



GRAPEVINE

October 2018



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

Polly Mann, Director ... Jennifer Bailly, Assistant Director

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

OKTOBERFEST 2018– Tuesday, Oct. 16

Come & enjoy another fun Oktoberfest!! We will be hosting a delicious German luncheon, and special desserts, that is graciously being offered by Great Barrington Health Care at no cost to the seniors. There will be a 5 piece Oompah band in festive costume. Dancing will begin at 11:00 am and you will even have the chance to get your photo taken with the band. There will also be a 50/50 raffle too.



Lunch will begin at 11:30 am. If you would like to attend this event, please call or stop by the center to **RSVP** by: Friday, October 12th.






"SPOOKTACULAR" Halloween Cookout– Tuesday, Oct. 30



 It's the *last* cookout of the year! The festivities will begin at 11:00 am and will go until
 


 Noon. Sandy & Sandy will be performing for our party. On the menu will be hamburgers,
 


 hot dogs, salad, baked beans & of course a dessert. The cost for lunch is \$2.00 per person.
 


 Anyone who attends in a costume will receive a small prize and a group photo on the
 


 Town's website. A sign up sheet for this event is in the dining room. Eat, drink & be scary.....
 



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Fire Safety Presentation by Chief Burger– Oct. 9

A.G.E. TRIAD will be presenting a special program on October 9th at 11:45 am. The Great Barrington Fire Chief will be visiting us and talking about fire safety, evacuation, what to do if your fire alarm goes off, what kind of alarms you should have, how to be prepared for a fire, what the FD role has in an emergency and any other questions you might present. Feel free to make a list of questions or concerns and bring them with you.



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:

- 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:

- 9:00 AM- Healthy Moves with Thea (\$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)
- 12:45 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"

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

PLEASE NOTE:

Thea's *Healthy Moves* class will be starting at 9:00 AM now on Thursday's and will end at 9:45 AM. Come join Thea for an invigorating class and get moving!



HAPPY BIRTHDAY!

- | | |
|-------------------------|--------------------------|
| Oct. 4 Barbara Benham | Oct. 21 Barbara Davidson |
| Oct. 5 Dorothy Heath | Oct. 24 Robert Farnum |
| Oct. 7 William Kormanik | Oct. 25 Edmond Troccia |
| Oct. 12 Ted Pitman | Oct. 28 Bill Clark |
| Oct. 13 Augusta White | Oct. 30 Richard Daris |
| Oct. 14 Florence Sasso | Oct. 30 Janet Smith |
| Oct. 18 Bob Jones | Oct. 31 Mary Anne Murray |

“TRIPS”

Bright Nights Trip

It's getting close to that time of the year again. We will be headed to Springfield to see the lights on Wednesday, December 5th. The bus will leave the Senior Center at 4:15 pm. We will stop at the Olive Garden at 5:15 pm for dinner on then on to see the light display. The cost is \$12 per person but does not include your meal or driver tip. If you are interested, please sign up on the Trips board.

KING WARD CASINO TRIPS

The new **MGM Grand** King Ward Berkshire bus run departs at 8:00 am every Thursday from the Lee Municipal parking lot and returns at 3:00 pm. The cost is \$20 plus you will receive with your ticket \$20 in a bonus slot. Payment to the driver is cash only (exact change is appreciated). Call 413-593-3939 to purchase a ticket or simply pay the driver upon arrival. See detailed information on the TRIPS bulletin board.

Did know there is an ongoing survey available regarding transportation in the County?? We are especially interested in the needs and opinions of our older residents. You can take this survey at the senior center if you do not have access to a computer, it is very important that we are heard here in South County!!

Do you drive, walk, bike, or use public transit in the Berkshires?

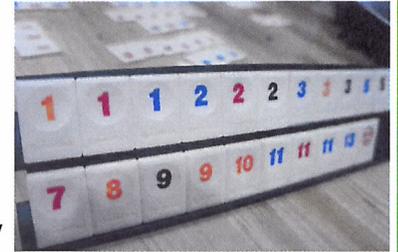
Please take the 10-minute Transportation Needs Survey!

www.surveymonkey.com/r/berkshireplan

NEW in October...

