

GRAPEVINE FEBRUARY 2020

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

*Polly Mann Salenovich, Director *** Joan Peters, Administrative Assistant*

www.greatbarringtonseniors.com

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 **Transportation** (413) 528-4773



MGM Grand Casino in Springfield Trip with King Ward

Join us for a trip to the MGM Grand Casino in Springfield on Monday Feb 24th.

For \$20.00 you will get transportation in a comfortable coach bus, \$20.00 in free play and \$20.00 in free food!

We will be carpooling from the senior center at 7:30am. The bus departs Lee at 8:00am and returns at 4:00pm. Please see sign up or call 528-1881.

The [Claire Teague Senior Center](#) will be **paying** for your SBETC transportation rider fee for these **special events** in February:

- Tuesdays - Lunch and Bingo
- Valentine's Day Luncheon Feb 14th
- Extra Special Tea on Feb 20th
- Mardi Gras Party on Feb 25th
- Being Prepared for Unexpected Hospitalization Feb 27th

Please make your reservations with SBETC as soon as possible to secure a ride by calling 528-4773.

A big thank you goes to **Rosie and Denise** of [The Landing at Laurel Lake](#) in Lee for the wonderful luncheon they provided for us in January. Laurel Lake offers lots of great events; give them a call to find out what they have planned at (413) 243-4747.



SAND FOR SENIORS

Need a bucket of sand mixture during the winter? The town Department of Public Works/ Highway Department kindly brings sand to the senior center for our convenience, this year they took it one step further. Take a moment to thank the town Cemetery staff for making this great sand dispenser fashioned after a hog feeder, what a great idea and how thoughtful!! We have buckets available, we just ask that you reuse them, or bring your own.

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Polly and Joan want to **THANK all of you** for the holiday treats and gifts we received , they are much appreciated!! We would also like to thank **Holly** and the **chefs** at **Great Barrington Healthcare** for the many complimentary lunches they served us over the past few years; we will certainly miss them & wish them well.



Crescendo will be rehearsing at the senior center on Tuesday evenings at 7:00pm. If you are interested in attending the rehearsals, please sign up or talk to Polly about which evenings you would like to attend. They will be held each Tuesday in February and March. The sign up sheet will have the available dates.

Art Competition

Artist Margaret Buchte has generously offered to instruct a group of “non-artists” or those that believe they do not have any artistic talent to paint a country barn scene. Join us in February . The group is limited to 10 people and the cost is \$3.00 per person. Date/time announced as soon as we get sign ups. Sign up in Dining Room or call 528-1881.

**CRESCENDO—
2014 WINNER OF THE
CHORUS AMERICA/ASCAP
ALICE PARKER
AWARD**

“Crescendo is a musical organization that is dedicated to educational outreach-to amateur and professional singers, audiences and students.”



It's a Mardi Gras Party

Wear your best Mardi Gras mask, hat etc...and join us for a very fun event on Tuesday; February 25th ~ try a sampling of Jambalaya, King Cake, Mardi Gras beads, Cajun music, pralines and more!! You don't want to miss this fun event. Sign up in Dining room or call 528-1881.

Join us on Third Wednesdays during lunch , when we will be having interviews with personnel from the Town of Great Barrington Staff.



Sheffield COA is offering a trip to
Boston Flower and Garden Show

Thursday, March 12th. Departing at 7:30 am and returning approximately 7:30 pm. \$86.00 includes bus & admission. Payment's due by Feb. 17th.



Unexpected Hospitalization

How to be Prepared for an unexpected Hospitalization:

Marketing Coordinator for Bane Care, Denise Vigna will be our guest speaker at the senior center on Thursday, Feb 27th at 1:00 to discuss how to be prepared for an unexpected hospitalization. Many feel unprepared or do not understand what it entails and how coverage works. This is a very helpful information, so mark your calendars, if you need transportation call 528-4773 a week ahead and let Polly of Joan know you will be taking the van, the senior center will be responsible for your transportation cost for this event.

