



GRAPEVINE

August 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



Summer cook-out with musical Guest Bill Shontz– Aug. 16

Bill is back to perform for us again!! Come join us in listening to his wonderful singing & music on the saxophone. He will be playing at the center from 11:00-12:00. We will also have a cookout (burgers, hot dogs, baked beans, corn on the cob, potato salad, dessert). To attend lunch that day, please sign up on the sheet in the dining room. The cost is **\$2.00** per person.



FREE Car Wash

Campers from **Camp Eisner** will be hosting a **FREE** car wash at the senior center on Friday, August 10th from 10:00-12:00. It will be on a first come, first serve basis. They will be cleaning **ONLY** the exterior (no interior cleaning, sorry). No sign up is needed, just show up. Come and support the campers! **When Should You Wash?**

A weekly or even bi-weekly car wash is a small investment that can pay off with all of the benefits above. What's even better is the fact that regular washes may even save you money by helping to minimize or even avoid damage completely. With just a little bit of effort, you might be surprised by how great your car looks and how much pride you have in it when it's kept sparkling clean.

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CHP Mobile Van at the Senior Center!!

FREE A1C/INR/Blood Pressure Checks

The Community Health mobile van will be on site at the senior center **Tuesday, August 14th from 10:30-11:30 AM.** Nurse Practitioner Kathleen Floyd will be the provider for the mobile van that day which is just wonderful. Please take advantage of this special "one-time event" and have your blood pressure taken as well as INR levels and A1C test.

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- Healthy Moves with Thea (\$3.00)
- 1:00 PM- Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

TUESDAY:

- 9:45 AM- Pilates for Osteoporosis Prevention with Kathi (\$5.00) **Challenging Class**
- 3:30 PM- Strength Training with Christine (\$3.00)

WEDNESDAY:

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

THURSDAY:

- 8:45 am Healthy Moves (**New**) \$3.00
- 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)

ART CLASSES

Did you know that the senior center offers a couple of different art classes on a weekly basis?? We have different levels and styles of classes to suit most everyone's needs. Below is the class information. Feel free to stop in to one of the classes & see what they're all about.

Wednesday at 4:00 pm "Decorative Arts"

Thursday at 9:30 am "Vera's Painting Class"

Thursday at 1:00 pm "Art Class w/ Eunice"

(Eunice's class is on "break" until SEPT. 13)

If you have any further questions, please call the center at 528-1881

We Need You Volunteer in your Community

You've got just what it takes to help your neighbors in need. Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax filing help to those who need it most. You can make a big difference in someone else's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2019 tax season. Our volunteers receive training and continued support in a welcoming environment. And as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at aarpfoundation.org/taxaide
Or call 1-888-227-7669
For Berkshire County information call 1-413-243-3569

Recent volunteers include: Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired.

Sites include: Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

HAPPY BIRTHDAY!

- | | |
|---------------------------|----------------------------|
| Aug. 3 Mary Ann Carter | Aug. 14 Norma Pothal |
| Aug. 4 Art Martin | Aug. 14 Leonard Kilmer |
| Aug. 4 Amelia Sydlosky | Aug. 15 Rose Wellauer |
| Aug. 5 Claire O'Toole | Aug. 16 Ruth Champigny |
| Aug. 6 Kathleen Purcell | Aug. 17 Bette Ann Stalker |
| Aug. 6 Joan Walker | Aug. 21 Dorothy Capasse |
| Aug. 7 Sandra Sokul | Aug. 21 Gloria Yanez |
| Aug. 7 Maureen Rathbun | Aug. 23 Stephen Matava |
| Aug. 7 Pamela Drumm | Aug. 26 Bob Lagowski |
| Aug. 8 Mary Ann Gacek | Aug. 28 Gloria Anthony |
| Aug. 9 Barbara Chamberlin | Aug. 28 Kate Basler |
| Aug. 9 Joan Clark | Aug. 31 Marie Kirchner |
| Aug. 10 Rosalie Krupski | Aug. 31 Albert Butterworth |
| Aug. 13 Doris Race | |
| Aug. 13 Anna Cruikshank | |

“TRIPS”

Come check out our trips bulletin board in the main hallway.

MGM Grand in Springfield

Come with us to check out the new MGM Grand casino in Springfield. We are headed out there on opening day, Friday, August 24th. The cost per person is \$15.00. We will be leaving the center at 9:00 AM and returning around 4:00 PM. This trip is **FULL** but if you are interested in going, sign up on the waitlist and we might book a second trip if there is enough interest.





A big **THANK YOU** to SBETC for sponsoring the trip to the Erie Canal in July!

A big thank you goes to high school student Zach Goffin for volunteering at the senior center and helping out, we do appreciate and enjoy your time with us!! Thank you to all the kitchen volunteers who volunteer their time to make our meals a fun and enjoyable place to eat.

