



# GRAPEVINE

## June 2019



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

*Polly Mann Salenovich, Director ... Jennifer Messina, Assistant Director*

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

**Center:** 413-528-1881

**Dining Room:** 413-528-4118

[www.townofgb.org](http://www.townofgb.org)

## **TAPFEST— Sat., June 8th**

Our 4th Annual Tapfest is back again!! It will take place on Saturday, June 8th from 11:30 am to 1:00 pm at the senior center. Come watch the adult dance students of **Carolyn Calandro** perform. It will also feature some of our very own local musicians including duets and ensembles.



Finger foods and refreshments will begin at 11:30 am. There will be a guest performance by recording artist Jeannie Romeo. This **FREE** event is not to be missed! If you would like to attend, please call the center or sign up on the sheet in the dining room.



## **Music & FREE Lunch— Tues. June 11th**

Great Barrington Health Care will provide us with a **FREE** lunch on Tuesday, June 11. On the menu will be announced at a later date. We will also have a special musical guest, Duane Carlson, to perform from 11:00-12:00. If you would like to attend this event, please sign up on the sheet in the dining room or call the center.



## **"The Rockin' Robin"— Tues. June 4th**

Does anyone remember Rockin' Robin Dave?? It's been a while since he has performed at the senior center but he is coming back for another performance. He will be at the center on Tuesday, June 4th from 11:00-12:00. He performs some of the greatest musical hits of the 50's, 60's & 70's. If you would to attend, a sign up sheet is in the dining room. If you would to attend the lunch as well, please make a reservation a day in advance by calling 528-4118.

## **INSIDE THIS ISSUE...**

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## **"Memories & Music" w/ Oren—June 25th , 1:00 pm**

Come join Oren Rosenthal, a music therapist & community musician who has been doing music with people for over 30 years. He plays fiddle, guitar, and accordion and his greatest joy is helping people experience the satisfaction of making music. He does lots of standard and singalong type songs that most of you know, but he also has success teaching seniors some more contemporary songs they don't know. You don't have to be a singer to enjoy these groups. The event is free & open to all. A sign up sheet for this event is in the dining room.



## EXERCISE CLASSES

### MONDAY:

- 9:15 AM- Cross Training with Misha (\$3.50)  
 10:30 AM- Awareness Through Movement with Misha (floor) (\$3.50)  
 12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)  
 2:00 PM- Intermediate Tap Dancing w/ Carolyn (\$5.00)

### TUESDAY:

- 9:30 AM- Move & Groove (\$3.00) w/ Dee Foster  
 9:45 AM- Pilates for Osteoporosis Prevention with Kathi (\$5.00) *\*Challenging Class\**  
 3:30 PM- Strength Training with Christine (\$3.00)

### WEDNESDAY:

- 9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

### THURSDAY:

- 9:30 AM- Move & Groove (\$3.00) w/ Dee Foster  
 10:00 AM- Therapeutic Movement Exercise/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 Ann (Free)  
 12:45 PM- Beginners Tap Dancing (\$5.00)  
 2:00 PM- Intermediate Tap Dancing (\$5.00)

## ART CLASSES

Did you know that the senior center offers a couple of different art classes on a weekly basis?? We have different levels and styles of classes to suit most everyone's needs. Below is the class information. Feel free to stop in to one of the classes & see what they're all about.

**Wednesday at 12:30 pm "Painting w/ Margaret"**

**Wednesday at 3:00 pm "Decorative Arts"**

**Thursday at 9:30 am "Vera's Painting Class"**

**Thursday at 1:00 pm "Art Class w/ Eunice"**

\*If you have any further questions, please call the center at 528-1881\*

## "FREE Fun Friday's"

The 2019 schedule is out and below is a list of FREE events for all ages on Friday's throughout the summer in Berkshire County.

