

GRAPEVINE

April 2016

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

Polly Mann, Director ... Mimi Hassett, 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



It's an **April Fool's Day Cookout** on Wednesday April 6th ... Get your Hamburger's, Hot Dog s, potato salad, carrot salad, and other special side dishes. Fun at the grill as we celebrate the approaching summer.

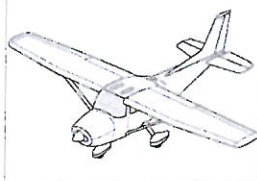
Sandy and Sandy will also be playing to help us celebrate and bring in the Summer weather...

TAP DANCE FEST 2016 ...Saturday April 16th from 12—2 PM the Teague Tappers along with the Geer Golden Chair Tappers, Lenox Ladies Who Tap, and Tap Roots will be performing for you at the Claire Teague Senior Center. Bring your family and friends to join the group for fun, snacks, surprises, and sure to be lively entertainment.

NEW CLASS: Pilates for Seniors Tuesdays 10 AM to 11 AM ..Join Kathi Casey as she teaches you how to easily and safely get up from and down to the floor. You will learn specific exercises to increase your core strength and joint flexibility, and leg exercises that can be done at home while lying on the couch watching TV. Come and see what it is all about. (Cost \$2.00)

Kathi is a registered Hatha Yoga teacher, certified in Acu-Yoga, Ayurvedic physical health , Healing Touch, Pilates, and is a Reiki Master. For more information about Kathi's programs and products please visit: www.HeathlyBoomerBody.com

Adventures of a Woman Pilot: Thursday April 21 at 10:30 Barbara Chamberlin's daughter Glenna Blackwell will be talking about piloting a plane .



Bee Keeping: April 12 at 10 AM. Come and participate in a sweet buzzing demonstration and presentation on Beekeeping with Bill Seymour.

Artist Reception / Special Tea on Friday, April 15, 3-5 PM. Meet the artists whose paintings, drawings, quilts and a blown glass relief have been appearing on our walls over the past year at a **special tea** Yummy refreshments provided by Devonshire Estates.

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Thursday May 5th: Lunch and Show...Teague Tappers will be participating in the Annual Pittsfield Senior Center Talent Show. Come support our local Claire Teague Tappers.. Arrive at Pittsfield Senior Center by 11:30 for lunch, a short tour of the center and the Talent show begins at 1 PM. Always a fun event. If you need transportation call 528-1881 .

Wednesday Special Lunches:

April 6: Cookout .. hamburgers, hotdogs, potato salad, carrot salad
 April 13: Bob Avery's Mac and Cheese
 April 20: Pizza
 April 27: Amy Rutstein's Pea Soup and Grilled Cheese sandwiches

Arts and Crafts Classes**Wednesday:**

4PM Decorative Arts (\$5.00)

Thursday

10 AM Painting with Vera

12 Noon: Crafty Hands (Free)

12:30 Drawing with Eunice (\$10)

Garden Plots: It's that time of year. The garden space at the senior center is first come first serve for space. The senior center will be reserving 2 spaces to grow fresh veggies for all. Call 528-1881 to reserve your space before they are all gone.

News and Views is BACK: We're Listening!!!**April 7th from 10-11 AM every Thursday**

David Rutstein will be back with his popular News and Views discussions set in a informal setting where everyone can share their points of view, feelings, and opinions on today's and yesterday's news. Are events happening too fast and do we want the "good old days" back again? Come and share your thoughts and comments whether on local, national or world wide happenings. Always with an historical slant. Join us and remember we want to hear from you and we will be listening.

Who's Who's Photos: We have had fun guessing who was in the photos on the bulletin board. Now it is time to pick them up. They are in envelopes in Mimi's office. Thanks to everyone that participated

Bridge Players Needed ! Join an active bridge club. Games are played on Tuesday and Friday afternoons at 12:15PM. Please call Claire Teague Senior Center 528-1881 for more details.

Join Jo Robinson on Thursday's at 10 AM. for a game of **Monopoly**. Always an interesting time.

SAVE THE DATE: Health Fair on May 21 Saturday.

Stay tuned for an update on participants, activities and other events for this day.