Valentine's Day Party

February 14th
with musician
Dwayne Carlson
11:15-12:00

MOVIES



Through the Years with Little Women

Join us at 12:30 on the last three Fridays of the month; we will be showing Louisa May Alcott's movie through the years with Little Women!

Friday Feb 14th , the 1933 version with Katharine Hepburn

Friday February 21st, the 1978 version with Meredith Baxter Burney

Friday February 28th, the 2019 version with Susan Sarandon

SIGN UP IN THE DINING ROOM OR CALL US !

It's TEA TIME!!



EXTRASPECIALTEAS.ORG

"Extra Special Tea" located in Great Barrington will be hosting a Tea for us on Thursday, February 20 at 1:00. If you have not visited their charming Tea shop on Elm Street, you are missing out!! This wonderful organization gives adults with special needs an opportunity to be involved in a vocation. They are looking for donations of hats, gloves, and scarves. We have a donation box located in the senior center store.

Please come out and show your support and enjoy some great tea and desserts.

HAPPY BIRTHDAY

Harriet Ebitz	Feb 2
Dorris VanDeusen	Feb 2
Skip Johnson	Feb 4
Sandra Larkin	Feb 4
Joan Wood	Feb 6
Donna Drew	Feb 10
Anna Beining	Feb 15
Margaret Mansfield	Feb 16
Marjory Gardella	Feb 17
Margareta Thaute	Feb 18
Ronald Boibeaux	Feb 19
Patricia Andrus	Feb 20
Richard Wagner	Feb 21
Norma Haight-Colman	Feb 23
Laurel Graney	Feb 24
Priscilla Moulthrop	Feb 25
Tara Rahkola	Feb 28

Chair Exercises

If Dee Foster's class *Moves and Grooves* is bit too much for you...please try *Moves and Grooves II* on Wednesdays at 9:45 –10:30. First class is free; then \$3 per class.

ALSO, Don't forget that Ann Waldman has a great *Chair Exercise* class that is **FREE** on Fridays, 10:00-11:00 am. You'll get a great work out while seated in a chair. Both classes should be great for all levels, are a great workout and more importantly

FUN!

EXERCISE CLASSES

MONDAY:

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

10:30 AM- Awareness Through Movement with Misha (floor) (\$3.50)

1:00 PM– Beginners Tap Dancing with Carolyn (\$5.00)

2:00 PM- Intermediate Tap Dancing w/ Carolyn (\$5.00)

TUESDAY:

9:30 AM- Move & Groove w/ Dee Foster (\$3.00)

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)

9:45 AM Move & Groove II w/ Dee Foster (\$ 3.00)

THURSDAY:

9:30 AM– Move & Groove w/ Dee Foster (\$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)

ART CLASSES


Wed.at 2:30 pm "Painting with 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

