

GRAPEVINE

September 2016

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

Polly Mann, Director ... Jennifer Baily, 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

Representatives Tom and Julie from **BRTA** will be visiting the senior center on Friday, September 9th @ 12:00 PM to present their Travel Training Program.

They are certified Travel Trainers who received their certification to teach this new program. They are working within different communities to increase ridership within the public bus system. They will be able to answer questions that anyone might have about the bus system and they will teach people that they are not restricted to a certain area once they learn to ride the bus. They have had several seniors graduate from the program with great success. Hope you are able to join them!

Open Enrollment for Medicare

It's that time of year again! If you have Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. This information is important because it explains changes in your plan for 2017. During Medicare Open Enrollment (**October 15– December 7**), you will have a chance to CHANGE your plan for next year. SHINE counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

There will be NO first Monday movie this month because it falls on Labor Day and the center will be closed.

October's first Monday movie will be "The Red Violin".

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Meet the candidates!!

A special event co-sponsored by the Rainbow Seniors and Age-Friendly Berkshires is being held on Saturday, Sept. 3 from 2-4 PM at the Berkshire Athenaeum in Pittsfield. Join all 7 State Senate & State Representatives that are running in the elections this fall in Berkshire County. It will be a Q&A on issues that are important to senior citizens and the LGBTQ Community & Elders.

Special Event!

"Outermost Radio", a documentary film about the quirky, long enduring public radio station in Provincetown will be screened at the senior center on Saturday, October 1st at 8pm. The doors open at 7pm when the co-sponsors, Friends of the the GB Libraries, will host a wine and cheese reception before the film. Members of the local independent radio collective, WGRB, will lead the post film discussion.

This event marks the first of a documentary film pilot to be held the first Saturday evening of each month in the dining room. Future films include "Here Come The Videofreex" on November 5th and "City of Trees" on December 3rd. There will be corresponding books available for checking out at Mason Library preceding each film and the DVD will be available for circulation after the screening. All are welcome and everything is free.

EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10 AM- 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)
- 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

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

Thursday:

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

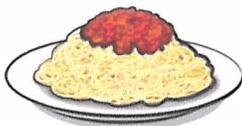
Friday:

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

Did you know....pilates can give you greater flexibility, stronger muscles and can improve body alignment. It also helps to relieve tension and stress. Come in and try out the pilates class on Tuesday mornings!

Guest chef Bob Avery will be cooking us his great spaghetti lunch on Wednesday, September 14th.

Suggested donation of \$2.00.



- | | |
|--------------------------|---------------------------|
| Sept. 5 Rita Valliere | Sept. 22 Linda Traficante |
| Sept. 8 Mas Bachetti | Sept. 22 Maryanne Macy |
| Sept. 8 William Murray | Sept. 25 Hugh Black |
| Sept. 11 Mark Bachman | Sept. 27 Tillie Mann |
| Sept. 12 Margaret Pothul | Sept. 29 Anne Stannard |
| Sept. 14 Jennifer Bailly | Sept. 30 Nellie Hudson |
| Sept. 20 Linda Warner | Sept. 30 Elinor Hamill |

HAPPY BIRTHDAY TO ALL!

The **Berkshire Community Action Council (BCAC)** office in Great Barrington will be closing. However, BCAC will be conducting site visits at the senior center to help with fuel assistance renewal applications. A representative will be here in September, time and date to be announced.

Berkshire Traveler's TRAVEL CLUB

The September trip to West Point, Westchester Theatre and the 9/11 Memorial & Museum has been cancelled due to lack of interest.

Saratoga Casino

SBETC is having a trip to the casino on Monday, September 12. They are leaving the senior center at 8:30 AM. The cost is \$10.00 per person. Sign up sheet is in the dining room.

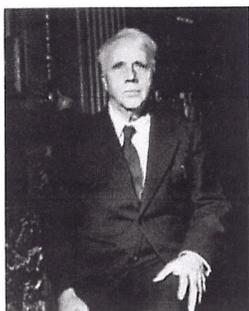


Salem, MA

Want a chance to experience Salem around Halloween? On Monday, October 17th, a chartered bus will be leaving the senior center at 8:00 AM & returning by 8:00 PM. We will get information on events occurring in Salem on that day. The cost is \$40.00 per person and must be paid by Sept. 12th. A minimum of 27 people is **required**. Sign up sheet is in the dining room.

Robert Frost House

We will take a trip north to Shaftsbury, Vermont on Monday, October 3rd to visit the Robert Frost home. We will leave the senior center at 8:00 AM. Lunch will be at the B&R Tavern & Bistro in Historic Bennington Station. The cost is \$10.00 per person. The cost of lunch is extra.



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

Plantsville Connecticut Jimmy Sturr Christmas Show starring Jimmy Sturr and his Orchestra and special guest "The Four Aces" Thursday, December 8. The fee is **\$57.00** which includes lunch, Matinee Show and The Four Aces performance.

PLEASE NOTE.....

The February trip to Atlantic City, New Jersey has been cancelled. There are no more chartered buses available for this trip.

