

GRAPEVINE

February 2018

Claire W. Teague Senior Center * 917 South Main Street * Great Barrington * MA 01230

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

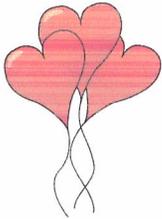
Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

Valentine's Day Party/Mardi Gras- Feb. 13



On Tuesday, February 13th we will be hosting a party at the center from 11:00-12:00. There will be a free lunch compliments of Great Barrington Health Care. There will be exciting entertainment by our favorite saxophone player and singer Bill Shontz. Please make your reservation by calling the center at 528-1881 or the sign up sheet in the dining room. There will be a 50/50 raffle and prizes for the **Best Dressed Valentine!**



****NEW**** Open Generosity Economy Circle- Feb. 11

On Sunday, February 11th from 2:00-4:00 pm, you and your family and friends are invited to come hear what the Generosity Economy is all about. We will sit in a circle and share our needs and our "gifts" which could range from material items to services to offer. So, rather than just dropping off "stuff", people are asked to connect and share their experiences.



Changes with Medicare Wellness Visits- Feb. 1 * Canceled *

~~Berkshire Health Systems (BHS) will be presenting an informational session at the senior center on Thursday, February 1st at 1:00 pm to discuss the changes in your Medicare Wellness Visits. If you would like to attend, please sign up on the sheet in the dining room.~~

"Sand for Seniors" Program

Be safe and secure! The Claire Teague Senior Center, along with SBETC and A.G.E. TRIAD, is sponsoring a "Sand for Seniors" program this winter. SBETC riders that would like to have a bucket of sand delivered for walkways and steps, please notify SBETC at 528-4773 or you can pick up a bucket at the senior center at 917 Main Street. You can bring your own bucket and we will fill it for you or you can call ahead and we will have it ready for you. Thank you to **Big Y** for supplying us with the buckets. Please call the senior center at 528-1881 for any questions.

INSIDE THIS ISSUE. . .

Special Events	Page 1
Exercises/ Birthdays	Page 2
Trips/Announcements	Page 3
More Announcements	Page 4&5
Calendar	Page 6
Menu	Page 7
Word Search	Page 8

Saturday Winter Bingo & Lunch- Feb. 24

We will continue to have Winter Bingo & Lunch in February. This month it will be on Saturday, February 24th. Lunch will be served at 12:00 and bingo will follow. If you would like to attend, please call the center at 528-1881 or sign up on the sheet in the dining room. Hope you can join us for some fun!



Balanced Diet for Healthy Weight– Feb. 15th

This event is rescheduled from last month. The Food Bank of Western MA will be offering a workshop on how to balance your diet to maintain a healthy weight. These are great workshops so mark your calendars for this event. Sign up sheet is in the dining room.

The senior center will be closed on
Monday, February 19th
to observe President’s Day.

Income Tax Preparation

AARP Foundation Tax-Aide will be at the senior center starting in February and until mid April to offer free tax preparation services to anyone who needs it– with special attention to those who are 50 or older or have low to moderate income. You can call the center at 528-1881 to schedule an appointment. They will be at the center on Tuesday’s and Wednesday’s. Below are some of the *essential* documents you will need to bring to your appointment:

- Picture ID for the taxpayer(s) on the return.
- Social Security cards or ITIN documentation for all.
- Copy of last year’s return.
- Income documents– Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms or self-employment income.
- Brokerage statements– sale of stocks or bonds.
- Healthcare– 1095 A, B or C; marketplace exemption letters.
- Mortgage interest, medical, dental or charitable donations; business; property taxes.
- Records of federal and state taxes paid.
- Educational expenses– Form 1098-T and expense receipts.
- Bank check for direct deposit/debit of refund/ balance due.

For a complete list of documents some taxpayers might need, visit: aarpfoundation.org/taxaide or call 1-888-687-2277.

EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 12:30 PM– Moving Mind Body & Spirit Towards Greater Health w/ Thea (\$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 exercise /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)



Feb. 2 Harriet Ebitz	Feb. 16 Margaret Mansfield
Feb. 2 Dorris VanDeusen	Feb. 16 Maryellen Brown
Feb. 2 Beth Wilson	Feb. 17 Marjory Gardella
Feb. 4 Don Moulthrop	Feb. 17 Shirley Olds
Feb. 4 Bruce Bernstein	Feb. 18 Art Thaute
Feb. 4 Skip Johnson	Feb. 19 Ron Boibeaux
Feb. 6 Joan Wood	Feb. 20 Patricia Andrus
Feb. 7 Helen Maxwell	Feb. 25 Priscilla Moulthrop
Feb. 10 Helena Jennings	Feb. 26 Frank Pothal
Feb. 13 Thelma Reeves	Feb. 28 Tara Rahkola
Feb. 14 Carroll O’Toole	Feb. 29 Jane Brittingham
Feb. 15 Anna Beining	

