



GRAPEVINE

January 2019



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

Polly Mann Salenovich, Director ... Jennifer Messina, Assistant Director

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

Center: 413-528-1881

Dining Room: 413-528-4118

www.townofgb.org



HAPPY NEW YEAR...

Many wishes for a healthy and wonderful 2019!

The senior center will be closed on

Tuesday, January 1st

See you in the new year!!



Senior Center Bazaar– Sat. Jan. 26

We will have up for sale used books, baked goods, baubles, boxes, yarn and a wide variety of as-sorted items at very **LOW** prices! Don't miss this fun Saturday event at the senior center on January 26th from 11:00 am-2:00 pm. If you would like to donate items for this sale, please give us a call at 413-528-1881 and let us know what you have.

Income Tax Preparation by AARP

AARP will be preparing 2018 income taxes for **free** again in the new year at the senior center. Ap- pointments will be starting in February and go until April. They be on Tuesday's from 4:00 pm until 7:00 pm and on Wednesday's from 8:45 am until 2:00 pm. You can call the senior center at 413-528-1881 starting in January to schedule an appoint- ment and for a list of documents that you will need to bring with you.



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Pain Workshop– Jan. 9

Come to this **FREE** workshop and learn about "The MELT Method" with Joyce Peirce on January 9th from 12:15- 1:15 pm. The simple self- treatments of MELT can make your whole body feel better and provide relief from neck and low back pain, arthritis, bunions, plantar fasciitis & carpal tunnel syndrome. MELT can also improve your balance! MELT balls will be provided for use during the workshop and available for purchase. All treatments can be done seated if desired. If you would like to attend, please sign up on the sheet in the dining room.

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:

9:45 AM- Move & Groove **NEW- Starting Jan. 10**
 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

THANK YOU!

The Claire Teague Senior Center would like to thank the Monument Mountain High School Auto Program students & instructor Chris D'Aniello!!

The students generously gave their time and talents to complete a winter check list to "winterize" our cars. The students arrived at 9:30 am and checked cars for several hours listing what would be needed to make their cars ready for winter. If you are interested in their automotive program, please give them a call at 413-528-3346.

A very big THANK YOU to....

- *the Egremont Garden Club for their beautiful table arrangements.
- *the Monument Valley Middle School Chorus for coming to the center & singing their beautiful songs for us.
- *GB Healthcare for their wonderful holiday meal in Dec.

Do you like to bowl??

If so, then come join the "Senior" Bowling League at The Cove in Great Barrington on Friday's at 9:15 AM. They have vacancies for a regular bowler (weekly) or as a sub. If you would like more details, please call Sheila at The Cove at 413-528-1220. What better way to exercise, meet people and have fun all at the same time!

HAPPY BIRTHDAY!!

- | | |
|------------------------|------------------------------|
| Jan. 1 Alan Rivenson | Jan. 22 Jean Curtiss |
| Jan. 3 Marion Smith | Jan. 27 Jim Soules |
| Jan. 4 Jean Deming | Jan. 28 Dean Inglis |
| Jan. 5 Joan Rehm | Jan. 29 Martha Wool |
| Jan. 8 Marilyn Sauer | Jan. 31 Theresa Terry |
| Jan. 9 Cettina Messina | Jan. 31 Richard Needelman |
| Jan. 13 Don Freedman | Jan. 31 Estella Ortiz Bodnar |

Special sales presentation by

MedMinder

“Interested in finding an easy way to dis-pense your medications included with a Life Line?”

Then come join us at the Senior Center on Thursday, January 17th at 1:00 pm for a special presentation by a MedMinder representative.

The MedMinder pill dispenser helps ensure medication is taken at the correct time by providing a patient with real-time notifications and reminders, including flashing lights, auditory beeps, phone calls or text messages. If the patient does not take medications at the scheduled time, the dispenser then notifies the patient’s caregiver by phone call, text message or email. Additionally, the compartments within a MedMinder pill dispenser are scheduled to unlock and open at specific times of the day according to the patient’s individualized drug regimen, eliminating accidental double dosing and overdosing, as well as medication abuse. The MedMinder is also available with Life Line at no additional cost. The MedMinder pharmacy reconciles and pre-organizes medications by dosage times, packages them into disposable cartridges that fit inside the MedMinder pill dispenser and delivers them directly to a patient’s home monthly. There is NO NEED for a phone line or internet connection. No contract, no hidden fees, no charge for the equipment and free shipping.

A sign up sheet for this event is in the dining room if you are interested in attending to find out more information.

This is not an endorsement from the Claire Teague Senior Center

NEW Fitness Class– “Move & Groove”

Come join Dee Foster for a fun filled 45 minute low impact class (with a bit of a dancy flare) that only requires your heart and soul to be present. Music is wonderful therapy for us all, and has been proven to lift your spirit, improve all aspects of your health, and enhance our social lives!

Dee has been involved in the fitness and dance community since 1982, working at Canyon Ranch, Fitness Express, Studio 21, and was also a member of The Earth Angels performing group for 11 years, singing, dancing and creating many choreographed dance numbers. She had to step away for some years but she has come to the realization that her real passion was missing from her life.



