

GRAPEVINE

January 2017

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



HAPPY NEW YEAR!!

May everyone have a wonderful and prosperous year in 2017. We look forward to another great year to come. We hope to see you all at the center, whether for lunch, classes or just to visit. Hope you can stop by to see us!

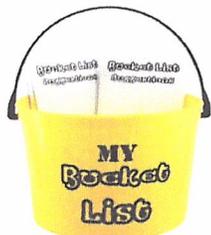


We would like to send a big THANK YOU to the **Monument Mountain Pathways Program** for volunteering their time to carol at Brookside on December 14th. These young ladies are very talented and we know that the residents really enjoyed hearing them sing!

Many thanks to Janet Brattesani for donating 2 paintings of the Claire Teague Senior Center to us. They are currently hanging across the hall from Jenn's office door They are absolutely beautiful so stop by and check them out!

2017 Bucket List

Is there something you have always wanted to do? Write a book? Learn a foreign language? Maybe you have always wanted to learn bird calls or learn to draw, sew, or croquet. Want to sing in front of a group? Well now is your chance, no matter how small the idea and no matter how far you get as long as you at least come away with something and hopefully to share it.



Here are more ideas: Read one book a week. Take a photograph each day, write in a journal, list different birds you see, learn animal tracks in the snow, take a walk, learn an instrument, take an exercise class etc.

Start small and see where you get by February 8th. Wednesday, February 8th at 11:00 am will be our first "Show and Tell". Hope you will join us for this new adventure!

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The center will be closed on Monday, January 2nd in observance of New Year's Day and on Monday, January 16th in observance of Martin Luther King Jr. Day.

"You are never too old to set another goal or to dream a new dream".

-C.B. Lewis

Cooking Matters at the Store

Come learn how to buy healthy groceries and plan nutritious meals and snacks! Join us for a workshop at the center on February 9th from 12:00 pm to 1:30 pm. This event is being offered through Share Our Strength and The Food Bank of Western MA.

A 'POP-UP' grocery store tour can help you learn to shop smarter on a budget next time you shop. You will learn to compare unit prices to find bargains, understand food labels, how to stick to your budget and more!!

Each participant will receive a \$10 gift card to a local supermarket, a book full of healthy recipes & shopping tips and a free reusable grocery bag.

If you would like to attend, please sign up on the sheet in the dining room. For further information on Cooking Matters tours, visit their website at www.cookingmatters.org.



EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:00 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 1:00 PM- Balance and Movement with Misha (chair) (\$3.00)
- 12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

- 10:00 AM- Pilates with Kathi (\$5.00)
- 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

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

Thursday:

- 10:00 AM- Therapeutic Movement /Breathing Class with Suzanne (\$3.00)
- 4:00 PM- Misha's Advanced Class (\$10.00)

Friday:

- 9:00 AM- Tai Chi with Christine (\$3.00)
- 10:00 AM -Chair Exercises with Harriet (Free)
- 12:45 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)



- | | |
|------------------------|---------------------------|
| Jan. 3 Marion Smith | Jan. 17 Lynn Nettleton |
| Jan. 4 Jean Deming | Jan. 27 Jim Soules |
| Jan. 5 Joan Rehm | Jan. 28 Dean Inglis |
| Jan. 8 Marilyn Sauer | Jan. 29 Martha Wool |
| Jan. 13 Don Freedman | Jan. 31 Theresa Terry |
| Jan. 17 Preston Tinker | Jan. 31 Richard Needelman |

HAPPY BIRTHDAY TO ALL!

Berkshire Traveler's TRAVEL CLUB

Travel Club Meeting

Are you interested in taking trips?? Now is the opportunity for you to help us plan our trips for 2017. We are looking for your ideas and suggestions on places to visit. Some people have given us a list of places to go but we want to get as much input as possible. Please join Grace on **Monday, January 23rd** at 12:30 pm at the senior center for a meeting. Lets brainstorm and do some really fun trips this year. Hope to see you there!



Baseball Trip

We will be planning a big bus trip to Fenway Park in June to watch the Boston Red Sox play. We are still working out the details but keep a look out in future newsletters for more information. **GO SOX!!!**



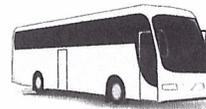
Possible Future Trips:

There are a couple of trips to Hu Ke Lau in Chicopee that are a possibility for this upcoming year. There have also been a few people that have expressed interest in doing a trip to the casino that is opening in New York State. Come to the travel club meeting so we can discuss these ideas!



FUTURE TRIPS

If you are interested in going on any of these trips, please let Grace know so she can work out all the details.



Celtic Crossings

This show features two icons of Irish music, Andy Cooney and Phil Coulter with special guests Geraldine Branagan & The Irish Pops Ensemble. The show takes place at Chez Josef in Agawam, MA on March 7th. It will cost \$59.99 per person which includes the show and lunch (meals gratuities & taxes included). There will be a limit of 12 people to go on the trip. More details about the time and when money is due will follow.