**June 28:** Norman Rockwell Museum & The Mount: Edith Wharton's Home

**July 5:** Jacob's Pillow

**July 12:** Chesterwood  
 Mahaiwe Performing Arts Center

**July 26:** Ventfort Hall Mansion & Gilded Age Museum

**August 2:** Boston Symphony Orchestra at Tanglewood & Naumkeag

**August 9:** Hancock Shaker Village

**August 16:** Berkshire Theatre Group

**August 23:** Berkshire Museum

**August 30:** MASS MoCA

For questions about the program or to get a full listing of events throughout Massachusetts, call 617-969-8900 or visit their website at: [www.highlandstreet.org/programs/free-fun-fridays](http://www.highlandstreet.org/programs/free-fun-fridays). The full list is also posted at the Senior Center on the bulletin board.



## HAPPY BIRTHDAY!!

|                         |                              |
|-------------------------|------------------------------|
| June 3 Catherine Gray   | June 16 Gertrude Michelson   |
| June 6 Joan Freitas     | June 17 Sally Haver          |
| June 8 Carolyn Calandro | June 18 Harold French        |
| June 9 Sue Farnum       | June 18 Elaine Tenney        |
| June 9 June Hastedt     | June 20 Barbara Wells        |
| June 10 Louis Todd      | June 26 Pat LaBagh           |
| June 12 Margaret McGraw | June 26 Stanley Debkowski    |
| June 13 June Bozek      | June 28 Edith Leveille       |
| June 15 Eileen Czaja    | June 29 Laurie Hils          |
| June 16 Laraine Lippe   | June 30 Elisabeth Pizzichemi |



We would like to thank our wonderful State Representative Smitty Pignatelli for securing an Earmark of \$50,000 for the Claire Teague Senior Center. We were able to fund all of the projects mentioned below and then some:

- \*Acoustic paneling & sound system
- \*Shades in the dining room, Kitchen updates (new appliances, carts, kitchenware)
- \*New air conditioning in the dining room
  - \*Landscaping
  - \*ADA picnic tables
- \*Outreach which includes a new website and monthly newsletters.

Please come join us at the center to see all of the new improvements!!

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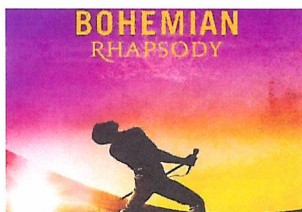
### Computer & Genealogy Classes

Starting in June our computer classes are moving to Monday's from 12:00-2:00 pm. These sessions are half an hour and offered every week. We also have genealogy class on Friday's from 12:30-3:30 pm with sessions lasting for an hour. Both classes are FREE and open to all. Please see Polly or Jenn to sign up.

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### Friday Movie

This month's movie will be "Bohemian Rhapsody". It was released in 2018 and is a biographical film about Freddie Mercury, lead singer of the British rock band Queen. It follows the singer's life from just before he joins the band in 1970 to their 1985 Live Aid performance at the original Wembley Stadium in London. The movie will show on June 21st at 12:15 pm. A sign up sheet is in the dining room.



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This month's **FREE** lunch from Great Barrington Health Care will be on Tues., June 11 at 11:30 am. The menu will be announced at a later date. A sign up sheet for this lunch is in the dining room.

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**Join Laurie Hils, the Veteran's Agent, for the FREE lunches on the 1st & 3rd Thursday's of the month for Veteran's and their spouses.**

### Food Pantry in Great Barrington

The Food Bank of Western Massachusetts Mobile Food Bank that occurs at CHP is changing the distribution time beginning in June. It will still be the 1st Tuesday of every month however the new time is **11:00 am–12:00 pm**. If you have any further questions, please call CHP at 413-247-9738 x121.

