



GRAPEVINE

July 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 & Free Lunch (Tues, July 16th)

Bill Shontz is back again!! Come join us and listen to him sing and play the saxophone from 11:15-12:15. Great Barrington Health Care will also be providing us with a **FREE** lunch at 11:30. On the menu will be spaghetti, salad, garlic bread and dessert. Their meals are always delicious and it's one meal you don't want to miss! If you would like to sign up for this event, give the center a call or sign up on the sheet in the dining room.

Time for a Summer Cookout & Music! (Thurs, July 18th)

One of our other popular performers, Willie Nininger, will be coming to play at the center on Thursday, July 18th during our lunch cookout. The music will be from 11:15-12:15 and the lunch will begin at 11:30. On the menu is hamburgers, hot dogs, potato salad and baked beans for only \$2.00 per person! So, come on in for an hour of good music and food, we would love to have you. To attend this event, please sign up on the sheet in the dining room.



Drumming Circle -Thurs, July 25th

Come join us at the center for a drumming circle with Connie Parente on July 25th from 10:30-11:30 am. You can participate or just watch. A sign up sheet for this event is in the dining room.

"Just open your Heart and catch the beat. The vibration of the rhythm is oh so sweet. Give up your worries and surrender to the drum.

Let your hair down and have some FUN!!"

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SUMMER EVENING PICNIC **NEW**

Come join us in the picnic area behind the senior center for a summer picnic! We will be having two this summer. The first one is on Wed., **July 17th** from 4:00-6:00 pm. There will be wine & cheese served from 4:00-4:30 pm followed by summer sandwiches from 4:30-6:00 pm. The second picnic will be on Wed., **August 14th** with the same times as the picnic in July. The cost is \$2.00 per person. Please RSVP no later than the day before. RAIN cancels the event.



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 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

"FREE Fun Friday's"

The 2019 schedule is out and below is a list of FREE events for all ages on Friday's throughout the summer in Berkshire County.

July 5: Jacob's Pillow

July 12: Chesterwood

Mahaiwe Performing Arts Center

July 26: Ventfort Hall Mansion & Gilded Age Museum

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.



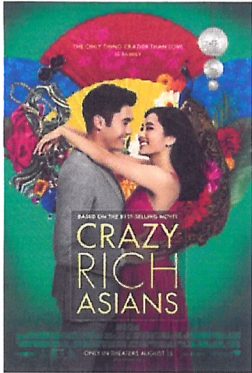
HAPPY BIRTHDAY!!

July 6 Helen Hanky	July 18 Dot Schellhammer
July 6 Richard Pope	July 19 Pia Bellinger
July 8 Virginia Niewinski	July 21 Jo Robinson
July 12 Jane Goewey	July 22 Melissa Howe
July 12 Jan Tarbert	July 23 Joan Ury
July 15 Barbara Tinker	July 23 Judith Smith
July 16 Anne Macheski	July 26 Cory Hines
July 17 Susan Dillard	July 26 Richard Wallach
July 17 Patrice Farrell	July 26 Susan Hipwell
July 18 Marilyn Stevens	July 26 Patricia Elsbach
July 18 Nan Wiles	July 27 Jean Lunn

Matter of Balance Classes

The Matter of Balance session that was starting on July 2nd did not get enough enrollment so they are delaying this session until July 30th. The classes will be on Tuesday's from 10:00-12:00. If you would like to attend, please let Polly or Jenn know.

Friday Movie



This month's movie will be ***Crazy Rich Asians***. It was released in 2018. It stars Constance Wu & Henry Golding. This contemporary romantic comedy, based follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. The movie will show on July 19 at 12:15 pm. A sign up sheet is in the dining room.

Do you use your Farmers Market coupons to their fullest potential???

We will have a representative from Berkshire Botanical Gardens at the center on Thursday, July 11th at 11:45 to give a presentation on how to "best utilize" your Farmers Market coupons this summer and fall.

The farmers market coupons are expected to be in any day so call and reserve yours now (please note-the coupons are income eligible). There is a sign up sheet for this in the dining room.



Music Circle with Oren

Oren will return again this month to do another music circle on Tuesday, July 30th from 1:00-2:00 pm. Feel free to bring your own instruments as well. A sign up sheet is in the dining room for this event.

TANGLEWOOD is no longer offering "Free Friday Rehearsals". They will now be on Saturday's. Please sign the letter in the front lobby to "bring back the Friday rehearsals" that everyone loved!



The Senior Center will

be closed on

Thursday, July 4th

in observance of the holiday.



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 and baked goods. We are looking for vendors and volunteers to provide the baked goods.

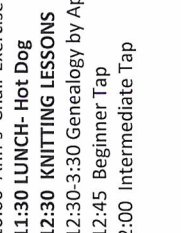
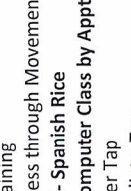
"On Your Own in Salem" Trip

We are doing another joint trip with Sheffield to Salem 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 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.

Upcoming Historical Society Events:

The Great Barrington Historical Society and the senior center will be working together to bring a great program about the Bidwell House on Wednesday, August 28th. Keep that date open for a great program!

In the meantime, there will be a walk and picnic lunch to the GB Historical Society in July. We will be walking over together and having a picnic lunch after a tour of the historical site. Please sign up on the sheet in the dining room (name and phone number please) if you are interested and we will contact you with the date.

