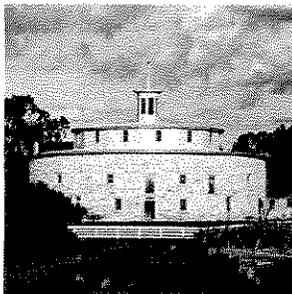


SENIOR GRAPEVINE

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

Telephone (413) 528-1881

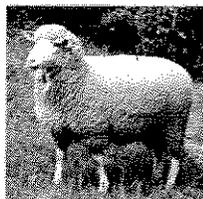
Road Trip to Hancock Shaker Village on Friday, July 19!



We will be driving up to **Hancock Shaker Village** for sightseeing, animal watching and lunch!

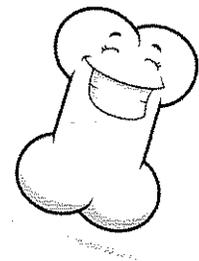
Learn how the Shakers lived as a self-contained society, and see the craftsmanship for which they are known the world over!

Van will leave the Senior Center at **10:00 AM** and return after lunch. Great Barrington Rehab is providing the sack lunches for a picnic. Sign up in the dining room. Only 14 seats available. Cost of trip **\$5.00**.



Reduce Your Risk of Osteoporosis!

On **Wednesday, July 24**, Lee Jaggi, RN, BSN, will be here to perform a simple bone density test for those interested.

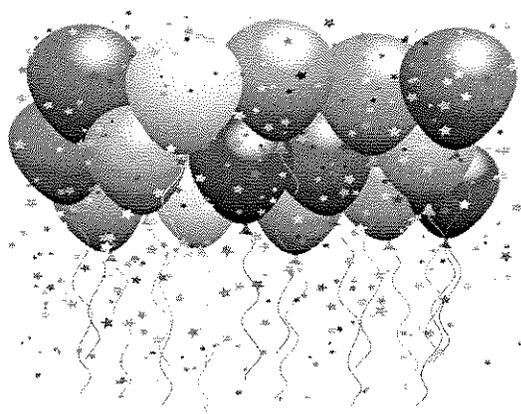


Please see page 8 for more information about osteoporosis and what the test entails.

INSIDE THIS ISSUE. . .

Birthdays & Thanks	Page 2
Special Events	Page 3-5
Monthly Events	Page 6
Weekly Activities	Page 7
Osteoporosis Article	Page 8
Resources	Page 8
Monthly Calendar	Page 9
Lunch Menu	Page 10

BIRTHDAYS OF THE MONTH



Nettie Lokker	7/2
Helen Hanky	7/6
Virginia Niewinski	7/8
Gizelle Doyles	7/9
Jane Goewey	7/12
Barbara Tinker	7/15
Anne Macheski	7/16
Alma Smith	7/20
Joan Ury	7/23
Flora Calero	7/24
Pia Bellinger	7/19

HAPPY BIRTHDAY!

The birthday lunch will be **Wednesday, July 3**. If you do not want your birthday posted, please let us know by calling 528-1881.

CONGRATULATIONS to the recipients of this year's AARP Chapter #89 Scholarship. Hannah Heath, a graduate of Monument Mountain Regional High, has completed her first year at Brigham Young University.

Devorah Sawyer, from Mount Everett Regional High, will major in Television/Radio.

This scholarship is awarded each year in memory of Judith Stavisky.

THANK YOU!

Great Barrington Rehab for ice cream;

Amy & David Rutstein for plants and lecture on William Cullen Bryant;

Grace Zbell for tirelessly planning our trips;

Michelle and Lester for the raised bed garden grant;

Thursday Morning Women's Club for their generous "thank you" donation;

Rudolph Steiner School string class for their concert;

Diane Perlman, for bringing us a concert featuring flutist Eugenia Zukerman;

Mike Mahoney of Cameron House for sponsoring our hot dog and hamburger lunch.

