

GRAPEVINE

July 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

Covered Dish Lunch

On Wednesday, July 19th we will have a covered dish luncheon. Please bring your favorite salad or hot dish to make this a great meal for all! We know that not everyone can bring a dish and we are happy to just to have you attend. There will be entertainment too. The sign up sheet to bring a dish is in the dining room. If you would like to attend the lunch, please sign up with the dining room at least 24 hours prior. There is **no charge** for this lunch.



"New"

Have you ever thought about writing your own obituary? Cynthia Caseoff Henry, author of the book "Dying: A Guide to a More Peaceful Death", a hospice nurse, midwife and nurse for 50 years will be your host for this interesting class. There will be 2 sessions both on a Tuesday, July 18th and July 25th, one hour each from 10:30 am-11:30 am. The first class will be writing your own obituary and the second class will be reading it to each other.

The class is free and open to all. Please sign up on the sheet in the dining room if you are interested and make sure you let us know if you plan on attending lunch following the classes.

Camp Eisner campers

On Friday, July 7th the campers will be joining us from 10:00 am - 12:00 pm for two hours of singing, smiles, youthful play and sharing songs. Anyone interested in teaching the campers some "oldies" or even a "name that tune" time for them? They are a wonderful group of youths and we are looking forward to having them back this year. We will be serving ice cream sundaes for dessert. You don't want to miss this!



INSIDE THIS ISSUE. . .

Special Events	Page 1
Special Events Cont'd	Page 2
Exercises/ Birthdays	Page 2
CTSC Trips	Page 3
Special Announcements	Page 4
Calendar	Page 5
Menu	Page 6
Word Search	Page 7

Free Friday at Hancock Shaker Village

This event is being offered through the Free Friday Program for Berkshire County Residents. Our annual Hancock Shaker Village Picnic is Friday, July 21st. We will leave the center at 9:30 am and tour the village including the famous round stone barn, the meeting house, tan house, laundry, gardens, see the animals and much much more. You can participate in Shaker song and dance in the four story dwelling house and see original artifacts. Picnic lunch will be provided for \$2.00 a person. This is a carpool trip but if you cannot carpool and want to join us, please let Polly know so we can try to accommodate you.

Triad Picnic

Your name can be entered into a raffle, to be held in October, if you are spotted wearing one of the safety vests that were given out at the picnic in June. Here are a few pictures from the event!



Meet the Council on Aging board members!

On Wednesday, July 12th the members of the Great Barrington Council on Aging will be serving root beer floats to everyone following lunch that day. Come out and meet the team and ask them questions about their important role in our center and the community!



Thank you to everyone who baked and donated goods for the Bake Sale at the Craft Fair. We really appreciate it!!

The Senior Center will be closed on **Tuesday, July 4th** for the holiday. Have a nice Fourth of July!

EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 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:

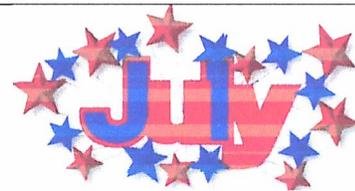
- 9:30 AM- Easy Does it Yoga with Joanne (\$3.00)

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 Ann (Free)
- 12:45 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)



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|----------------------------|--------------------------|
| July 2 Nettie Lokker | July 19 Pia Bellinger |
| July 6 Helen Hanky | July 21 Jo Robinson |
| July 6 Richard Pope | July 22 Susan Morris |
| July 7 Judith Anderson | July 23 Joan Ury |
| July 8 Virginia Niewinski | July 23 Judith Smith |
| July 12 Jane Goewey | July 26 Cory Hines |
| July 15 Barbara Tinker | July 26 Richard Wallach |
| July 15 Florence Tisserand | July 26 Patricia Elsbach |
| July 16 Anne Macheski | July 27 Ruth Ruthel |
| July 17 Susan Dillard | July 27 Jean Lunn |
| July 18 Marilyn Stevens | July 31 Ken Basler |

HAPPY BIRTHDAY TO ALL!

BSO Free Friday-morning Rehearsals @ Tanglewood

We have 12 seats available, for each of the following Friday dates below, for **\$2.00 each**. Tickets are first come, first serve. Sign up sheet is on the trip board or call the center at 528-1881 to sign up. Leaving center at 9:00 am & returning around 1:00 pm.