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### Orthotic Brace Scam

Protect yourself against deceptive marketing that occurs especially from the ongoing national orthotic brace scam. The following have been suggested by the MA Senior Medicare Patrol Program to help protect you from being part of it:

- \* Don't provide your Medicare Unique ID or Social Security # to anyone except trusted medical providers.
- \* Medicare & Social Security will NOT call you and ask for personal information.
- \* Hang up if anyone calls offering you free products or claiming to be from Medicare to obtain information.
- \* Don't reply to any postcards you receive in the mail offering free braces, creams, pain medication or other products (Remember, nothing is FREE).
- \* Do not respond to deceptive TV ads.
- \* Do not accept or open any packages you did not order.

Contact the **MA Senior Medicare Patrol Program** (1-800-892-0890) to report such scams, deceptive calls, receipt of items you did not order & any other suspicious activities.

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### **THANK YOU!!!!**

We would like to give a special *THANK YOU* to our kitchen volunteers who work very hard to make our events a success, I could not do it without them. Our volunteers show up for big and small events, rain or shine. We would especially like to thank them for our recent Health and Safety Fair. Bob Avery grilled over 70 hamburgers and hot dogs while Maureen Avery, Anna Beining, Barbara Bailly and Susan Morris helped in the kitchen.

Also, many thanks to Great Barrington Healthcare for all of their delicious meals they provide us with every month. Their generosity is very much appreciated!



