



GRAPEVINE

August 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

SECOND SUMMER EVENING PICNIC - WED. AUG. 14

We are having another summer picnic!! Come join us in the picnic area behind the senior center. There will be wine & cheese served from 4:00 pm-4:30 pm and then we will be serving



summer sandwiches from 4:30pm-6:00 pm. The cost is \$2.00 per person. Please RSVP no later than the day before.



Please note, **RAIN** cancels the event.

"On Your Own in Salem" Trip

We are planning another joint trip with the Sheffield Senior Center to Salem MA on Friday, October 18th, called "On Your Own in Salem". The bus will depart the Claire Teague Senior Center at 8:00 am. The cost is \$55 per person and includes tip and bus snacks. Everyone is "on their own" for this trip and see whatever sights they would like. The bus will depart Salem at 5:30 pm and arrive back to our area around 8:30 pm. Money must be in by Sept. 11. There are **no** refunds after that date however you can give your ticket to someone else. There is a sign up sheet on the bulletin board in the hallway or you can call the center & give us your information. This trip has been a popular one in the past so make sure you sign up today!

Music by Willie Nininger— Thurs. Aug. 22

Willie is returning to the center to entertain us again with his great music! He will be here on Thursday, August 22nd from 11:15-12:15. Don't miss his performance, sign up today! A sign up sheet is in the dining room.

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COOKOUT & MUSICAL FUN!

Please join us for a cookout and music on

FRIDAY, AUGUST 9th.

We will have musical guest "**More or Less**" (Eileen & Pete Czaja-Therapy dog Dixie's Mom & Dad) performing from 11:15-12:15. On the menu for lunch will be hamburgers, hot dogs, baked beans, macaroni salad and ice cream for dessert.

The cost is \$2.00 per person.

A sign up sheet for will be 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)

New exercise class by Thea Basis!

Moving body, mind & spirit toward greater health.

The classes will be on Friday's from 10:45 am to 11:30 am beginning on September 6th.

The fee is \$5.00 per person for this individualized class.

"FREE Fun Friday's"

Below is the remaining schedule for the Free Fun Friday events this summer. They are all FREE events for all ages on Friday's throughout the summer in Berkshire County.

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. The full list is also posted at the Senior Center on the bulletin board.

****You do not need to be a resident of MA to attend these events for free****

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

HAPPY BIRTHDAY!!

Aug. 3 Mary Ann Carter	Aug. 13 Doris Race
Aug. 4 Art Martin	Aug. 13 Anna Cruikshank
Aug. 4 Amelia Sydosky	Aug. 14 Norma Pothal
Aug. 5 Claire O'Toole	Aug. 14 Leonard Kilmer
Aug. 6 Kathleen Purcell	Aug. 15 Rose Wellauer
Aug. 6 Joan Walker	Aug. 16 Ruth Champigny
Aug. 7 Sandra Sokul	Aug. 17 Bette Ann Stalker
Aug. 7 Maureen Rathbun	Aug. 21 Dorothy Capasse
Aug. 7 Pamela Drumm	Aug. 21 Gloria Yanez
Aug. 8 Mary Ann Gacek	Aug. 23 Stephen Matava
Aug. 9 Joan Clark	Aug. 26 Bob Lagowski
Aug. 9 Sharon Rosenberg	Aug. 28 Gloria Anthony
Aug. 10 Rosalie Krupski	Aug. 31 Marie Kirchner
Aug. 10 Irene Cangialosi	Aug. 31 Al Butterworth

NEW Outreach Coordinator

I am pleased to welcome **Barbara Bailly** as our new Coordinator for Outreach for the Claire Teague Senior Center beginning July 2019. Barbara will be coordinating outreach events, conducting home visits and reaching out to seniors in our community. Barbara serves on the Great Barrington Council on Aging, Friends of the Claire Teague Senior Center and A.G.E. TRIAD boards. We are happy to have her join us!

