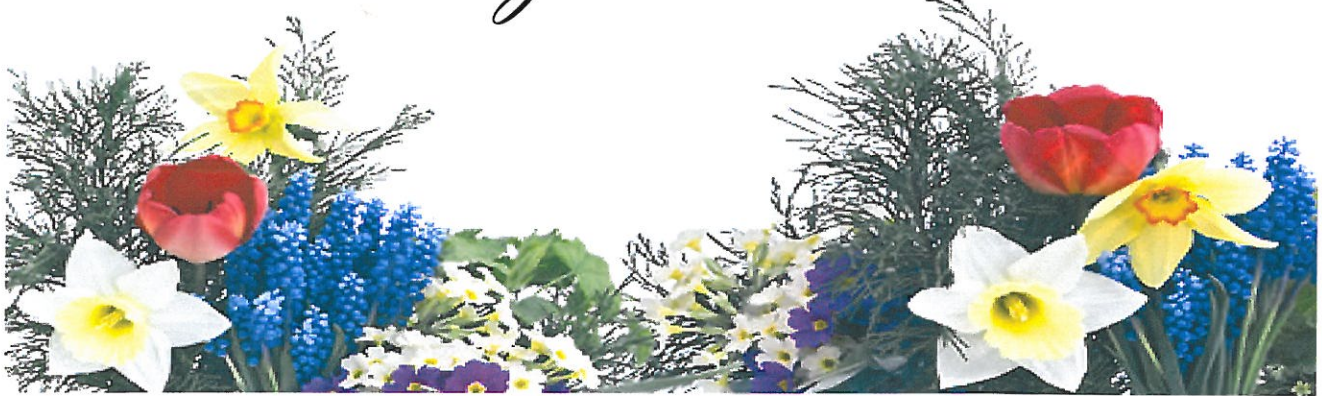


# SENIOR GRAPEVINE

## August 2014



### Claire W. Teague Senior Center

917 South Main Street \* Great Barrington, MA 01230 \* 413-528-1881

Open Monday through Friday (except holidays) \* 8:00 AM to 3:30 PM

Dining Room **528-4118** Transportation **528-4773**

### End of Summer Picnic

Thursday August 21st 11:00-1200

It's the last cook out of the summer, bring a dish to share and we will provide the hamburgers and hot dogs.

Musicians' Sandy and Sandy will be the performers for this fun event.

Please make sure you sign up in the dining room .



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## SPECIAL EVENTS

### MONTHLY MOVIE

#### August Movie

#### Fried Green Tomatoes"



Fried Green Tomatoes is a 1991 comedy-drama film based on the novel Fried Green Tomatoes at the Whistle Stop Cafe by Fannie Flagg. Directed by Jon Avnet.

Jessica Tandy, Kathy Bates and Mary Stuart Masterson.

Monday August 4th 12:00pm

#### FOOD STAMPS AND FUEL ASSISTANCE

**Interested in receiving Food stamps or Fuel Assistance this year?** On Wednesday August 13th from 12:00-2:00, both representatives from Fuel Assistance and SNAP ( Food Stamps) will be at the senior center to assist you with those applications and answer questions about what is needed for an application. The reps will be on hand during the Brown Bag pick up: Speaking of Brown Bag;

It is very important that you pick up your Brown Bags, if you miss three consecutive pick ups they will be remove you from the program according to the Food Bank policy , so make sure you pick them up if you want to remain as a participant.



Pass the word about this great group!

It's back by popular Demand!

Starting September 17th....10:00

News and Views by Leon Sarin

A discussion course that searches for the truth in the tangled opinionated media world. We will meet 10:00-11:00 every Wednesday for 8 weeks, beginning **September 17th**. Here are just some of the topics to be discussed: Propaganda, What is it?

Prejudices: where do they come from? Terms and labels in the media , Influences and pressures on the media. How the media manipulates our fears. Global climate change: fact or fiction? What does the media say? "you are entitled to our own opinion. You are not entitled to your own facts." New York Senator Patrick Moynihan



Brain Game Word for August is Ecology —Joe Lockwood is July winner



Congratulations to Vera Thyberg's Art Class!

