

GRAPEVINE

April 2017

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

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

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

Memory Café

Our first "Our Neighborhood Café" will be on Tuesday, April 11th from 7:00 pm– 8:30 pm with guest speaker Peggy Cahill and our second one will be on Thursday, April 20th from 2:00 pm–3:30 pm with guest speaker Jeanne Bassis. This café will give loved ones/ caregivers/ friends the chance to socialize, have fun and interact with others. There will be snacks and coffee served. The café will occur every third Thursday of the month at the same time. If you are interested, please contact Polly or Jenn to reserve your spot. Everyone is welcome!



SNAP Replacement Benefits

Any low income SNAP households that lose power (for 4 hours or more) or food becomes destroyed due to fire or flooding can request replacement SNAP benefits. The SNAP household must report the loss within 10 days of the food loss, by phone or in writing. If you get cash benefits, you should call your DTA case worker. If you only get SNAP, call the DTA at 1-877-382-2363. You can also mail or fax a written statement of food loss to DTA. Their local address is 160 North Street, Pittsfield, MA 01201 and their fax is 617-887-8765.

Remembering the Titanic

On April 19th at 12:30 PM we will have an interactive presentation with Titanic actress/ historian Denise D. Vanaria. Ms. Vanaria will present the story of the Titanic with true and authentic Titanic & White Star Line artifacts. Pre- 1912 original gramophone records will be played of the songs from the voyage. Special appearance by pianist Olga May Milligan, Producer & Director of Getting to Know You and I love a Piano. Olga will perform several scores from Titanic's songbook including Fascination. Followed by question and answer session with door prizes. This program is being sponsored by Fairview Commons.



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WELCOME BACK!!!

We are happy to have the senior center open again and so very happy to see everyone too. We have missed you all!



We have new flooring in our Library, Bingo & computer rooms, hallway, 3 offices and the front foyer. You should come check it out! Thank you for your patience during the closure of the center.

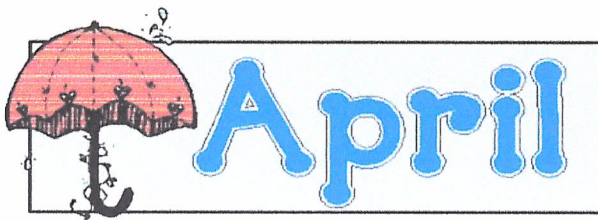
Emergency Closings

Are you interested in getting a call when the senior center closes due to inclement weather or other emergencies? We are going to use the **MySeniorCenter** system to make these calls. For those of you that are interested in receiving this notification, we need to get your information into our system so that we can call you. Even if you are currently in our system, please let us know that you are interested because we need to compile a list. Please stop by and see Polly or Jenn.

It will probably take some time to get this "up and running" so we will let you know once we have completed it. We are hoping to have everyone's information by the end of March.

BREAKFAST IS BACK!!

They will be on the third Tuesday of each month at 8:30 AM starting April 18th. The cost for the breakfast is \$2.00.



Apr. 2 Carol Piontek	Apr. 15 Carolyn Jones
Apr. 3 Jeanne Holcomb	Apr. 15 Marion Whitman
Apr. 5 Amy Rutstein	Apr. 15 Michael Houghlihan
Apr. 6 Michele Gilligan	Apr. 17 Gail Heath
Apr. 6 Lee Miller	Apr. 17 Ann Waldman
Apr. 8 Sandra Houle	Apr. 17 Pat Kinne
Apr. 8 Kathy LaRose	Apr. 20 Barbara Thorpe
Apr. 8 Joe Lockwood	Apr. 20 Karen Smith
Apr. 9 Wilma Darada	Apr. 21 Kathy McGuire
Apr. 9 Margery Kirchner	Apr. 23 Linda McMeekin
Apr. 9 James Harris	Apr. 24 David Rutstein
Apr. 12 Caryl Lennon	Apr. 25 Jane Green
Apr. 13 Mark Errichetto	Apr. 27 Marsha Wilson
Apr. 13 Leon Sarin	Apr. 28 Theresa Matava

HAPPY BIRTHDAY TO ALL!

EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 1:00 PM- Balance and Movement with Misha (chair) (\$3.00)
- 12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

- 10:00 AM- Pilates with Kathi (\$5.00)
- 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

- 9:30 AM- Easy Does it Yoga with Joanne (\$3.00)
- 5:30 PM- Tap Dancing: All Levels (\$5.00)

Thursday:

- 10:00 AM- Therapeutic Movement /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 Harriet (Free)
- 12:45 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)

Lunch & Theater

Our "lunch & theater special" has been rescheduled! Stephen Collins will be performing for us on Wednesday, April 26th. We will have a cookout (hamburgers, hot dogs, potato & macaroni salad, baked beans) at 11:30 am and he will begin his performance at 12:15 pm. His performances are based on themes from the 30's, 40's and 50's. There is a sign up sheet in the dining room. It should be a great time!

The senior center will be closed on Monday, April 17th for Patriot's Day.



Berkshire Traveler's TRAVEL CLUB**Fuel Assistance Extension**

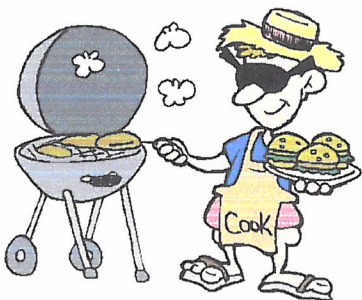
Please know that the Massachusetts Department of Housing and Community Development has extended until May 12, 2017 the last day for households to apply for fuel assistance.

To find out where to apply for fuel assistance, refer to DHCD's "Cold Relief" brochure, available at: <http://www.mass.gov/hed/docs/dhcd/cd/cold/17coldreliefbrochure.pdf>. The brochure lists every city and town in the state, and which agency to apply to depending on where the household lives.

In addition, DHCD has announced that the local fuel assistance agencies can begin making "secondary source" payments, which are payments on electric bills for clients whose heating bills (gas or oil) have already been paid and who still have some benefits remaining. For example, if a household is eligible for \$1,000 in fuel assistance and has received \$800 to pay the oil bills and doesn't need any more oil at the end of the winter, the local agency can pay \$200 on the household's electric bill (the "secondary" source).

As a reminder, households are eligible for fuel assistance not only if they own their own homes, but if they are renters -- including renters whose heat is included in the rent. If heat is included in rent, the fuel assistance program will make payments towards the rent.

If you have any questions this fuel assistance, please feel free to call Berkshire Community Action Council at 413-445 4503.



We will be having a barbeque for lunch on Wednesday, April 26th at 11:30 AM. On the menu will be hamburgers, hot dogs, baked beans, potato salad and macaroni salad. Hope you can come!

FUTURE TRIPS:**Songs of The Grand Ole Opry**

Truck Stop Troubadours and Special Guest Vocalist Vicky St. Pierre will be covering songs from the Golden Age of Country Music Artists at the Log Cabin Banquet Facility in Holyoke on Tuesday, April 18th. It is \$79.00 per person. This includes motor coach transportation, the luncheon (harvest spring chicken & baked scrod with lemon) and the matinee show. The bus departs the Lee Senior Center at 10:15 AM and returns at 4:30 PM. To reserve your spot, call Pat at the Lee Senior Center at 413-243-5545.

Baseball Game

We are taking a trip to Fenway Park for a game on June 25th to watch the Boston Red Sox play the LA Angels. The price for transportation (Yankee Trails) and a ticket is \$99. The details on this trip are on a sheet in the dining room along with the sign up sheet. For further questions please contact Maureen Avery (her number is on the sheet). It's going to be a great trip and we will have lots of fun!

**CHANGE for April calendar:**

The "Women to Women Discussion Group" will be moving to Wednesday's at 1:00 PM starting on April 5th.