A big **THANK YOU** to the Friends for sponsoring the Tanglewood on Parade trips this summer. We really appreciate it!



Please remember to check in with your senior center card when you arrive every day. If you need to sign up for a card, please see **Jenn or Polly**. They will enter your information in the Senior Center system and show you how and when to use your card. By signing in each day you use the Senior Center, it will help us get grant monies to continue the center's multiple activities.

THANK YOU!!

Much Appreciated.....

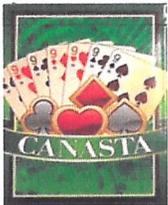
A big **THANK YOU** goes to the State Legislature, Governor Charlie Baker and EOEA Secretary Alice Bonner for their support of Local Aid to Councils on Aging. With the \$14.1 million allocation for FY 2017, the Formula Grant is now \$10 per elder per year. On December 31, 2016, for the first time in Massachusetts history, the number of people in our Commonwealth age 60 and over will be greater than the population under age 20. Please thank your State Senators and State Representatives for their support and advocacy. Please see Polly or Jenn for their addresses.

Brown Bag News

Starting in September, The Food Bank will no longer be accepting donations for the food. They will also be renewing memberships for each Brown Bag member when they are here on September 14th. They will be updating their records and they will need to know your monthly household income. You will **not** need to bring any paperwork or documentation to verify your income.

Canasta Class

Ruthy Silberman will be leading and teaching a class on Canasta on Monday's at 1:30 starting on September 12th.



Hope you can join her!!

CodeRED registration

Want to be notified of emergencies in Great Barrington & Housatonic? Sign up for CodeRED with Karen Smith on Thursday, October 6th from 10:30-2:30 at the Senior Center. There is no charge to sign up for these notifications.

End of Summer Cookout

We will have a cookout on Wednesday, September 28th at 11:30. There will be hamburgers, hot dogs, baked beans and side salad surprise. Donation of \$2.00. Hope to see you there!

Art Class Returns

Eunice Agar returns to teach her art class on Thursday's at 12:30 PM. This will begin on September 15th. The fee is \$5.00.



Do Not Call List

Want to stop getting "junk" phone calls? To register for the National Do Not Call Registry, call 1-888-382-1222 from the phone number you want to register.

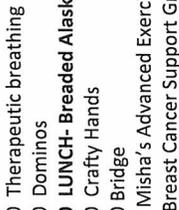
NEW.....Smart Talk

The first in this new series of informational presentations on Wednesday. The presentation will take place from 10:45-11:15 with lunch to follow. The first Smart Talk will be on September 21st. Lynn Pandell of Home Care Services will be talking about winterizing your home and the options that Home Care Services has to offer.

Early Voting at the Senior Center

Town Clerk Marie Ryan will be coming to the center on Wednesday, October 26th so registered voters can vote early for November's election, should they chose not to vote on election day. We will announce in October's newsletter what time she will be at the center.

September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4881</p> <p>*At least 1 day in advance*</p>	<p align="center">*Coffee Hour every day at 8:30 AM*</p>		<p>9:30 Vera's Painting Class 10:00-11:00 News & Views 10:00 Dominos 10:00 Therapeutic breathing 11:30 LUNCH- Cheeseburger 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 9:00-12:00 Genealogy by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH- Roast Pork 12:00 Bridge 2:00 Intermediate Tap</p>
<p>5</p> <p>SENIOR CENTER CLOSED</p>  <p>LABOR DAY</p>	<p>9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Veal Parmesan 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stew 12:30 Cards 4:00 Decorative Arts</p>	<p>VETERAN'S LUNCH 8</p> <p>9:30 Vera's Painting Class 10:00-11:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Breaded Alaskan Pollock 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>9:00 Tai Chi 9:00 Foot Nurse by Appt. 9:00-12:00 Genealogy by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH-Grilled Chicken Breast 12:00 Bridge 2:00 Intermediate Tap</p>
<p>12</p> <p>8:30 Saratoga Casino Trip 9:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 Awareness through Movement 11:30 LUNCH- Tuna Salad 1:00 Balance & Movement 1:30 Canasta 2:30 Tap Dancing—Intermediate 5:30-7:30 Grief Support Group</p>	<p>9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH-Chicken Piccata 12:00 Out to Lunch Bunch-Locker Room 12:00 Bridge 12:15 Computer Class 12:30 Beginner Piano 12:30 Bingo 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH-Spaghetti by Chef Avery 12:30 Brown Bag 2:00 A.G.E. TRIAD 12:30 Cards 4:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class 10:00-11:00 News & Views 10:00 Therapeutic breathing CANCELLED 10:00 Dominos 11:30 LUNCH- Goulash 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 9:00-12:00 Genealogy by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH-Lasagna Roll 12:00 Bridge 2:00 Intermediate Tap</p>
<p>19</p> <p>9:15 Cross Training 10:00 Awareness through Movement 11:30 LUNCH- Bone in Chicken 1:00 Balance & Movement 1:30 Canasta 2:30 Tap Dancing—Intermediate</p>	<p>8:30 Breakfast (See Flyer) 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Stuffed Pepper Casserole 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 10:45 "Smart Talk" (Home Care Services) 11:30 LUNCH- Macaroni & Cheese 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts</p>	<p>VETERAN'S LUNCH 22</p> <p>9:30 Vera's Painting Class 10-11 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Barbecue Pork Rib 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class- Eunice Agar 4:00 Breast Cancer Support Group</p>	<p>9:00 Tai Chi 9:00-12:00 Genealogy by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH- Beef Burgundy 12:00 Bridge 2:00 Intermediate Tap</p>
<p>26</p> <p>9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Alaskan Stuffed Salmon 12:30 Ice Cream and Bingo 1:00 Balance & Movement 1:30 Canasta 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group</p>	<p>9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Swedish Meatballs 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 10:45 "Smart Talk" 11:30 LUNCH- End of Summer Cookout 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>VETERAN'S LUNCH 29</p> <p>9:30 Vera's Painting Class 10-11 News & Views 10:00 Therapeutic breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Roast Turkey 12:00 Crafty Hands 12:30 Art Class- Eunice Agar 12:30 Bridge</p>	<p>9:00 Tai Chi 9:00-12:00 Genealogy by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chicken w/ Asparagus 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p>

