

# GRAPEVINE

# February 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

## Memory Café

We are starting a memory café here at the senior center for people with Alzheimer's and Dementia. We are calling it "Our Neighborhood Café". This café will give loved ones/ caregivers/ friends the chance to socialize, have fun and interact with others. Our plan is to have guest speakers or a special event every month. The memory café will begin on Thursday, March 16th from 2:00 pm– 3:30 pm and will occur every third Thursday of the month. If you are interested, please contact Polly or Jenn to reserve a spot.

## Exercise Demo Day

This event was cancelled in December due to weather but has now been rescheduled to Monday, February 13th at 1:00 pm in the dining room. This is a great chance for anyone to come check out what the exercise classes are like here at the center without feeling like you need to make an obligation to a full class. We have some really great instructors that do fabulous work. Please spread the word and tell your friends. We hope to see many of you here!

## The Computer Class is Returning!!!

We are excited to announce that starting on Tuesday, February 7th from 12:15 pm-1:15 pm, Ron Terry will be teaching our new computer class every Tuesday in the computer room. Do you have questions about Microsoft programs, how to use general computer technology, questions on how to browse the internet or how to use email? If so, Ron's class will be perfect for you! Bring your questions to the class and your laptop or tablet if you have one. No sign up is needed, just show up!



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**The senior center will be closed on Monday, February 20th for President's Day. Have a great long weekend!**

HELLO WINTER!  
PLEASE BE GOOD!



**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** (snow date is Thursday, February 16th). 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 Big Y**, 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](http://www.cookingmatters.org).



**ART NEWS**

Jan Schumacher's drawings and paintings of animals will be the Feb.-Mar. Exhibit in the lobby. Jan draws animals on commission. She is an active member of the Housatonic Art League and is a framer for Frames on Wheels.

Also notice the constantly changing exhibit on the hall bulletin boards, watercolor drawings by Helen Krancer, landscape studies by Beth Wilson, and colored pencil paintings by Cathy Walker from the Thursday afternoon art seminar and watercolors from the Thursday morning watercolor class.

**EXERCISE CLASSES**

**Monday:**

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 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)



- |                          |                             |
|--------------------------|-----------------------------|
| Feb. 2 Harriet Ebitz     | Feb. 13 Thelma Reeves       |
| Feb. 2 Dorris Van Deusen | Feb. 15 Anna Beining        |
| Feb. 2 Kathy Plungis     | Feb. 16 Margaret Mansfield  |
| Feb. 4 Don Moulthrop     | Feb. 16 Maryellen Brown     |
| Feb. 4 Skip Johnson      | Feb. 17 Marjory Gardella    |
| Feb. 6 Joan Wood         | Feb. 19 Ronald Boibeaux     |
| Feb. 7 Helen Maxwell     | Feb. 25 Priscilla Moulthrop |
| Feb. 7 Harriette Joffe   | Feb. 28 Tara Rahkola        |
| Feb. 10 Helena Jennings  |                             |

**HAPPY BIRTHDAY TO ALL!**

**\*Berkshire Traveler’s TRAVEL CLUB\***

Thank you to everyone who attended the Travel Club Meeting on January 23rd. We received a lot of great ideas for upcoming trips! We will be placing a list of “possible trips” in the dining room and we would like you to check off any trips on the list that you are interested in. We don’t need names at this time. We are looking



for the number of people interested in going on the specific trips. If you have any questions about the trips, please contact Grace.

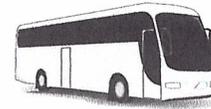
**Baseball Trip**

We are planning a bus trip to Fenway Park for a game on June 25th to watch the Boston Red Sox play the LA Angels. The price for transportation & a ticket is \$99. We are completing the details on this trip but all the information will be on the sign up sheet. The sign up sheet in the dining room in the beginning of February. It’s going to be a great trip and we will have lots of fun!



**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.



**FUTURE TRIP  
INFORMATION  
COMING SOON!**



**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.**

**AARP Tax-Aide Program**

We are still taking appointments for free tax return preparation by AARP. They will be here on Wednesday's starting February 8 until April 12. You do not need to be a member of AARP or a retiree to use this service. Appointments are at 9:00, 10:30, 12:00 and 1:00. The appointments are filling up very fast so please call the center and schedule your appointment as soon as possible to get the best availability. AARP will also be at the Council on Aging in Lee and Lenox, should our appointments completely book up.