| June 2019   |  |   |   |  |
|---|--|---|---|--|
| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
| 3<br>9:15 Cross Training<br>10:00 Acupuncture<br>10:30 Awareness through Movement<br><b>11:30 LUNCH- Veal w/ Peppers &amp; Onion</b><br><b>12:00-2:00 Computer Class by Appt.</b><br>12:45 Beginner Tap<br>2:00 Intermediate Tap<br><b>WELCOME NEW TOWN MANAGER</b> | 4<br><b>11:00-12:00 ROCKIN' ROBIN</b><br>9:00 SHINE (by Appt.)<br>9:30 Move & Groove<br>9:45 Pilates for Osteoporosis Prevention<br>10:00 Crossword<br>11:00 Therapy Dog Cara<br><b>11:30 LUNCH- Swedish Meatballs</b><br>12:00 Bridge<br><b>12:30 BINGO &amp; PIZZA</b><br>3:30 Strength Training                                       | 5<br>9:30 Easy Does it Yoga<br><b>11:30 LUNCH- Greek Style Chicken Stew</b><br>12:00 Pitch<br>12:30 Painting with Margaret<br>1:00 MELT Pain Workshop<br>3:00 Decorative Arts<br>6:00 Canine Good Citizens Training   | 6<br>9:30 Vera's Painting Class<br>9:30 Move & Groove<br>10:00 Therapeutic Breathing Exercise<br>10:30 News & Views<br><del>11:00 Therapy Dog Dixie</del><br><b>11:30 LUNCH-Colby Jack Cheese Omelet</b><br>1:00 Art Class- Eunice Agar<br>4:00 Misha's Advanced Exercise   | 7<br>9:00 Tai Chi<br>10:00 Ann's Chair Exercise<br><b>11:30 LUNCH- Beef Stew</b><br><b>12:30 KNITTING LESSONS</b><br>12:30-3:30 Genealogy by Appt.<br>12:45 Beginner Tap<br>2:00 Intermediate Tap<br><b>TAPFEST Saturday, June 8<sup>th</sup></b><br><b>11:30-1:00</b>       |
| 10<br><b>9:00-2:00 Foot Nurse by Appt.</b><br>9:15 Cross Training<br>10:30 Awareness through Movement<br><b>11:30 LUNCH- Oriental Beef Casserole</b><br><b>12:00-2:00 Computer Class by Appt.</b><br>12:45 Beginner Tap<br>2:00 Intermediate Tap                    | 11<br><b>GB HEALTHCARE FREE LUNCH</b><br>9:00 SHINE (by Appt.)<br>9:30 Move & Groove<br>9:45 Pilates for Osteoporosis Prevention<br>10:00 Crossword<br><b>11:00-12:00 MUSIC BY DUANE CARLSON</b><br>11:00 Therapy Dog Cara<br><b>11:30 LUNCH- To Be Determined</b><br>12:00 Bridge<br>12:30 Bingo<br>3:30 Strength Training              | 12<br>9:30 Easy Does it Yoga<br><b>11:30 LUNCH- Macaroni &amp; Cheese</b><br>12:00 Pitch<br><b>12:30 Brown Bag</b><br>12:30 Painting with Margaret<br>1:00 MELT Pain Workshop<br>1:15 COA Meeting<br>3:00 Decorative Arts<br>6:00 Canine Good Citizens Training | 13<br><b>FATHER'S DAY LUNCH</b><br>9:30 Vera's Painting Class<br>9:30 Move & Groove<br>10:00 Therapeutic Breathing Exercise<br>10:30 News & Views<br><del>11:00 Therapy Dog Dixie</del><br><b>11:30 LUNCH- Chicken Cordon Bleu w/ Gravy</b><br>1:00 Art Class- Eunice Agar<br>4:00 Misha's Advanced Exercise<br>4:00 Women's Cancer Support Group | 14<br>9:00 Tai Chi<br>10:00 Ann's Chair Exercise<br><b>11:30 LUNCH- Shepherd's Pie</b><br><b>12:30 KNITTING LESSONS</b><br>12:30-3:30 Genealogy by Appt.<br>12:45 Beginner Tap<br>2:00 Intermediate Tap  |