“TRIPS”

Come check out our trips bulletin board in the main hallway. We are planning the following:



- *Equine Advocates Rescue & Sanctuary in Chatham, NY
- *Hildene (Lincoln Family Home), shopping at the outlets & lunch in Manchester, VT
- *Lunch & tour of Culinary Institute of America in Hyde Park, NY- **March 7**
- *Lobster Feast in Holyoke, MA- **July 17**
- *Majestic Theater to see Guys and Dolls in West Springfield- **April 29**
- *Day trip to Salem, MA to sightsee, shop & eat



CIA Trip- March 7th

Come along for a trip to tour and have lunch at the Culinary Institute of America in Hyde Park on Wednesday, March 7th. You will be dining at the American Bounty Restaurant. The trip is \$31 per person which includes transportation on the SBETC van and a three course lunch but does not include tip and beverage. If you would like to carpool, the lunch is \$26 per person (tip & beverage not included).

If you would like to go, make sure you sign up on the Trips bulletin board & make payment to the Claire Teague Senior Center no later than **February 20th**.

Guys and Dolls- Sunday, April 29th

Carpool together for a trip to the Majestic Theater in West Springfield to see a 2 pm showing of Guys and Dolls. The cost is \$35.00 per person. You will have lunch first at the Majestic Café (meal not included in cost) which is located within the theater. They will be serving Roast Beef on a Roll and Vegetarian Vegetable Soup. Sign up sheet is located on the Trips bulletin board if you are interested. Please let us know if you are willing to be a driver.

W.E.B. Du Bois Lecture & Tour

The Great Barrington Historical Society & Museum are presenting a program, *“Believing in Life: The Enduring Influence of W.E.B. Du Bois”*, to honor the 150th Anniversary of Du Bois.



The guest lecturer is Rev. Dr. Jamall Andrew Calloway, Presidential Postdoctoral Fellow & Visiting Professor, Brown University. It will take place on Saturday, February 10th from 3:00-5:00 pm at the John Dewey Academy at Searles Castle on Main Street in Great Barrington.

The event is free to the public but donations are suggested. The program includes the lecture and a tour of Searles Castle. Light refreshments will be served. Free parking is available at Berkshire Community College South County campus, adjacent to the castle. Seating is limited.

For more details, email juliefagan115@gmail.com

Presentation by Birches & Roy Funeral Home

Joe Roy will be on site at the center on Wednesday, February 14th at 12:30 pm. He will answer questions and explain what funeral cost benefits may be available for those seniors who are on certain entitlements such as Food Stamps and Mass Health. If you would like to attend this event, please call the center or sign up on the sheet in the dining room.

Mass 211

Did you know you can access resource information for all ages either online at <http://mass211.org> OR by calling 2-1-1??

This service is available **24 hours a day/ 7 days a week**. Mass 211 is an easy way to find or give help to someone in the community.

Mass 211 responds immediately during times of crisis, to field calls regarding the crisis and to direct callers to services most appropriate for their needs. If you are unable to reach 2-1-1 due to your telephone or cell phone carrier, a toll-free number is available: 1-877-211-MASS (6277). Hearing impaired callers can reach them by calling 508-370-4890 TTY.

SOME WINTER HUMOR...

What do you call a snowman in the desert?

A puddle.

Where does a polar bear keep his money?

In a snowbank.



What's a snowman's favorite breakfast?

Frosted Flakes.

Why don't mountains get cold in the winter?

They wear snow caps.

What do you call a slow skier?

A slopepoke.

What is Healthy Incentives Program (HIP)?

Launched in April 2017, the Healthy Incentives Program provides monthly incentives to SNAP households of up to: \$40 for



families of 1-2; \$60 for families of 3-5; and \$80 for families of 6 or more, when they purchase fresh, local, healthy vegetables and fruits from Massachusetts farmers at farmers markets, farm stands, CSA's and mobile markets. The money they spend at these retailers is immediately added back to their EBT cards and can be spent at any SNAP retailer.

This program is administered by the Department of Transitional Assistance, in partnership with the Department of Agricultural Resources and the Department of Public Health. It is supported by a grant from USDA, state finance and private donations.

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP) also known as food stamps. The Department of Transitional Assistance (DTA) administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods. To receive SNAP, you must be low income and be a US citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and nonfinancial criteria. To contact DTA about SNAP, call the DTA Assistance Line at 877-382-2363.