Rummikub

We are going to start Rummikub on Tuesday's at 12:30 pm at the senior center. If you would like to play but don't know how, that is fine. Come learn how!

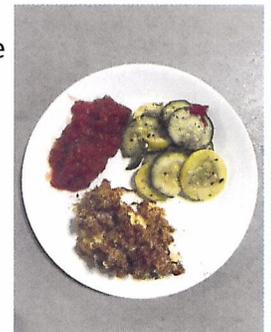


WOW!!

Look at the delicious meals that Elder Service is offering us this month!

Seriously, this sounds really delicious. Chicken Breast with Puttanesca Sauce and Roasted Potatoes , Ravioli's with Marinara sauce, Roast Turkey with mashed potatoes and stuffing, Veal Marsala, Baked Haddock Cacciatore, a breakfast for lunch with French toast and sausage and potatoes, Roast Pork with Apricot Glaze.

These are just some of the great sounding meals this month. Where can you go that you can get a great hot meal for a donation of only \$2.00 (that is if you have reached the milestone of 60 years and over)? Mac-n-Cheese will be served on Wednesday, October 17th. One of my favorites is the Sage stuffed chicken on Thursday, October 18th. Another favorite meal is Chicken Almondine.



Pass the word on to your friends and neighbors. You will be waited on by one our wonderful volunteers, sometimes you might even come on a day we have special music.

If you have not tried a meal here, please give us a call at 528-1881 and let us know which days you would like to sign up. Still working??? That doesn't matter, the meals are from 11:30-12:00 with only a 24 hour notice. Give them a try, they are working very hard at providing affordable balanced and delicious meals.

Flu Clinics



On Wednesday, **October 10th** Walgreens, the old Rite Aid, will be offering flu shots at the senior center at 12:00 pm. They will also be offering SHINGRIX which is the new Shingles vaccination and it may be paid for by your Medicare D Plan. Please sign up in advance at the center. Please also let us know if you want to join us for lunch that day at 11:30 as well.

There will ALSO be a Flu Clinic on Tuesday, **October 9th** from 10:30-11:30 am at the center. You will be able to get a tug test as well. It is being hosted by the Public Health Alliance.

Acrylic String Pulling Art

Join our very own Liz Macchi who is offering this fun new *art class* on Wednesday, October 17 from 2:00-3:30 pm. It is messy and it takes patience but the end product turns out great! Please sign up in advance at the center. The cost is \$25.00 per person.



The Senior Center will be closed on **Monday, October 8th** in observance of Columbus Day.

PLEASE NOTE: Polly will be away at the Massachusetts Council on Aging Conference on October 24 and October 25.

Special Upcoming November Events

The Great Barrington Cultural Council and the Great Barrington Council on Aging presents...

A Folk Music Series Featuring "KARL FINGER"



Karl is an internationally known recording artist, guitarist and folk singer. Each Wednesday in November we will be offering a special on site prepared meal followed by a wonderful music series. The music is free and open to the public and is made possible by a Great Barrington Cultural Council grant. If you plan on attending the meal, there is a charge of \$2.00 per person per meal.

The lunch menu is planned as follows:

- Nov. 7** Spaghetti, Salad & Garlic Bread
- Nov. 14** Breakfast for Lunch
- Nov. 21** Special Elder Service Turkey Luncheon
- Nov. 28** Swedish Meatballs

