



GRAPEVINE

December 2018

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

Polly Mann Salenovich, Director ... Jennifer Bailly, 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



Earth Angels & Covered Dish Luncheon— Sunday, Dec. 16

We hope you can join us for this annual event on Sunday, December 16th from **12:30 pm- 2:30 pm** at the senior center. What better way to spend a Sunday afternoon, listening to beautiful music and enjoying a delicious lunch. The lunch will begin at 12:30 and the Earth Angels will begin their singing at 1:30. Feel free to bring family, friends or a neighbor. There is no charge for this event however we ask if you could please bring a covered dish food item to share. If you would like to attend, please sign up on the sheet in the dining room & note what dish you will be bringing or give us a call at the center. This is one event you won't want to miss. Their performance is wonderful every year!



FREE Holiday Luncheon hosted by GB Healthcare— Dec. 11

Great Barrington Healthcare will be providing the center with a **FREE** Holiday Lunch on Tuesday, December 11th at 11:30 am. They will be serving Stuffed Manicotti, Tossed Salad, Garlic Bread and a Dessert. Their food is delicious and what could be better than a great lunch & some special music. If you would like to attend this lunch, please sign up in the dining room or call the center.



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Holiday "Tapaganza"

This is a seasonal celebration of dance, music, stories, treats and FUN! Come join us at the senior center for these festivities on **Saturday, December 1st** from Noon to 1:00 pm. If you would like to attend this event, please sign up in the dining room.



EXERCISE CLASSES

MONDAY:

9:15 AM- Cross Training with Misha (\$3.50)
 10:15 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 with Carolyn (\$5.00)

TUESDAY:

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:

9:00 AM- Healthy Moves with Thea (\$3.00)
 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 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

We need your Help!

The center needs volunteers to help out with preparation of the bags for the monthly Brown Bag program. This program is held on the second Wednesday of every month at the center. We are looking for people to help unload the boxes and fill bags with food from approximately 11:00 AM to 1:00 PM on those days. If you are interested in this opportunity, please see Polly. Your help is greatly appreciated!



Want to learn keyboard/piano??

The Senior Center is offering *FREE* group lessons! If you are interested in learning beginner piano, please call 528-1881.

The Senior Center will be closed on
Tuesday, December 25th
 in observance of Christmas.

HAPPY BIRTHDAY!!

Dec. 4 Marie Iannuzelli	Dec. 22 Calder Martin
Dec. 4 Madeline Lockwood	Dec. 23 Janice Fisher
Dec. 4 Grace Zbell	Dec. 23 Armond Houle
Dec. 5 Eleanor Shiels	Dec. 23 Carol Gage
Dec. 6 Misha Forrester	Dec. 24 Tom Gage
Dec. 7 Edward Landy	Dec. 24 Mary Warford
Dec. 8 Mary Rivers	Dec. 26 Babs Olszewski
Dec. 11 Marie Davis	Dec. 26 Mel Greenburg
Dec. 13 Betty Cermini	Dec. 28 Nell Ezequelle
Dec. 18 Peggy Lavalette	Dec. 28 Millie Church
Dec. 19 Helen Hall	Dec. 29 Olga Milligan
Dec. 21 William Drumm	Dec. 31 Brian Marks
Dec. 22 Lester Ettlinger	

Berkshire County Railroad Passenger Service

For those of you who remember the days of passenger trains and lots of freight passing through Great Barrington, there's now change in the air. The Massachusetts DOT Rail Division and you, the citizens of Great Barrington, now are the owners of the tracks upon which the Housatonic Railroad now operates. There's positive change coming as the rail line that runs from Danbury & Canaan onto Great Barrington and connecting with CSX's Boston Line at Pittsfield is about to be upgraded. New ties and track will make the ex-New Haven Railroad line once more a viable part of the Southern Berkshire County area infrastructure.

SPECIAL PRESENTATION...

Come see a video presentation on rail safety by Dick Towle on December 19th at 12:15 At the senior center. He is a Project Outreach and Safety Instructor who has over 40 years experience in the fire, police and railroad industry. His program will be both educational and informative and for those who would like to participate, he will be asking volunteers from the senior center to join him in the area schools. A visit to Monument Valley Regional Middle School where Principal Ben Doren has invited Mr. Towle to visit and talk after the holidays to the students about being safe around trains and tracks. The hope is that members of the Claire Teague Senior Center who remember when trains were a big part of travel in the US will be able to participate and tell students what it was like before the interstate and jets became the way to travel.