Artists, Dean Inglis, Margareta Thaute, Ruth Champigney and Caryl Lennon's art work were selected by the prestigious Housatonic Art League for a showing. Artist Dean Inglis was given a Honorable mention for her work. Vera's class meets Thursdays from 9:30-11:00 at the Claire Teague Senior Center.



Not "old" enough to go to the senior center? Do you enjoy tap dancing? exercise? yoga? Tai Chi,? music,? dining with friends? painting? folk art? bridge,? cards, majhong, crossword puzzles? education sessions? discussion groups,? Movies? computer lessons? book clubs? entertainment, visiting with friends, field trips?? And yes, we have Bingo too :-)) then come join us and enjoy some great company

Claire Teague Senior Center Craft Fair is coming!! Support our senior crafters and artisans and enjoy some great crafts and refreshments.

Mark your calendars and start creating your special craft. **Saturday August 23rd** is the day!.. Booth spaces are free for seniors (over 60) all others are \$15.00. a space. First come first serve. Call 528-1881 for booth reservations. Proceeds to go to the Friends of the Claire Teague Senior Center. Please make your reservations by August 8th.



REWARD FOR LOST CELL PHONE IN THE LADIES BATHROOM..See Polly for info

See Polly if you are interested in a used lift chair, dark red in nice condition....

### UPCOMING TRIPS

Friday August 1st 10:00-1:00 Hancock Shaker Village 8 seats available on van picnic to follow

Friday August 29th Norman Rockwell 10:00-12:00—car pooling

Thursday September 11th Mac Haydn Theatre "The All Night Strut" Van

## SPECIAL EVENTS

Mary Ann Carter 8/3

Sandra Sokul 8/7

Barbara Chamberlin 8/9

Doris Race 8/13

Bette Ann Stalker 8/17

Ruth Champigney 8/16

Cora Roraback 8/18

Geri Stefanacci 8/20

Dorothy Capassee 8/21

Gloria Yanez 8/21

Steve Matava 8/23

Wes Carr 8/28

Gloria Anthony 8/28

Marie Kirchner 8/31

Wednesday August 6th is Birthday lunch free to all August birthday participants.



### Beginner Bridge

Fridays at 12:00. All beginners and those that need a refresher in playing bridge are welcome to attend.



## Many Thanks!

*Thank you to Amy and David Rutstein for sponsoring our trip to the MacHyden Theatre. Thank our board members for all they do for the senior center.*

*Alan Buckes, Barbara Bailey, Richard Needleman, Amy Rutstein, David Rutstein, Michele Gilligan and Eileen Gaarn.*

*Thanks go to the Egremont Garden Club for the beautiful flowers for our dining room.*

David and Amy Rutstein donated a wonderful digital piano to the senior center. **Tuesday August 19th** at 11:15 you will have the opportunity to hear Fay Diamond's talented granddaughter, Rebecca Smyth perform for us on the new piano.





## SPECIAL EVENTS

**Mark Your Calendars!!**

**IT'S A HOE DOWN!!**

**( Sponsored by the Great Barrington Police Association)**

Saturday September 20th 2:00  
-4:00pm

Come join us for two hours of  
fun, food , dancing and music.

Sway or stomp to Cliff Broder  
's country western band, hot  
dogs, burgers, chili...more de-  
tails to follow in the Septem-  
ber news- letter



Free Friday Trip to Norman Rockwell

Friday August 29th meet at the muse-  
um at 10:00, lunch at Pleasant and  
Main to follow.

Cost of trip is your lunch. Please speci-  
fy if you want to be a driver. The fee  
to the museum has been waived that  
day.

**Monday  
Bingo and  
Ice Cream  
Social**



**Great Barrington Rehab will be  
calling Bingo Monday August  
25th at 12:15**

Invite your friends  
for this fun event,  
ice cream and lots  
of toppings!!



Steve Strommer's Genealogy  
Class will resume in September.

### **BOOK CLUB**

Senior Center Library

The Book Club will re-  
view " Orphan Train" on  
August 25th 10:00-12:00

Author: Christina Baker Kline-The  
The author knits together the past  
and the present.