Exercise Classes**Monday**

9:15AM Cross Training with Misha (\$3.50)

10AM Awareness Through Movement Misha (floor) (\$3.50)

1PM Balance and Movement with Theresa (Chair) (\$3.00)

2PM Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday**10 AM Pilates with Kathy Casey (\$2.00) (NEW)**

3:30PM Strength Training with Christine (\$3.00)

Wednesday

9:30AM Easy Does it Yoga with Joanne (\$3.00)

Thursday10 AM: **(NEW)** Therapeutic Movement /Breathing Class with Suzanne (\$2.00)

4PM Misha's Advanced Class (\$10.00)

Friday

9AM Tai Chi with Christine (\$3.00)

NEW EXERCISE CLASS: Therapeutic Movement and Breathing Class offered on Thursday AM from 10-11 AM. Come join the fun and see what Suzanne is doing. (Cost \$2.00) Sign up in Dining Room.

Fresh Bread Monday April 11th, mid morning. Enjoy a piece of hot out of the oven baked bread with lots of butter. Come and watch the mixing, rising and baking if you like or just enjoy the smells as they go through the center.



April 2 Carol Piontek

April 3 Jeanne Holcomb

April 5 Amy Rutstein

April 6 Michele Gilligan

April 6 Lee Miller

April 8 Sandra Houle

April 8 Kathy LaRose

April 8 Joe Lockwood

April 9 Wilma Darada

April 9 Margery Kirchner

April 9 James Harris

April 13 Mark Errichetto

April 13 Leon Sarin

April 15 Marion Whitman

April 16 Marion Robinson

April 17 Gail Heath

April 17 Ann Waldman

April 20 Barbara Thorpe

April 20 Easterbelle Clark

April 23 Linda McMeekin

April 24 David Rutstein

April 25 Louise Briggs

April 25 Jane Green

April 28 Theresa Matava

Berkshire Traveler's TRAVEL CLUB

May 17: Colonial Theatre in Pittsfield. Join a group from the center for a fun and informative evening in Pittsfield. Leave the center by van at 4:15 PM to go to the 99 Restaurant for dinner and then to the Colonial Theatre for a lobby reception at the Colonial. At 7PM Dr. Bill Thomas will provide a signature "non-fiction theater" featuring an engaging blend of myth, science, original music and storytelling. It is a joyful, and highly disruptive view of aging.

Cost: \$15 includes transportation and show (not including dinner) Call 528-1881 for more details

This is part of the *Berkshire's Age Friendly Initiative*.

Upcoming Trips

- **June 22:** Strawberry Festival/ BBQ Luncheon; Hotel California Eagles Tribute Band Show; SBTEC Van Trip for 12 persons, Cost \$47 p/p includes server tip and meal tax.
- More information available at the Claire Teague Senior Center. Or call Grace Zbell at 528-0230

Wednesday Walks coming in May and June... Lace up your shoes and join us for a variety of strolls followed by coffee or snacks. Stay tuned for more Details

NEW TIME for BINGO: 930 AM Tuesdays /Thursdays

Hospice Care of the Berkshires will have June Green here to talk about Hospice Basic. On Wednesday April 20 at 12 Noon. Bring your questions: What does Hospice cover, Who is eligible? How can Hospice help caregivers. What are the "Five Wishes"; the MOLST forms, and anything else you may be wondering about.

Blue Cross Blue Shield Representative will be in town Thursday April 14th 5 PM for a special Blue Cross and Blue Shield overview regarding Medicare and supplements. The session will take place here at the Senior Center.

Monthly Center Events

- Monday Movie - (1st Monday) Monday April 4 at 12:15 Las Vegas with Morgan Freeman and Mike Douglas)
- Breakfast with Barbara and Virginia (3rd Tuesday) April 18
- SHINE Consulting every Monday by appt .
- Veterans eat for free- 2nd and 4th Thursday) April 14 and April 28 ... *Thank you for your service.*
- Out to Lunch Bunch- (2nd Monday) Monday April 11 at 11:30 AM at The EAST
- Gad Abouts: (4th Friday) April 22 at 5pm at The Bridge
- BP Checks by Gentiva (Last Thursday) April 28th
- Brown Bag (2nd Wednesday) April 13 at 12 Noon. Note: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds please.
- AVADA Hearing (1st Tuesday) April 5 by appointment. (413) 442-0184
- Foot Nurse: (2nd Monday and Friday) April 8 and 11 from 9-12 Noon from 9-12 by appt. Cost \$35. by APPT

Center MEETINGS

- A.G.E. TRIAD meeting April 13 at 2 PM
- CTSC Friends Meeting April 27 at 12:15 PM
- Council on Aging Meeting .April 27 at 1:15 PM
- Women's Cancer Support Group will meet on Thursday April 14th and 28th from 4PM to 5:30 PM.
- Quilting Guild will meet on Tuesday April 12 at 7PM.
- Caregivers' Support Group will meet on Wednesday April 20 from 1PM to 2:30 PM

The 90's Celebration will be on Thursday May 12th at the Claire Teague Senior Center. We will be celebrating our seniors 90 and older with a free lunch and other Festivities. Stay tuned. for more details.