SPECIAL EVENTS (continued from page 1)

Craft Fair, Tag Sale & Bake Sale

Saturday, July 20, 2013 9:00 AM to 4:00 PM

At the Claire Teague Senior Center

917 Main Street * Great Barrington, MA 01230

Sponsored by The Friends of the Claire Teague Senior Center

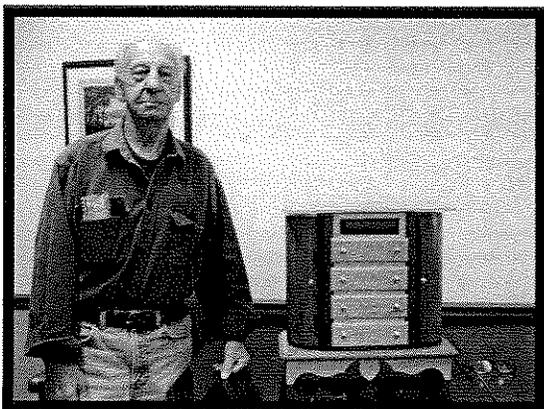
**HANDMADE CRAFTS FOR SALE WILL INCLUDE BABY KNITS,
UNIQUE TOTE BAGS, PRIMITIVE COUNTRY DÉCOR,
CRAZY PAJAMAS AND QUILTS, WOOD CRAFT, GREETING CARDS,
FIBER ARTS, AND MORE!**

Buy some **goodies** and browse for **treasures** at our very own
seniors' **Tag and Bake Sale** tables

Come see the llamas!!

Buy a Hot Dog!!

Vendors: Doors will open at 8:00 AM for setup. Please see staff for table assignments.



Come see our very own Jim Soules demonstrate his woodworking skills!

NOTE: Please sign up in dining room for tag and bake sale donations and indicate the items you will donate.

You can begin dropping off your tag sale items on July 1, but no later than 4:00 PM on Friday, July 19.

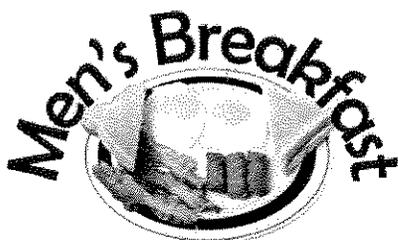
SPECIAL EVENTS FOR JULY

SPECIAL LUNCH GUEST!

Come **meet** our new **Town Manager, Jennifer Tabakin**. She'll join us for lunch on **Thursday, July 11**. Let's show her that great hospitality that makes the Senior Center so special!



Join us for a *Sing Along* with Sue Farnum on **Wednesday, July 17** at **11:00!**



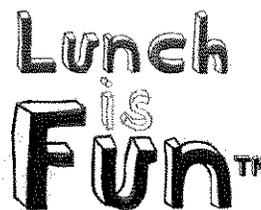
JUST FOR MEN!

Master the art of cooking breakfast! On **Thursday, July 18**, we will launch our **Men's Cooking Class**, beginning at **8:00 AM**.

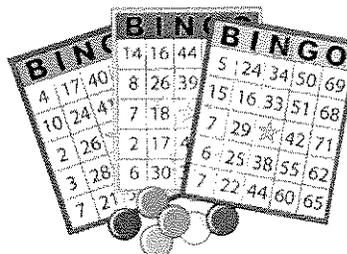
Learn different preparations for eggs (fried, scrambled, poached, soft-boiled), add some toast or an English muffin, maybe a slice of bacon or sausage, then chow down!

Space is limited to those who **sign up** in the dining room. Beverages will be provided.

In future weeks, we will learn some basic cooking techniques, using chicken, pork, vegetables, rice and pasta. ***Come and join the fun!***



Fairview Commons will provide **FREE** lunch for us here at the Senior Center on **Thursday, July 25**. Musical entertainment will be included. The menu will include fried chicken, potato salad, corn on the cob, cornbread, and hot fudge pudding cake. ***Yummy! Sign-up required.***



Laurel Lake has invited us to a special **"Bingo Lunch"** on **Friday, July 26**. Their van will pick us up here at **10:30**, **bingo game will be at 11:00**, followed by lunch. Please **sign up** if you'd like to go.

UPCOMING SPECIAL EVENTS

Plays at the MAC-HAYDEN THEATER in CHATHAM, NY



NEXT MONTH!