The class begins on **January 10th** and is 9:45–10:30 am. The first class is FREE and every class thereafter is \$3.00 per person.

“Sand for Seniors” Program

This great program is back again this year! We are offering seniors a bucket of sand for no cost at all. You can bring a bucket to the Senior Center or we will provide a bucket for you (as long as there are enough buckets) to be filled with sand to help with your walkways at home. Thank you to Big Y for supplying the buckets again this year. Call the center at 528-1881 with further questions regarding this program.



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Bostwick Gardens is Expanding!!

Are you interested in moving into senior housing in Great Barrington? If so, you should request to be put into the lottery for



one of their new apartments. You must be at least 62 years of age. You can call Linda Pensivy at Berkshire Housing (413-499-1630 x100) or email her at lpensivy@berkshirehousing.com to enter or if you have questions.

Painting with Margaret Buchte

This is a stress-free and fun "Painting in Oils" class for all levels. You will create beautiful scenes of the seasonal Berkshire area in oils. Margaret provides guidance and 1-on-1 assistance as needed. Everyone paints at their own pace from their photo or a photo she provides. Demonstrations, talks and critiques provided. Painting wet-on-wet demonstrated as well as glazing. Assistance with making a competent observational painting will be the goal, using correct proportions in an expressive manner. There is **no charge** for the class. It begins on Thursday, January 10th from 10:00 am to 11:30 am.

GB Healthcare will be providing a FREE lunch on January 15th. They will be serving Mac & Cheese. A sign up sheet is in the dining room.

The following Thursday classes will be on a "Winter Break" starting in January:

Healthy Moves & Vera's Painting Class

We will keep you posted as to when they will be returning.

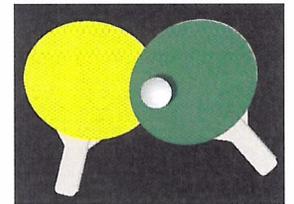
Winter Pancake Breakfasts Return!

We are bringing back the pancake breakfast on Wednesday mornings at the center in January starting on Wednesday, January 9th from 8:30-9:30 am. Breakfast will include pancakes, sausage links, coffee/tea and fruit (when available). The cost is \$2.00 per person. Please sign up on the sheet in the dining room if you are interested.

Make a Wreath Class

Would you like to try making your own winter wreath? Come join Chris Tomich at the Senior Center on Thursday, January 24th at 1:00 pm to learn how to make one. A sign up sheet for this class is located in the dining room.

We would like to start a ping pong team, are you interested in playing?? We will be opening up our Bingo Room on Tuesday mornings from 9-12 for play. We can have teams or singles. No experience is needed or required.



UPCOMING: Canna Care Presentation

Canna Care, which is located in Pittsfield, will be coming to the center on Feb. 14th at 12:30 PM to provide information to seniors about "Cannabis as a Medicine" to help with pain management. They will give an overview of how cannabis can medically benefit people with pain and you will also have the chance to ask questions you have as well. Light refreshments will be provided. There will be a sign up sheet in the dining room starting in February if you are interested in attending this event.

January 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call: 413-528-1881</p> <p>9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Salmon Strips with Newburg Sauce 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>CLOSED</p>  <p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Roast Pork 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>9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stroganoff 12:30 Pitch 4:00 Decorative Arts</p>	<p>10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:15 SHINE (by Appt.) 11:30 LUNCH- Stuffed Shells w/ Marinara Sauce 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- Orange Chicken 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Beef Burgundy 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>GB HEALTHCARE FREE LUNCH</p> <p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Macaroni & Cheese 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>9:30 Easy Does it Yoga 11:30 LUNCH- Curry Chicken 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts</p>	<p>9:45 Move & Groove *NEW* 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:00 Painting with Margaret *NEW* 11:15 SHINE (by Appt.) 11:30 LUNCH- Beef & Cabbage Casserole 1:00 MEDMINDER PRESENTATION 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- Lentil Stew 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>CLOSED</p>  <p>9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Chicken Strips with Puttanesca Sauce 12:30 Bingo & Ice Cream 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Omelet with Cheese 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>8:30 Pancake Breakfast 9:30 Easy Does it Yoga 11:30 LUNCH- Vegetable Lasagna Roll w/ White Sauce 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>9:45 Move & Groove *NEW* 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:00 Painting with Margaret *NEW* 11:15 SHINE (by Appt.) 11:30 LUNCH- Chicken Almondine 12:00 BLOOD PRESSURE CLINIC 1:00 MAKE A WINTER WREATH CLASS 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- Roast Turkey w/ Gravy 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Grief Support Senior Center Bazaar SAT. Jan. 26 11:00 AM</p>
<p>9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Chicken Strips with Puttanesca Sauce 12:30 Bingo & Ice Cream 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p>9:00 Ping Pong 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Omelet with Cheese 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>8:30 Pancake Breakfast 9:30 Easy Does it Yoga 11:30 LUNCH- Vegetable Lasagna Roll w/ White Sauce 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>9:45 Move & Groove *NEW* 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:00 Painting with Margaret *NEW* 11:15 SHINE (by Appt.) 11:30 LUNCH- Chicken Almondine 12:00 BLOOD PRESSURE CLINIC 1:00 MAKE A WINTER WREATH CLASS 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>*Coffee Hour Every Day at 8:30 AM* Lunch RSVP: 413-528-4118</p>

