



GRAPEVINE

DECEMBER 2019

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

Polly Mann Salenovich, Director *** Joan Peters, Administrative Assistant

www.greatbarringtonseniors.com

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

SBETC: (413) 528-4773

EARTH ANGELS

Sunday, December 15th

Covered Dish Luncheon at 11:30

Join us for a fun holiday event with a covered dish luncheon at the senior center. Family and friends are welcome. The Earth Angels will perform for us at 1 pm following lunch.

* Please Sign Up in Dining Room.

We will be holding a raffle for two hand-made afghans.



John Root
Musician



Music for the Holidays

Join us on

December 19th at 11:30

We will have John Root singing and playing flute, clarinet, saxophone, & keyboards in a special program of music for the holiday season. We will be having Elder Services Holiday Meal—Roast Beef w gravy lunch. John’s repertoire includes traditional carols, popular music from the twentieth century, and songs from other lands. Everyone is invited to sing along, and requests for favorite songs are welcome.* Please see sign up sheet in dining room.

BROUGHT TO US IN PART WITH



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AARP TAX AID PROGRAM....

Is seeking *new volunteers* to assist with low and moderate income senior's tax preparations. If you are interested in volunteering, please contact the Senior Center at (413) 528-1881.



Holiday Puppy Parade

Cara the therapy dog will be here with her

4th Annual Tap-a-Ganza

Saturday, December 7th
from 11:30 am —1 pm

Join us for Dance, Music, Tales, Food and FUN!!!! Featuring Tap Classes of Carolyn Calandro & Special Guest Performances!



Holiday Sales Table

We're getting ready to have our holiday sales table again this year. Feel free to gather any of your fun holiday trinkets you no longer want to donate for our table. We would love to have them. Donations can be given to Polly or Joan.



What is a **REAL ID**?

- valid driver's license or identification card
 - Is valid as a form of federal ID
- On Dec 18th at 11:30, an AAA rep will be here to talk about getting the REAL ID. Please sign up in Dining Room.

Join us on *Dec 3*;

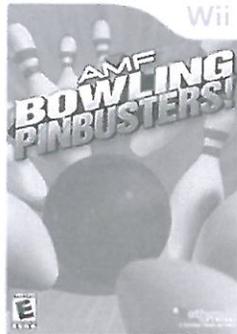
From 11:15-12:00

For fun with **Rockin' Robin**, lunch & homemade cinnamon rolls and spiced cider.



If you haven't already done so, please
check out our
website...

www.greatbarringtonseniors.org

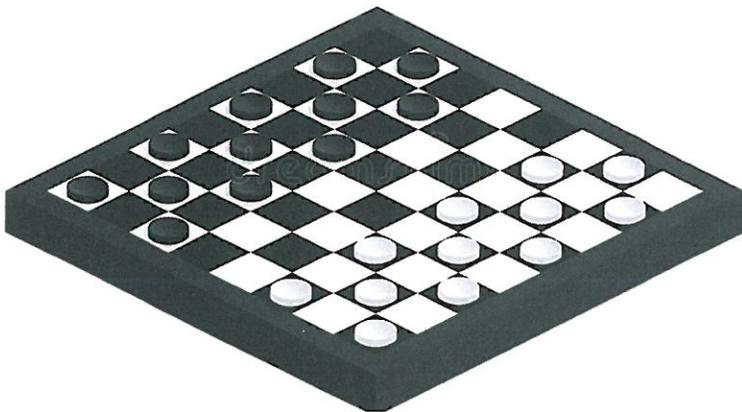


Game Day

(Starting in January) on Thursday afternoons at 12:15, we will be ready for several different game stations—Rummikub, poker, wii bowling, dominos, chess & more will all be made available, we just need enough to participate...so please bring your friends!

Snacks will be provided!

*Please see sign up sheet in dining



CELEBRATE!

New Years' Eve Lunch

Tuesday, Dec 31st

11:15 –12 :00

music, chocolates, prizes
& entertainment by the
Teague Tappers

CENSUS BRIEFING

Dec 13th; Friday

10 am to 12 pm

Smitty Pignatelli will be bringing representatives from the federal Census 2020 office and Secretary of State *Bill Galvin's* office to present & answer questions about how the Census Bureau is hoping to carry out the count in 2020.