February 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Sage Stuffed Chicken 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*</p> <p>10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:00 Therapy Dog Visit 11:30 LUNCH- Cheeseburger 12:00 Bridge 12:30 Bingo 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	 <p>9:30 Easy Does it Yoga 11:30 LUNCH- Tuna Salad 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>9:30 Vera's Painting Class 10:00 News & Views 11:30 LUNCH- Roast Pork with Gravy 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Veal w/ Onions & Peppers 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>12</p> <p>9:00-12:00 Foot Nurse by Appt. 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Beef Burgundy 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>13</p> <p>GB HEALTHCARE- FREE LUNCH 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:30 VNA BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:00-12:00 VALENTINE'S DAY PARTY 11:30 LUNCH- To Be Announced 12:00 Bridge 12:30 Bingo 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>14</p> <p>BIRCHES & ROY 12:30 9:30 Easy Does it Yoga 11:30 LUNCH- Salmon w/ Newburg Sauce 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>15</p> <p>BALANCED DIET WORKSHOP 1:00 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Oriental Chicken Casserole 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>16</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Cheese Lasagna 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>19</p> <p>SENIOR CENTER CLOSED</p>  <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:00 Acupuncture 11:30 LUNCH- BBQ Pork Roast 12:30 Ice Cream & Bingo 12:30 Moving Mind Body & Spirit 12:30 Movie- African Queen 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>20</p> <p>10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:00 Therapy Dog Visit 11:30 LUNCH- Beef Stew 12:00 Bridge 12:30 Bingo 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>21</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Roast Turkey with Gravy 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>22</p> <p>Veterans Eat For Free Today 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing-Exercise 10:30 VNA BLOOD PRESSURE CLINIC 11:30 LUNCH- Salisbury Steak 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>23</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Haddock Cacciatore 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p> <p>Sat. Feb. 24, 12-2 pm Winter Bingo & Lunch</p>
<p>26</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:00 Acupuncture 11:30 LUNCH- BBQ Pork Roast 12:30 Ice Cream & Bingo 12:30 Moving Mind Body & Spirit 12:30 Movie- African Queen 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>27</p> <p>A.G.E. TRIAD 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken Meatballs with Sauce 12:00 Bridge 12:30 Bingo 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>28</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Chorizo Wrap w/ Cheese Sauce 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>*Coffee Hour Every Day</p>  <p>at 8:30 AM</p>	

Elder Services of Berkshire County - Nutrition Program

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.

FEBRUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Sage Stuffed Chicken w/Gravy Mashed Potatoes Winter Squash Wheat Dinner Roll Mixed Fruit	6 Cheeseburger* Potato Purifs Broccoli Hamburg Bun Diced Peas	7 Tuna Salad Beef Barley Soup Mixed Greens Hot Dog Bun Fruit Crisp	8 Chicken Piccata Egg Noodles Carrots Wheat Dinner Roll Fresh Orange	9 Meatloaf w/Gravy* Mashed Potatoes Mixed Vegetables 100% Whole Wheat Spiced Apples
12 Beef Burgundy Sweet Potatoes Green Peas Oat Nut Bread Applesauce	13 <i>GB Healthcare</i> <i>FREE Lunch</i>	14 Ash Wednesday VALENTINES DAY Salmon w/Newburg Sauce Roasted Potatoes Cauliflower 12 Grain Bread Chocolate Chip Cookie **	15 Oriental Chicken Casserole Stir Fry Rice Oriental Vegetables Wheat Bread Fortune Cookie Pineapple and Mandarin Oranges	16 Cheese Lasagna Carrots Mixed Greens Italian Bread Whole Banana
19 PRESIDENT'S DAY	20 Beef Stew Roasted Potatoes Winter Blend Vegetables 12 Grain Bread Mixed Fruit	21 Roast Turkey w/Gravy Sweet Potatoes Corn w/Pimiento Oat Nut Bread Fresh Orange	22 Salisbury Steak Mashed Potatoes Mixed Greens Pumpernickel Bread Blueberry Yogurt **	23 Haddock Cacciatore Minestrone Soup Broccoli Wheat Dinner Roll Diced Peas
26 BBQ Pork Roast Mashed Potatoes Peas and Carrots Rye Bread Diced Peaches	27 Chicken Meatballs w/Sauce Shells with Sauce Brussel Sprouts Italian Bread Fruit Cocktail	28 Chorizo Wrap w/Cheese Sauce Roasted Potatoes Carrots Applesauce		

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.



Valentine's Day Word Search



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

LOVE
 CHOCOLATE
 PINK
 VALENTINE
 ROSES

CUPID
 FEBRUARY
 RED
 HUG
 FLOWERS

CANDY
 HEART
 SWEETHEART
 CARD
 SWEET

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

Name: _____