Elder Services of Berkshire County - Nutrition Program

JANUARY 2019

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  MEALS @ WHEELS BERKSHIRE COUNTY	1 CLOSED Happy New Year!!!	2 Beef Stroganoff Buttered Noodles Broccoli Florets Oat Nut Bread Diced Peaches Calories: 678 Sodium: 572	3 Stuffed Shells w/Marinara Sauce Mixed Greens Peas & Carrots Italian Bread Mixed Fruit Calories: 550 Sodium: 923	4 Orange Chicken White Rice Green Beans Almondine 100% Wheat Bread Diced Peaches Calories: 594 Sodium: 584
7 Salmon Strips with Newberg Sauce Roasted Potatoes Broccoli 12 Grain Bread Fig Bar ** Calories: 762 Sodium: 862	8 Roast Pork w/Gravy Mashed Potatoes Carrots Dinner Roll Applesauce Calories: 623 Sodium: 583	9 Swedish Meatballs Parsliled Buttered Potatoes Mixed Vegetables 100% Whole Wheat Bread Fresh Orange Calories: 698 Sodium: 634	10 Chicken Broccoli Alfredo * Stewed Tomatoes Italian Green Beans Oat Nut Bread Diced Peas Calories: 690 Sodium: 1029	11 Goulash Cauliflower w/Pimiento Spinach 12 Grain Bread Fruit Crisp Tossed Salad @ Meal Sites Calories: 753 Sodium: 532
14 Beef Burgundy Mashed Potatoes Lyonnaise Carrots Dinner Roll Fruit Cocktail Calories: 712 Sodium: 520	15 <i>Gib Healthcare</i> <i>Free Lunch</i> <i>Macaroni & Cheese</i>	16 Curry Chicken Steamed Brown Rice Brussel Sprouts 12 Grain Bread Apricots Calories: 785 Sodium: 470	17 Beef & Cabbage Casserole Mashed Potatoes Beets w/Orange Glaze 100% Wheat Bread Sliced Spiced Apples Calories: 692 Sodium: 642	18 Lentil Stew Mixed Greens California Blend Vegetables Oat Nut Bread Diced Peas Calories: 542 Sodium: 630
21 CLOSED Martin Luther King Day	22 Glazed Chicken Drumstick Buttered Wide Noodles Red Cabbage w/Apples 12 Grain Bread Fruit Cocktail Calories: 572 Sodium: 696	23 Sloppy Joe Roasted Potatoes Carrots Hamburger Bun Sliced Peaches Calories: 648 Sodium: 543	24 Breaded Baked Pollock Wild Rice Pilaf Winter Squash 100% Whole Wheat Bread Fresh Apple Calories: 657 Sodium: 562	25 Roast Turkey w/Gravy * Sweet Potatoes Italian Mixed Vegetables Dinner Roll Pineapple & Mandarin Oranges Calories: 572 Sodium: 972
28 Chicken Strips w/ Puttanesca Sauce Steamed Brown Rice Mixed Greens 100% Whole Wheat Bread Diced Peaches Calories: 576 Sodium: 826	29 Omelet w/Cheese (2) Roasted Potatoes Peas & Pearl Onions Oat Nut Bread Fresh Orange Calories: 671 Sodium: 858	30 Vegetable Lasagna Roll w/White Sauce Split Pea Soup Broccoli & Cauliflower Blend 100% Whole Wheat Bread Applesauce Calories: 568 Sodium: 743	31 Chicken Almondine Mashed Potatoes Carrots 12 Grain Bread Sliced Peas Calories: 677 Sodium: 571	Sponsored in part by: 

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 **Modifications for restricted sugar available Nutrition information provided is not exact but will help guide you.

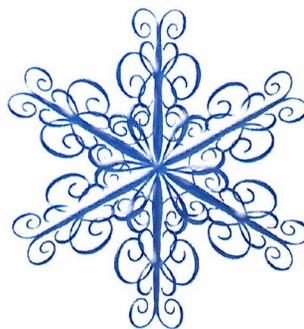
HOME DELIVERED MEALS: if you will not be home when your meal is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.



Winter Word Search Puzzle

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

BOOTS	SKATING
DRIFT	SKIING
FISHING	SLIDING
FLAKES	SLIPPERY
FLURRIES	SNOWBALL
FUN	SNOWBLOWER
HOCKEY	SNOWMAN
ICY	SNOWMOBILE
PLAY	STORM
PLOW	WHITE
SALT	
SAND	
SCRAPER	
SCULPTURE	
SHOVEL	



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

Name: _____