FREE Fun Friday's

The remaining **2018** summer schedule for events in Berkshire County is below. These events are **FREE** (for all ages) on Friday's throughout the summer.

August 3: Naumkeag (The Trustees of Reservations)

August 10: Jacob's Pillow

August 17: Berkshire Museum

August 24: MASS MoCA

August 31: Norman Rockwell Museum

To get a full list of events throughout the state, call 617-969-8900 or visit www.highlandstreet.org/programs/free-fun-fridays.





Veterans Agent

Veterans' Agent Laurie Hills would like to make a donation that will benefit both Elder Services and veterans. Laurie will be on site at the senior center every second Thursday of the month during lunch. Veterans lunch donation will be paid for by the veterans agent. If you are a veteran and have not met with a veterans agent please join us the second Thursday at 11:30!!
RSVP Please

Did you know?

For Americans who received an honorable or general discharge, there are 4 major **benefit** programs: Disability compensation. **Veteran's** pension programs. Free or low-cost medical care through VA hospitals and medical facilities

Great Barrington Health Care will be providing the center with a **FREE** lunch on Tuesday, August 14th, menu to follow. They always serve us such wonderful lunches. If you would like to attend the lunch that day, please sign up on the sheet in the dining room or call the center.

MANY THANKS TO GB HEALTH CARE FOR ALL OF THEIR GENEROSITY TO THE CENTER!

There will be no Council on Aging meeting in the month of August. The meetings will resume again on the last Wednesday in September.

Health Care Proxy's

Social Worker, Julie Frost from Great Barrington Healthcare, will visit us at the

center on Thurs., August 23rd at 12:00 to discuss Health Care Proxy's. It should be an



informative event for all. Feel free to bring in questions you might have for Julie. A sign up sheet is in the dining room.

*A **Health Care Proxy** - a legal document that gives specific rights and instructions regarding **medical** care - can help ensure that these preferences are honored in the event a person is unable to make or communicate their **health care** decisions. ... A **Health Care Proxy** allows you to appoint a **health care** "Agent."*

New Exercise Class

Come join our instructor Thea Basis for a new class, Healthy Moves. Starting in August, she will have classes on Thursday's from 8:45 am to 9:30 am. Thea will continue her Monday 12:30 class through August. This class will be in an air conditioned room learning functional movements with a focus on balance and strength. No mat or floor work is required. Walk-ins welcome. \$3.00

Special August Lunches

On **August 15th** we will have a "Salad Luncheon". There will be different homemade salads and home baked bread. \$2.00

On **August 22nd** we will have Chef Avery back to prepare a wonderful lunch for us. The menu will be determined and posted at a later date. \$2.00

If you would like to attend either lunch, please sign up on the sheet in the dining room. Thank you!

Special Guest Demonstration

See how **fishing fly's** are made!! **Joe Sokul** will be demonstrating and explaining how to make fly's.



Join us Thursday August 16th 12:15 following the cook-out!!

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881 ~~~~~ *Coffee Hour Every Day at 8:30 AM*</p>	<p>Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- Roast Turkey w/ Gravy 12:30 Pitch 4:00 Decorative Arts</p>	<p>8:45 Healthy Moves (NEW)!! 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Lower Sodium Hot Dog 12:00 Crafty Hands 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Breaded Chicken 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>1:00 Little Bit Farm Mobile Truck 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Chuckwagon Stew 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- Goulash 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:00 Strength Training 6:00 Canine Good Citizens Training 8:00 PM Tanglewood on Parade</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- Chef Salad w/ Ham & Chicken 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts</p>	<p>Veterans Eat For Free Today 8:45 Healthy Moves (New) 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Oriental Chicken 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>10:00-12:00 CAR WASH 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Skillet Frittata w/ Cheese 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>1:00 Little Bit Farm Mobile Truck 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- Ravioli w/ Meat Sauce 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>GB HEALTHCARE- FREE LUNCH 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 10:30-11:30 CHP MOBILE VAN 11:00 Therapy Dog Visit 11:30 LUNCH- TO BE DETERMINED 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- Salad Luncheon 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 11:00-12:00 Black Ash Basketry demo</p>	<p>11:00 BILL SHONTZ 8:45 Healthy Moves (New) 9:30 Vera's Painting Class 10:00 News & Views Therapeutic class cancelled for today 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- COOKOUT (Hamburgers & Hot Dogs) 12:15 Tying Fly's with Joe Sokul! 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Pork 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>1:00 Little Bit Farm Mobile Truck 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Beef Patty w/ Pepper & Onion Gravy 12:30 Healthy Moves 12:30 Out to Lunch Bunch- 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>8:30 Breakfast (See Flyer) 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Orange Chicken 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- By Chef Avery 12:30 Pitch 4:00 Decorative Arts</p>	<p>Veterans Eat For Free Today 8:45 Healthy Moves (New) 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Chicken Chili 12:00 Julie Frost talks Health Care Proxy's 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef Burgundy 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>1:00 Little Bit Farm Mobile Truck 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Hawaiian Chicken 12:30 Healthy Moves 12:30 Bingo & Ice Cream 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit 10:00 TRIAD 11:30 LUNCH- Egg Salad 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Breast w/ Gravy 12:30 Pitch 4:00 Decorative Arts</p>	<p>8:45 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:30 BLOOD PRESSURE CLINIC 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Swedish Meatballs 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Baked Pollock 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- See Flyer</p>