| 17<br>9:15 Cross Training<br>10:00 Acupuncture<br>10:30 Awareness through Movement<br><b>11:30 LUNCH- Chicken Almondine</b><br><b>12:00-2:00 Computer Class by Appt.</b><br>12:45 Beginner Tap<br>2:00 Intermediate Tap   | 18<br>9:00 SHINE (by Appt.)<br>9:30 Move & Groove<br>9:45 Pilates for Osteoporosis Prevention<br>10:00 Crossword<br><b>10:30 BLOOD PRESSURE CLINIC</b><br>11:00 Therapy Dog Cara<br><b>11:30 LUNCH- Salisbury Steak with Mushroom Gravy</b><br>12:00 Bridge<br>12:30 Bingo<br>3:30 Strength Training                                     | 19<br>9:30 Easy Does it Yoga<br><b>11:30 LUNCH- Roast Pork w/ Gravy</b><br>12:00 Pitch<br>12:30 Painting with Margaret<br>1:00 MELT Pain Workshop<br>1:00-2:30 Caregiver Support Group<br>3:00 Decorative Arts<br>6:00 Canine Good Citizens Training            | 20<br>9:30 Vera's Painting Class<br>9:30 Move & Groove<br>10:00 Therapeutic Breathing Exercise<br>10:30 News & Views<br><del>11:00 Therapy Dog Dixie</del><br><b>11:30 LUNCH- Hot Dog</b><br>1:00 Art Class- Eunice Agar<br>4:00 Misha's Advanced Exercise  | 21<br>9:00 Tai Chi<br>10:00 Ann's Chair Exercise<br><b>11:30 LUNCH- Vegetable Lasagna Roll Up w/ White Sauce</b><br><b>12:15 MOVIE- "Bohemian Rhapsody"</b><br><b>12:30 KNITTING LESSONS</b><br>12:30-3:30 Genealogy by Appt.<br>12:45 Beginner Tap<br>2:00 Intermediate Tap |
| 24<br>9:15 Cross Training<br>10:30 Awareness through Movement<br><b>11:30 LUNCH- Baked Pollock Loin</b><br><b>12:00- 2:00 Computer Class by Appt.</b><br>12:30 Bingo & Ice Cream<br>12:45 Beginner Tap<br>2:00 Intermediate Tap                                     | 25<br><b>8:30 Breakfast with Barbara</b><br>9:00 SHINE (by Appt.)<br>9:30 Move & Groove<br>9:45 Pilates for Osteoporosis Prevention<br>10:00 Crossword<br>11:00 Therapy Dog Cara<br><b>11:30 LUNCH- Shredded Turkey &amp; Gravy</b><br>12:00 Bridge<br>12:30 Bingo<br><b>1:00 Memories &amp; Music w/ Oren</b><br>3:30 Strength Training | 26<br>9:30 Easy Does it Yoga<br><b>11:30 LUNCH- Meatball Grinder w/ Marinara</b><br>12:00 Pitch<br>12:30 Painting with Margaret<br>1:00 MELT Pain Workshop<br>3:00 Decorative Arts<br>6:00 Canine Good Citizens Training  | 27<br>9:30 Vera's Painting Class<br>9:30 Move & Groove<br>10:00 Therapeutic Breathing Exercise<br>10:30 News & Views<br><del>11:00 Therapy Dog Dixie</del><br><b>11:30 LUNCH- Sweet N Sour Pork</b><br><b>12:00 BLOOD PRESSURE CLINIC</b><br>1:00 Art Class- Eunice Agar<br>4:00 Misha's Advanced Exercise<br>4:00 Women's Cancer Support Group   | 28<br>9:00 Tai Chi<br>10:00 Ann's Chair Exercise<br><b>11:30 LUNCH- Chicken Cacciatore</b><br><b>12:30 KNITTING LESSONS</b><br>12:30-3:30 Genealogy by Appt.<br>12:45 Beginner Tap<br>2:00 Intermediate Tap  |
| <b>For more information<br/>or to schedule<br/>appointments call:<br/><br/>413-528-1881</b>   | <b>Lunch RSVP:<br/>413-528-4118</b><br><br><b>*24 hours in advance*</b>  | <b>Coffee Hour<br/>Every Day<br/>at 8:30 AM</b>   | <b>Veteran's Eat For Free</b><br><br><br><b>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday's</b>   | <b>First Day of Summer:<br/>June 21<sup>st</sup></b><br>  |