CRAFTERS ALERT: We will be having a craft fair on Saturday, July 9th at the Claire Teague Senior Center. The Friends will be hosting the gathering, and the cost for a space will be \$15.00 but seniors can reserve their space for \$12:00 We will be anticipating a display of handmade items and crafts for the tables. Additional details to follow . **SAVE THAT DATE.** And come enjoy the crafts and company.

April 2016

Last month's winner by drawing: Marilyn Sauer... Congrats

Below is a list of words taken from our November Newsletter and hidden in the above search square. The words are displayed horizontally, vertically, or diagonally.

Note: a word may be reversed

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

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ADVENTURE	AGE OF DESTRUCTION	APRIL FOOLS DAY	ARTIST RECEPTION
BEEKEEPING	BILL SEYMOUR	BREADMAKING	COOKOUT
DEVONSHIRE	GARDEN PLOTS	GRAPEVINE	HEALTH FAIR
KATHICASEY	LASVEGAS	MEDICARE OVERVIEW	
NEWS AND VIEWS		PILATES	
SPRING FLOWERS		WOMEN PILOTING	

To be eligible for a monthly winner drawing just fill in your name and phone number and return your completed search to Mimi at the Senior Center.

Name: _____ Phone: _____

Elder Services of Berkshire County - Nutrition Program

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

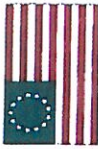
April 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
If you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201				
4 Italian Meatballs Penne w/ Sauce Green Beans (HDM) Italian Bread Pineapple Tossed Salad (Cong) Calories: 588 Sodium: 444	5 Roast Turkey w/ Gravy Mashed Potatoes Broccoli Whole Wheat Dinner Roll Fresh Peas Calories: 668 Sodium: 504	6 Hamburger / Hotdogs Potato Salad Carrot Salad 	7 Roast Pork w/ Gravy Mashed Potatoes Brussel Sprouts Oatmeal Bread Applesauce Calories: 802 Sodium: 873	1 Meatloaf w/Gravy Roasted Potatoes Wax Beans Whole Wheat Dinner Roll Applesauce Calories: 744 Sodium: 834
11 Tuna Noodle Casserole Green Beans Stewed Tomatoes Multigrain Bread *Vanilla Pudding w/ Topping Calories: 748 Sodium: 918	12 Grilled Chicken w/ Gravy Rosemary Potatoes Corn w/ Pimiento 100% Whole Wheat Bread Fresh Apples Calories: 539 Sodium: 726	13 Bob Avery's MACARONI & CHEESE 	14 *high sodium day* **Stir Fry Pork Casserole Noodles Oriental Mixed Vegetable Rye Bread Pineapple Chunks Calories: 752 Sodium: 1250	15 Chicken w/ Asparagus Oven Roasted Potatoes Carrots Oatmeal Bread Pears Calories: 556 Sodium: 475
18 PATRIOT'S DAY	19 Beef Burgundy Garlic Mashed Potatoes Peas and Carrots Whole Wheat Dinner Roll Peaches Calories: 602 Sodium: 439	20 Pizza 	21 Bone in Baked Chicken Rice Pilaf Spinach Rye Bread Banana Calories: 807 Sodium: 743	22 Macaroni & Cheese Stewed Tomatoes Italian Beans 100% Whole Wheat Bread *Chocolate Pudding w/ Topping Calories: 749 Sodium: 836
25 Chicken Cacciatore Parslief Potatoes Mixed Vegetables Italian Bread Orange Calories: 530 Sodium: 613	26 Meatball Stroganoff Roasted Potatoes Peas w/ Pearl Onions Multigrain Bread *Butterscotch Pudding w/ Topping Calories: 925 Sodium: 920	27 Pea Soup Grilled cheese sandwiches 	28 Breaded Alaskan Pollock Au gratin Potatoes Beets (HDM) Oatmeal Bread Pears Tossed Green Salad (Cong) Calories: 545 Sodium: 750	29 Beef Stew Boiled Potatoes Winter Squash Whole Wheat Dinner Roll Mixed Fruit Calories: 716 Sodium: 588

Dietary Information: All meal totals include 1% Milk 102 calories/107 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.

