



GRAPEVINE

April 2018



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

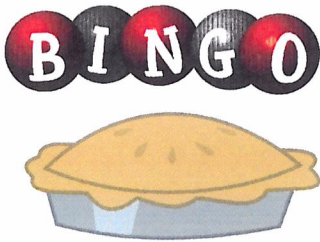
St. Patrick's Day Party in APRIL!!- April 17

We have rescheduled our St. Patrick's Day party at the center to Tuesday, April 17th from 11:00-12:00. GB Health Care will still be providing a FREE LUNCH of corned beef, cabbage and a dessert. Andy Kelly and his Irish band will also perform as well. If you would like to attend the lunch/party, please sign up on the sheet in the dining room or call the center.



BINGO a la Mode- April 7

The Thursday Morning Club & General Federation of Women's Clubs will be sponsoring a Scholarship Fundraiser for students of Monument Mountain and Mount Everett at the center on Saturday, April 7 at 2:00 pm. There will be BINGO and great tasting pies. Donations are \$15.00 per person. This includes the pie, beverage and Bingo cards. If you would like to attend this event, please sign up on the sheet in the dining room.



Special TRIAD Cook Out- April 24

Come to the center on Tuesday, April 24 from 11:00-12:00 to see demonstrations of Defense Tactics by Berkshire County Sheriff's Officers! They will also be teaching self defense moves to anyone attending this event. For lunch that day we will have a cookout (hamburgers, hot dogs, potato salad & baked beans) for a \$2.00 suggested donation. If you are interested in attending, please sign up on the sheet in the dining room.



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Berkshire Center for Craniofacial Pain & Dental Sleep Medicine- April 19

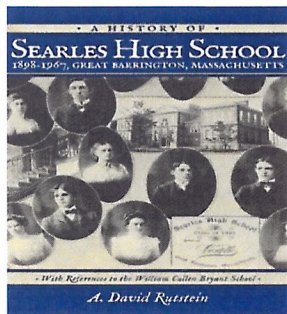
Come hear Dr. Frederic Hyman speak about the services he provides at his office in Great Barrington for treatment of TMJ pain, headaches, neck pain, face pain, snoring and sleep apnea. He will be at the center on April 19 at 1:00 pm. If you would like to attend this very informative session, please sign up on the sheet in the dining room or call the center.



GB Historical Society Program— April 18

"School Days in Great Barrington"

Guest speaker David Rutstein will take a look back at the history of Searles High School and the Great Barrington Historical Society will also give their Annual Report. This event will take place at 7:00 pm at the senior center. David will also be signing copies of his new book, *"A History of Searles High School"*. This event is free and open to the public. If you would like to attend, please sign up at the center.



Berkshire Birds Program

Join Great Barrington Land Conservancy birders, Sharon Siter and Christine Ward, on Wednesday, May 2nd at 5:00 PM at the senior center to warm up your birding skills. They will present a Birding ID Program that will include slides of common and rarer birds to be seen in Berkshire County, both at your feeder and in the fields. Information on birding resources and guided birding walks will also be provided. They will also provide information on other GB Land Conservancy resources for seniors including easy walks and guided walks.

The program is free & open to the public. To register for this event, please sign up at the center on the sheet in the dining room. Happy birding!!

EXERCISE CLASSES

Monday:

9:15 AM- Cross Training with Misha (\$3.50)
 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
 12:30 PM- Moving Mind Body & Spirit Towards Greater Health with Thea (\$3.00)
 1:00 PM- Beginners Tap Dancing with Carolyn (\$5.00)
 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

9:45 AM- Pilates for Osteoporosis Prevention with Kathi (\$3.00) **Challenging Class**
 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

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

Thursday:

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)
 1:00 PM- Beginners Tap Dancing (\$5.00)
 2:00 PM- Intermediate Tap Dancing (\$5.00)

HAPPY BIRTHDAY!!

