

# GRAPEVINE

# March 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

"Our Neighborhood Café" begins on Thursday, March 16th from 2:00 pm– 3:30 pm and March 21st from 7:00 pm-8:30 pm. This café will give loved ones/ caregivers/ friends the chance to socialize, have fun and interact with others. This month's special guest is Suzanne Mazzarelli. There will be snacks and coffee served. The café will occur every third Thursday of the month at the same time. If you are interested, please contact Polly or Jenn to reserve your spot. Everyone is welcome to attend!



### Senior Medicare Patrol -Wed., March 22nd 10:00 AM

They investigate errors, fraud and abuse of Medicare and Medicaid insurance. Healthcare errors, fraud and abuse cost you, as an American taxpayer, billions of dollars annually and may cost you your life or the life of a loved one. We are all responsible for being involved participants in our own healthcare. If you or someone you know has been subjected to questionable billing practices and/or deceptive marketing tactics related to healthcare, then this is the informative program for you. A Senior Medicare Patrol representative will be visiting the center on Wednesday, March 22<sup>nd</sup> at 10:00 AM. If you are interested, please sign up or call 528-1881 and let us know you will be attending.

### St. Patrick's Day Party

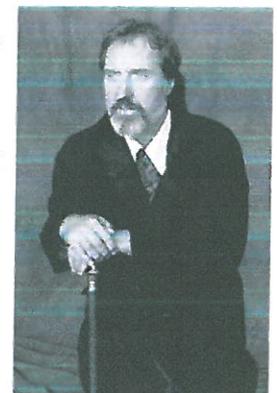
We will have a St. Patty's Day party on Friday, March 17th from **11:00-12:00???** with Andy Kelly and his Irish band. Anyone dressed in Irish colors or garb will be entered into the raffle for a St. Patty's Day gift. We will have a special dessert; pistachio ice cream and shortbread cookies.

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### Lunch & Theater

The time has come for our "lunch & theater special"! Stephen Collins is a one man show and he will be performing for us on March 8th. We will have a cookout (hamburgers, hot dogs, potato & macaroni salad, baked beans) at 11:30 am and he will begin his performance at 12:15 pm. His performances are based on themes from the 30's, 40's and 50's. There is a sign up sheet in the dining room. It should be a great time!



**Newsletter Delivery**

Would you like the monthly newsletter delivered to you via email? We are creating a group contact list for anyone that would like to receive it by email and are looking to have this "up and running" for April's newsletter. If you would like to sign up, please see Polly or Jenn to get on the list. Thank you!

**Emergency Closings**

Are you interested in getting a call when the senior center closes due to inclement weather or other emergencies? We are going to use the



**MySeniorCenter** system to make these calls. For those of you that are interested in receiving this notification, we need to get your information into our system so that we can call you. Even if you are currently in our system, please let us know that you are interested because we need to compile a list. Please stop by and see Polly or Jenn.

It will probably take some time to get this "up and running" so we will let you know once we have completed it. We are hoping to have everyone's information by the end of March.

**If you are coming for lunch at the senior center, please remember to sign up **AT LEAST** by 12:00 the day before to guarantee your reservation.**



**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)
- 5:30 PM- Tap Dancing: All Levels (\$5.00)

**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)



- |                         |                          |
|-------------------------|--------------------------|
| Mar. 1 Mary Errichetto  | Mar. 20 Barbara Bailly   |
| Mar. 2 Liz Macchi       | Mar. 20 Rachel Shaw      |
| Mar. 3 Roberta Nussbaum | Mar. 21 Betty Pachulski  |
| Mar. 3 Rosemary Smith   | Mar. 23 Mimi Hassett     |
| Mar. 8 David Tucker     | Mar. 23 Steve Strommer   |
| Mar. 9 Gloria Davis     | Mar. 24 Rita Dichele     |
| Mar. 11 Kathi Casey     | Mar. 25 Lynn Stonebridge |
| Mar. 14 Bruce Bailly    | Mar. 26 Veronica Deome   |
| Mar. 16 Alice Olender   | Mar. 28 Alan Macy        |
| Mar. 16 Susan Peisner   | Mar. 30 Jean McCarthy    |
| Mar. 16 Judith Corbett  |                          |

**HAPPY BIRTHDAY TO ALL!**



## 2nd Annual Tap Fest

On Saturday, April 22nd from 12:00 pm-2:00 pm, the Teague Tappers along with the Lenox Ladies Who Tap and Tap Roots will be performing at the Claire Teague Senior Center. Bring your family and friends to join the group for fun, snacks & surprises. It is sure to be lively entertainment! This event is in part sponsored by a grant from the Great Barrington Cultural Council.



