

GRAPEVINE

December 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

Monument Valley Middle School Chorus Performance— Dec. 19

The MVMS chorus will be at the center to sing some holiday songs for us from 11:45 am-12:30 pm on Tuesday, December 19th. Hope you are able to attend!



FREE HOLIDAY MEAL AND BOOK SIGNING BY DAVID RUTSTEIN

There will be a free holiday meal followed by a special book signing and presentation from our very own David Rutstein. Tuesday, December 12th Great Barrington Health Care will be offering a wonderful lasagna luncheon followed by a very special book signing from our Council on Aging Chair David Rutstein. David will speak about his newly published book "A History of Searles High School, 1898-1967, with references to the William Cullen Bryant School" He will also be signing copies of his book that day as well so don't miss this great opportunity!!

Earth Angels & Covered Dish Lunch— Dec. 17

The Earth Angels will be serenading us with their beautiful voices at our covered dish lunch at the senior center on Sunday, December 17th. The event will run from 12:00 pm-2:00 pm. Lunch will be at 12:00 pm and the performance will begin at 1:15 pm. A sign up sheet for the covered dish lunch will be in the dining room. Please feel free to bring family, friends and neighbors. This is a remarkable event every year so we hope you are able to join us!

INSIDE THIS ISSUE. . .

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

OLLI Presentation— Dec. 14

Megan Tilden will be offering an informational session at the senior center about the OLLI (Osher Lifelong Learning Institute) program through Berkshire Community College. She will be here on Thursday, December 14th following lunch. If you would like to attend the presentation and lunch, please sign up on the sheet in the dining room.



Is it safe for me to exercise? By Thea Basis

After an exercise class I recently lead, a participant came up to me and told me that many of her friends were afraid to attend an exercise class because they were concerned they may injure themselves. The fact is the opposite is true! Without strong muscles, which create stronger bones and improve balance, the decline in our ability to live independently is hastened. In my 30 plus years of working as a Fitness Professional I have never seen anyone improve their physical and cognitive health by sitting more often! In fact there is a new saying in the industry that "*Sitting is the new smoking.*" That quote stems from the research showing the decline in cardiovascular function, muscle mass, balance and agility, bone density and spinal health which occurs when staying "safe" in our easy chairs is perceived as a helpful strategy.

I cannot think of a health condition that benefits from inactivity. If you have any doubts then you may wish to discuss this with your doctor. I have done fitness training with folks in their mid to upper 80's and every one of them achieved benefits which even delayed the need for them to enter a Nursing Home! You can read some of those stories on my blog at www.Goodforallblog.wordpress.com

To address your concerns I would suggest you find out the credentials of the class instructor and learn if they are specifically trained to work with older adults. This means they are well aware of the challenges and health concerns of the older population. Speak with the instructor before the class starts to inform them of any issues you have that are causing you hesitancy to participate. Perhaps they could work with you privately if you do not feel safe in a group. Let me end by encouraging you to discuss this with your doctor. Also notice which friends and family members are thriving, and find out if they are physically active or sedentary. "*Use it or lose it is still true.*" And a group class can be a lot of fun as well!

(Thea Basis is a Certified Senior Fitness Specialist offering classes at the **Claire Teague Senior Center Monday's at 1:00**. You can speak to her directly by calling at 413 528-8084.)



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- Moving Mind Body & Spirit Towards Greater Health w/ Thea ***FREE 4 wk TRIAL until Dec. 4** (\$3.00)

1:00 PM- Beginners Tap Dancing with Carolyn (\$5.00)

2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

10:00 AM- Pilates for Osteoporosis Prevention with Kathi (\$3.00)

3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

Thursday:

10:00 AM- Therapeutic Movement /Breathing Class with Suzanne (\$3.00)

4:00 PM- Misha's Advanced Class (\$10.00)

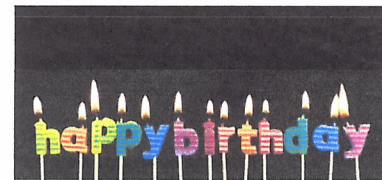
Friday:

9:00 AM- Tai Chi with Christine (\$3.00)

10:00 AM -Chair Exercises with Ann (Free)

1:00 PM- Beginners Tap Dancing (\$5.00)

2:00 PM- Intermediate Tap Dancing (\$5.00)