Friday Movie

This month's movie will be **The Big Sick**. We are giving it another whirl as it is a great movie and our attendance was low the first time. It was released in 2017. Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. The movie will show on August 16th at 12:15 pm. A sign up sheet is in the dining room.

The Rockin' Robin

Rockin' Robin Dave is back again! He will be at the senior center on Thursday, August 29th from 11:15-12:15. He performs classic Rock n Roll songs from the 50's, 60's and 70's. He will be playing during lunch so come for lunch too (sign up in advance is required). If you would like to attend the performance, there is a sign up sheet in the dining room.

SPECIAL "THANK YOU'S"

Great Barrington Health Care for their wonderful lunches.

Toby for entertaining us with her amazing talent.

Smitty Pignatelli for funding for the many new items at the senior center.

Bobby Nussbaum for her great movie picks.

Brian Sullivan of WGBY for the great program he presented on our senior center.

For our **tireless** kitchen volunteers!

A big **THANK YOU** goes to students from Monument Valley Middle School's Project Connection for the wonderful job they did for the senior center! The students made colorful posters displayed throughout and spent hours clearing a space for an additional garden plot. They also weeded, raked & planted flowers. We would also like to thank them for the wonderful treats they prepared and brought for us during lunch. This was such a great group of hard working students and we greatly appreciated their help, thank you Bridget & MVMS for bringing us this great program!!

CONGRATULATIONS to our very own Jenn! She has accepted the position of **Town Clerk** for Great Barrington starting in August. Please join us for cake and ice cream to say thank you and wish her well even though she won't be far!

NEW Website!!!

The senior center has its own website! Ellen Lahr has been working hard along with a great photographer to create our very own website...compliments of funding from Smitty Pignatelli! The website is still a work in progress and will be unveiled soon.



Craft & Bake Sale

The senior center is holding a Craft and Bake Sale at the center on Saturday, October 5th from 10:00 am-2:00 pm. The booth fee is \$10.00. We are looking for vendors that sell handmade items only please. Reserve your space now and showcase your handiwork. We will be selling hot dogs & baked goods. We are looking for vendors & volunteers to provide the baked goods.

Want to head to the casino?

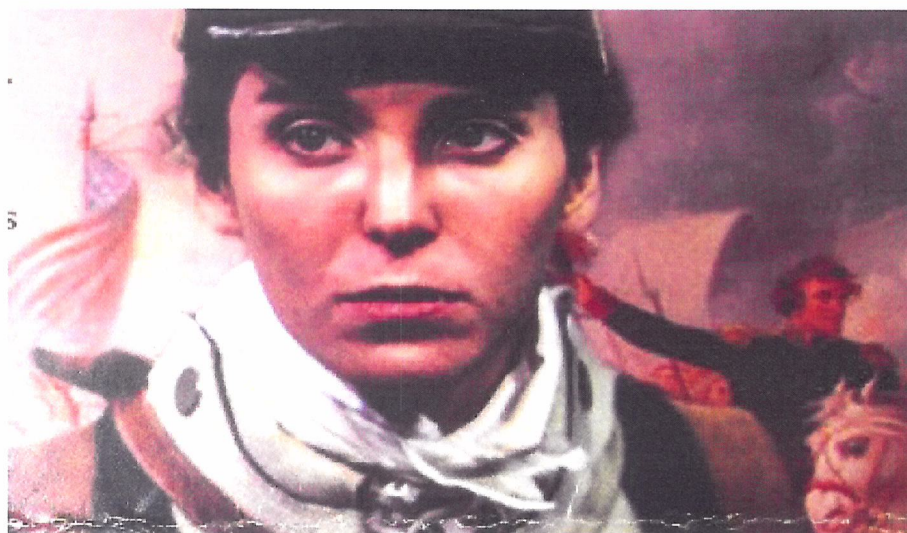
There is a great deal going on at MGM Grand in Springfield. On several upcoming Monday's (Aug. 5, Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16), you will get \$20 in FREEPLAY plus \$20 in food credit at the South End Market. King Ward Charters picks up at 8:00 AM in the Lee Municipal parking lot and leaves the casino at 3:00 PM. If you need a ride to Lee, please let Polly know & she will try to make arrangements for carpooling. A sign up list to carpool on Aug. 5th will be on the Trips bulletin board in the hallway if you would like to sign up.