February 2020				** = Transportation being paid for by Claire Teague Senior Center	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Claire Teague Senior Center will be paying for your SBETC transportation rider fee for these events: Valentine's Day Luncheon Feb 14th / Extra Special Tea on Feb 20th and/ Mardi Gras Party on Feb 25th, Being Prep for Unexpected. Hosp. Jan 27 and/or Tue Lunch/Bingo. Please make your reservations with SBETC to secure a ride by calling 528-4773.					
3 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH-Veal w Peppers & Onions 12:00-2:00 Computer Class by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	4 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:30 Bingo 3:30 Strength Training	5 9:30 Easy Does It Yoga 9:45 Move and Groove II 11:30 LUNCH- Stuffed Shells w Marina 12:00 Pitch 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts RETURNS	6 9:00-12:00 SHINE by Appt 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Tuna Salad 12:15 GAME DAY ~ Wii 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	7 9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise 11:30 LUNCH-Chicken Almondine 12:30 KNITTING TOGETHER 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	
10 9:00 Foot Nurse by Appointment 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Pork Roast w Gravy 12:00- 2:00 Computer Class by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	11 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Bone-in Chicken 12:00 Bridge 12:30 Bingo 3:30 Strength Training	12 BROWN BAG 12:30-3:30 9:30 Easy Does It Yoga 9:45 Move and Groove II 11:30 LUNCH- Salisbury Steak 12:00 Pitch 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts	13 9:00-12:00 SHINE by Appt 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH - Chicken Breast w Gravy- FREE LUNCH for VETERANS 12:15 GAME DAY~ Wii 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise	14 9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise 11:15 Valentine's Party w Music by Dwayne Carlson ** 11:30 LUNCH-Eggplant Parmesan 12:30 KNITTING TOGETHER 12:30 Little Women Movie (1933 version) with Katherine Hepburn 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	
17 Closed-President's Day 	18 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- Meatloaf with Gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	19 9:30 Easy Does It Yoga 9:45 Move and Groove II 11:30 LUNCH - Chicken Bruschetta (Interview w Town Staff during lunch) 12:00 Pitch 1:00-2:30 Caregiver Support Group 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts	20 9:00-12:00 SHINE by Appt 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Swedish Meatballs 12:15 GAME DAY~ Wii 1:00 EXTRA SPECIAL TEA ** 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	21 9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise 11:30 LUNCH-Sliced Turkey w Gravy 12:30 KNITTING TOGETHER 12:30 Little Women Movie (1978 version) with Meredith Baxter Burney 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	
24 7:30 Leaving Senior Ctr for Casino 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH-Meatball Grinder 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 1:00 Beginner Tap 2:00 Intermediate Tap	25 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 S.A.G.E.Triad 11:00 Therapy Dog Cara 11:30 LUNCH - Chicken Cordón Blue ** (a sampling of Jambalaya, King Cake) and Cajun music at our Mardi Gras Party 12:00 Bridge 12:30 Bingo 3:30 Strength Training	26 9:30 Easy Does It Yoga 9:45 Move and Groove II 11:30 LUNCH- Baked Breaded Pollock 12:00 Pitch 1:15 COA Meeting 1:30 MELT Pain Workshop 2:30 Painting with Margaret 3:00 Decorative Arts	27 9:00-12:00 SHINE by Appt 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Moroccan Beef Stew 11:30 BLOOD PRESSURE CLINIC 12:15 GAME DAY~ Wii 1:00 BEING PREPARED FOR UNEXPECTED HOSPITALIZATION ** 1:00 Art Class- Eunice Agar 4:00 Women's Cancer Support Group 4:00 Misha's Advanced Exercise	28 9:00 Tai Chi 9:00-12:00 SHINE by Appt 10:00 Ann's Chair Exercise 11:30 LUNCH-Macaroni and Cheese 12:30 KNITTING TOGETHER 12:30 Little Women Movie (2019 version) with Susan Sarandon 1:00-3:30 Genealogy by Appt. 1:00 Beginner Tap 2:00 Intermediate Tap	