## SENIOR MOMENTS

AARP will resume Monday September 8th with a covered dish. If you are interested in joining the AARP club, please see Grace Zbell for membership information. Everyone is invited to attend their meetings. This is a fun and informative groups so bring a friend!!

Out To Lunch Bunch will be held Monday August 11th 11:30 at the East

- August Walk
- Wednesday August 6th, at 10:00 am, meet at St Peter's Elmwood Cemetery for a morning walk. Lunch at 518 or Mc Donald's following the walk

### *Bruce's Gardening Tips*

~ Bruce

*You have done a good job. After planning the garlic last October and harvesting the crop at the end of July, you wisely will save 3 to 6 of the largest bulbs to replant when this October gets here. Plant the big cloves as you will get bigger bulbs. Eat the small ones.*

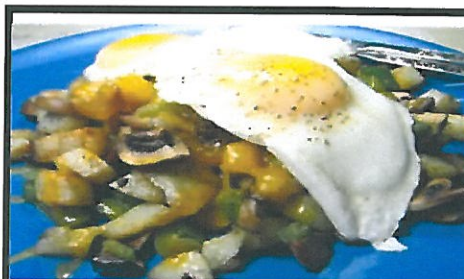
#### *Plant Pals*

*Many gardeners firmly believe in companion planting-the idea that some plants prefer certain kinds of "company" to others. When these plants grow next to each other they seem to grow and taste better. Some plants emit odors that protect others against pests. Garlic deters pests so plant it spaced out in each row. It will discourage aphids, nibbling insects and even snails and slugs. As an added bonus, planting garlic near herbs is said to enhance their essential oils.*

*Avoid planting garlic near peas, potatoes, or legumes, however because these plants do not do well when planted next to garlic.*



~Bruce



Barbara and  
Virginia's  
Breakfast Cafe



Menu:

Breakfast skillet,  
Sign up in dining Room  
Tuesday August 18th



## Interesting

### MY SENIOR CENTER SCAN CARD

If you do not have a scan card to sign in to the My Senior Center computer, please see Polly, it is very important that we keep track of attendance for future grant money. Thank you!!!

NEW!!

There is a new exercise class on Thursdays at 12:30-1:00 This is an energetic work out to music. The cost is \$3.00.



**Free Bone Density Testing!!** Tuesday August 12th from 9:00-1:00 This is a test that require your bare foot and takes only a minute. Please sign up if you plan on attending.



### *Verifications Needed to Apply for SNAP:*

**Proof of Identity:** license or birth certificate

**Social Security Number (SSN)**

**Proof that you live in Massachusetts:** driver's license, or utility bill, or tax forms

**Non-citizen status:** green card or immigration papers (only if you are not a U.S. citizen).

### *Verifications for Income:*

**Earned income:** pay stubs from the last four weeks or a letter from your employer.

**Other income:** proof of Social Security income (statement or bank statement) , pension, workers' compensation, and/or child support.

**Self-employment income:** most recent tax forms or business records for the last three months.

**Rental income:** If you get paid by someone who rents a room or apartment from you, a copy of the lease agreement or statement from your tenant showing the amount of rent paid.

## ONGOING WEEKLY ACTIVITIES

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### EXERCISE & MOVEMENT

**NEW!** Seniors' Cross Fitness—Monday, 9:15 AM

Awareness Through Movement—Monday, 10:00 AM \$3.50

Balance & Movement—Monday, 1:00 PM \$3.00

Strength Training—Tuesday, 4:00 PM

Tap Dancing for Grown-ups—Wednesday, 9:00 AM \$3.00

Tap Dancing 11 Monday, 2:30 PM (**NEW!**)

Easy Does It Yoga—Wednesday, 9:30 AM

Tai Chi—Friday, 9:00 AM

Chair Exercise—Friday, 10:00 AM Free

Pearl's Exercise Class Wed 12:15 \$3.00



### EDUCATIONAL

FREE Health Insurance Counseling (SHINE), Monday  
10:30 to 2:00 (by appointment)