April 2016				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For More Information and to Schedule Appointments call: 413-528-1881 Claire Teague Senior Center	SAVE THE DATE (s) May 21st: Health Fair May 12th: 90's Celebration during lunch	Tap Dance Performance <i>Teague Tappers and Geer Seniors will perform on Saturday April 16 at 12 Noon at the Claire Teague Senior Center. Come and Enjoy.</i>	Artist Reception <i>April 15 from 3-5 PM. Come and meet the Artists that have displayed their work on the walls at the Senior Center. (see page 1)</i>	
4 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Italian Meatballs 12:00 Movie: Las Vegas 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate	5 8:30 Coffee Hour 9:00 AVADA Hearing (by Appt) 9:30 Bingo (NEW Time) 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Roast Turkey 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training	6 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: April Fool's Cookout with Sandy and Sandy 12:30 Cards 4:00 Decorative Arts	7 8:30 Coffee Hour/9:30 Bingo (NEW Time) 10-11 News & Views (Is Back!!) 10 NEW Therap Movement /breathing 10:00 Beginner Piano 11:30 Lunch: Roast Pork 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise	8 8:30 Coffee Hour 9:00 Tai Chi 9:00 – 12:00 Foot Nurse 9:30 – 11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Meatloaf with gravy 12:00 Bridge 2:00 Intermediate Tap
11 8:30 Coffee Hour 9 – 12 Noon Foot Nurse 9:15 Cross Training 10 Awareness through Movement 10 Fresh Bread 10:30 SHINE by Appt 11:30: Out to Lunch: East 11:30 Lunch: Tuna Noodle Casserole 1:00 Balance & Movement 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	12 8:30 Coffee Hour 8:30 Breakfast with Barbara/Virginia 9:30 Bingo (New Time) 10:00 Crossword Puzzle 10:00 Beekeeping 10:00 Pilates with Kathi 11:30 Lunch: Grilled Chicken/Gravy 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	13 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: Mac and Cheese 12:00 Brown Bag 12:30 Cards 2- 3:30 TRIAD Meeting 4:00 Decorative Arts	14 Veterans Lunch 14 8:30 Coffee Hour/9:30 Bingo (NEW Time) 10-11 News & Views 10 NEW Therap Movement /breathing 10:00 Beginner Piano 11:30 Lunch: Stir Fry Pork Casserole 12:00 Crafty Hands/12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	15 8:30 Coffee Hour 9:00 Tai Chi 9:30 – 11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 3-5PM Artist Reception (See page 1) 11:30 Lunch: Chicken with Asparagus 12:00 Bridge 2:00 Intermediate Tap
18 PATRIOT'S DAY Center Closed 	19 8:30 Coffee/9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Beef Burgundy 12:00 Bridge / 12:30 Bingo 12:15 Computer Class 3:30 Strength Training	20 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: Pizza 12-1 PM Hospice Care of the Berkshires 1:00 Caregiver Support Group 12:30 Cards 4:00 Decorative Arts	21 8:30 Coffee Hour/9:30 Bingo NEW Time 10-11 News & Views 10 NEW Therap Movement /breathing 10:00 Beginner Piano 10:30 Adventures as a Woman Pilot 11:30 Lunch: Bone In Baked Chicken 12:00 Crafty Hands /12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise	22 8:30 Coffee Hour 9:00 Tai Chi 9:30 – 11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Macaroni with Cheese 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts: The Bridge
25 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch: Chicken Cacciatore 12:30 Bingo and Ice Cream (Timberlyn East) 1:00 Balance & Movement 1:00 Movie for Men: 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	26 8:30 Coffee / 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 Lunch: Meatball Stroganoff 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training	27 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch: Pea Soup / Grilled Cheese 12:15 Friends of CTSC 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts	28 Veterans Lunch 28 8:30 Coffee Hour /9:30 Bingo (New Time) 10-11 News & Views 10 NEW Therap Movement /breathing 10:00 Beginner Piano 10:30 Gentiva Blood Pressure Checks 11:30 Lunch: Breaded Alaskan Pollack 12:00 Crafty Hands /12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	29 8:30 Coffee Hour 9:00 Tai Chi 9:30 – 11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch: Beef Stew 12:00 Bridge 2:00 Intermediate Tap