Gypsy

Matinee Wed., August 28, 2013, 2:00 PM

Cost: \$30.00 (includes show and SBETC transportation)

NOTE: To reserve your space, you **MUST** submit payment to Grace Zbell by **July 24, 2013.**

OPEN BLUEBERRY PIE

1 BAKED PIE SHELL

1/2 C. Sugar

1/2 C. Water

3 Tbsp. Cornstarch

Cook until thick, cool slightly

Add 1 Pint blueberries

Put in baked pie shell

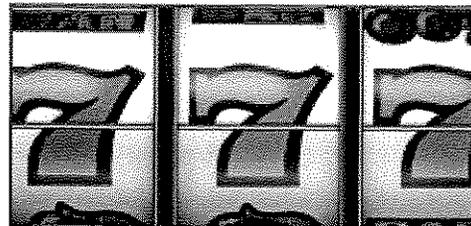
Serve with whipped cream

This is a quick & easy, refreshing picnic dessert!

PLAN AHEAD!

Tuesday, October 29, 2013 join us for a trip to **Foxwoods Resort & Casino.** This package includes round trip deluxe motor coach transportation with reserved seats for the Tokens, the Angels and Jimmy Clancy at the lovely restored **Garde Arts Theatre.** **Cost—\$69.00 per person.** Sign up in the dining room where additional details are available.

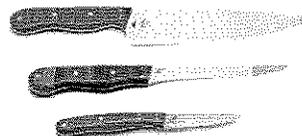
For more information, contact **Grace Zbell** at **(413) 528-0230.**



Garde Arts Theatre

MONTHLY SPECIAL EVENTS

- ❖ The **Out-to-Lunch Bunch** will be going to **Four Brothers** in Great Barrington on **Monday, July 8**, leaving the Senior Center at **11:30 AM**.
- ❖ **Brown Bag** will be distributed on **Wednesday, July 10** between **12:30 PM** and **3:00 PM**.
- ❖ The **Women's Cancer Support Group** will meet **Thursday, July 11** and **Thursday, July 25** at **4:00 PM**.
- ❖ The **July Veterans' Lunches** will be on **Thursday, July 11** and **Thursday, July 25** at **11:30 AM**.
- ❖ **Caregivers' Support Group** will take place on **Wednesday, July 17** from **1:00 PM** to **2:30 PM**.
- ❖ **Berkshire South Dinner—Monday, July 22**. The van will be available to take you to Berkshire South for the free dinner. The cost for transportation is \$3.00 per person. The dinners are first come, first serve. They no longer take reservations—you must sign up if you need transportation on the van. **Van leaves here at 4:30 PM**.
- ❖ The **Blood Pressure Clinic** will be on **Thursday, July 25** from **12:00 noon** to **1:30 PM**.
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, July 31** at **1:00 PM**.
- ❖ **Hearing Aid Assistance by Avada: Tuesday, July 2, by appointment.** (413) 442-0184.
- ❖ **Foot Nurse: Monday, July 8 and Friday, July 12 9:00 AM to 1:30 PM by appointment.** Cost \$35.00.
- ❖ **Free Health Insurance Counseling** by SHINE counselor Joan Ury, **Monday, July 1, 8, 15 22 and 29 between 10:30 AM and 2:00 PM by appointment.**
- ❖ **Computer Lab** will be on **Tuesday, July 2, 9, 16, 23 and 30, 12:15 to 1:15 PM**. Watch for our new feature **"MR. WIZARD'S TIP OF THE MONTH"**!
- ❖ **HE's Ba-a-a-ck!** Did you know that most injuries from knives are caused by blunt, dull blades? **John Avenia** will be here on **Thursdays** beginning at **9:00 AM** to sharpen your knives so cooking will be more fun! **Starts July 11.**