Computer Group Lessons—Friday, 12:15 PM

Genealogy Class returns September

AARP returns second Monday of each month

News and Views beginning Wednesdays in September



### ARTS

*Painting with Vera—Thursday, 9:30 AM*

Crafty Hands—Thursday, 12:00 noon






Decorative Painting with Liz—Wednesday, 4:00 PM \$5.00





## MONTHLY EVENTS

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- ❖ **Grief Support Group** will meet **Monday, August 4-Open to all. 5:30-7:00**
- ❖ **Brown Bag** will be distributed on **Wednesday, August 13th** between **12:30 PM** and **3:00 PM**. **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.** 
- ❖ The **Women's Cancer Support Group** will meet **Thursday, August 14th** and **Thursday, August 28th 4:00 PM to 5:30 PM**. 
- ❖ **Veterans' Lunches** will be on **Thursday, August 14th** and **Thursday, August 28th** at **11:30 AM**. **Lunch is free for veterans.**
- ❖ **Caregivers' Support Group** will meet on **Wednesday, August 20th** from **1:00 PM to 2:30 PM**.
- ❖ **Blood Pressure Clinic** will be on **Thursday, August 28th** from **12:00 noon to 1:30 PM**. 
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, August 27th** at **1:15PM**.
- ❖ **AVADA Hearing** will be on site **Tuesday, August 5th** by appointment. 
- ❖ **Foot Nurse: Monday, August 11th** and **Friday, August 8th** from **9:00 AM** to **1:30 PM** by appointment. **Cost \$35.00.**
- ❖ **Quilting Guild** will meet on **Tuesday, August 12th** at **7:00 PM**.
- ❖ **Out -to-Lunch Bunch Monday August 11th** at **11:30 AM**.
- ❖ This month's **TRIAD** meeting will be on **Wednesday, August 13th** at **2:00 PM**. 

Friday August 29th Norman Rockwell Museum Trip

Book Club Monday August 25th 12:00-1:00

Monthly Movie Monday August 4th 12:00-200

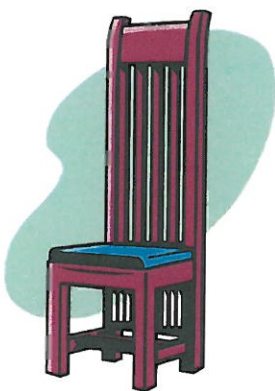
Great Time to be had at Hancock Shaker Village, here is a bit of history to read before our trip

Society of Believers in Christ's Second Appearing and soon became known as Shakers because of the trembling, whirling, and shaking that affected them during their spiritually ecstatic worship services. As Millennialists, they believed that Christ's second coming was realized in their leader, Ann Lee, whom they called Mother Ann. Misunderstood and persecuted in their native England, the Shakers nonetheless gathered a small group of enthusiastic followers to their new Christian lifestyle and beliefs.

In 1774, Mother Ann Lee made the monumental decision to lead eight Shaker converts on a journey to America, seeking the freedom to live, work, and worship according to their main religious tenets: celibacy, communal life, and confession of sin. The Shakers also believed in racial and gender equality, simplicity, and pacifism. They dedicated their lives to creating a working Heaven on Earth amidst the boundless opportunities presented by settlement of the New World.

The small group of Shaker converts left England on the ship *Mariah* and arrived in New York harbor in 1774. Ann Lee and her eight Shaker followers soon purchased land and settled near Watervliet, New York, a frontier wilderness northwest of Albany. While establishing a place to live in communal brotherhood and sisterhood at Watervliet (and also at nearby New Lebanon, New York), Mother Ann embarked on a series of missionary journeys throughout New York and New England, gathering many converts to this new Christian movement.

Mother Ann passed away in 1784, and her James Whittaker, assumed the leadership of the fledgling society. After Father James' death in 1787, Elder Joseph Meacham succeeded as the first American-born leader. Elder Joseph soon appointed another American-born convert, Mother Lucy Wright, as his co-leader, and together they worked to gather the scattered groups of Brethren and Sisters into an expanding network of communal villages of Believers. Hancock was the third of what would eventually number nineteen major Shaker communities established between 1783 and 1836 in New York, New England, Kentucky, Ohio and Indiana.