Elder Services of Berkshire County - Nutrition Program

FEBRUARY 2020

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 Veal w/Peppers and Onions 300 Garlic Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Fruit Cocktail 5 Calories: 711 Sodium: 725	4 Beef Stroganoff 83 Rice Pilaf 11 Cauliflower Potatoes 117 Dinner Roll 210 Sliced Peaches 6 Calories: 725 Sodium: 552	5 Stuffed Shells w/Marinara 401 Mixed Greens 140 Wax Beans 3 12 Grain Bread 200 Apricot Halves 5 Calories: 648 Sodium: 973	6 Tuna Salad 300 Potato Leek Soup 30 Broccoli Florets 22 Hot Dog Bun 310 Apple Crisp 20 Calories: 760 Sodium: 906	7 Chicken Almondine 333 Buttered Potatoes 4 Winter Squash 34 100% Whole Wheat Bread 120 Fresh Apple 2 Calories: 633 Sodium: 618
10 Pork Roast w/Gravy 146 Mashed Potatoes 97 Spinach 76 Dinner Roll 210 Mandarin Oranges 7 Calories: 635 Sodium: 661	11 Bone-In Chicken 200 Sweet Potatoes 36 Steamed Cabbage 1 12 Grain Bread 200 Sliced Peaches 5 Calories: 543 Sodium: 657	12 Salisbury Steak 400 Boiled Potatoes 4 Lyonnise Carrots 74 100% Whole Wheat Bread 120 Fresh Orange 0 Calories: 573 Sodium: 813	13 Chicken Breast w/Gravy 427 Wild Rice Pilaf 60 Winter Blend Vegetables 10 Oat Nut Bread 150 Mixed Fruit 10 Calories: 581 Sodium: 782	14 VALENTINES DAY Eggplant Parmesan 472 Calico Bean Soup 298 Sliced Beets 185 100% Whole Wheat Bread 120 Valentine Cookie ** 123 (Higher sodium day) Calories: 737 Sodium: 1323
17 PRESIDENTS' DAY CLOSED Calories: 635 Sodium: 661	18 Meatloaf w/Gravy 284 Potato Au Gratin 93 Spinach 76 Oat Nut Bread 150 Fresh Orange 0 Calories: 760 Sodium: 728	19 Chicken Bruschetta * 565 Steamed Brown Rice 5 Brussels Sprouts 5 Oat Nut Bread 150 Blueberry Yogurt ** 75 Calories: 616 Sodium: 925	20 Swedish Meatballs 301 Buttered Noodles 8 California Blend Vegetables 20 12 Grain Bread 200 Banana 1 Calories: 705 Sodium: 655	21 Sliced Turkey w/Gravy 391 Mashed Potatoes 97 Peas & Mushrooms 65 Dinner Roll 210 Diced Peas 5 Cranberry Sauce 8 Calories: 680 Sodium: 901
24 Meatball Grinder w/ Marinara Sauce 311 Sliced Red Potatoes 4 Broccoli Florets 22 Steak Roll 280 Rice Pudding ** 27 Calories: 750 Sodium: 700	25 Chicken Cordon Bleu w/Gravy * 557 Wide Egg Noodles 8 Tuscan Blend Vegetables 40 Oat Nut Bread 150 Sliced Peaches 5 Calories: 720 Sodium: 885	26 ASH WEDNESDAY Baked Breaded Pollock 100 Split Pea Soup 42 Mixed Vegetables 2 100% Whole Wheat Bread 120 Mandarin Oranges 7 Calories: 503 Sodium: 486	27 Moroccan Beef Stew 178 Mashed Potatoes 97 Diced Butternut Squash 34 12 Grain Bread 200 Applesauce 0 Calories: 751 Sodium: 634	28 Macaroni and Cheese * 627 Chunky Tomato Soup 202 Green Beans 2 100% Whole Wheat Bread 120 Fresh Apple 2 Calories: 601 Sodium: 7138

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 **Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

Menu is subject to change.



MEALS @ WHEELS
BERKSHIRE COUNTY

Sponsored in part by:



The Senior Center will be hosting online census assistance for those that do not have access to a computer and prefer the online survey. If you need help filling out your paper copy or want to come in and do it on the computer and need help,

just ask



Call 528-1881 for dates.

Have you signed up for Code Red yet? If you haven't signed up, you can sign up on the town website (townofgb.org) or come to the senior center where we will help you to do so. If you attend the Claire Teague Senior Center (regardless of what town you live in); we would like you to sign up.

Looking Ahead:

Keep your eyes open for **Free Legal** assistance coming in March through the [Berkshire Center for Justice, Inc.](#).....dates and times to be announced.

Hold the Date

Tuesday, March 10th
6:00pm-8:00pm

for an evening of fun, finger foods,
music, dancing featuring
Dee Foster and Band!!



Valentine's Day

Bingo and Lunch

Please join Barbara Bailly on
Saturday, February 15th at 11:30—
Please sign up in the dining room or call
(413)528-1881.



LEAP YEAR BRUNCH

Please join Barbara Bailly on
Saturday, February 29th at
10:30 (free). Please call for
reservations (528-1881)
or sign up in dining room.