### 90's Luncheon

We are going to have a special lunch to celebrate everyone who is in their 90's in **May??** If you have a family member or friend that you would like us to invite, please let us know.

We would love to have them join us!



The ever popular **News and Views** discussion group will be up and running again starting on Thursday, March 9th from 10:00- 11:00 in the computer room. As usual, David Rutstein will be the moderator. We will once again be discussing almost anything of interest from movies to what in the world is happening with our 45<sup>th</sup> president, and all with an historic perspective, especially to understanding how our Constitution fits in to all of this. We do have a good. Hope to see many of you then!

Free Hearing testing and consultation is back for the **first Tuesday** of each month. Starting March 7th 9:00-12:00 audiologist Glenn Dares will be available for appointments. Please call 429-4356 to schedule appointments held at the center.

### "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.

Interested in playing **Wii** again here at the center?? Let Polly or Jenn know if you are interested. It's a great activity to get us going as Spring slowly approaches & we can have fun with friends at the same time!

### Calling All Crafters!

The Friends of the Claire Teague Senior Center will be hosting a Craft Fair in June (date to be determined). Please let Polly or Jenn know if you are interested in participating as a vendor at the fair.

First Day  
of Spring  
is March 20th!



### ACTION PLAN PUBLIC COMMENT SESSION

Age Friendly Berkshires is asking for your feedback on the draft of a three-year countywide Action Plan that will guide us in creating an age friendly community for people of all ages.

Please come learn about the plan and offer **your** suggestions and observations on priorities.

**They will be at the Claire Teague Senior Center on Tuesday, March 21st from 1:00 PM-3:00 PM.**

You may also access the plan on the Berkshire Regional Planning Commission webpage: [www.berkshireplanning.org](http://www.berkshireplanning.org) after March 8, 2017 and send written comments to [lkitross@berkshireplanning.org](mailto:lkitross@berkshireplanning.org)

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information or to schedule appointments call:</b> 413-528-1881 ***** <b>Lunch RSVP: 413-528-4118</b> <i>At least 1 full day in advance</i></p>	<p><b>*Coffee Hour every day at 8:30 AM*</b></p>	<p>9:30 Easy Does it Yoga <b>11:30 LUNCH-Breakfast for Lunch (French Toast)</b> 12:30 Pitch 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>9:30 Vera's Painting Class <b>10:00 News &amp; Views</b> 10:00 Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Roast Pork w/ Gravy</b> 12:00 Bridge 12:00 Crafty Hands 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- Egg Salad</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- Chicken w/ Orange Sauce</b> <b>12:15 Movie: We Bought a Zoo</b> 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap</p>	<p><b>CELTIC CROSSINGS TRIP</b> 7 8:45 Women to Women Discussion Grp <b>9-12 BARRINGTON AUDIOLOGY By Appt.</b> 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Skillet Frittata</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>8 <b>11:30 LUNCH &amp; THEATER</b> 9:30 Easy Does it Yoga <b>10:30-12:00 BCAC Fuel Assistance</b> <b>11:30 LUNCH- Cookout</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><b>VETERAN'S LUNCH</b> 9 9:30 Vera's Painting Class 10:00 News &amp; Views and Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Greek Chicken Stew</b> 12:00 Bridge 12:00 Crafty Hands 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- Baked Trout</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>13 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- Beef Stroganoff</b> <b>12:30 Out to Lunch Bunch (See Flyer)</b> 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p>14 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 on a Roll</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>15 9:30 Easy Does it Yoga <b>11:30 LUNCH- Goulash</b> 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p><b>2:00 PM MEMORY CAFE</b> 16 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos <b>11:30 LUNCH- Corned Beef Hash</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>17 <b>11:00 ST. PATRICK'S DAY PARTY</b> 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Macaroni &amp; Cheese</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>20 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- Roast Turkey</b> 12:45 Beginner Tap 1:00 Balance &amp; Movement 2:00 Intermediate Tap</p>	<p><b>7:00 PM MEMORY CAFÉ</b> 21 <b>8:30 Breakfast (See Flyer)</b> 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Beef Chili</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p><b>10:00 SENIOR MEDICARE PATROL</b> 22 9:30 Easy Does it Yoga <b>11:30 LUNCH- Shepherd's Pie</b> 12:30 Pitch 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p><b>VETERAN'S LUNCH</b> 23 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos <b>11:30 LUNCH- Chicken w/ Gravy</b> 12:00 Bridge 12:00 Crafty Hands 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- Stuffed Shells w/ Sauce</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</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- Roast Pork</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 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 LUNCH- Curry Chicken</b> 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p>29 9:30 Easy Does it Yoga <b>11:30 LUNCH- Soup and Sandwich</b> 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 5:30 Tap Class (all levels)</p>	<p>30 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos 10:30 Blood Pressure Clinic <b>11:30 LUNCH- Shepherd's Pie</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>31 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Lentil Stew</b> 12:00 Bridge 12:45 Beginner Tap 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