Laurel Lake is providing a **FREE** lunch on Thursday, April 13th at the senior center. They will be serving meatloaf, scalloped potatoes, tossed salad, green beans & cheesecake brownies.

Please call the dining room (528-4118) for reservations no later than April 11th.



90's Luncheon

We are going to have a special lunch to celebrate everyone who is in their 90's in May. If you have a family member or friend that you would like us to invite, please let us know.

We would love to have them join us!



Newsletter Delivery

Would you like the monthly newsletter delivered to you via email? We are creating a group contact list for anyone that would like to receive it by email and are looking to have this "up and running" for April's newsletter. If you would like to sign up, please see Polly or Jenn to get on the list. Thank you!

Free Hearing testing and consultation is back for the **first Tuesday** of each month. Starting March 7th 9:00-12:00 audiologist Glenn Datres will be available for appointments. Please call 413-429-4356 to schedule appointments held at the center.

"A Matter of Balance" class

We are slowly approaching the start of the Matter of Balance classes in May. If you would like to reduce your fear of falling and increase your strength and balance, then you should sign up for this class. It will be every Tuesday & Thursday from 2:00 pm-4:00 pm at the center from May 9th to June 1st. There is a total of 8 classes. There is no fee however pre-registration is required because the class size is limited. Please call 413-854-9929 to register.

Interested in playing **Wii** again here at the center?? Let Polly or Jenn know if you are interested. It's a great activity to get us going now that Spring is here and we can have fun with friends at the same time!

Calling All Crafters!

The Friends of the Claire Teague Senior Center will be hosting a Craft Fair in June (date to be determined). Please let Polly or Jenn know if you are interested in participating as a vendor at the fair.

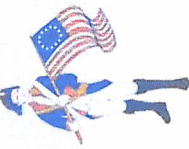
Join us for lunch and a very special musical performance by Bill Shontz during the lunch hour on Tuesday, April 11th. It will start at 11:00 AM and lunch will be served at 11:30 AM. Devonshire will be providing dessert. Bring a friend and stay for Bingo following lunch!

In Memory of Kraig R. Vogt

(August 17, 1941- March 18, 2017)

Celebration of Life on April 7, 2017

Kraig Vogt's family would like to thank SBETC drivers Kevin and Mark for making his days a little brighter.

April 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Salmon Boat 12:15 Movie: Young @ Heart 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap	4 9-12 BARRINGTON AUDIOLOGY By Appt. 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Chicken Ala King 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training	5 9:30 Easy Does it Yoga 11:30 LUNCH- Breakfast for Lunch 12:30 Pitch 1:00 Women to Women Discussion Grp 4:00 Decorative Arts 5:30 Tap Class (all levels)	6 9:30 Vera's Painting Class 10:00 News & Views 10:00 Dominos 10:00 Therapeutic Breathing 11:30 LUNCH- Spanish Rice 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	7 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Tuna Salad 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap
10 9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Cheeseburger 12:30 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group	11 7:00 PM MEMORY CAFÉ 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Beef Burgundy 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training	12 9:30 Easy Does it Yoga 10:30-12:00 BCAC Fuel Assistance 11:30 LUNCH- Shepherd's Pie 12:30 Brown Bag 12:30 Pitch 1:00 Women to Women Discussion Grp 2:00 A.G.E. TRIAD 4:00 Decorative Arts 5:30 Tap Class (all levels)	13 VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views and Dominos 10:00 Therapeutic Breathing 11:30 LUNCH- Meatloaf (by Laurel Lake) 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	14 9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Breaded Baked Pollock 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap
17 SENIOR CENTER CLOSED 	18 8:30 Breakfast (See Flyer) 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Goulash 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training	19 12:30 PM TITANIC PROGRAM 9:30 Easy Does it Yoga 11:30 LUNCH- Turkey (Titanic meal) 12:30 Pitch 1:00 Women to Women Discussion Grp 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30 Tap Class (all levels)	20 2:00 PM MEMORY CAFE 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 11:30 LUNCH- Meatloaf w/ Gravy 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	21 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chicken Marsala 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap
24 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Beef Stew 12:30 Ice Cream and Bingo 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	25 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:15 Computer Class 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training	26 12:15 PM STEPHEN COLLINS 9:30 Easy Does it Yoga 11:30 LUNCH- Cookout (Hamburgers & Hot dogs) 12:30 Pitch 1:00 Women to Women Discussion Grp 1:15 COA Meeting 4:00 Decorative Arts 5:30 Tap Class (all levels)	27 VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Turkey Piccata 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	28 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Hot Dog 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)
* Coffee Hour every day at 8:30 AM*	For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 <i>At least 1 full day in advance</i>		

Elder Services of Berkshire County - Nutrition Program

APRIL 2017

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
3 Salmon Boat Roasted Potatoes Italian Beans Oatmeal Bread Mixed Fruit	4 Chicken Ala King Carrots Brown Rice Rye Bread Fresh Orange	5 <i>Breakfast for Lunch</i>	6 * NEW ITEM* Spanish Rice Spinach VA Corn Oatmeal Bread Pineapple Tidbits	7 Mineshine Soup Tuna Salad Beets Hot Dog Roll Warm Spiced Apples
10 Cheeseburger* Scalloped Potatoes Peas and Mushrooms Hamburg Roll Diced Peas	11 Beef Burgundy Egg Noodles Steamed Cabbage Dinner Roll Apricots	12 <i>Shepherd's Pie</i>	13 <i>Free Lunch!!</i> <i>*Meatloaf, scalloped potatoes, tossed salad, green beans, cheese-cake brownies*</i>	14 GOOD FRIDAY Breaded Baked Pollock Roasted Potatoes Broccoli Rye Bread Diced Peaches
17 PATRIOTS DAY	18 Goulash Winter Blend Beets Italian Bread Apricots Tossed Salad (Cong)	19 <i>Turkey</i>	20 Meatloaf w/Gravy Mashed Potatoes Green Beans Oatmeal Bread Mixed Fruit	21 EARTH DAY Chicken Marsala Mixed Greens Mixed Vegetables 100% Whole Wheat Banana
24 Beef Stew Winter Squash Roasted Potatoes Dinner Roll Fruited Yogurt	25 Macaroni & Cheese Stewed Tomatoes Snap Peas 12 Grain Bread Diced Pear	26 <i>Cookout (Hamburgers & Hot Dogs)</i>	27 Turkey Piccata Brown Rice Pilaf Sweet Potatoes 12 Grain Bread Pineapple Tidbits	28 Hot Dog* Vegetarian Baked Beans Cole Slaw Hot Dog Roll Warm Spiced Applesauce

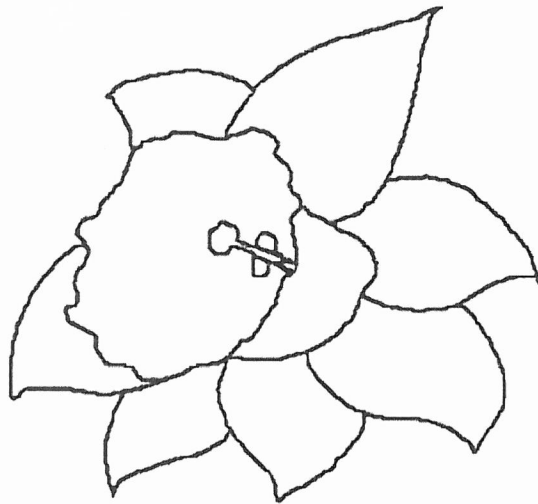
Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

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.

Spring Word Search

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

daffodil
flower
gardening
green
growth
jacket
melting
puddle
rainbow



raindrops
rubberboots
seeds
splash
springtime
sprout
sunshine
tulips
umbrella

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

Name: _____