodium: 758	26 Split Pea Soup 239 Pollock 150 Carrots 43 Oatmeal Bread 121 Pineapple Chunks 1 Calories: 566 Sodium: 661
29 Shepherd's Pie 128 Mashed Potatoes 187 Carrots 43 Multigrain Bread 99 Chocolate Pudding w/ Toppi 430 Calories: 809 Sodium: 994	30 *high sodium meal* Hot Dog* 550 Hot Dog Roll 213 Baked Beans 140 Cole Slaw 169 Tropical Fruit Mix 10 Calories: 858 Sodium: 1189	31 Grilled Chicken Breast 320 Chicken Gravy 131 Rice Pilaf 7 Broccoli 9 Oatmeal Bread 121 Apple Crisp w/ Topping 38 Calories: 700 Sodium: 733	If you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201	