****MENU IS SUBJECT TO CHANGE****

**Mark Your Calendars
For These
Events!!!**

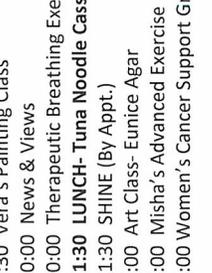


1st Annual Holiday TAPaganza- Sat. December 1

AND

Earth Angels- Sun. December 16

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Chicken Breast w/ Puttanesca Sauce 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>2</p> <p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- Ravioli with Marinara 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>3</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Roast Turkey w/ Gravy 12:30 Pitch 4:00 Decorative Arts</p>	<p>4</p> <p>9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Veal Marsala 11:30 SHINE (By Appt.) 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>5</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Salisbury Steak 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>8</p> <p>CLOSED</p> 	<p>9</p> <p>11:45 FIRE SAFETY PRESENTATION 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 10:30- 11:30 FLU CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Baked Haddock Cacciatore 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>10</p> <p>12:00 PM FLU CLINIC 9:30 Easy Does it Yoga 11:30 LUNCH- French Toast w/ Syrup 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts</p>	<p>11</p> <p>Veterans Eat For Free Today 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Tuna Noodle Casserole 11:30 SHINE (By Appt.) 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>12</p> <p>9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken w/ Orange Sauce 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>15</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 Stroganoff 12:30 Out to Lunch Bunch- See Flyer 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>16</p> <p>11:00-12:00 OKTOBERFEST 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- "FREE" German Luncheon 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>17</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Macaroni & Cheese 12:30 Pitch 1:00-2:30 Caregiver Support Group 2:00 ACRYLIC STRING PULLING ART CLASS 4:00 Decorative Arts</p>	<p>18</p> <p>9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 SHINE (By Appt.) 11:30 LUNCH- Sage Stuffed Chicken w/ Gravy 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>19</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef & Cabbage Casserole 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>22</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Chicken ala King 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>23</p> <p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- Meatloaf with Gravy 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>24</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Chicken w/ BBQ Sauce 12:30 Pitch 4:00 Decorative Arts</p>	<p>25</p> <p>Veterans Eat For Free Today 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 SHINE (By Appt.) 11:30 LUNCH- Stir Fry Beef 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>26</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Pork w/ Apricot Glaze 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- See Flyer</p>
<p>29</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Vegetarian Wheat Chili 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>30</p> <p>11:00-12:00 HALLOWEEN COOKOUT 9:45 Pilates for Osteoporosis Prevention 10:00 A.G.E. TRIAD 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- HAMBURGERS & HOT DOGS 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p>31</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Goulash 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p> 	<p>*Coffee Hour</p> <p>Every Day at</p> <p>8:30 AM*</p>	<p>For more information or to schedule appointments call:</p> <p>413-528-1881</p> <p>*****</p> <p>Lunch RSVP: 413-528-4118</p>