Meet Wes Orlowski

by Nora Hayes

Wes is thoughtful and careful in his speech. A long term resident of Great Barrington, he came here, as many do, to find peace and some measure of security. His is a story of resilience and courage in spite of the horrors of war and genocide. Here is Wes in his own words:

"I was born in a small town about 20 miles from Warsaw, Poland, a few years before the start of World War II. At that time, the town was about the size of Great Barrington and also was in a farming region. My mother was a teacher in the public school and my father worked in banking, so we knew a lot of people in town and I had many friends. We suffered a great deal during the war and the German occupation. Food was limited and I learned to value and enjoy every bite that I ate. During the occupation, my father (although he was Catholic) was detained along with many others and sent to the Auschwitz concentration camp for forced labor, which he miraculously survived.

After the war, I got involved in school sports and became a national track and field champion, first in my region and then in national competitions. I also studied hard, got good grades and was admitted to Warsaw University of Technology to study engineering. After graduating with a master's degree, I worked in television and later at the Polish Academy of Sciences. Although I had visited and studied in England, my dream was to study in the United States. I was thrilled to be awarded a Fulbright Fellowship for post-graduate studies at the University of Wisconsin-Madison.

It was at the University of Wisconsin that I met Vivian and we got married about a year later. We moved to New Haven, Connecticut where we both worked for Yale University. After several years there, I became director of Yale's Electronic Design Laboratory. Later, I worked for a nonprofit organization consulting on energy conservation and renewable energy systems for municipalities, businesses and nonprofits. I also volunteered on developing a major regional effort on solid waste disposal and recycling.

After having our car stolen and then having experienced armed robbery at gunpoint in New Haven, we decided to start looking to move to a safer area. We loved visiting the Berkshires and when the opportunity arose, we moved to Great Barrington. Here, I was gradually able to get consulting work on energy conservation and also on innovative CAD technology for plastic injection molding. My volunteer involvement included many years on the board of the Community Development Corporation of South Berkshire and continuing to serve in various roles at South Berkshire Friends Meeting, including on our previous team at People's Pantry.

~ Continued on next page ~

.....Continuation of the interview of Wes Orlowski by Nora Hayes

(Wes wrote the following statement when asked to say what was on his mind that he'd like others to hear):

"Having lived in both Europe and the United States, I have come to value each person's historical and cultural heritage. We can continue learning as we grow older and also share what we learn with younger people to help give them perspective on our current situation. That said, I also feel that, even with different heritages, people from all over the world have much in common and it will benefit everyone to find ways to cooperate constructively."



Juggling classes

Free for the First Four Weeks of
March -

Join us Fridays at 12:30 pm.

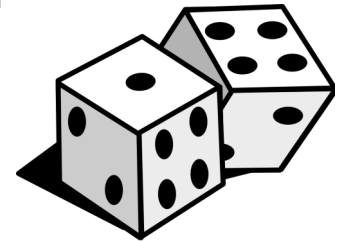
The BBC today reports that "complex tasks such as juggling produce significant changes to the structure of the brain". These findings come from a study that performed brain scans on 48 volunteers before and after a six-week period, in which half of them were learning how to juggle. At the end of the study, jugglers showed a 5% increase in the white matter in an area at the back of the brain called the intraparietal sulcus. This is an area that is involved in "reaching and grasping for objects in our peripheral vision".

This study indicates that learning a complex skill can result in changes in brain structure. This research will be of interest to the research community, but at the moment the practical implications of these findings are unclear. One of the authors suggests that this sort of knowledge could eventually help in developing new treatments for neurological diseases, but acknowledges that such clinical applications are a long way off.

Tuesday, March 3rd
At 10 am

Sponsored by Fallon Health's
NaviCare

FREE FUN



**Join us for a Morning of Left, Right
and Center dice games with Prizes
and Snacks.**

Please sign up in the dining room.

If you are looking for a way to relieve
stress, why not stop in and join

EASY DOES IT YOGA

With Joanne Kelly

Wednesdays at 9:30 am

**An hour of gentle movement, Breathing
and deep relaxation that gives
participants the tools to release stress
and to re-vitalize, re-energize, and
reconnect to your well being.**



Valentine's Day

February 14th

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

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE