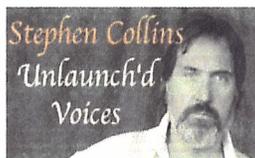
**Valentine's Day Party**

We will have a party on Tuesday, February 14th starting at 11:00 AM. Mary Warford will be playing the piano for us in the dining room as well from 11:00-12:00 so we hope you can join us!



**Unlaunch'd Voices**

We're going to have a "lunch & theater special". Stephen Collins is a one man show and he will be performing for us on March 8th at 12:15 pm. His performances are based on themes from the 30's, 40's and 50's.



**"A Matter of Balance" class**

Would you like to reduce your fear of falling and increase your strength and balance? Then this class is for you!! The class will be every Tuesday & Thursday from 2:00 pm-4:00 pm at the center beginning on May 9th and ending on June 1st. There is a total of 8 classes. There is no fee for the class however pre-registration is required because the class size is limited. Please call 413-854-9929 to register.

**Saturday Winter Bingo**

This month's Saturday Bingo will be on Saturday, February 18th at 11:30 am. The Council on Aging board members will be hosting the lunch again. Please re-serve your spot and sign up on the sheet in the dining room. Hope to see you there!

A BCAC Fuel Assistance representative will be at the center on Wednesday, February 8th from 10:30 AM -12:00 PM to answer questions about their services and help with fuel assistance applications.

**Mardi Gras Party**

We will have a Mardi Gras party on Tuesday, February 28th from 11:00-12:00 in the dining room. Some Devonshire residents will be joining us on this day for the party and lunch.

**Sandy & Sandy** will be performing as well. We would love for you to join us. Hope to see you there!



**We would like to send out a big**



**to Jane Green for donating a turkey for one of our Wednesday meals in February and to Pat Kinne for her pork stew in January!!**

February 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. <b>11:30 LUNCH- Sage Stuffed Chicken</b> 12:15 Movie: Hidalgo 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap</p>	<p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Hot Dog with Roll</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga <b>11:30 LUNCH- Breakfast for Lunch</b> 12:30 Pitch <b>1:00 BARRINGTON AUDIOLOGY By Appt.</b> 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Salisbury Steak</b> 12:00 Bridge and Crafty Hands 12:15 Poker 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Roast Pork w/Gravy</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>6 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. <b>11:30 LUNCH- Sage Stuffed Chicken</b> 12:15 Movie: Hidalgo 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap</p>	<p>7 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Hot Dog with Roll</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>8 9:30 Easy Does it Yoga <b>10:30-12:00 BCAC Fuel Assistance</b> <b>11:30 LUNCH- Grace's Turkey &amp; Stuffing</b> 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>9 <b>VETERAN'S LUNCH</b> 9:30 Vera's Painting Class 10:00 News &amp; Views and Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Egg Salad</b> <b>12:00 COOKING MATTERS</b> 12:00 Bridge and Crafty Hands 12:15 Poker 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>10 9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Beef Burgundy</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>13 <b>EXERCISE DEMO DAY 1:00</b> 9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. <b>11:30 LUNCH- Stuffed Shells</b> <b>12:30 Out to Lunch Bunch- The Shaker Mill Tavern</b> 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p>14 <b>VALENTINE'S DAY PARTY 11-12</b> 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Roast Turkey w/ Gravy</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>15 9:30 Easy Does it Yoga <b>11:30 LUNCH- Bean Soup &amp; Grilled Cheese</b> 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>16 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos <b>11:30 LUNCH- Barbeque Chicken</b> 12:00 Bridge and Crafty Hands 12:15 Poker 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>17 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Meat Loaf with Gravy</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>20 <b>SENIOR CENTER CLOSED</b> </p>	<p>21 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Beef w/ Peppers &amp; Onions</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>22 9:30 Easy Does it Yoga <b>11:30 LUNCH- Lasagna</b> 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>23 <b>VETERAN'S LUNCH</b> 9:30 Vera's Painting Class 10:00 News &amp; Views <del>10:00 Therapeutic Breathing</del> CANCELLED 10:00 Dominos 10:30 Blood Pressure Clinic <b>11:30 LUNCH- Macaroni &amp; Cheese</b> 12:00 Bridge and Crafty Hands 12:15 Poker 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>24 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Salmon Boat w/ Newburg Sauce</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p>
<p>27 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. <b>11:30 LUNCH- Beef Stew</b> 12:30 Ice Cream and Bingo 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>28 <b>MARDI GRAS PARTY 11-12</b> 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:00-12:00 SANDY &amp; SANDY</b> <b>11:30 LUNCH- Chicken with Sausage</b> 12:00 Bridge 12:15 Computer Class 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  Lunch RSVP: 413-528-4118 *At least 1 day in advance*</p>	<p>For more information or to schedule appointments call: 413-528-1881  Lunch RSVP: 413-528-4118 *At least 1 day in advance*</p>