Dec. 4 Marie Iannuzelli

Dec. 4 Grace Zbell

Dec. 5 Eleanor Shiels

Dec. 6 Misha Forrester

Dec. 7 Edward Landy

Dec. 8 Mary Rivers

Dec. 11 Marie Davis

Dec. 18 Peggy Lavalette

Dec. 19 Helen Hall

Dec. 22 Lester Ettlinger

Dec. 22 Calder Martin

Dec. 23 Janice Fisher

Dec. 23 Armond Houle

Dec. 23 Carol Gage

Dec. 24 Tom Gage

Dec. 24 Mary Warford

Dec. 26 Babs Olszewski

Dec. 26 Mel Greenberg

Dec. 28 Nell Ezequelle

Dec. 28 Millie Church

Dec. 29 Olga Milligan

Dec. 31 Brian Marks

"Claire Teague Senior Center Trips"

Bright Nights Trip

We are headed to Bright Nights at Forest Park in Springfield on Wednesday, December 6th to see the holiday lights and to the Olive Garden for dinner. The van will leave the center at 4:00



pm. The cost per person is \$10.00 which does **not** include dinner. Checks can be made payable to the Claire Teague Senior Center. The sign up sheet is on the travel bulletin board. Availability is limited so sign up before all the spots are filled!

FROM POLLY:

Wishing all of you a very Merry Christmas, Happy Hanukkah and old lang syne for 2017. The Claire Teague Senior Center continues to be a place of friendships, community, food, fun and a place to just sit and enjoy others company. I want to thank everyone, those of you who volunteer your time and resources to make this center a warm and welcoming place. I also want to thank all of you who serve on our boards and committees and last but not least I want to thank all of you who walk through our doors and make this the wonderful senior center that it is. We have lost some of our friends, neighbors and those that have touched our lives this year. All will be remembered with warmth and smiles.

I am looking forward to 2018 with enthusiasm! Please don't hesitate to share your ideas, concerns, needs and let me know what you would like to see offered at the senior center. Wishing all a very wonderful holiday season!

*MANY thanks to CAROLE OWENS
for her presentation at the center.*

It was enjoyed by many!!

Help with Property Taxes?? Seniors 65 and Older Clause 41C Statutory Exemption

Qualification Guidelines:

1. Must be over 65 years of age as of July 1 **AND**
2. Must have had your primary residence in MA for ten years **AND**
3. Must have owned property in MA for five years **AND**
4. Must have occupied the property as of July 1 **AND**
5. Must have a whole estate (the value of all personal assets NOT including the domicile) of \$40,000 or less if single and \$55,000 if married **AND**
6. Must have had an income in the previous calendar year of \$20,118 or less if single and \$30,177 or less if married, after subtracting an allowable deduction for Social Security of \$4,523 if single and \$2,262 for a spouse (total of \$6,785).
7. Must reapply annually by December 15 and meet all guidelines to receive the benefit.

You must provide copies of:

- A. Original complete bank account statements showing balances as of July 1 **AND**
- B. Documentation pertaining to holdings of stocks, bonds, certificates of deposit, annuities, etc. **AND**
- C. Birth certificate or driver's license if first time applicant **AND**
- D. Copy of pages 1 & 2 of Federal tax return.

If you meet all of the aforementioned eligibility requirements and provide the necessary documentation you'll receive \$1,000 off your taxes!



