

# AUGUST 2012 NEWSLETTER

## Monday through Friday On Going Daily Schedule

### **Mondays**

8:30 Coffee Hour

10:00- Awareness Through Movement with Misha

10:30-3:00 SHINE

11:30-Lunch

12:00- Movie "IQ"

1:00 Balance and Movement with Theresa

### **Tuesdays**

8:30- Coffee Hour

9:00 -Bingo

10:00 -AVADA Hearing Aid assistance ( Call Herman for apt 413 442-0184)

11:30-Lunch

12:30- Bingo, Bridge & Cards

### **Wednesdays**

8:30 Coffee Hour

9:30 Easy Does It Yoga with Joanne

9:30- Wii Games ( Beginners)

11:30-Lunch

12:00-3:00 Computer Lab ( call for more details) 528-1881

### **Thursdays**

8:30- Bagels & Coffee ( while supplies last)

9:00-Bingo

9:30-Painting with Vera

10:00-BOCCE

10:30-11:30 Impromptu Writing Class

11:30-Lunch-

12:00 CRAFTY HANDS ( Lobby)

12:30- Poker, Mahjong, Wii Games Rummikub

### **Fridays**

8:30 Coffee Hour

9:00- Tai Chi with Christine

10:00-Chair Exercises with Harriet

11:30 -Lunch

12:30-Bridge (call to reserve a spot for Bridge)

2:00-3:00- Summer Jammin

Adults are always asking little kids what they want to be when they grow up because they are still looking for ideas



( bus leaves Senior Center at 4:30pm \$3.00)

Sign up sheet is in the Dining Room

### **On Going Monthly Events**

#### **Mondays Movie Schedule**



Monday August 6<sup>th</sup> "I.Q"

Monday August 13<sup>th</sup> "Breakfast At Tiffany's"

Monday August the 20 "Trouble in Paradise"

Monday August the 27 " A Christmas Wedding Tail" ( dog's tail)



#### **Out to Lunch Bunch**

Every Second Monday of the Month

Monday August 13<sup>th</sup> the Out To Lunch Bunch will be meeting at Mom's in South Egremont

Sign up Sheet is in the Dining Room



#### **Birthday Luncheon**

Every first Monday of the month celebrate your birthday by joining us for a free lunch.

Make sure you make reservations in advance with the Dining Room

August Luncheon is August 1<sup>st</sup>

#### **Free Berkshire South Community Dinners**

#### **Women with Cancer Support Group**

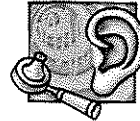
Meetings are held the second and fourth Thursday from 4:00-5:30 pm

#### **Summer Music Jammin**



Every Friday through August from 2:00-3:00

Dust off that old instrument and join us for an hour of fun. All ages welcome



#### **AVADA Hearing Aid Assistance**

Every 1st Tuesday of the month Herman will be at the Senior Center by appointment ( call ahead 413 442-0184)

#### **Blood Pressure Clinic**

The VNA is available by appointment the fourth Thursday of the month.

#### **The Foot Nurse**

Foot Nurse is available by appointment every second Monday and Friday, this month the dates are Friday the 10th and Monday the 13th

#### **Brown Bag**

**Wednesday  
August 8th**



The Brown Bag is a monthly bag of assorted groceries from the Hatfield Food bank.

The Brown Bag distribution is the second Wednesday of the month from 12:00-3:00pm The suggested donation is \$3.00. If you are interested in signing up, please let the staff at the senior center assist you.

### **COA Board Meeting**

COA Board Meeting will be held Wednesday August 29th at 1:00pm.

(Open to Public)

### **Monthly Breakfast**



Tuesday August 21<sup>st</sup> at 8:30AM

The monthly breakfast is held every third Tuesday of the month at 8:30AM

Sign up Sheet is in the Dining Room.

### **Quilting Guild**



The Quilting Guild meets the second Tuesday of each month at 7:00pm.

### **Monthly Raffle**



The Monthly Raffle is the third Wednesday of the month.

**THANK YOU**

The Claire Teague Senior Center would like to thank Fairview Commons for their generous donation of the lovely cake and talented musician Dave Malachino they provided for the July 24<sup>th</sup> cook out. We would also like to thank Fairview Commons for their gift basket they will be donating to us each month at the raffle. Thank You Fairview Commons!!

We would also like to thank Great Barrington Rehab for donating the scratch tickets for the Birthday Luncheon.

To the kitchen volunteers:

How could we do without you, you are the best!! Another thank you goes to the Donut Shoppe, where we get out donuts every Wednesday and to Sue Farnum for picking them up, and also to Price Chopper for the goodies that Ray drops off to us every week.

### **August Informational Presentations**

#### **"Take Care of Your Skin"**

Tammy Flynn from the Wound Care Center will be presenting a topic discussion on how to take care of your skin.

Date: Tuesday August 7<sup>th</sup> at 10:30 in the Computer Room.

### **How To Talk to your Doctor**

Kira Breard of Interim Health Care will be discussing "how to Talk to Your Doctor"

Date: Tuesday August 28<sup>th</sup> at 10:30

### **Tour of Wound Care Center**

Monday August 13<sup>th</sup> we have been invited to take a tour of the New Wound Care Center on Maple Street in Great Barrington. Meet at the Wound Care Center at 12:45

### **A note from our SHINE Counselor Joan Ury**

(SHINE stands for Serving the Health Insurance Needs of the Elderly)

### **Medicare Covers Preventative Services**



Did you know that Medicare covers a growing list of preventative services? This means you can receive these screenings, test, shots and doctor visits without any deductible or charge to your supplemental insurance. The list includes:

1. Welcome to Medicare checkup when you are new to Medicare and once a year after that.
2. Screenings: abdominal aortic aneurysm if you are at risk, bone mass measurements every 24 months, cardiovascular

every 5 years, colon cancer, depression, diabetes, EKG ( one time), HIV mammograms every 12 months, prostate cancer (once a year) and sexually transmitted diseases.

3. Tests for: glaucoma (high risk) , pap tests and pelvic exam (every 12-24 months).
4. Shots for flu, pneumonia, and Hepatitis B.
5. Counseling for alcohol misuse, cardiovascular disease ( once a year), diabetes self-management training, nutrition therapy ( if you have diabetes or kidney disease), obesity, and smoking cessation.

So don't hesitate to contact your doctor if you need any of these services. Remember Ben Franklin's saying that announce of prevention is worth a pound of cure. It's just as true today as it was them!

Need help understanding your Medicare coverage? Does Medicare D ( prescription coverage) have you scratching your head or do you just want to know what your options are for supplemental insurance or advantage plans and what is available in Berkshire County. Whether it is Mass Health, Mass Health reviews, Buy In program, these are all questions many have and more.

Individual SHINE appointments are available at the Claire Teague Senior Center every Monday from 10:30-3:00, please call ahead to make an appointment.