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The Shaker population reached its peak in the mid-19th century, with an estimated 4,000 to 5,000 Shakers; more than 300 lived at Hancock. Today, the Shaker community remains active at Sabbathday Lake in Maine.

The Shakers are one of the most intriguing social and religious movements in American history. They are also one of the longest lived, and are considered by many to be the most successful of the hundreds of communal groups and utopian societies that have flourished in this country since before the Revolutionary War. As the Shakers grew in influence and in numbers in the 19th century, they challenged the existing social and religious structure and economic order of the new nation. Eventually developing an alternative lifestyle based on their religious beliefs, the Shakers have made important contributions to American culture including art, science, architecture, craftsmanship, business, music, education, government, medicine, agriculture, and commerce.



# Just 2014 Portion Control 7/22/2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Veal & Peppers 1 Brown Rice 1/2c Mixed Summer Squash 1/2c Multigrain Bread 1 Orange 1
5 Lasagna 8oz Spinach 1/2c in Green Beans 1/2c Whole Wheat Bread 1 Mixed Fruit 1/2c	6 Baked Chicken Breast 1 Wild Rice Blend 1/2c Sugar Snap Peas 1/2c Oatmeal Bread 1 Pineapple 1/2c	7 Tuna Salad 4oz Pasta Salad 1/2c Coleslaw 1/2c Hot Dog Roll 1 *Smoothie 1	8 Roast Pork w/ Gravy 3oz New Red Potatoes 1/2c Mixed Vegetables 1/2c Dinner Roll 1 Banana 1 Tossed Green Salad (Cong.)	15 Chicken & Asparagus 1 Herbed Potatoes 1/2c Spinach 1/2c Rye Bread 1 Mixed Fruit 1/2c
12 atballs w/ Sauce 3 piral Noodles 1/2c Broccoli 1/2c Multigrain Bread 1 Pears 1/2c	13 Barbecue Pork 1 Sweet Potatoes 1/2c Mexican Corn 1/2c Rye Bread 1 Pineapple 1/2c	14 Roast Turkey 3oz Garlic Mashed Potatoes 1/2c Butternut Squash 1/2c Oatmeal Bread 1 Apple 1	15 Chef's Salad 8oz Potato Salad 1/2c Tossed Green Salad 1/2c 100% Whole Wheat Bread 1 *Chocolate Pudding w/ Topping 1/2c	22 Macaroni & Cheese 8oz Green Beans 1/2c Stewed Tomatoes 1/2c Oatmeal Bread 1 Banana 1
19 epherd's Pie 6oz ished Potatoes 1/2c Carrots 1/2c Whole Wheat Bread 1 Applesauce 1/2c	20 **Ham Salad 4oz Carrot Raisin Salad 1/2c Tossed Salad 1/2c Hamburger Roll 1 Orange 1	21 Baked Fish 1 Boiled Potatoes 1/2c Peas & Mushrooms 1/2c Multigrain Bread 1 *Fruited Gelatin w/ Topping 1/2c Tossed Green Salad (Cong.)	22 Chicken Cacciatore 6oz Egg Noodles 1/2c Spinach 1/2c Rye Bread 1 Mixed Fruit 1/2c	29 **Hot Dog 1 Sauerkraut 1/2c Baked Beans 1/2c Hot Dog Roll 1 Watermelon 1/2c
26 Jury Steak w/ Gravy 1 ished Potatoes 1/2c gar Snap Peas 1/2c Rye Bread 1 Peaches 1/2c	27 Goulash 8oz Mixed Greens 1/2c Wax Beans 1/2c Italian Bread 1 Plums 1/2c	28 Grilled Chicken Breast 1 Rice & Black Beans 1/2c Broccoli 1/2c 100% Whole Wheat Bread 1 Applesauce 1/2c	29 Meatloaf w/ Gravy 5oz Herbed Potatoes 1/2c Beets 1/2c Oatmeal Bread 1 *Smoothie 1	

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

be home when your meal is delivered  
CALL YOUR DRIVER OR CALL 1-800-981-5201

ns are returned to the community toward the cost of nutrition programs and services.