The 2020 Census is only a few months away and hiring is underway. In Berkshire County, the Census Bureau plans to hire employees to help conduct the Census. These are temporary, part-time, flexible schedule jobs with pay starting at \$18/hr. In order to have people employed and trained by the Census Bureau by March 2022, when the Census begins, we need people to apply now. Applicants can apply online at 2020census.gov/jobs Or by calling (855) 562-2020.

EXERCISE CLASSES

MONDAY:

- 9:15 AM- Cross Training with Misha (\$3.50)
 10:30 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 w/ Carolyn (\$5.00)

TUESDAY:

- 9:30 AM- Move & Groove w/ Dee Foster (\$3.00)
 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)
 9:45 AM Move and Groove II w/ Dee Foster (\$ 3.00)

THURSDAY:

- 9:30 AM- Move & Groove w/ Dee Foster (\$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)

Chair Exercises

If Dee Foster's class *Moves and Grooves* is bit too much for you...please try *Moves and Grooves II* on Wednesdays at 9:45 -10:30. First class is free; then \$3 per class.

ALSO, Don't forget that Ann Waldman has a great *Chair Exercise* class that is **FREE** on Fridays, 10:00-11:00 am. You'll get a great work out while seated in a chair. Both classes should be great for all levels, are a great workout and more importantly **FUN!**

Important

The Senior Center will be closed on Christmas Day, **December 25th** and New Year's Day, **January 1st.**

Hope you have a beautiful holiday!



Sarah Hudson	Dec 2
Marie Iannuzelli	Dec 4
Madeline Lockwood	Dec 4
Zbell, Grace	Dec 4
Eleanor Shiels	Dec 5
Misha Forrester	Dec 6
Helen Nolan	Dec 6
Mary Rivers	Dec 8
Linda Kot	Dec 9
John Kilner	Dec 9
Stanley Kot	Dec 9
Marie Davis	Dec 11
Peggy Lavalette	Dec 18
William Drumm	Dec 21
Lester Ettlinger	Dec 22
Calder Martin	Dec 22
Janice Fisher	Dec 23
Carol Gage	Dec 23
Tom Gage	Dec 24
Mary Warford	Dec 24
Nell Ezequelle	Dec 28

ART CLASSES

Wednesday at 12:30 pm "Painting with Margaret"

Wednesday at 3:00 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

December 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Goulash 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:15-12 Rockin'/Robin 11:30 LUNCH- Spanish Rice 12:00 Bridge 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:45 Move and Groove II 11:30 LUNCH- Chicken Divan 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts	9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Veal w Peppers and Onions 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	9:00 SHINE (by Appt.) 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Roast Pork and Gravy 12:30 KNITTING TOGETHER 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
9	10	11	12	13
9:00 Foot Nurse by Appointment 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH-Baked Pollock Loin 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 PUPPY PARADE 11:30 LUNCH- Salisbury Steak 12:00 Bridge 12:30 Bingo 3:30 Strength Training	BROWN BAG 9:30 Easy Does it Yoga 9:45 Move and Groove II 11:30 LUNCH- Stuffed Shells w Marinara 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts	9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Bone In Chicken w Gravy 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 10-12 CENSUS BRIEFING W SMITTY 11:30 LUNCH-Sweet n Sour Meatballs 12:30 KNITTING TOGETHER 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
16	17	18	19	20
9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- BBQ Pork Patty 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Cara 11:30 LUNCH- Chicken Bruschetta 12:00 Bridge 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:45 Move and Groove II 11:30 REAL ID 11:30 Calico Beans and Sausage 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 1:15 COA Meeting 3:00 Decorative Arts	9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 HOLIDAY EVENT - Music by John Root 11:30 LUNCH - HOLIDAY MEAL Roast Beef & Gravy 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Baked Breaded Pollock 12:30 KNITTING TOGETHER 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
23	24	25	26	27
9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Chicken Sorrento * 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Vegetable Pinwheel 12:00 Bridge 12:30 Bingo 3:30 Strength Training	CLOSED 	9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 BLOOD PRESSURE CLINIC 11:30 LUNCH-Macaroni and Cheese * 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Beef Burgundy 12:30 KNITTING TOGETHER 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
30	31	4th Annual Tap-a-Ganza		EARTH ANGELS
9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Sloppy Joe 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:15-12 New Year's Eve w Teague Tappers 11:30 LUNCH- Chicken Almondine 12:00 Bridge 12:30 Bingo 3:30 Strength Training	Saturday, December 7 th from 11:30 am 1 pm Join us for Dance, Music, Tales, Food and FUN!!!! Featuring Tap Classes of Carolyn Calandro and Special Guest Performances!		Sunday, December 15 th at 12:30 Join us for a fun holiday event with a covered dish luncheon at the senior center. Family and friends are welcome. The Earth Angels will perform following lunch. Sign-up sheet in dining room. We will be holding a raffle for two hand-made afghans