Apr. 2 Carol Piontek	Apr. 15 Marion Whitman
Apr. 3 Jeanne Holcomb	Apr. 15 Michael Houghlihan
Apr. 5 Amy Rutstein	Apr. 17 Gail Heath
Apr. 6 Michele Gilligan	Apr. 17 Ann Waldman
Apr. 6 Lee Miller	Apr. 17 Pat Kinne
Apr. 8 Sandra Houle	Apr. 18 Harvey Kaminoff
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. 22 Linda McMeekin
Apr. 9 James Harris	Apr. 24 David Rutstein
Apr. 10 Marlene Soudant	Apr. 25 Jane Green
Apr. 12 Caryl Lennon	Apr. 27 Marsha Wilson
Apr. 13 Mark Errichetto	Apr. 28 Theresa Matava
Apr. 15 Carolyn Jones	

“TRIPS”

Come check out our trips bulletin board in the main hallway. We are planning the following:



*Day trip to Salem, MA to sight-see, shop & eat– **FALL 2018**

Hildene, Lunch & Shopping– Friday, June 1st

Leaving the senior center in Great Barrington for Manchester VT at 8:00 AM. Only 12 seats available on the van. \$20 per person includes admission to Robert & Mary Lincoln's home, gardens, Hildene Farm, Pullman car Sunbeam, Dene Farm (goat farm) and walking trails. Price does NOT include lunch. Followed by lunch at the Ye Olde Tavern with time to shop afterwards at the Manchester Designer Shops. Trip is currently **FULL** but you can put your name on a waitlist in case of a cancellation. Sign up sheet is located on the Trips bulletin board.

Day Cruise on the Erie Canal– Monday, June 25th

Come along for a trip to cruise the Erie Canal. The bus will depart the senior center at 7:30 AM. Breakfast will be at 9:00 at the Cracker Barrel. At 1:00 you will board the Erie Canal Cruise boat and ride along for a scenic trip. The thrill of this voyage is being raised and lowered over 20 feet in an Erie Canal lock! You will arrive back in Great Barrington at 5:30 PM. The cost is \$25 per person and does NOT include breakfast or tip. This trip is currently **FULL** but you can put your name on the waitlist in case of a cancellation. **If you are currently signed up for this trip, please call us to confirm you still want to go & to leave us a call back phone number for yourself.** The trip information is on the Trips bulletin board.



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 and see what they're all about.

Wednesday at 4:00 pm “Decorative Arts”

Thursday at 9:30 am “Vera’s Painting Class”

Thursday at 1:00 pm “Art Class with Eunice Agar”



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

First Friday’s Artswalk

Our very own artists from Vera’s Thursday morning painting class will be participating in Pittsfield Art Walk on April 6th. Enjoy over a dozen different art shows featuring work by over a dozen accomplished regional artists in Pittsfield’s bustling Upstreet Cultural District during the First Fridays Artswalk on April 6th & all month long. In most venues, artists will be present from 5-8 pm. Free guided tour begins at 5 pm at Intermodal Center @ BRTA, 1 Columbus Avenue, Pittsfield.

The senior center will be closed on
Monday, April 16th
in observance of Patriot’s Day.
Have a great long weekend!

The Third Thursday Breakfast is starting again on April 17th at 8:30 AM.
It is \$2.00 per person.
The sign up sheet is in the dining room.

April 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Breakfast Taco w/ Egg & Turkey Sausage 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap	3 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken Puttanesca 12:00 Bridge 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	4 9:30 Easy Does it Yoga 11:30 LUNCH- Beef Cabbage Casserole 12:30 Pitch 4:00 Decorative Arts	5 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Pepper Steak 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	6 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Turkey w/ Gravy 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap *BINGO a la MODE* Saturday, April 7 2:00 pm
9 9:00 -12:00 Foot Nurse by Appt. 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Italian Meatballs 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	10 11:00 MUSIC BY DOUG SCHMOLZE 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH-Salmon w/ Newburg Sauce 12:00 Bridge 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	11 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken & Broccoli Pasta 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts	12 Veterans Eat For Free Today 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:15-2:00 HEALTH NEW ENGLAND 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH-Roast Pork w/ Apricot Glaze 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	13 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Ala King 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
16 SENIOR CENTER CLOSED 	17 11:00 ST. PATRICK'S DAY PARTY 8:30 Breakfast (See Flyer) 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 VNA BLOOD PRESSURE CLINIC 11:00 MUSIC BY ANDY KELLY IRISH BAND 11:00 Therapy Dog Visit 11:30 LUNCH- Corned Beef & Cabbage 12:00 Bridge 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	18 9:30 Easy Does it Yoga 11:30 LUNCH- Tuna Salad Roll 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training 7:00 HISTORICAL SOCIETY PROGRAM	19 1:00 DR. HYMAN PRESENTATION 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Sage Stuffed Chicken w/ Gravy 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	20 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Spanish Rice w/ Beef 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
23 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Veal w/ Peppers & Onion 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	24 11:00 TRIAD EVENT/COOKOUT 9:45 Pilates for Osteoporosis Prevention 10:00 A.G.E. TRIAD 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Hamburgers & Hot Dogs 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	25 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken w/ Hawaiian Sauce 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts	26 11:00 MUSIC BY WILLIE NINIGER Veterans Eat For Free Today 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:30 VNA BLOOD PRESSURE CLINIC 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Sloppy Joe 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	27 12:00 BIRD PROGRAM 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts – Four Brothers
30 11:00 MUSIC BY BILL SHONTZ 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- BBQ Bone in Chicken 12:30 Ice Cream & Bingo 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap		For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*	*Coffee Hour Every Day  at 8:30 AM*