The program will last less than an hour. We hope to see you on the 19th!



Free AARP Tax-Aide Program returns in FEBRUARY

Free tax return preparation will be offered again at the Claire Teague Senior Center on every **Tuesday** and **Wednesday** starting in February and continuing through April 10th. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist in filing returns, either on paper or electronically. Taxpayers do not need to be a member of AARP or a retiree to use this service. Taxpayers are required to have the following documents when they arrive to get their returns completed. If they don't have the documents, they could be asked to return at a later date, or even told that their return can't be prepared until they have all the information. Call **528-1881** for an appointment. Taxpayers **must** have an appointment.

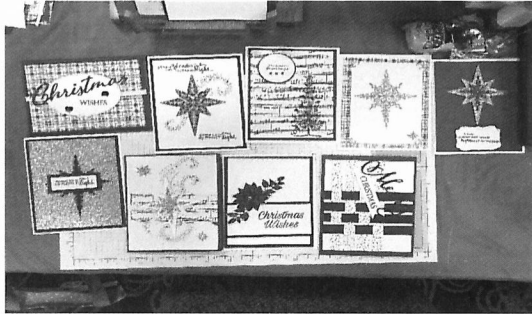
REQUIRED DOCUMENTS for your appointment:

- A Social Security card for the taxpayer and all dependents to be claimed (NOTE—Medicare cards will not be allowed for identification)
- If filing a Massachusetts return and the taxpayer is over 65 also bring receipts for property tax **paid** in 2018 and water and sewer bills (homeowners) or rent (renters) **paid** in 2018;
- Copies of your 2017 Federal and State tax returns;
- All documents showing wages, interest, dividends, and other income (W2s, 1099s, brokerage reports, Social Security, unemployment, self-employment, etc.);
- Records of any estimated tax paid;
- Records of the original cost and date of purchase of any assets, such as stocks or a house, **sold** in 2018;
- Records of the original cost, sales tax, and date of purchase of a new car; energy improvements on your home; or purchase of a first home in 2018;
- Records of a foreclosure or cancellation of mortgage debt;
- Records of educational costs or student loan payments; documentation of expenses if you wish to itemize deductions;
- Records of child care expenses (provider's name, address, SSN/EIN); AND Proof of health insurance.

For more detailed info about this, stop by the Senior Center or go to www.townofgb.org/council-aging

Design Christmas Cards

This is your chance to make Christmas cards with instructor Michele Wolfe. She will be holding a class on Thursday, December 13th from 11:30 am-2:30 pm at the senior center. You will make 5 cards for \$5.00. Snacks will also be provided. A sign up sheet is in the dining room if you are interested in attending. ***



Come get creative!

Senior Circuit Breaker Tax Credit

Seniors who pay taxes on the residential property they own or rent may be eligible for a refundable tax credit.

As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. **This credit is available even if your income level does not require you to file a Massachusetts tax return.**

The maximum credit amount for tax year

2018 is \$1,100. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest.

To find out if you qualify, contact the senior center at 413-528-1881 to get the eligibility list OR you can get it at www.townofgb.org under the "Council on Aging" department.

Foot Nurse Appointments

Starting in January 2019 the foot nurse, Jane Kelley, will be coming to the senior center for appointments only on the ***second Monday of every month***. Her first appointment will begin at 9:00 AM and the last appointment will be at 1:40 PM. The process to sign up for an appointment is still the same, just call or stop by the center to make one. Her fee will also be changing to **\$40.00** per visit starting in 2019.



Winterize your car w/ MMRHS Students

Do you know what needs to be done to your car before it's ready for the winter season??

The Mountain Monument students in the Auto Vocational Program will be at the senior center on December 10 from 10:00 AM-12:00 PM to check your car to see what needs to be done before the winter season is truly upon us. They will provide you with a checklist of recommended "to do's" for you while you hang out at the center! A sign up sheet is in the dining room if you would like to participate.