ONGOING WEEKLY ACTIVITIES

EXERCISE & MOVEMENT

Balance & Movement—Monday, 1:00 PM

Awareness Through Movement—Monday, 10:00 AM

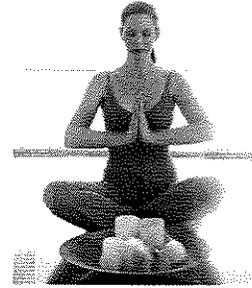
Strength Training—Tuesday, 4:00 PM

Easy Does It Yoga—Wednesday, 9:30 AM

Tai Chi—Friday, 9:00 AM

Chair Exercise—Friday, 10:00 AM

Wii Games for Exercise—Wednesday, 10:00 AM; Thursday, 12:30 PM



EDUCATIONAL

Computer Group Lessons—Tuesday, 12:15 PM

Impromptu Writing Class—Thursday, 10:30 AM

Genealogy Class—will not meet July and August, 2013



ARTS

Painting with Vera—Thursday, 9:30 AM

Quilting Guild—2nd Tuesday, 7:00 PM

Decorative Painting with Liz—Wednesday, 4:30 PM

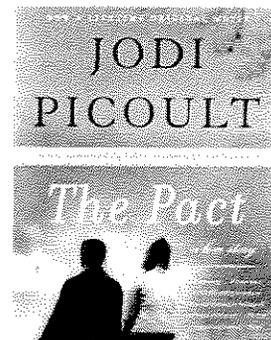


JULY BOOK CLUB

will meet on **Monday, July 29** at **12:00 noon.**

in the Senior Center library.

Discussion will be on **"The Pact,"** written by **Jodi Picoult.**



TRANSPORTATION

S.B.E.T.C. (So. Berkshire Elderly Transportation Corp.). Telephone (413) 528-4773. Monday through Friday from 8:00 AM to 4:00 PM. S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: Gt. Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10. Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.

Council on Aging

**Barbara Bailly, Acting Chair
Amy Rutstein, Acting Recording Secretary
Anita Diller, Treasurer
Alan Buckes
Eileen Gaarn
Michele Gilligan
Richard Needleman
David Rutstein
Grace Zbell**

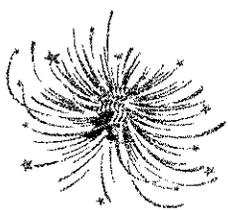
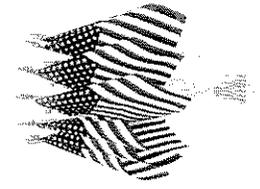
SPECIAL JULY TOPIC—OSTEOPOROSIS

Lee Jaggi, RN, BSN, from Health New England, will visit the Senior Center on **Wednesday, July 24 from 10:30 AM to 2:30 PM**. He will perform a **simple bone density test** that only requires you to exert slight pressure with a foot. The test measures how strong (dense) your bones are and can determine if you are at risk of bone fracture due to osteoporosis. This procedure is painless and quick. Given the risk of osteoporosis, we hope that you will take advantage of this free service! Below is an excerpt from an article taken from the *NIH Senior Health* website describing osteoporosis, prevention and treatment.

Osteoporosis is a disease that weakens bones, making them fragile, often causing them to break. Bone is living tissue and breaks down and regenerates throughout life. As we age, more bone is broken down than replaced, causing reduced bone mass and strength. Osteoporosis can affect people of any age, but is most common in older women. Osteoporosis occurs without symptoms. A bone density test is the means of diagnosing the disease.

The good news is that osteoporosis can be prevented and treated. Proper diet, exercise and treatment medications can help prevent further bone loss and reduce the risk of fractures.

July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 8:30-Coffee 10:00-Awareness through Movement 10:30-SHINE 11:30-Lunch—Beef Stew 1:00-Balance & Movement</p>	<p>2 8:30-Coffee 9:00-Bingo 10:00-12:00 Hearing Aid Help by Appt. 11:30-Lunch—Chicken Cacciatore 12:00-Bingo, Cards, Bridge 12:15-Computer Class</p>	<p>3 8:30 Coffee 9:30-Wii Bowling 9:30-Easy Does It Yoga 11:30—Birthday Lunch—Hot Dogs 12:30 Barrington Stage play 4:30-Decorative Ptg. w/Liz</p>	<p>4 INDEPENDENCE DAY CLOSED</p>	<p>5 8:30-Coffee 9:00 -Tai Chi 10:00-Chair Exercise 11:30-Lunch-Mac & Cheese 12:30-3:30-Bridge 1:00-Sewing For Smiles</p>
<p>8 8:30-Coffee 9:00-Foot Nurse by Appt 10:00-Awareness through Movement 10:30-SHINE 11:30-Lunch—Veal Parmesan 11:30-Out to Lunch Bunch-4 Brothers 1:00-Balance & Movement</p>	<p>9 8:30-Coffee 9:00-Bingo 11:30-Lunch –Goulash 12:00-Bingo, Cards, Bridge 12:15-Computer Class 4:00-Strength Training 7:00-Quilting Guild</p>	<p>10 8:30-Coffee 9:30-Wii Bowling 9:30-Easy Does It Yoga 11:30-Lunch—Assorted Salads 12:30-3:00 Brown Bag 4:30-Decorative Ptg. w/Liz</p>	<p>11 8:30-Coffee/Bagels 9:00-Bingo 10:00 Bocce 9:30-Painting with Vera 10:30-Impropt11 Writing Class 11:30- Lunch w/ Town Manager—Baked Chicken 12:00-Crafty Hands</p>	<p>12 8:30-Coffee 9:00 -Tai Chi 9:00-Foot Nurse by Appt 10:00-Chair Exercise 11:30-Lunch—Swedish Meatballs 12:30-3:30- Bridge 1:00-Sewing For Smiles</p>
<p>15 8:30-Coffee 10:00-Awareness through Movement 10:30-SHINE 11:30-Lunch—Cheeseburger 1:00-Balance & Movement</p>	<p>16 8:30-Coffee 8:30 -Breakfast 9:00-Bingo 11:30-Lunch—Baked Ham 12:00-Bingo, Cards, Bridge 12:15-Computer Class 4:00-Strength Training</p>	<p>17 8:30-Coffee 9:30-Wii Bowling 9:30-Easy Does It Yoga 11:00 Singalong with Sue 11:30-Lunch—Chicken a la King 12:30- Cards 4:30-Decorative Ptg. w/Liz</p>	<p>18 8:00 Men's Cooking Class 9:00-Bingo 10:00 Bocce 9:30-Painting with Vera 10:30-Impropt11 Writing Class 11:30-Lunch –Italian Meatballs 12:00-Crafty Hands 12:30-Poker, Majhong, Wii Rummikub</p>	<p>19 8:30-Coffee 9:00 -Tai Chi 10:00-Chair Exercise 10:00 Trip to Hancock Shaker Village 11:30-Lunch—Assorted Salads 12:30-3:30-Bridge 1:00-Sewing For Smiles</p>
<p>22 8:30-Coffee 10:00- Awareness through Movement 10:30- SHINE 11:30-Lunch—Hot Dog 1:00-Balance & Movement 4:30 Berk. South Supper</p>	<p>23 8:30-Coffee 9:00-Bingo 11:30-Lunch –Chicken a l'Orange 12:00-Bingo, Cards, Bridge 12:15-Computer Class 4:00-Strength Training</p>	<p>24 8:30-Coffee 9:30-Wii Bowling 9:30-Easy Does It Yoga 10:30-2:30 Bone Density Tests 11:30-Lunch –Barbecued Pork 12:30- Cards 4:30-Decorative Ptg. w/Liz</p>	<p>25 8:30-Coffee/Bagels 9:00-Bingo 10:00 Bocce 9:30-Painting with Vera 10:30-Impropt11 Writing Class 11:30 Fairview Commons FREE Lunch 12:00-Crafty Hands 12:30-Poker, Majhong, Wii Rummikub</p>	<p>26 8:30-Coffee 9:00 -Tai Chi 10:00-Chair Exercise 10:30 Bingo Lunch at Laurel Lake 11:30-Lunch—Calico Beans/Sausage 12:30-3:30-Bridge 1:00-Sewing For Smiles</p>
<p>29 8:30-Coffee 10:00- Awareness through Movement 10:30- SHINE 11:30-Lunch—Chili 12:00 Book Club 1:00-Balance & Movement</p>	<p>30 8:30-Coffee 9:00-Bingo 11:30-Lunch –Stuffed Cabbage Casserole 12:00-Bingo, Cards, Bridge 12:15-Computer Class 4:00-Strength Training</p>	<p>31 8:30-Coffee 9:30-Wii Bowling 9:30-Easy Does It Yoga 11:30-Lunch –Meatloaf 12:30 Cards 1:00 COA Board Mtg.</p>		