Elder Services of Berkshire County - Nutrition Program

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

DECEMBER 2019

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
2	Goulash Mixed Greens California Blend Vegetables Italian Bread Fresh Pear	94 140 31 230 2	Spanish Rice Spinach Cauliflower Oat Nut Bread Cranberry Orange Snack N Loaf	93 70 4 150 120	4	Chicken Divan Roasted Potatoes Sliced Carrots 100% Whole Wheat Bread Sliced Peaches	55 40 43 120 5	5	Veal w/Peppers & Onions Mashed Potatoes Peas and Pinto 12 Grain Bread Sliced Peas	405 97 59 200 5	6	Roast Pork w/Gravy Sweet Potatoes Brussels Sprouts Dinner Roll Applesauce	118 44 5 210 14
Calories: 724	Sodium: 631	Calories: 787	Sodium: 508	Calories: 544	Sodium: 397	Calories: 810	Sodium: 890	Calories: 640	Sodium: 516				
9	Baked Pollock Loaf German Potato Salad Sliced Beets 100% Whole Wheat Bread Fresh Orange	250 257 20 120 0	Salisbury Steak Mashed Potatoes Butternut Squash 12 Grain Bread Mixed Fruit	440 97 2 200 3	11	Stuffed Shells w/Marinara Italian Wedding Soup Italian Beans Italian Bread Tossed salad at dining sites Diced Peas	401 303 3 230 0 5	12	Bone In Chicken w/Gravy Sweet Potatoes Cauliflower Oat Nut Bread Apricots	102 44 4 150 5	13	Sweet N Sour Meatballs Steamed Brown Rice Steamed Cabbage 100% Whole Wheat Bread Chocolate Pudding **	384 5 3 120 185
Calories: 564	Sodium: 778	Calories: 640	Sodium: 867	Calories: 673	Sodium: 1157	Calories: 633	Sodium: 430	Calories: 832	Sodium: 622				
16	BBQ Pork Patty w/Onion & Peppers Roasted Gold Potatoes Peas and Carrots 12 Grain Bread Applesauce	280 0 0 60 200 14	Chicken Bruschetta Wide Egg Noodles Mixed Greens Oat Nut Bread Diced Peaches	405 11 140 150 5	18	Calico Beans & Sausage Steamed White Rice Broccoli Florets 100% Whole Wheat Bread Fresh Apple	400 4 22 120 2	19 Holiday Meal	Roast Beef w/ Gravy Mashed Potatoes Carrot, Parsnip, Turnip Medley Snowflake Roll Trifle **	60 97 47 180 000	20	Baked Breaded Pollock California Blend Vegetables Roasted Red Potatoes Oat Nut Bread Mixed Fruit	100 20 0 150 3
Calories: 580	Sodium: 703	Calories: 682	Sodium: 905	Calories: 720	Sodium: 742	Calories: 773	Sodium: 1121	Calories: 631	Sodium: 404				
23	Chicken Sorento * Brown Rice w/Orzo Whitet Blend Vegetables Oat Nut Bread Banana	720 0 10 150 1	Vegetable Pinwheel w/Marinara Dipping Sauce Tuscan Blend Vegetables Applesauce	470 51 40 14	25	CHRISTMAS DAY	Macaroni & Cheese * Chuncky Tomato Soup Peas and Pearl Onions 100% Whole Wheat Bread Mixed Fruit	627 262 34 120 3	26	Macaroni & Cheese * Wide Egg Noodles Sliced Carrots 12 Grain Bread Tropical Fruit Mix	50 8 43 200 10		
Calories: 681	Sodium: 1018	Calories: 531	Sodium: 700	Calories: 531	Sodium: 700	Calories: 781	Sodium: 1171	Calories: 711	Sodium: 445				
30	Sloppy Joe Sliced Potatoes Mixed Vegetables Hamburger Roll Cold Fruit Compote	91 4 43 230 7	Chicken Almondine Mashed Potatoes Italian Mixed Vegetables 12 Grain Bread Diced Peas	101 97 40 200 5	31	NEW YEAR'S DAY				Sponsored in part by: 			
Calories: 817	Sodium: 500	Calories: 688	Sodium: 508				Calories: 781	Sodium: 1171	Calories: 711	Sodium: 445			