Caroling at Brookside Manor

The Monument Mountain Pathways Program will be caroling at Brookside Manor in December starting at 4:00 pm. If anyone is interested in joining the students with caroling, we welcome people to stop by the senior center a little bit before the start time. We look forward to their singing as they always do a wonderful job! Call the senior center in December for the date of the caroling.



It has been a very busy year at the Senior Center. We have had lots of fun events and plan to have even more in 2019!!! Our wonderful State Representative Smitty Pignatelli has advocated for our seniors and managed to provide our Council on Aging a grant of \$50,000. We will be using this very generous grant for some upgrades and services for our South County senior programs.

Please send Representative Pignatelli a thank you letter for his continued support.

**Lenox Town Hall
P.O. Box 2228
Lenox, MA 01240
413-637-0631**

Please also thank Governor Baker for the increase in formula grant monies for Massachusetts Councils on Aging for 2019!!!

436 Dwight Street #300, Springfield, MA 01103

The Claire Teague Senior Center has so much to offer including hot meals for a donation of \$2.00 per meal Monday through Friday. Transportation is provided by Southern Berkshire Elderly Transportation Corporation (SBETC) for medical, social outings, trips to the senior center and more. SBETC does a wonderful job with their door to door service for our seniors.

We offer a wide variety of exercise programs and free yearly tax prep through AARP. We offer free health insurance counseling provided by very generous VOLUNTEERS that are trained through Elder Services. Yes, they are actually volunteering their time keeping up with the maze of Medicare/Medicaid and spending countless hours helping people through the complexities of health insurance.


Some of our instructional classes include art, genealogy, piano, tap dance, sewing, good citizen dog classes, crafts and more. We also offer a wide variety of exercise classes from very easy to difficult. We have a weekly discussion group called News and Views, therapy dog visits, musical performances, intergenerational programs, craft fairs, educational presentations and more. We also welcome eligible senior work off candidates to provide instructional classes.

We also offer foot nurse and blood pressure clinics, free acupuncture, grief support and caregiver support groups. The senior center is also used for eligible after hours groups as well.

Please come visit us and see what we have to offer or what YOU have to offer us or call us at 413-528-1881. We would love to have you.

Sincerely,

Polly Mann Salenovich, Director

December 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Beef & Pepper Casserole 12:45 Beginner Tap 2:00 Intermediate Tap	4 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Italian Meatballs & Shells w/ Sauce 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training	5 4:15 BRIGHT NIGHTS TRIP 9:30 Easy Does it Yoga 11:30 LUNCH- Breaded Pollock 12:30 Pitch 4:00 Decorative Arts	6 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Glazed Chicken Drumstick 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	7 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chuckwagon Stew 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap
10 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 WINTERIZE YOUR CAR 10:15 Awareness through Movement 11:30 LUNCH- Roast Pork w/ Gravy 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	11 GB HEALTHCARE FREE LUNCH 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Stuffed Manicotti 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training	12 9:30 Easy Does it Yoga 11:30 LUNCH- Sage Stuffed Chicken w/ Gravy 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts	13 Veterans Eat For Free Today 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30-2:30 CARD MAKING CLASS 11:30 LUNCH- Veal Cacciatore 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	14 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap EARTH ANGELS DEC. 16, 12:30 pm
17 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Spanish Rice 12:30- Out to Lunch Bunch 12:45 Beginner Tap 2:00 Intermediate Tap	18 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken Sorrento (NEW) 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 12:30 Rummikub 3:30 Strength Training 6:00 Canine Good Citizens Training	19 12:15 RAILROAD PRESENTATION 9:30 Easy Does it Yoga 11:30 LUNCH- Stir Fry Pork 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts	20 ELDER SERVICES HOLIDAY MEAL 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Roast Beef w/ Gravy 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	21 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Tuna Salad Roll 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap
24 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- BBQ Chicken Breast 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	25 CLOSED 	26 9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stew 12:30 Pitch 4:00 Decorative Arts	27 Veterans Eat For Free Today 9:00 Healthy Moves 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Egg & Cheese Omelet 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	28 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Divan 12:00 Bridge 12:30-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- Gad Abouts
31 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Shepherd's Pie 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	Lunch RSVP: 413-528-4118 (At least 24 hrs in advance)	*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