We have been finding ABC gum (**Already Been Chewed**) under our new dining room tables. If it is one of us, please refrain from placing it there. If it's not one of us, which I doubt very much, then Polly will have to speak to the groups that also use the tables "after hours". Thank you!

**The Great Barrington Historical Society,
Bidwell House Museum &
The Claire Teague Senior Center
present**

A Revolution of Her Own
The Story of Deborah Sampson



Wednesday, August 28 - 7:00 pm
at the Teague Senior Center, South Main Street, Great Barrington

Deborah Sampson, the first woman to fight in and be honorably discharged from the American Military, captivates audiences in an immersive living history program chronicling her life. An indentured servant by age five, Deborah grew up in a man's world, where women were naught but second-class citizens.

As a self-educated master-less woman, she felt a higher calling, and in the final years of the American Revolution, Deborah bound her chest, tied back her hair, and enlisted in the 4th Massachusetts Regiment of the Continental Army, as "Robert Shurtlieff." The American Heroine takes you back in time!

Free and Open to the Public

August 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 (24 hours in advance)	Veteran's Eat for Free  1st & 3rd Thursday's	9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Hawaiian Chicken 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Goulash 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
5 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Turkey with Gravy 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	6 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Vegetable Pinwheel with Marinara 12:00 Bridge 12:30 Bingo 3:30 Strength Training	7 9:30 Easy Does it Yoga 11:30 LUNCH- Orange Chicken 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts 6:00 Canine Good Citizens Training	8 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Baked Haddock 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	9 11:15 MUSIC BY "MORE OR LESS" 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Cookout (Hamburgers, Hot Dogs, Beans, Macaroni Salad) 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
12 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Beef Patty w/ Pepper & Onion Gravy 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	13 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Bone In Chicken w/ Gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	14 4:00-6:00 SUMMER PICNIC 9:30 Easy Does it Yoga 11:30 LUNCH- Hot Dog 12:00 Pitch 12:30 Brown Bag 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts 6:00 Canine Good Citizens Training	15 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Cheese Ravioli w/ Meat-Balls & Marinara Sauce 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	16 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Pork Roast w/ Gravy 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
19 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- White Chicken Chili 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	20 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Cara 11:30 LUNCH- BBQ Pulled Pork 12:00 Bridge 12:30 Bingo 3:30 Strength Training	21 9:30 Easy Does it Yoga 11:30 LUNCH- Baked Breaded Pollock 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 3:00 Decorative Arts 6:00 Canine Good Citizens Training	22 11:15 MUSIC BY WILLIE NININGER 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Beef Stew 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	23 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni & Cheese 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
26 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Oriental Pork Casserole 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	27 8:30 Breakfast with Barbara 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Vegetable Lasagna 12:00 Bridge 12:30 Bingo 3:30 Strength Training	28 9:30 Easy Does it Yoga 11:30 LUNCH- Chuckwagon Stew 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting 3:00 Decorative Arts 6:00 Canine Good Citizens Training 7:00 HISTORICAL SOCIETY EVENT	29 11:15-12:15 ROCKIN' ROBIN 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 BLOOD PRESSURE CLINIC 11:30 LUNCH- Cheeseburger 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	30 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Puttanesca 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap

Elder Services of Berkshire County - Nutrition Program

AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Sponsored in part by: 				
5 Turkey w/Gravy 384 Mashed Potatoes 97 Zucchini Squash 2 Dinner Roll 210 Applesauce 14 Calories: 55 Sodium: 832	6 Vegetable Pinwheel 470 w/ Marinara Dipping Sauce 51 Harvard Beets 178 Peas & Pearl Onions 34 Fresh Orange 0 Calories: 575 Sodium: 858	7 Orange Chicken 309 Steamed Brown Rice 5 Mixed Greens 149 Oat Nut Bread 150 Tropical Fruit Mix 10 Calories: 674 Sodium: 748	1 Hawaiian Chicken ** 592 Sweet Potatoes 44 Brussels Sprouts 5 12 Grain Bread 200 Fruit Cocktail 10 Calories: 623 Sodium: 976	2 Goulash 94 Broccoli Florets 22 Wax Beans 3 Italian Bread 230 Fresh Apple 2 Calories: 687 Sodium: 476
12 Beef Patty w/ Pepper and Onion Gravy 272 Buttered Boiled Potatoes 7 Lyonnaise Carrots 4 100% Whole Wheat Bread 74 Tapioca Pudding ** 120 193 Calories: 758 Sodium: 795	13 Bone In Chicken w/Gravy 102 Mashed Potatoes 97 French Cut Green Beans 3 Oat Nut Bread 150 Sliced Pears 5 Calories: 678 Sodium: 482	14 Hot Dog * 540 Sauerkraut 136 Vegetarian Baked Beans 140 Hot Dog Roll 180 Watermelon 1 Calories: 660 Sodium: 1122	15 Cheese Ravioli w/Meatballs and Marinara Sauce 329 Peas 101 Italian Bread 58 Pineapple Tidbits 230 1 Calories: 610 Sodium: 844	16 Pork Roast and Gravy 136 Sweet Potatoes 44 Spinach 76 Dinner Roll 210 Applesauce 14 Calories: 630 Sodium: 605
19 White Chicken Chili 416 Noodles 8 Ratatouille 55 12 Grain Bread 200 Sliced Peaches 5 Calories: 622 Sodium: 809	20 BBQ Pulled Pork ** 548 Coleslaw 169 Sliced Carrots 43 Hamburg Roll 230 Warm Spiced Apples 5 Calories: 693 Sodium: 1120	21 Baked Breaded Pollock 190 Scalloped Potatoes 20 Broccoli Florets 22 100% Whole Wheat Bread 120 Mandarin Oranges 6 Calories: 532 Sodium: 483	22 Beef Stew 72 Buttered Red Potatoes 4 Sliced Beets 185 Dinner Roll 210 Fresh Pear 2 Calories: 800 Sodium: 598	23 Mac & Cheese ** 627 Stewed Tomatoes 101 Green Bean Almondine 3 Oat Nut Bread 150 Pineapple Tidbits 1 Calories: 657 Sodium: 1007
26 Oriental Pork Casserole 204 Brown Rice 5 Spinach 76 Rye Bread 150 Fresh Orange 0 Calories: 606 Sodium: 560	27 Vegetable Lasagna 370 with Marinara Sauce 101 Summer Blend Vegetables 24 Brussels Sprouts 5 Italian Bread 230 Chocolate Chip Cookie ** 100 Calories: 653 Sodium: 955	28 Chuckwagon Stew 394 Mashed Potatoes 97 Yellow Summer Squash 6 Oat Nut Bread 150 Fruit Cocktail 10 Calories: 758 Sodium: 782	29 LABOR DAY Cheeseburger 384 German Potato Salad 257 Minted Whole Green Beans 6 Hamburg Roll 230 Ice Cream Cup ** 46 Calories: 943 Sodium: 1048	30 Chicken Puttanesca 531 Buttered Noodles 8 Peas and Carrots 69 100% Whole Wheat Bread 120 Cold Fruit Compote 7 Calories: 719 Sodium: 860

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. *High Sodium **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.

AT THE BEACH WORD SEARCH PUZZLE

BEACH BALL
BOARDWALK
BOOGIE BOARD
CORAL REEF
DOLPHIN

HIGH TIDE
JELLY FISH
LIFEGUARD
LIGHTHOUSE
PALM TREES

PELICAN
SAND CASTLE
SAND DUNES
SEA SHELL
STARFISH

SUNBATHERS
SURFBOARD
SWIMSUIT
UMBRELLA
WHITE CAPS

www.WordSearchAddict.com

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

Name: _____