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. *Higher 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.

Menu subject to change.

MEET PAT LA BAGH by Nora Hayes

Pat is not excited about doing this interview. She is a modest person but her story is so interesting. So here we go! She was born, grew up and spent her first 72 years in Middletown, New York. She married and started a family. Eventually she had 4 beautiful girls. While her family was still young, her husband died of lung cancer and she was suddenly a single parent. For the next several years, Pat kept her family going with determination and grit until she met her second husband, married in 1980, and a whole new stage of her life began.

Pat describes a feeling of emptiness after losing her first husband and made the decision to become a pilot to fill the void. A decision not too many people make but it felt like the right thing to do. Like any good move it fit right into the next chapter of her life.

After marriage, she and her husband both got their pilot's license and eventually flew a plane large enough so that the entire family of 6 could fly from New York to Cape Cod and Florida on vacation.

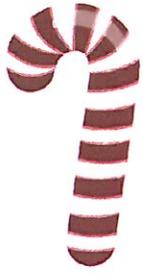
During this time, Pat also made use of her business and entrepreneurial skills to open a 4,000 square foot "Quality Used Furniture " where she sold a wide variety of household items. Her business strategy was to frequent tag sales and get a quality item at a good price and then make her profit on the mark up. She did well and the shop was successful for twenty years until her retirement.

In 2003, Pat's second husband died and she was left a widow once again. Eventually her children convinced her to relocate to the Berkshires to be closer to her girls. Pat moved to Great Barrington in 2013 and since then has immersed herself in community service working as a volunteer at the Senior Center and the Mahaiwe theatre and faithfully attending her church in Stockbridge. In the past year, Pat has experienced a few medical issues and has taken her health on with the same determination and fortitude that saw her through the tough periods of her life.

When asked she describes herself (in order of importance) as a "mother, educator, entrepreneur and a pilot". For example, Pat decided to go for a helicopter pilot's license and became licensed as only the #633 female helicopter pilot in the world! Typical of Pat she describes this unique accomplishment with a shrug of her shoulders as if anyone could do it. Pat loves her volunteer work because she gets a lot out of it-"connection, camaraderie, meeting different people". What she leaves out is her steadfast commitment to serve. Yes; her efforts help her to feel she makes a difference but she has also become a stalwart presence at the Great Barrington Claire Teague Center which is where I see her (she's there just about every day). She is a key and much appreciated contributor to the life of the seniors who come there for company and services.

At the end of our talk I asked Pat for any words she would like to share. Here is what she had to say: "Try to live each day to the fullest, as if it is your last day! Respect others and their views. Love your neighbors!"

December 2019



CHRISTMAS WORD SEARCH



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

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|------------|----------|-----------|------------|
| BELLS | RUDOLPH | ELVES | JOY |
| CANDLES | SANTA | FROSTY | MERRY |
| CANDY CANE | SEASON | GIFT | MISTLETOE |
| CARDS | SLEIGH | GIVING | NOEL |
| CELEBRATE | STOCKING | GREETINGS | NORTH POLE |
| CHIMNEY | TREE | HOLIDAY | REINDEER |
| CHRISTMAS | WREATH | JOLLY | |