# MARCH 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Breakfast for Lunch (French Toast)	<b>2</b> Roast Pork w/Gravy Mashed Potatoes Carrots Oatmeal Bread Spiced Apples	<b>3</b> Tomato Soup Egg Salad Peas Hot Dog Roll Fruit Crisp
<b>6</b> Chicken w/Orange Sauce Mixed Vegetables Egg Noodles 100% Whole Wheat Bread Fresh Orange	<b>7</b> Skillet Frittata W/Cheese Sauce Roasted Potatoes Peas Rye Bread Mixed Fruit	<b>8</b> Cookout	<b>9</b> New! Greek Chicken Stew Brown Rice Broccoli Dinner Roll Diced Peaches	<b>10</b> Baked Trout Mashed Potatoes Winter Squash 100% Whole Wheat Bread Tropical Fruit Salad Tossed Salad (cong)
<b>13</b> Beef Stroganoff Mashed Potatoes Broccoli Dinner Roll Diced Peaches Tossed Salad (cong)	<b>14</b> Hot Dog on a Roll* Vegetarian Baked Beans Sauerkraut Fruit Cocktail	<b>15</b> Goulash	<b>16</b> High Sodium Day* Corned Beef Hash Braised Cabbage Irish Mix Vegetables 100% Whole Wheat Bread Chocolate Mint Pudding**	<b>17</b> St. Patty's Day Party Macaroni & Cheese Green Beans Stewed Tomatoes Hot Dog Roll Diced Peas
<b>20</b> Roast Turkey w/ Cranberry Orange Sauce Sweet Potatoes Spinach Oatmeal Bread Banana	<b>21</b> Beef Chili Brown Rice Carrots Corn Muffins Pineapple Tidbits	<b>22</b> Shepherds Pie	<b>23</b> Chicken w/Gravy* Roasted Potatoes Winter Squash 12 Grain Bread Orange	<b>24</b> Stuffed Shells w/Sauce Winter Blend Vegetables Green Beans Italian Bread Apricots
<b>27</b> Roast Pork W/ Apricot Glaze Mashed Potatoes Wax Beans 100% Whole Wheat Bread Diced Peaches	<b>28</b> Curry Chicken Brown Rice Mixed Vegetables Oatmeal Bread Mandarin Oranges & Pineapple	<b>29</b> Soup and Sandwich	<b>30</b> Shepherd's Pie Mashed Potatoes Spinach 100% Whole Wheat Bread Diced Peas	<b>31</b> Lentil Stew Steamed Cabbage Carrots 12 Grain Bread Applesauce

\*High Sodium \*\*Modifications for restricted sugar available

**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.

# St. Patrick's Day Word Scramble

Happy St. Patrick's Day!

Irnedai vreroef \_\_\_\_\_

dreleam leis \_\_\_\_\_

otp fo logd \_\_\_\_\_

urfo flea vrocel \_\_\_\_\_

klcu fo eht srihi \_\_\_\_\_

lagice \_\_\_\_\_

tvsaefli \_\_\_\_\_

nrabwio \_\_\_\_\_

kracipt \_\_\_\_\_

drapae \_\_\_\_\_

isreafi \_\_\_\_\_

sirih twes \_\_\_\_\_

craksmoh \_\_\_\_\_

hrancepleu \_\_\_\_\_

lunbid \_\_\_\_\_

nleryba nesto \_\_\_\_\_

cyklu \_\_\_\_\_

nrie og gabhr \_\_\_\_\_

nrege \_\_\_\_\_

parh \_\_\_\_\_

natis \_\_\_\_\_

hisri snseglibs \_\_\_\_\_

ticeic srsoc \_\_\_\_\_

hsir ijg \_\_\_\_\_

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

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