Elder Services of Berkshire County - Nutrition Program

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

SEPTEMBER 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheeseburger* Roasted Potato Green Beans Ice Cream** Roll included with Cheeseburger Calories: 700 Sodium: 808	2 Roast Pork Pork Gravy Mashed Potato Peas Whole Wheat Roll Applesauce Calories: 644 Sodium: 574
5 Labor Day	6 Veal Parmesan* Penne w/ Sauce Spinach (MOW) Italian Bread Apricots Tossed Green Salad (Cong) Calories: 854 Sodium: 1148	7 Beef Stew Boiled Potato Green Beans Whole Wheat Biscuit Mixed Fruit Calories: 851 Sodium: 897	8 Minesotrone Soup Breaded Alaskan Pollock Mixed Summer & Zucchini Oatmeal Bread Pineapple Calories: 646 Sodium: 619	9 Grilled Chicken Breast Orange Sauce Rice Pilaf Broccoli Whole Wheat Bread Chocolate Pudding w/ Topping** Calories: 788 Sodium: 1054
12 Tuna Salad Tossed Green Salad Carrot Raisin Salad Hot Dog Roll Pineapple Calories: 650 Sodium: 665	13 Chicken Piccata Roasted Potatoes Beets Oatmeal Bread Spiced Apples w/ Topping Calories: 640 Sodium: 855	14 <u>Spaghetti</u> (by Chef Bob Avery)	15 Goulash Broccoli Mixed Vegetables Whole Wheat Roll Banana Calories: 789 Sodium: 466	16 Lasagna Roll Meat Sauce Italian Blend Vegetables Spinach (MOW) Italian Bread Tropical Fruit Tossed Green Salad (Cong) Calories: 687 Sodium: 926
19 Bone In Chicken Chicken Gravy Roasted Potatoes Braised Cabbage Whole Wheat Bread Mixed Fruit Calories: 735 Sodium: 666	20 Stuffed Pepper Casserole Wax beans Spinach Oatmeal Bread Peach Cobbler w/ Topping** Calories: 661 Sodium: 520	21 Macaroni & Cheese Stewed Tomatoes Peas Multigrain Bread Apple Calories: 658 Sodium: 759	22 Barbecue Pork Rib Mashed Potato Winter Blend Vegetables Rye Bread Vanilla Pudding w/ Topping** Calories: 792 Sodium: 1184	23 Beef Burgundy Noodles Winter Squash Whole Wheat Roll Pineapple Calories: 719 Sodium: 457
26 Alaskan Stuffed Salmon Newburg Sauce Roasted Potatoes Corn Whole Wheat Bread Yogurt w/ Fruit** Calories: 645 Sodium: 786	27 Swedish Meatballs Brown Rice Summer Squash Oatmeal Bread Orange Calories: 698 Sodium: 806	28 <u>Cookout</u> (Hamburgers, hot dogs, baked beans)	29 Roast Turkey* Turkey Gravy Mashed Potato Cauliflower Whole Wheat Roll Tropical Fruit Calories: 639 Sodium: 1109	30 Chicken w/ Asparagus Sweet Potato Green Beans Almondine Multigrain Bread Apricots Calories: 633 Sodium: 516

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.

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

Fall Word Search



ACORN
 APPLE
 AUTUMN
 CHESTNUTS
 CHILLY
 CIDER
 COBWEB
 FALL
 FOOTBALL
 GOURD

HALLOWEEN
 HARVEST
 HAY BALE
 HAYRIDE
 LEAVES
 MAIZE
 NOVEMBER
 NUTS
 OCTOBER
 PUMPKIN

QUILT
 RAKE
 SCARECROW
 SEPTEMBER
 SLEET
 THANKSGIVING



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Please return your completed word search to Jenn at the Senior Center. Thank you!

Name: _____