December 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*	*Coffee Hour every day at 8:30 AM*	EARTH ANGELS PERFORM ON Sunday, December 17th 12:00 – 2:00	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Swedish Meatballs 12:00 Bridge 1:00 Beginner Tap 1:00 Writer's Group 2:00 Intermediate Tap
4 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Beef Stew 1:00 Moving Mind Body & Spirit *NEW* 1:00 Beginner Tap 2:00 Intermediate Tap	5 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Chicken Broccoli Pasta Alfredo 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	6 BRIGHT NIGHTS TRIP 4:00 PM 9:30 Easy Does it Yoga 11:30 LUNCH- Meatloaf 12:30 Pitch 4:00 Decorative Arts 6:00 Dog Therapy Class	7 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Baked Pollock 12:00 Crafty Hands 12:00- 3:30 Game Day 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	8 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Bone-In BBQ Chicken 12:00 Bridge 1:00 Beginner Tap 1:00 Writer's Group 2:00 Intermediate Tap
11 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- Chicken Piccata 1:00 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	12 GB HEALTHCARE-FREE LUNCH 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Lasagna 12:00 Bridge 12:15 David Rutstein Book Signing 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	13 9:30 Easy Does it Yoga 11:30 LUNCH- Oriental Pork Casserole 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts 6:00 Dog Therapy Class	14 VETERAN'S LUNCH-FREE 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 HOLIDAY LUNCH- Roast Beef w/ Gravy 12:00 Crafty Hands 12:00-3:30 Game Day 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	15 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Hot Dogs 12:00 Bridge 12:30 Movie- Wonder Woman 1:00 Beginner Tap 1:00 Writer's Group 2:00 Intermediate Tap
18 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:00 Acupuncture 11:30 LUNCH- Cheeseburger 1:00 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap	19 11:45 MVM SCHOOL CHORUS 8:30 Breakfast (See Flyer) 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH-Stuffed Pepper Casserole 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	20 9:30 Easy Does it Yoga 11:30 LUNCH- Egg Salad Sandwich 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Dog Therapy Class	21 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Chicken Marsala 12:00 Crafty Hands 12:00-3:30 Game Day 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	22 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 1:00 Beginner Tap 1:00 Writer's Group 2:00 Intermediate Tap
25 SENIOR CENTER CLOSED 	26 10:00-12:00 BLOOD PRESSURE CLINIC 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	27 9:30 Easy Does it Yoga 11:30 LUNCH- Salmon Boat w/ Newburg Sauce 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 6:00 Dog Therapy Class	28 VETERAN'S LUNCH-FREE 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing 10:30 BLOOD PRESSURE CLINIC 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Shepherd's Pie 12:00 Crafty Hands, Game Day 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	29 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Sage Stuffed Chicken w/ Gravy 12:00 Bridge 1:00 Beginner Tap 1:00 Writer's Group 2:00 Intermediate Tap 2:00-3:30 Senior Ctr Hours at Ramsdell

Elder Services of Berkshire County - Nutrition Program

DECEMBER 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
				1 Swedish Meatballs Brown Wild Rice Cauliflower w/Pimiento 12 Grain Bread Banana
4 Beef Stew Mashed Potatoes Mixed Greens Dinner Roll Diced Peaches	5 Chicken Broccoli Pasta Alfredo* Carrots Peas Wheat Bread Fresh Orange	6 Meatloaf Sweet Potatoes Braised Cabbage 12 Grain Bread Vanilla Pudding **	7 Baked Pollock Minestrone Soup Winter Blend Vegetables Tossed Salad (Congregate) Oat Nut Bread	8 Bone-In BBQ Chicken Sliced Roasted Potatoes Beets Rye Bread Diced Pears
11 Chicken Piccata Egg Noodles Broccoli 12 Grain Bread Fruit Cocktail	12 <i>GB Health Care</i> <i>FREE Lunch</i> <i>Lasagna</i>	13 Oriental Pork Casserole Stir Fried Rice Peas and Carrots Oat Nut Bread Pineapple Chunks	14 HOLIDAY DINNER Roast Beef w/Gravy Mashed Potatoes Green Beans Almondine Snowflake Roll Trifle **	15 Hot Dog* Vegetarian Baked Beans Sauerkraut Hot Dog Rolls Apricots
18 Cheeseburger* Sliced Roasted Potatoes Italian Blend Vegetables Hamburg Bun Fresh Apple	19 Stuffed Pepper Casserole Carrots Cauliflower 12 Grain Bread Apricots	20 Egg Salad Sandwich Cream of Broccoli Soup Peas Hot Dog Bun Warm Spiced Apples	21 Chicken Marsala Rice Pilaf Mixed Greens Rye Bread Fresh Orange	22 Roast Pork w/Gravy Mashed Sweet Potatoes Seasoned Brussels Sprouts Dinner Roll Applesauce
25 CHRISTMAS	26 Macaroni & Cheese Stewed Tomatoes Peas and Pearl Onions 100% Whole Wheat Bread Diced Pears	27 Salmon Boat w/Newburg Sauce Rice Pilaf Winter Squash Oat Nut Bread Fresh Orange	28 Shepherd's Pie Mashed Potatoes Broccoli 12 Grain Bread Banana	29 Sage Stuffed Chicken w/Gravy Roasted Potatoes Winter Squash Whole Grain Biscuit Diced Peaches

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium

*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.

WINTER WORD SEARCH



Created by
See Lindlauf
Grand Forks Herald
2010

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

- | | | | |
|------------|--------------|--------------|--------------|
| 1. Snow | 5. Shovel | 9. Slippery | 13. Scarf |
| 2. Snowman | 6. Cold | 10. Slide | 14. Hat |
| 3. Winter | 7. Freezing | 11. Sledding | 15. Earmuffs |
| 4. Weather | 8. Snowflake | 12. Skating | 16. Mittens |

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

Name: _____