



GRAPEVINE

April 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



Music by Willie Nininger & FREE Lunch- Tues. April 23

Great Barrington Health Care will be providing the center with another *FREE* lunch on Tuesday, April 23rd. On the menu will be Pulled Pork, Coleslaw and Potato Salad. The lunch will begin at 11:30 am.

On this day we will also have music by Willie Nininger. Willie will perform from 11:15 am-12:15 pm. He has always been a popular performer at the center so stop by to hear him play! If you would like to attend lunch & this musical event, the sign up sheet will be located in the dining room.



Trip to Hildene in Manchester VT

The Lenox Council on Aging has arranged a trip to Hildene on *Thursday, June 6th*. The peonies should be in full bloom so it should be a beautiful site to see! A coach bus will leave the Lenox Community Center at 8:15 am and return around 4:00 pm. The cost is \$60 per person which includes transportation, full admission and a luncheon buffet. Space is limited (32 spots) and it is "first come, first serve". Full payment is due no later than May 20th. Please call the Lenox Council on Aging at 413-637-5530 to reserve your spot or with any further questions.

CONGRATS to Dixie, who has graduated to Therapy Dog!!! Dixie visits us Thursday's at 11:00 am

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"90 and over" Luncheon (Coming in May)

We will have a special luncheon at the center to honor all of our friends that are turning 90 this year and those who are already 90 or older. We will have a special guest singer, **Susan Segall**, performing. Invitations will go out in the mail. We hope to have a wonderful turnout! This event will be in May so look for more details to come...



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 4:00 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

Community Garden

It's that time of year to think about the garden at the center! This year a group of students in cooperation with Berkshire Botanical Garden will be working with us in our community garden and possibly assisting in making us an additional raised bed.

The Claire Teague Community Garden plots are **"first come, first serve"** and one plot per person/family. If we have any plots that have not been reserved, a second plot will be available for those interested. If you are interested in a plot, please let Polly know.

(PLEASE NOTE: The use of herbicides is not allowed and each person is responsible for the maintenance of their plot.)

****Polly will be on vacation
 April 10, 11 & 12****

HAPPY BIRTHDAY!!

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. 16 Judy Hearn
Apr. 6 Lee Miller	Apr. 17 Gail Heath
Apr. 6 Linda Tornicelli	Apr. 17 Ann Waldman
Apr. 8 Sandra Houle	Apr. 17 Pat Kinne
Apr. 8 Kathy LaRose	Apr. 18 Harvey Kaminoff
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

TRIP- Sheffield & Gt. Barrington Sr Centers

We are planning a trip together on Thursday, May 23, 2019. Your choice of Twin Lobsters or Prime Rib of Beef for lunch and entertainment during lunch. **PLUS**, there is also a trip to the casino!!! The price includes transportation on a chartered coach bus. \$20.00 in free slot play, \$10.00 for a food voucher from the casino, lunch & entertainment for **\$84.00** per person. Check made payable to Claire Teague Senior Center by May 7. The bus will depart Sheffield at 9:45 am & Great Barrington at 10:00 am. You can call us or the Sheffield Senior Center to reserve your spot **OR** you can sign up on the sheet in our dining room.



MUSIC CIRCLE– April 12, 12:00 pm

My name is Oren Rosenthal, and I am a music therapist and community musician who has been doing music with people for over 30 years. I play fiddle, guitar, and accordion and my greatest joy is helping people experience the satisfaction of making music. I have done a lot of work with seniors at Councils on Aging, assisted living facilities, and nursing homes in Boston, and I ran a music program for guests and staff at Gould Farm in Monterey for about ten years. I currently work with autistic children and adults in Boston and run a community chorus in Monterey. I also do music with preschoolers and mothers with young children.

What I do in each music session depends on who is there and I try to stay flexible. I play accordion and guitar as accompaniment for singing. I do lots of standards and singalong type songs that most of you know, but I have also had success teaching seniors some more contemporary songs they don't know... and they find they like! I always have a variety of rhythm instrument I use, depending on the song, or if I am playing an instrumental on accordion or fiddle.

I also have a set of professional quality choir chimes, which are like handbells. Each chime is a different note, so a group of people can make melodies together, or even chords. It is a lot of fun. No experience necessary! You don't have to be a singer to enjoy these groups, though many times people who don't consider themselves singers end up singing and enjoying themselves. The event is free & open to the public!

"THREE SENIOR PALS"

Three seniors are out for a stroll.
One of them remarks, "It's windy."
Another replies, "No way. It's Thursday."
The last one says, "Me too. Let's have a soda."