Elder Services of Berkshire County - Nutrition Program

APRIL 2018

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
2 Breakfast Taco w/ Egg and Turkey Sausage Latino Black Beans & Rice Zucchini & Squash Blend Salsa Applesauce	3 Chicken Puttanesca Mashed Potatoes Carrots 100% Whole Wheat Bread Diced Peaches	4 Beef Cabbage Casserole Green Beans w/Mushrooms Beets Rye Bread Apricots	5 Pepper Steak Egg Noodles Broccoli Florets Oat Nut Bread Mixed Fruit	6 Roast Turkey w/Gravy Sweet Potatoes Mixed Greens Dinner Roll Chocolate Pudding **
9 Italian Meatballs Penne with Sauce Italian Beans Italian Bread Fruit Cocktail Tossed Salad w/Bread Stick (Congregate)	10 Salmon w/Newberg Sauce Steamed Brown Rice California Blend Vegetables 12 Grain Bread Apricots	11 Chicken & Broccoli Pasta Alfredo Peas and Carrots Rutabaga Oat Nut Bread Diced Pears	12 Roast Pork w/Apricot Glaze Mashed Potatoes Winter Squash 100% Whole Wheat Bread Diced Peaches	13 Chicken Ala King Brown Rice Pilaf Tuscan Blend Vegetables Whole Grain Biscuit Tropical Fruit Mix
16 PATRIOT'S DAY	17 "FREE" Lunch Corned Beef & Cabbage	18 Tuna Salad Roll Tomato Rice Soup French Cut Green Bean Almondine Hot Dog Roll Warm Fruit Compote	19 Sage Stuffed Chicken/Gravy Mashed Sweet Potatoes Harvard Beets Oat Nut Bread Mandarin Oranges/Pineapple	20 Spanish Rice w/Beef Mixed Vegetables Cauliflower w/Pimiento 12 Grain Bread Peaches
23 Veal w/Pepper and Onions Mashed Potatoes California Blend Vegetables 100% Whole Wheat Bread Diced Pears	24 TRIAD Cookout Hamburgers & Hot Dogs	25 Chicken w/Hawaiian Sauce Roasted Potatoes Brussels Sprouts w/Bacon Rye Bread Fresh Orange	26 Sloppy Joe Parslled Potatoes Lyonnaise Carrots Hamburger Bun Apricots Tossed Salad (Congregate)	27 Beef Stroganoff Egg Noodles Winter Squash Wheat Bread Fig Bars **
30 BBQ Bone in Chicken Sweet Potatoes Mixed Greens w/Tomatoes 12 Grain Bread Diced Peaches				

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium
 *High Sodium **Modifications for restricted sugar available

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.

CROCUSES FLOWER WORD-SEARCH PUZZLE



- GOLDEN BUNCH
- SCOTCH CROCUS
- FAIRY CROCUS
- BLUE BIRD CROCUS
- BLUE PEARL
- CHRYSANTHUS
- CREAM BEAUTY
- LADY KILLER
- PRINCESS BEATRIX
- SNOW BUNTING
- RUBY GIANT

- WARLEY
- ZWANENBURG BRONZE
- FIREFLY
- BLUE VIOLET
- VIOLET QUEEN
- HUBERT EDELSTEN
- WHITEWELL PURPLE
- DUTCH CROCUS
- BARR'S PURPLE
- EARLY PERFECTION
- FLOWER RECORD

- JOAN OF ARC
- ALBUS
- CASSIOPE
- ARTABIR
- OXONIAN
- SAFFRON
- REMEMBRANCE
- YELLOW GIANT
- PICKWICK
- VANGUARD
- PETER PAN

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

Name: _____