If you are interested in this trip, please sign up on the sheet in the dining room.



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. We will enter your information into the My Senior Center system and show you how 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.

AVADA

Sadly, the Berkshire County Avada Hearing Center office is closing at the end of December. They will no longer be offering free hearing screenings at our senior center. If you need to be in contact or get your records from them, the closest Avada office is located at 459 Riverdale Street in West Springfield, MA. The office phone number is (413)733-3196.

The **GOOD** news is that Barrington Audiology will be offering a similar service with free screenings every first Wednesday of each month at 1:00 pm starting in February. If you would like to make an appointment for one of these free hearing screenings please call them at (413) 429-4356.

Warm Up America!

We are looking for yarn for this project that we highlighted last month. We have seniors that are willing to participate but we need the yarn. Yarn needs to be acrylic (no wool or wool blends please). If you have any questions, please see Grace Zbell at the center.

Is anyone interested in playing **Poker** at the center?? There have been a few that have expressed interest in playing. If you are interested, please let Polly or Jenn know. It will be Thursday's after lunch, at 12:15. It will start on January 5th.



A BCAC Fuel Assistance representative will be available each second Wednesday of the month from 10:30 AM -12:00 PM to answer questions about their services and help with fuel assistance applications.

**Matter of Balance class**

This class has been scheduled for April 4 through April 27 with a total of 8 classes. There is no fee for the class. We will post it in the newsletter when we have exact dates and time of the class.

Saturday Winter Bingo is Back!

Every third Saturday of the month ,starting on January 21st at 11:30 am, the senior center will be open for Bingo. Lunch will be hosted by our Council on Aging board members. Sue Farnum will be the caller for games. Please reserve your spot and sign up on the sheet in the dining room. Thank you!

MANY THANKS!!!

Thank you to following for making some **very** special events occur this month at the senior center:

- ***Monument Valley Middle School Chorus** for lovely songs of holiday joy
- ***Egremont Garden Club** for their gorgeous center-pieces and their mugs of cheer
- ***Shadow Harris** for her beautiful music on the piano
- ***Earth Angels** for their wonderful performance
- ***Michele Gilligan & Lester Ettlinger** for sponsoring the Aqua Turf Club trip
- ***Toby**, Jane Green's daughter, for her guitar melodies

Free AARP Tax-Aide Program returns in February

Free tax return preparation will be offered again at the Great Barrington Claire Teague Senior Center on every Wednesday from February 3 through April 13 starting at 9:00 AM. The service is available to all middle- and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist you in filing your return, either on paper or electronically. You do not need to be a member of AARP or a retiree to use this service.

This 2016 tax season will continue to require compliance with the **Affordable Care Act (ACA)** as documented on a federal tax return.

The ACA requires a taxpayer and each member of his/her family to have qualifying health insurance – known as **Minimum Essential Coverage (MEC)**,

OR have an exemption granted by the Act. [The most common exception is because no federal income tax return is required to be filed.]

OR make a **Shared Responsibility Payment (SRP)** when the taxpayer files his/her federal income tax return.

If a taxpayer or a dependent is enrolled in Medicare or Medicare Advantage, Medicaid, Tri-Care, a Veterans Affairs issued policy, CHIP, an Employer-sponsored plan for the full year, all MEC requirements have been met and no further ACA information is required.

Taxpayers are encouraged to have the following documents when they arrive at an AARP Tax-Aide site to get their returns completed. If they don't have the documents, they could be asked to return at a later date, or even told that their return can't be prepared until they have all the information.

Call **528-1881** for an appointment. You **MUST** have an appointment. Bring to your appointment:

REQUIRED

- *Your Social Security card and Social Security numbers for all dependents to be claimed;
- *Copies of your 2015 Federal and State tax returns;
- *All documents showing wages, interest, dividends, and other income (W2's, 1099's, brokerage reports, Social Security, unemployment, self-employment, etc.);
- *Records of any estimated tax paid;
- *Records of the original cost and date of purchase of any assets, such as stocks or a house, **sold** in 2015;
- *Records of the original cost, sales tax, and date of purchase of a new car; energy improvements on your home; or purchase of a first home in 2016;
- *Records of a foreclosure or cancellation of mortgage debt;
- *Records of educational costs or student loan payments;
- *Documentation if you wish to itemize deductions;
- *Records of child care expenses (provider's name, address, SSN/EIN);
- *Proof of health insurance.
 - Health insurance coverage information for taxpayer, spouse and all dependents;
 - Information showing what months they didn't have health insurance coverage if they didn't have it for the full year;
 - If health insurance was purchased through the Marketplace/Exchange then they should bring Form 1095-A, which should be received by January 31;
 - Documentation, if any, of a Health Care Exemption received from the IRS or the Marketplace/Exchange;
- *If filing a Massachusetts return, also bring receipts for property tax **paid** in 2016 and water and sewer bills (homeowners) or rent (renters) **paid** in 2016.