July 7 (van is FULL), July 14, July 21, July 28 , August 4, August 11, August 25



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**Yankee Candle & Butterfly Conservatory– Sept 13**

Departs Railroad Street in Lee at 8:55 AM. \$45.00 per person which includes admission to Magic Wings. You will start at Yankee Candle and then continue down the road to Magic Wings. Both places have flat floors and are easy to walk through. There will be a stop for dinner at the 99 Restaurant before heading home. Call Eldorado Tours at 413-499 4248 to book your spot. Sign up sheet is in the dining room.

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Jewelry Making Class

Wednesday, July 26th
9:30 am- 11:30 am



Barbara Tinker will be hosting a jewelry (beads) making class. The cost per person is \$3.00. Sign up sheet for the class is in the dining room.

Shaker Mill Tavern/Goat Visit/Hilltop Trip

The trip to visit the goats, have lunch at the Shaker Mill Tavern and to stop at Hilltop Orchard is being **RESCHEDULED**. We will keep you all posted on when it will occur. The goats are anxiously awaiting the day you will be visiting them!



Claire Teague Senior Center Trips

Free Friday at Hancock Shaker Village

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Pittsfield Suns Baseball Game

Ball game and a picnic on Sunday, July 16th. Picnic is at 3:30 pm and the game starts at 5:00 pm. \$18.00 per person which includes the picnic and game ticket. Hamburgers, hot dogs and salads will be served and it's an all you can eat! The sign up sheet is in the dining room.



Tanglewood on Parade

Only 12 seats available on the van so sign up now for Tanglewood on Parade! Tuesday, August 1st we will be taking the SBETC van to the annual Tanglewood on Parade. The cost for a lawn seat is \$24.00 plus \$5.00 for a seat on the van. Bring your own folding chairs, picnic and "beverages" and snacks to share. Van leaves senior center at 4:00 pm returning at approximately at 9:30 pm. Sign up sheet for the trip is in the dining room.

Lobby Artwork

The lobby now has a group exhibit of paintings and drawings on indefinite loan - the same arrangement as in the dining room and hall - two large paintings from his Mt. Greylock series by Michael Filmus, two pastel paintings by his brother, Stephen Filmus and two drawings by Eunice Agar.

July 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 11:30 LUNCH- Pollock Florentine 1:00 Movie: Tabloid City (PART 1) 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>4</p> <p>SENIOR CENTER CLOSED</p> 	<p>5</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Egg Salad Sandwich 12:30 Pitch</p>	<p>6</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing-CANCELLED 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Chicken with Gravy 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>7</p> <p>TANGLEWOOD REHEARSAL TRIP 9:00 Tai Chi 10:00-12:00 CAMP EISNER CAMPERS 10:00 Ann's Chair Exercise 11:30 LUNCH- Eggplant Parmesan 12:00 Bridge 1:00 Movie: Tabloid City (PART 2) 2:00 Intermediate Tap</p>
<p>10</p> <p>9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Cheeseburger 12:30 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group</p>	<p>11</p> <p>8:45 Women & Men's Discussion Grp 10:00 Bingo 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Tuna Salad 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>12</p> <p>9:30 Easy Does it Yoga 10:30-12:00 BCAC Fuel Assistance 11:30 LUNCH- Roast Pork w/ Apricot Glaze 12:00 ROOT BEER FLOATS w/ COA MEMBERS 12:30 Brown Bag 12:30 Pitch 2:00 A-G-E-TRIAD- CANCELLED</p>	<p>13</p> <p>VETERAN'S LUNCH-FREE 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Stuffed Shells w/ Meat Sauce 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>14</p> <p>TANGLEWOOD REHEARSAL TRIP 9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Marsala 12:00 Bridge 2:00 Intermediate Tap</p>
<p>17</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 11:30 LUNCH- Beef Burgundy 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>18</p> <p>TIMBERLYN EAST-FREE LUNCH 8:30 Breakfast (See Flyer) 8:45 Women & Men's Discussion Grp 10:00 Bingo & Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 10:30 OBITUARY CLASS 11:30 LUNCH- Barbeque Chicken 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>19</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- COVERED DISH LUNCH 12:30 Pitch 1:00-2:30 Caregiver Support Group</p>	<p>20</p> <p>2:00 MEMORY CAFE 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Sloppy Joe 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>21</p> <p>HANCOCK SHAKER VILLAGE TRIP 9:00 TANGLEWOOD REHEARSAL TRIP 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- BBQ Pork Riblet 12:00 Bridge 2:00 Intermediate Tap</p>
<p>24</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Chicken w/ Hawaiian Sauce 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>25</p> <p>TIMBERLYN EAST-FREE LUNCH 8:45 Women & Men's Discussion Grp 10:00 Bingo 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 10:30 OBITUARY CLASS 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p>26</p> <p>9:30 Easy Does it Yoga 9:30-11:30 BARBARA TINKER'S JEWELRY CLASS 11:30 LUNCH- Salisbury Steak 12:30 Pitch 1:15 COA Meeting</p>	<p>27</p> <p>VETERAN'S LUNCH-FREE 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:30 Blood Pressure Clinic 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Roast Turkey & Gravy 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>28</p> <p>TANGLEWOOD REHEARSAL TRIP 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Cabbage Casserole 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p>
<p>31</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Baked Ham w/ Raisin Sauce 12:30 Ice Cream & Bingo 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>Lunch RSVP: 413-528-4118</p> <p>*AT LEAST 24 HOURS IN ADVANCE*</p>	<p>*Coffee Hour every day at 8:30 AM*</p>	<p>For more information or to schedule appointments call:</p> <p>413-528-1881</p>	