# Elder Services of Berkshire County - Nutrition Program

## FEBRUARY 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
	<b>1</b>	<b>1</b>	<b>2</b>	<b>3</b>
		Breakfast for Lunch	<b>Salisbury Steak</b> Roasted Potatoes Peas Whole Wheat Bread Pears Calories: 613 Sodium: 618	<b>Roast Pork w/ Gravy</b> Mashed Potatoes Carrots(Mow) Multigrain Bread Chocolate Pudding w/ Topping** Calories: 750 Sodium: 905
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Sage Stuffed Chicken</b> Sweet Potato Winter Blend Vegetables Whole Wheat Bread Pineapple Calories: 650 Sodium: 762	<b>*high sodium meal*</b> <b>Hot Dog w/ Roll**</b> Vegetarian Baked Beans Sauerkraut Fruit Cocktail 5 Calories 671 Sodium: 1270	<b>Graces Turkey &amp; Stuffing</b> 763 140 195 5	<b>Chicken Gumbo Soup</b> <b>Egg Salad</b> Hot Dog Roll Spinach Apple Crisp Calories: 860 Sodium: 748	<b>Beef Burgundy</b> Noodles Broccoli Biscuit, WG Tropical Fruit Calories 710 Sodium: 775
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>Lentil Soup</b> <b>Stuffed Shells</b> Marinara Sauce Brussels Sprouts Multigrain Bread Pears Calories: 815 Sodium: 901	<b>Valentine's Day</b> <b>*high sodium meal*</b> <b>Roast Turkey w/ Gravy*</b> Mashed Potato Mixed Vegetables Dinner Roll Yellow Cake w/ topping** Calories 879 Sodium: 1475	<b>Bean Soup &amp; Grilled Cheese</b> 663 95 133 132 345	<b>Barbecue Chicken*</b> Roasted Potatoes Winter Squash Oatmeal Bread Peaches Calories: 820 Sodium: 1183	<b>Meat Loaf w/ Gravy</b> Scalloped Potatoes Peas & Onions Whole Wheat Bread Apricots Calories: 734 Sodium: 851
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>PRESIDENT'S DAY</b>	<b>Beef w/ Peppers &amp; Onions*</b> Noodles Carrots & Peas Rye Bread Pineapple Calories: 557 Sodium: 1047	<b>Lasagna</b> 737 2 51 150 0	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Mixed Vegetables Dinner Roll Apple Calories: 779 Sodium: 664	<b>Salmon Boat w/Newburg Sauce</b> Roasted Potatoes Green Beans Oatmeal Bread Cherry Snack Loaf** Calories: 655 Sodium: 937
<b>27</b>	<b>28</b>			
<b>Beef Stew</b> Mashed Potatoes Biscuit, WG Warm Applesauce Tossed Green Salad (Cong) Calories: 713 Sodium: 900	<b>Mardi Gras</b> <b>Chicken w/ Sausage</b> Black Beans & Rice Collard Greens Multigrain Bread Pineapple Cake** Calories: 903 Sodium: 984			

**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.

# Valentine's Day Word Search

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

**Arrow**  
**Be Mine**  
**Candy**  
**Card**  
**Chocolate**  
**Couples**  
**Cupid**

**Date**  
**Diamond**  
**February**  
**Feelings**  
**Flowers**  
**Friendship**  
**Gift**

**Hand holding**  
**Heart**  
**Hugs**  
**Kisses**  
**Love**  
**Lovers**  
**Romance**

**Roses**  
**Stroll**  
**Suitors**  
**Valentine**

@akidsheart.com

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

Name: \_\_\_\_\_