More information about the Marketplace/Exchange can be found at HealthCare.gov. For more information on the Affordable Care Act, go to irs.gov/aca.

January 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>SENIOR CENTER CLOSED</p> 	<p>3</p> <p>9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Chicken with Gravy 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>4</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Brunch by Chef Avery 12:30 Pitch 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>5</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Dominos 10:00 Therapeutic Breathing 11:30 LUNCH- Veal with Pepper Gravy 12:00 Bridge and Crafty Hands 12:15 Poker 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>6</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Calico Beans & Sausage 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>9</p> <p>9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Italian Meatballs 12:00 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group</p>	<p>10</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>11</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 10:30-12:00 BCAC Fuel Assistance 11:30 LUNCH- Meatball Stroganoff 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>12</p> <p>VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 11:30 LUNCH- Chicken Picatta 12:00 Bridge and Crafty Hands 12:15 Poker 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>13</p> <p>9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Cheeseburger with Bun 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>16</p> <p>SENIOR CENTER CLOSED</p>  <p>Martin Luther King Jr. Day</p>	<p>17</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Stuffed Shells with Meat Sauce 12:00 Bridge 12:30 Bingo / Beginner Piano 3:30 Strength Training</p>	<p>18</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Diavolo 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>19</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 11:30 LUNCH- Beef Stew with Potatoes 12:00 Bridge and Crafty Hands 12:15 Poker 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>20</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Hot Dog on a Roll 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>23</p> <p>TRAVEL CLUB MEETING 12:30 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Roast Turkey with Gravy 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>24</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- BBQ Pork Riblet 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>25</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Pork Stew 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>26</p> <p>VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Tuna Salad 12:00 Bridge and Crafty Hands 12:15 Poker 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>27</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Oriental Chicken 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p>
<p>30</p> <p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Chicken Bruschetta 12:30 Ice Cream and Bingo 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap</p>	<p>31</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Macaroni and Cheese 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>*Coffee Hour every day at 8:30 AM*</p> <p>For more information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4118</p> <p>*At least 1 day in advance*</p>		

Elder Services of Berkshire County - Nutrition Program

JANUARY 2017

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NEW YEAR'S HOLIDAY	3 Chicken w/ Gravy * Mashed Potatoes Carrots 100% Wheat Bread Diced Peaches Calories: 699 Sodium: 1064	4 Brunch (by Chef Aveny)	5 Veal w/ Pepper Gravy Roasted Potatoes Peas Rye Bread Tropical Fruit Mix Calories: 723 Sodium: 779	6 Calico Beans & Sausage Noodles Spinach Oatmeal Bread Diced Peas Calories: 555 Sodium: 537
9 Italian Meatballs * Penne w/ Sauce Broccoli Italian Bread Pineapple Calories: 717 Sodium: 1013	10 Roast Pork w/Gravy Au Gratin Potatoes Winter Squash Dinner Roll Strawberry Yogurt** Calories: 616 Sodium: 553	11 Meatball Stroganoff	12 Chicken Picatta * Mashed Potatoes Green Beans Multigrain Bread Banana Calories: 671 Sodium: 948	13 Cheeseburger w/Bun* Tater Tots Braised Cabbage Apricots Calories: 654 Sodium: 793
16 MARTIN LUTHER KING DAY	17 Stuffed Shells w/Meat Sauce * Spinach Carrots Rye Bread Blueberry Snack Loaf** Calories: 743 Sodium: 1179	18 Chicken Diavolo	19 Beef Stew w/Potatoes Spinach Dinner Roll Peach Cobbler** Calories: 675 Sodium: 681	20 Hot Dog on a Roll* Vegetarian Baked Beans Sauerkraut Fruited Gelatin w/Topping** Calories: 749 Sodium: 1173
23 Roast Turkey w/Gravy * Mashed Potatoes Winter Squash Dinner Roll Fruit Cocktail Calories 598 Sodium: 1009	24 BBQ Pork Riblet Scalloped Potatoes Mixed Vegetables Hamburg Bun Peaches Calories: 703 Sodium: 794	25 Pork Stew	26 Tomato Rice Soup Tuna Salad Broccoli Hot Dog Roll Apple Crisp Calories: 786 Sodium: 862	27 CHINESE NEW YEAR Oriental Chicken Coconut Rice Oriental Vegetable Blend 100% Wheat Bread Fortune Cookie Pineapple Calories: 630 Sodium: 450
30 Chicken Bruschetta* Noodles Broccoli Rye Bread Fruit Bread** Calories 925 Sodium: 1258	31 Macaroni and Cheese Stewed Tomatoes Winter Blend Vegetables Oatmeal Bread Apple Calories: 602 Sodium: 528			

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.

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.



Winter Wordsearch



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

WINTER
SNOWFLAKE
SNOWMAN
ICICLE
SPRUCE
HOLLY
CARDINAL
FROZEN
BRRR
CHILLY
SLED
GLOVES
HAT
SKATE
SKI
TOBOGGAN
COCOA
SHOVEL
MITTENS

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

Name: _____