Elder Services of Berkshire County - Nutrition Program

JULY 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
3 New Item Pollock Florentine Au gratin Potatoes Broccoli 100% Wheat Bread Diced Peaches	4 INDEPENDENCE DAY CLOSED	5 Egg Salad Sandwich Chick Pea and Tomato Salad Cold Spiced Beets Hot Dog Roll Fresh Orange	6 Chicken w/Gravy Roasted Potatoes Mixed Greens Oat Nut Bread Fruited Yogurt**	7 New Item Eggplant Parmesan Penne Pasta w/Tomato Sauce Corn Italian Bread Apricots
10 Cheeseburger Oven Fries Mixed Vegetables Hamburg Roll Tropical Fruit Salad	11 Tuna Salad Pasta Salad Three Bean Salad Diced Peaches Hot Dog Roll Orange Juice	12 Roast Pork w/Apricot Glaze Mashed Potatoes Winter Squash 100% Wheat Bread Applesauce	13 Stuffed Shells w/ Meat Sauce Peas Carrots Tossed Salad Italian Bread Mixed Fruit	14 Chicken Marsala Rice Pilaf Mixed Greens 12 Grain Bread Diced Peas
17 Beef Burgundy Egg Noodles Tomato Medley Whole Grain Biscuit Apricots	18 *FREE* <u>Timberlyn East Lunch</u> Barbeque Chicken	19 *FREE* <u>Covered Dish</u> Luncheon	20 Sloppy Joe Brown Rice w/Orzo Rattatouille Hamburger Bun Pineapple Chunks	21 BBQ Pork Riblet Mashed Potatoes Mixed Vegetables 100% Wheat Bread Applesauce
24 Chicken w/Hawaiian Sauce Coconut Rice Carrots 12 Grain Bread Fresh Fruit Salad	25 *FREE* <u>Timberlyn East Lunch</u> Macaroni & Cheese	26 Salisbury Steak Roasted Potatoes Mixed Greens 100% Wheat Bread Fruited Yogurt**	27 Roast Turkey & Gravy Mashed Potatoes Winter Squash Dinner Roll Spiced Apples	28 Cabbage Casserole Zucchini & Summer Squash Wax Beans Italian Bread Fruited Jello**
31 Baked Ham w/Raisin Sauce* Sweet Potatoes Peas Dinner Roll Pineapple Chunks				

Dietary Information: All meals include 1% Milk = 100 Calories

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.

**Modifications for restricted sugar



Independence Day

July 4th



ADAMS
 AMERICA
 BARBECUE
 COLONIES
 CONGRESS
 DECLARATION
 EQUALITY
 FIREWORKS

FOURTH
 FREEDOM
 HOTDOGS
 INDEPENDENCE
 JEFFERSON
 JULY
 LIBERTY
 NATION

PARADE
 REVOLUTION
 RIGHTS
 STATES
 THIRTEEN
 UNITED



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

Name: _____