# Elder Services of Berkshire County - Nutrition Program

## JUNE 2019

| MONDAY                    |   | TUESDAY                   |   | WEDNESDAY                  |  | THURSDAY                   |  | FRIDAY                    |  |
|---------------------------|---|---------------------------|---|----------------------------|--|----------------------------|--|---------------------------|--|
| <b>3</b>                  | <b>Veal w/Peppers &amp; Onions</b><br>478<br>Mashed Potatoes 97<br>Sliced Carrots 43<br>12 Grain Bread 200<br>Applesauce 14                               | <b>4</b>                  | <b>Swedish Meatballs</b><br>301<br>Steamed Brown Rice 5<br>Broccoli Florets 22<br>Dinner Roll 210<br>Fresh Orange 0                   | <b>5</b>                   | <b>Greek Style Chicken Stew</b><br>391<br>Buttered Noodles 5<br>Green Beans 2<br>Oat Nut Bread 150<br>Fruit Cocktail 10            | <b>6</b>                   | <b>Colby Jack Cheese Omelet</b><br>420<br>Potato Wedges 33<br>Mixed Greens 149<br>Rye Bread 227<br>Peach Crisp 6                         | <b>7</b>                  | <b>Beef Stew</b><br>72<br>Parsley Buttered Potatoes 28<br>Sliced Beets 26<br>100% Whole Wheat Bread 120<br>Strawberry Cup ** 0 |
| Calories: 843 Sodium: 957 |   | Calories: 671 Sodium: 663 |   | Calories: 535 Sodium: 683  |  | Calories: 688 Sodium: 960  |  | Calories: 715 Sodium: 371 |  |
| <b>10</b>                 | <b>Oriental Beef Casserole</b><br>238<br>Steamed Brown Rice 5<br>Oriental Mixed Veggies 9<br>Oat Nut Bread 150<br>Pineapple Tidbits 1<br>Fortune Cookie 5 | <b>11</b>                 | GB Health Care<br><b>FREE LUNCH</b><br>(Menu TBA)   | <b>12</b>                  | <b>Macaroni &amp; Cheese *</b><br>627<br>Stewed Tomatoes 101<br>Peas and Carrots 69<br>100% Whole Wheat Bread 120<br>Diced Pears 5 | <b>13 Father's Day</b>     |  | <b>14</b>                 | <b>Shepherd's Pie</b><br>75<br>Mashed Potatoes 97<br>Green Beans w/Almonds 3<br>Oat Nut Bread 150<br>Banana 1                  |
| Calories: 771 Sodium: 533 |   |                           |   | Calories: 578 Sodium: 1047 |  | Calories: 786 Sodium: 1295 |  | Calories: 787 Sodium: 451 |  |
| <b>17</b>                 | <b>Chicken Almondine</b><br>108<br>Buttered Boiled Potatoes 4<br>Mixed Greens 149<br>100% Whole Wheat Bread 120<br>Fresh Pear 2                           | <b>18</b>                 | <b>Salisbury Steak w/Mushroom Gravy</b><br>208<br>Buttered Noodles 5<br>Brussels Sprouts 5<br>Oat Nut Bread 150<br>Mixed Fruit 10     | <b>19</b>                  | <b>Roast Pork w/Gravy</b><br>146<br>O'Brien Potatoes 7<br>Butternut Squash 2<br>12 Grain Bread 200<br>Mandarin Oranges 6           | <b>20</b>                  | <b>Hot Dog *</b><br>550<br>Vegetarian Baked Beans 140<br>Coleslaw 226<br>Hot Dog Roll 180<br>Apple Cherry Crisp 20<br>Higher Sodium Meal | <b>21</b>                 | <b>Vegetable Lasagna Roll Up *</b><br>507<br>w/White Sauce<br>Cauliflower 9<br>12 Grain Bread 200<br>Warm Fruit Compote 7      |
| Calories: 662 Sodium: 508 |   | Calories: 619 Sodium: 503 |   | Calories: 662 Sodium: 486  |  | Calories: 981 Sodium: 1241 |  | Calories: 677 Sodium: 848 |  |
| <b>24</b>                 | <b>Baked Pollock Loin</b><br>97<br>Scalloped Potatoes 20<br>Peas and Mushrooms 180<br>Dinner Roll 210<br>Apricots 10                                      | <b>25</b>                 | <b>Shredded Turkey &amp; Gravy</b><br>450<br>Mashed Potatoes 97<br>Butternut Squash 2<br>100% Whole Wheat Bread 120<br>Fresh Orange 0 | <b>26</b>                  | <b>Meatball Grinder w/Marinara</b><br>312<br>Roasted Potatoes 6<br>Broccoli Florets 22<br>Sausage Roll 280<br>Fruit Cocktail 10    | <b>27</b>                  | <b>Sweet N Sour Pork</b><br>522<br>Brown Rice 5<br>Sliced Carrots 43<br>12 Grain Bread 200<br>Diced Pears 5                              | <b>28</b>                 | <b>Chicken Cacciatore</b><br>283<br>Buttered Noodles 5<br>Mixed Greens 149<br>Italian Bread 230<br>Applesauce 14               |
| Calories: 568 Sodium: 642 |   | Calories: 590 Sodium: 794 |   | Calories: 687 Sodium: 755  |  | Calories: 664 Sodium: 900  |  | Calories: 641 Sodium: 806 |  |

**Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium**

Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*Higher 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.

Menu subject to change.



## Beach Word Search Puzzle

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

BLANKETS

CHILDREN

COOLER

DOGS

FRISBEE

GOGGLES

LIFEGUARD

OCEAN

PICNIC

RADIO

SAND

SANDALS

SHELLS

SNORKELS

SUNGLASSES

SWIMMING

TIDE

TOWELS

UMBRELLA

UNDERTOW

VOLLEYBALL

WAVES



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

Name: \_\_\_\_\_