DECEMBER 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
3 Beef and Pepper Casserole Beets Cauliflower Oat Nut Bread Diced Peas Sodium: 853 Calories: 525	4 Italian Meatballs Shells w/ Sauce Wax Beans Italian Bread Tossed Salad at Meal Sites Pineapple Tidbits Sodium: 624 Calories: 672	5 Breaded Pollock Roasted Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Apricots Sodium: 610 Calories: 573	6 Glazed Chicken Drumstick Steamed Brown Rice Brussels Sprouts 12 Grain Bread Pear Slices Sodium: 693 Calories: 730	7 Chuckwagon Stew Mashed Potatoes Spinach Dinner Roll Fresh Apple Sodium: 883 Calories: 738
10 Roast Pork w/ Gravy Roasted Potatoes Butternut Squash 12 Grain Bread Applesauce Sodium: 524 Calories: 666	11 <i>GB Healthcare</i> <i>FREE Lunch</i> <i>Stuffed Manicotti, Salad,</i> <i>Garlic Bread, Dessert</i> Sodium: 524 Calories: 666	12 Sage Stuffed Chicken w/Gravy Turnip Sweet Potatoes Whole Wheat Bread Fruit Cocktail Sodium: 787 Calories: 694	13 Veal Cacciatore* Buttered Noodles Meadow Blend Vegetables 12 Grain Bread Strawberry Cup ** Sodium: 1310 Calories: 833	14 Macaroni and Cheese* Stewed Tomatoes French Cut Green Beans Oat Nut Bread Diced Peaches Sodium: 1091 Calories: 621
17 Spanish Rice Spinach Cauliflower Oatnut Bread Pineapple Tidbits Sodium: 551 Calories: 745	18 NEW ITEM Chicken Sorrento* Penne Pasta w/Marinara Carrots Italian Bread Strawberry Cup ** Sodium: 1310 Calories: 833	19 Stir Fry Pork Steamed Brown Rice Oriental Blend Vegetables 12 Grain Bread Orange Sodium: 608 Calories: 701	20 HOLIDAY MEAL Roast Beef w/Gravy Mashed Potatoes California Blend Vegetables Snowflake Roll Trifle ** Sodium: 1143 Calories: 735	21 Tuna Salad Roll Cream of Cabbage Soup Peas & Mushrooms Hot Dog Rolls Apple Crisp Sodium: 822 Calories: 733
24 BBQ Chicken Breast* Sweet Potatoes Winter Blend Vegetables 100% Whole Wheat Bread Mixed Fruit Sodium: 1020 Calories: 618	25 CHRISTMAS DAY Sodium: 465 Calories: 688	26 Beef Stew Mashed Potatoes Butternut Squash Dinner Roll Diced Peaches Sodium: 514 Calories: 797	27 Egg and Cheese Omelet Sliced Roasted Potatoes Spinach Oat Nut Bread Pineapple & Mandarin Oranges Sodium: 904 Calories: 651	28 Chicken Divan Buttered Noodles Sugar Snap Peas 12 Grain Bread Pear Slices Sodium: 424 Calories: 566
31 Shepherd's Pie Mashed Potatoes French Cut Green Beans Dinner Roll Spiced Apples Sodium: 465 Calories: 688	January 1 2019 NEW YEAR'S DAY Sodium: 465 Calories: 688			

Dietary Information: All meals include 1% Milk 100 calories/125 mg sodium

Calories and sodium from salad dressings, margarine, crackers and condiments

are not included. *High Sodium Entree **Modifications for restricted sugar available

Nutrition information is provided as a guideline for your daily intake.

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.

Let it snow!

BLIZZARD
 COAT
 COLD
 DECEMBER
 EARMUFFS
 FEBRUARY
 FIREPLACE
 FLURRIES
 FROZEN
 GLOVES
 HOT CHOCOLATE
 ICE
 ICE SKATES
 ICICLE
 JANUARY
 MITTENS
 SCARF
 SHOVEL
 SLED
 SLUSH
 SNOWBALL
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER



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

Name: _____