Elder Services of Berkshire County - Nutrition Program

AUGUST 2018

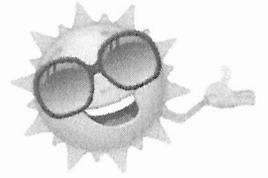
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition information is provided to help you plan your daily food intake. Menus are subject to change.</p>	<p>1 Roast Turkey w/ Gravy* Mashed Potato Peas & Mushrooms Dinner Roll Applesauce Calories: 511 Sodium: 901</p>	<p>2 Lower Sodium Hot Dog* Vegetarian Baked Beans Cole Slaw Hot Dog Roll Peach Crisp Calories: 1028 Sodium: 1357</p>	<p>3 Breaded Chicken Parmesan Whole Grain Penne & Sauce Mixed Greens 100% Whole Wheat Bread Cold Fruit Compote Calories: 801 Sodium: 644</p>	
<p>6 Chuckwagon Stew Mashed Potato Green Beans Dinner Roll Fruit Cocktail Calories: 635 Sodium: 718</p>	<p>7 Goulash Broccoli Mixed Vegetables Tossed Salad (meal sites) 100% Whole Wheat Bread Diced Peas Calories: 680 Sodium: 427</p>	<p>8 High Sodium Meal Chef Salad w/ Ham/Chicken Macaroni Salad Black Bean, Corn & Tomato Salad Italian Bread Banana Calories: 707 Sodium: 1519</p>	<p>9 Oriental Chicken Steamed Brown Rice Oriental Mixed Vegetables 100% Whole Wheat Bread Fresh Orange Calories: 645 Sodium: 509</p>	<p>10 Skillet Frittata with Shredded Cheddar Cheese Sliced Roasted Potatoes Cauliflower and Pimiento Oat Nut Bread Apricots Calories: 637 Sodium: 667</p>
<p>13 Ravioli w/ Meat Sauce* Carrots Zucchini & Summer Squash Italian Bread Spiced Apple slices Calories: 629 Sodium: 860</p>	<p>14 Gib Healthcare "FREE" Lunch (TBA)</p>	<p>15 Salad Luncheon (Homemade Salads & Bread)</p>	<p>16 Cookout Hamburgers, hot dogs, baked beans, corn on the cob, potato salad</p>	<p>17 Roast Pork with Gravy Sweet Potatoes Summer Blend Vegetables 100% Whole Wheat Bread Applesauce Calories: 552 Sodium: 500</p>
<p>20 Beef Patty with Pepper & Onion Gravy Au Gratin Potatoes Cauliflower 12 Grain Bread Fruit Cocktail Calories: 611 Sodium: 780</p>	<p>21 Orange Chicken Wild Rice Pilaf Boiled Cabbage Oat Nut Bread Apricots Calories: 707 Sodium: 870</p>	<p>22 Lunch by Chef Archy (TBA)</p>	<p>23 Chicken Chili Roasted Potatoes Spinach 100% Whole Wheat Bread Mixed Fruit Calories: 560 Sodium: 767</p>	<p>24 Beef Burgundy Steamed Brown Rice Peas and Carrots Dinner Roll Fresh Orange Calories: 653 Sodium: 400</p>
<p>27 Hawaiian Chicken Coconut Rice Broccoli Oat Nut Bread Vanilla Yogurt** Calories: 652 Sodium: 912</p>	<p>28 Egg Salad Calico Bean Soup California Blend Veggies Hot Dog Roll Warm Spiced Apples Calories: 618 Sodium: 912</p>	<p>29 Chicken Breast with Gravy Sweet Potatoes Seasoned Brussel Sprouts Dinner Roll Diced Peaches Calories: 634 Sodium: 731</p>	<p>30 Swedish Meatballs* Egg Noodles Mixed Greens Rye Bread Fruited Gelatin Calories: 673 Sodium: 1070</p>	<p>31 Baked Pollock Mashed Potatoes Carrots 100% Whole Wheat Bread Fresh Pear Calories: 479 Sodium: 455</p>

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium entree **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.



Free Printable Word Search Puzzles

Summer

Find and circle all of the summer words that are hidden in the grid.

The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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

Name: _____