July 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Beef Stew 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	2 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00-12:00 MATTER OF BALANCE 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Italian Meatballs 12:00 Bridge 12:30 BINGO & PIZZA 3:30 Strength Training	3 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Breast w/ Gravy 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts 6:00 Canine Good Citizens Training	4 	5 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Hot Dog 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
8 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Spanish Rice 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	9 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- Shredded Turkey w/ Gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	10 9:30 Easy Does it Yoga 11:30 LUNCH- Swedish Meatballs 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	11 11:45 Farmers Market Talk 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 LUNCH- Pollock Loin 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	12 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Oriental Pork 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
15 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Breaded Chicken Drumstick 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	16 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 11:00 Therapy Dog Cara 11:15-12:15 MUSIC by BILL SHONTZ 11:30 LUNCH- Spaghetti, Salad, Garlic Bread 12:00 Bridge 12:30 Bingo 3:30 Strength Training	17 4:00-6:00 SUMMER PICNIC 9:30 Easy Does it Yoga 11:30 LUNCH- Cheese Lasagna w/ Marinara 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	18 11:15 WILLIE NININGER 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 LUNCH- COOKOUT 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	19 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Calico Beans & Sausage 12:15 MOVIE- "Crazy Rich Asians" 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
22 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Fiesta Omelet w/ Salsa 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	23 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- Chicken Fajita 12:00 Bridge 12:30 Bingo 3:30 Strength Training	24 9:30 Easy Does it Yoga 11:30 LUNCH- Roast Pork with Gravy 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts 6:00 Canine Good Citizens Training	25 10:30-11:30 DRUM CIRCLE 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 LUNCH- COOKOUT 11:30 BLOOD PRESSURE CLINIC 11:30 LUNCH- Macaroni & Cheese 1:00 Art Class- Eunice Agar 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 Marsala 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
29 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Meatloaf with Gravy 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	30 1:00-2:00 MUSIC CIRCLE 8:30 Breakfast with Barbara 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00-12:00 MATTER OF BALANCE 10:00 Crossword 11:00 Therapy Dog Cara 11:30 LUNCH- Salmon Boat w/ Newburg Sauce 12:00 Bridge 12:30 Bingo 3:30 Strength Training	31 9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stroganoff 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	Veteran's Eat for Free 	For more information or to schedule appointments call: 413-528-1881 ***** Lunch RSVP: 413-528-4118 (24 hours in advance)

Elder Services of Berkshire County - Nutrition Program

JULY 2019

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	
1	Beef Stew Parsley Buttered Potatoes Green Beans Almondine 12 Grain Bread Diced Peaches Calories: 752 Sodium: 433	2	Italian Meatballs Shells w/Sauce Ratatouille Oat Nut Bread Diced Pears Calories: 680 Sodium: 654	3	Chicken Breast w/Gravy Mashed Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Banana Calories: 589 Sodium: 804	4	INDEPENDENCE DAY CLOSED	5	Hot Dog * Cole Slaw Vegetarian Baked Beans Hot Dog Bun Warm Applesauce Calories: 895 Sodium: 1235
8	Spanish Rice Steamed Cabbage Green Beans Tortilla Shell Mixed Fruit Calories: 688 Sodium: 407	9	Shredded Turkey w/Gravy * Boiled Red Potatoes Mixed Greens Dinner Roll Strawberry Cup ** Calories: 638 Sodium: 1074	10	Swedish Meatballs Buttered Wide Egg Noodles Lyonnaise Carrots 12 Grain Bread Fresh Orange Calories: 667 Sodium: 850	11	Pollock Loin Sweet Potatoes Winter Blend Vegetables 100% Whole Wheat Bread Diced Peaches Calories: 517 Sodium: 431	12	Oriental Pork Mashed Potatoes Zucchini & Summer Squash Oat Nut Bread Pineapple Chunks Calories: 679 Sodium: 881
15	Breaded Chicken Drumstick Lentil Stew Spinach & Tomato Blend Dinner Roll Sliced Pears Calories: 614 Sodium: 1023	16	GB Healthcare "FREE" Lunch Spaghetti, Salad, Garlic Bread, Dessert	17	Cheese Lasagna w/ Marinara Summer Squash Italian Bread Warm Fruit Compote Salad at Community Meal Sites Calories: 714 Sodium: 869	18	Cookout! Hamburgers, Hot Dogs, Potato Salad, Beans	19	Calico Beans and Sausage Collard Greens Cauliflower Oat Nut Bread Diced Peaches Calories: 681 Sodium: 794
22	Fiesta Omelet with Salsa O'Brien Potatoes Broccoli Florets 100% Whole Wheat Bread Diced Apricots Calories: 662 Sodium: 886	23	Chicken Fajita Black Beans & Rice Warm Spiced Beets Tortilla Tropical Fruit Salad Calories: 595 Sodium: 931	24	Pork Roast w/Gravy Mashed Potatoes Spinach Dinner Roll Applesauce Calories: 669 Sodium: 681	25	Macaroni & Cheese * Stewed Tomatoes Italian Beans 100% Whole Wheat Bread Diced Peas Calories: 575 Sodium: 981	26	Chicken Marsala Boiled Gold Potatoes w/ Butter Sliced Carrots 12 Grain Bread Fresh Orange Calories: 615 Sodium: 494
29	Meatloaf w/Gravy Mashed Potatoes Peas & Mushrooms Oat Nut Bread Sliced Peaches Calories: 660 Sodium: 695	30	Salmon Boat w/Newburg Sauce Steamed Brown Rice w/Orzo Brussels Sprouts 100% Wheat Bread Mandarin Oranges Calories: 463 Sodium: 472	31	Beef Stroganoff Rotini Noodles Broccoli & Cauliflower blend 12 Grain Bread Key Lime Bavarian Crème Calories: 749 Sodium: 607	 Sponsored in part by: 			

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.



July Fourth Word Search



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY

NATION
PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

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

Name: _____