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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	
1	Chicken Breast 320 w/ Puttanesca Sauce 119 Roasted Potatoes 6 Italian Mixed Vegetables 41 12 Grain Bread 200 Applesauce 14 Calories: 580	2	Ravioli w/Marinara 308 Peas and Pearl Onions 68 Wax Beans 3 Tossed Salad for Congregate 9 Italian Bread 230 Tropical Fruit Mix 10 Calories: 615	3	Roast Turkey w/Gravy 497 Mashed Potatoes 31 Lyonaise Carrots 74 Dinner Roll 210 Fresh Apple 1 Calories: 534 Sodium: 938	4	Veal Marsala 448 Rice Pilaf 11 Spinach 76 100% Whole Wheat Bread 138 Mixed Fruit 6 Calories: 562 Sodium: 804	5	Salisbury Steak 440 Mashed Sweet Potatoes 30 Winter Blend Vegetables 36 Oat Nut Bread 230 Diced Peas 5 Calories: 562 Sodium: 866
8	COLUMBUS DAY Baked Haddock Cacciatore 366 Boiled Parslief Potatoes 28 Broccoli Florets 22 12 Grain Bread 200 Blueberry Yogurt ** 75 Calories: 572 Sodium: 816	9	Baked Haddock Cacciatore 366 Boiled Parslief Potatoes 28 Broccoli Florets 22 12 Grain Bread 200 Blueberry Yogurt ** 75 Calories: 572 Sodium: 816	10	French Toast w/ Syrup * 343 Chicken Sausage Patties 206 Potato Wedges 27 w/Red & Green Pepper Warm Applesauce 14 Calories: 652 Sodium: 715	11	Tuna Noodle Casserole 263 Zucchini Squash 2 Mixed Greens 149 Rye Bread 150 Fresh Pear 2 Calories: 606 Sodium: 691	12	Chicken w/Orange Sauce 426 Steamed Brown Rice 85 Mixed Vegetables 133 100% Wheat Bread 138 Pineapple Chunks 1 Calories: 829 Sodium: 908
15	Beef Stroganoff 151 Mashed Potatoes 31 Green Beans 2 Oat Nut Bread 230 Apricots 10 Calories: 675 Sodium: 549	16	"FREE" GB Healthcare Lunch: German Luncheon with special dessert	17	Macaroni and Cheese * 627 Stewed Tomatoes 101 Peas and Mushrooms 67 100% Whole Wheat Bread 138 Diced Peas 5 Calories: 613 Sodium: 1,063	18	Sage Stuffed Chicken w/Gravy 437 Roasted Potatoes 49 Steamed Cabbage 6 100% Whole Wheat Bread 138 Spiced Apple Slices 5 Calories: 632 Sodium: 760	19	Beef & Cabbage Casserole 64 Carrots 62 Cauliflower 14 Dinner Roll 210 Banana 1 Calories: 583 Sodium: 476
22	Chicken ala King 365 Egg Noodles 4 California Blend Vegetables 20 Whole Grain Biscuit 440 Diced Peaches 5 Calories: 685 Sodium: 959	23	Meatloaf w/Gravy 253 Mashed Potatoes 31 Green Beans 3 12 Grain Bread 200 Blueberry Snack N Loaf 160 Calories: 637 Sodium: 772	24	Chicken w/BBQ Sauce * 661 Roasted Potatoes 49 Butternut Squash 48 Dinner Roll 200 Apricots 0 Calories: 663 Sodium: 1,083	25	Stir Fry Beef 430 Steamed White Rice 4 Broccoli 22 12 Grain Bread 210 Mandarin Oranges 6 Calories: 588 Sodium: 797	26	Roast Pork w/Apricot Glaze 140 Mashed Potatoes 31 Peas and Carrots 51 Oat Nut Bread 230 Applesauce 14 Calories: 644 Sodium: 591
29	Vegetarian Wheat Chili * 636 Steamed Brown Rice 85 Sonoma Blend Vegetables 43 12 Grain Bread 200 Diced Peas 5 Calories: 628 Sodium: 1,094	30	Halloween Cookout! Hamburgers, hot dogs, salad, baked beans, dessert Calories: 674	31 HALLOWEEN	Goulash 94 Broccoli 22 100% Wheat Bread 138 Peach Crisp 6 Calories: 674				

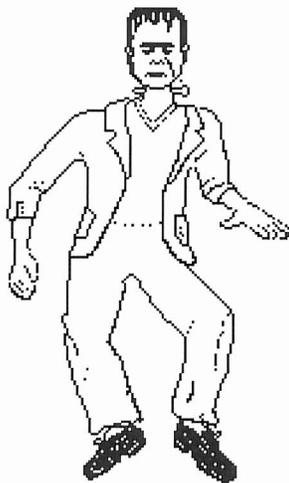
Dietary Information: All meals include 1% Milk 100 calories/125 mg sodium
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium entree **Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you.

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.

Very Tricky Halloween Word Search



a n c l c l m g y r p z m c h
 x a c g n i n e t h g i r f u
 i v d r a c u l a n b c s w l
 i a y s s k e l e t o n e a b
 o m r p c a l d r o n r i s m
 w p a i c o b h t i e y m p z
 i i c d w a a s r w s x m o o
 t r s e m u t s o c s p u o m
 c e e r n s f l k f h f m k b
 h n b t o f f b c r e e p y i
 a i e h s w s n i l b o g d e
 z d g g c n x b r o o m o o n
 t c a i l w o s t i r i p s a
 p t m n i p u m p k i n z u i
 b l a c k x o k a x m e m d p



bat	ghosts	scary
black	goblins	skeleton
bones	halloween	spider
broom	haunted	spirits
caldron	monster	spooky
cat	moon	trick or treat
costumes	mummies	vampire
creepy	night	werewolf
dracula	owl	witch
frightening	pumpkin	zombie

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

Name: _____