Please Notice This



Acupuncture returns to
10:00 AM starting
on April 1st.

Friday Movie

This month we will be showing "The Big Sick" on April 19th at 12:15 pm. The movie is based on the real-life courtship between Pakistan-born comedian Kumail Nanjani & grad student Emily Gordon who fall in love but struggle while dealing with Emily's mysterious illness and their families' culture clash. Also starring is Ray Romano & Holly Hunter. Popcorn will be served. A sign up sheet is in the dining room.

Knitting Lessons

The senior center will continue to offer **FREE** knitting lessons in April. They will be every Friday at 12:30 pm and Peg Betterman will continue to be the instructor. The lessons are free & open to all. We have the supplies but feel free to bring your own. A sign up sheet is in the dining room if you're interested.

GB Historical Society Event

The Historical Society is hosting a special event at the Senior Center on Wednesday, April 17th at 7:00 pm. In honor of Jackie Robinson's 100th birthday, Kevin Larkin will present a program about Negro League Baseball in Massachusetts & the role of the black baseball player in the state. He will also highlight the black athlete's struggle to gain a role and acceptance into America's pastime. A short Annual Meeting presentation will precede the program.



A.G.E. TRIAD & Great Barrington Council on Aging are holding a

“2019 Health & Safety Fair”

on Wednesday, May 29th from 11:00 am– 2:00 pm at the
Claire Teague Senior Center.

What you can plan to see at the Fair.....

**Berkshire County Sheriff Self Defense “Stop the Bleed”*

**Demonstrations by the GB Fire Department*

**GB Police Department*

**Fairview Hospital– Choke Saver & Heimlich Demos*

AND MUCH MORE!



****** There will be *FREE* transportation by SBETC to the Senior Center
compliments of the Great Barrington Council on Aging ******

Karl Finger Returns to the Center!!



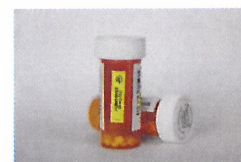
He's coming back to the Senior Center and he will be offering an hour of music and singing on April 11 from 12:30 pm to 1:30 pm. If you would like to join in, please sign up on the sheet in the dining room.

Age Friendly Berkshires Video Showing

They will be offering a viewing of their new video of the Berkshires becoming “Age Friendly”. Our very own Police Chief Bill Walsh is featured on it as well as Heather Barbieri. The short video will follow lunch on Monday, April 8th. There will be a special hot fudge sundae dessert will be served at 12:00 and the video will start shortly afterwards.

**Medication costs keep going up and that
means you're paying more \$\$\$**

*This is where Prescription
Advantage can help you!*



Prescription Advantage is a state sponsored program that works with your Medicare Part D so that you are not over-paying for your prescriptions. Not only can Prescription Advantage save you money on your prescription drugs, if your annual income is less than **\$37,470** (single) or **\$50,730** (married), Prescription Advantage is **FREE!!**

Join us at the center on **Thursday, May 23rd** at 10:30 am to learn how you can save on your prescription drugs.

April 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Goulash 12:45 Beginner Tap 1:00-3:00 MATTER OF BALANCE 2:00 Intermediate Tap	2 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Chicken Almondine 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 BINGO & DESSERT 3:30 Strength Training	3 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Roast Turkey 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 4:00 Decorative Arts 6:00 Canine Good Citizens Training	4 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Chicken & Sausage 1:00 Art Class- Eunice Agar 1:00-3:00 MATTER OF BALANCE 4:00 Misha's Advanced Exercise	5 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Veggie Wheat Chili 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
8 12:00 AGE FRIENDLY VIDEO 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Chicken Puttanesca & HOT FUDGE SUNDAES 12:45 Beginner Tap 1:00-3:00 MATTER OF BALANCE 2:00 Intermediate Tap	9 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Salisbury Steak w/Gravy 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	10 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Beef & Pepper Casserole 12:30 Brown Bag 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 4:00 Decorative Arts 6:00 Canine Good Citizens Training	11 12:30 KARL FINGER MUSIC 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Baked Ham w/Raisin Sauce 1:00 Art Class- Eunice Agar 1:00-3:00 MATTER OF BALANCE 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	12 12:00 MUSIC CIRCLE 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Lentil Stew 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
15 SENIOR CENTER CLOSED 	16 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	17 9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stew 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training 7:00 HISTORICAL SOCIETY EVENT	18 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Orange Chicken 1:00 Art Class- Eunice Agar 1:00-3:00 MATTER OF BALANCE 4:00 Misha's Advanced Exercise	19 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Breaded Potato Pollock 12:15 MOVIE- "The Big Sick" 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
22 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Roast Pork w/ Gravy 12:45 Beginner Tap 1:00-3:00 MATTER OF BALANCE 2:00 Intermediate Tap	23 GB HEALTHCARE FREE LUNCH 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:15 MUSIC BY WILLIE NININGER 11:30 LUNCH- Pulled Pork 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	24 9:30 Easy Does it Yoga 11:30 LUNCH- Sage Stuffed Chicken w/ Gravy 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training	25 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Shepherd's Pie 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 1:00-3:00 MATTER OF BALANCE 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	26 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Salad Sandwich 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- "The Bridge"
29 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Cheese Lasagna 12:30 Bingo & Ice Cream 12:45 Beginner Tap 1:00-3:00 MATTER OF BALANCE 2:00 Intermediate Tap	30 8:30 Breakfast with Barbara 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Chicken Marsala 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	Lunch RSVP: 413-528-4118 ***** Veteran's Eat For Free 2nd & 4th Thursday	*Coffee Hour Every Day at 8:30 AM*	For more information or to schedule appointments call: 413-528-1881