JULY 2013

portion control menu 06142013

Menu subject to change without notice
 **Modification for sugar restricted diets
 **High sodium foods

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Beef Stew 6oz Boiled Potatoes 1/2c Peas & Mushrooms 1/2c Rye Bread 1 Mixed Fruit 1/2c	Chicken Cacciatore 6oz Buttered Noodles 1/2c Broccoli 1/2c 100% Whole Wheat Bread 1 Banana 1	4th of July Menu **Hot Dog 1 Baked Beans 1/2c Cole Slaw 1/2c Hot Dog Roll 1 *Peach Cobbler 1	INDEPENDENCE DAY	Macaroni & Cheese 8oz Stewed Tomatoes 1/2c Green Beans 1/2c Multigrain Bread 1 Pears 1/2c Tossed Green Salad (Cong)
8	Veal Parmesan 1 Ziti w/ Sauce 1/2c Mixed Italian Vegetables 1/2c Italian Bread 1 Apple 1	**Baked Ham 3oz Sweet Potatoes 1/2c Corn w/ Pimiento 1/2c Oatmeal Bread 1 Pineapple 1/2c	Egg Salad 4oz Carrot Raisin Salad 1/2c Cole Slaw 1/2c Hamburger Roll 1 Mixed Fruit 1/2c	Baked Chicken 4oz Roasted Potatoes 1/2c Sugar Snap Peas 1/2c Rye Bread 1 *Chocolate Pudding w/ Topping 1/2c	Swedish Meatballs 3 Brown Rice 1/2c Broccoli Florets 1/2c 100% Whole Wheat Bread 1 Peaches 1/2c
15	Cheeseburger 1 Red Potatoes 1/2c Zucchini 1/2c Hamburger Roll 1 Pears 1/2c	Goulash 8oz Mixed Greens 1/2c Sliced Carrots 1/2c Rye Bread 1 Applesauce 1/2c	Chicken a la King 6oz Rice Pilaf 1/2c Green Beans 1/2c Multigrain Bread 1 Fresh Fruit 1/2c	Italian Meatballs 3 Ziti w/ Sauce 1/2c Broccoli Florets 1/2c 100% Whole Wheat Bread 1 Mixed Fruit 1/2c	Tuna Salad 4oz Pasta Salad 1/2c Tossed Salad 1/2c Hot Dog Roll 1 *Vanilla Pudding w/ Topping 1/2c
22	Baked Fish 1 Roasted Red Potatoes 1/2c Mixed Vegetables 1/2c Italian Bread 1 Peaches 1/2c	Chicken a l'Orange 6oz Boiled Potatoes 1/2c Corn w/ Pimiento 1/2c Rye Bread 1 Mixed Fruit 1/2c	Barbecue Pork 1 Sweet Potatoes 1/2c Braised Cabbage 1/2c 100% Whole Wheat Bread 1 Applesauce 1/2c Tossed Green Salad (Cong)	Lasagna 8oz Spinach 1/2c Summer Squash 1/2c Multigrain Bread 1 *Butterscotch Pudding w/ Topping 1/2c	Calico Beans w/ Sausage 6oz Buttered Noodles 1/2c Mixed Vegetables 1/2c Oatmeal Bread 1 Pineapple 1/2c
29	Chili 6oz Brown Rice 1/2c Spinach 1/2c Multigrain Bread 1 Orange 1	Stuffed Cabbage Casserole 8oz Sliced Beets 1/2c Broccoli Florets 1/2c 100% Whole Wheat Bread 1 *Smoothies 1	Meatloaf w/ Gravy 3oz Mashed Potatoes 1/2c Sugar Snap Peas 1/2c Rye Bread 1 Mixed Fruit 1/2c		

If you will not be home when your meal is delivered
 PLEASE TELL YOUR DRIVER OR CALL 4-683-951-5231

All contributions are returned to the community toward the cost of nutrition programs and services

SUGGESTED VOLUNTARY DONATION
 \$2.00 PER MEAL to help defray costs