Elder Services of Berkshire County - Nutrition Program

APRIL 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	2	3	4	5	6	7	8	9	10
Goulash Sliced Carrots Wax Beans Dinner Roll Fresh Orange	Chicken Almondine Sweet Potatoes Cauliflower w/Pimiento 12 Grain Bread Fruit Cocktail	Roast Turkey Mashed Potatoes Peas and Pearl Onions Oat Nut Bread Diced Peaches	Chicken & Sausage Casserole* Wild Rice Pilaf Broccoli Florets 100% Whole Wheat Bread Applesauce	Veggie Wheat Chili* Spinach Italian Beans 12 Grain Bread Strawberry Yogurt					
Calories: 688	Calories: 663	Calories: 635	Calories: 604	Calories: 497					
8	9	10	11	12					
Chicken Putanesca Buttered Egg Noodles Tuscan Blend Vegetables Oat Nut Bread Pineapple Chunks	Salisbury Steak w/Gravy Parslief Potatoes Steamed Cabbage Dinner Roll Diced Peas	Beef & Pepper Casserole Sliced Beets Winter Blend Vegetables Italian Bread Banana	Baked Ham w/Raisin Sauce * Sweet Potatoes Seasoned Brussels Sprouts Dinner Roll Pineapple Cake **	Lentil Stew Broccoli Florets Butternut Squash 100% Whole Wheat Bread Apricots					
Calories: 542	Calories: 697	Calories: 515	Calories: 630	Calories: 552					
15 Patriots Day	16	17	18	19					
CLOSED	Macaroni & Cheese* Tomato Soup Italian Mixed Vegetables 100% Whole Wheat Bread Diced Peaches	Beef Stew Parsley Buttered Potatoes Mixed Greens WG Biscuit Fresh Orange	Orange Chicken Mashed Potatoes Sliced Carrots Oat Nut Bread Mixed Fruit	Breaded Potato Pollock Au gratin Potatoes Cauliflower Tossed Salad for Congregate 12 Grain Bread Diced Peas					
	Calories: 635	Calories: 848	Calories: 695	Calories: 671					
22	23	24	25	26					
Roast Pork w/Gravy Sweet Potatoes Peas and Mushrooms 100% Whole Wheat Bread Applesauce	Great Barrington Health Care FREE Lunch Pulled Pork, Coleslaw, Potato Salad	Sage Stuffed Chicken w/ Gravy Roasted Potatoes Butternut Squash 12 Grain Bread Strawberry Cups **	Shepherd's Pie Mashed Potatoes French Style Green Beans Dinner Roll Sliced Peas	Chicken Salad Sandwich Italian Wedding Soup Brussels Sprouts w/Cheesauce Hot Dog Roll Warm Fruit Compote					
Calories: 681		Calories: 745	Calories: 703	Calories: 856					
29	30								
Cheese Lasagna Broccoli Florets Italian Bread Peach Crisp	Chicken Marsala Steamed Red Cabbage Rice Pilaf 100% Whole Wheat Bread Fresh Apple								
Calories: 630	Calories: 578								

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.

Butterfly

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

ADULT
 ANTENNA
 BUTTERFLY
 CATERPILLAR
 CHRYSALIS
 EGGS
 FLOWERS
 FLUTTER

FLY
 GARDEN
 LARVA
 MILKWEED
 MONARCH
 MOTH
 NECTAR
 PLANTS

PUPA
 STRAW
 WINGS

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

Name: _____