



# GRAPEVINE

## June 2018

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

*Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator*

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM



**Center:** 413-528-1881

**Dining Room:** 413-528-4118

**Transportation:** 413-528-4773

### TapFest– June 9

Come join us for our 3rd Annual TapFest at the senior center from 11:30 to 1:00! It will feature the adult dance students of our very own Carolyn Calandro. There will also be local musicians, both duets and ensembles, and the Berkshire Hillsmen too. We will have finger foods and refreshments starting at 11:30 am.

This event is **FREE** and open to all. It is one event you don't want to miss. These performers have been working very hard so come out and see their show. If you would like to attend, please call or stop by the senior center to reserve your spot.



### Holiday Craft Class– June 28

Join our *Carolyn Calandro* for a Fourth of July craft class on Thursday, June 28th at 12:30 pm. She will be showing people how to make a paint stick deco flag and flag pins. Samples of the crafts are in the dining room on the sign up table, along with the sign up sheet for the class. The cost is \$5 per person which includes supplies (1 deco flag & 2 flag pins).



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### “Little Bit Farm” Mobile Food Market- June 4

Ed Hotaling has created a fresh farm vegetable mobile mart. He will be visiting the Senior Center/Brookside parking area every other Monday at 1:00 PM for purchase of his fresh farm vegetables. June 4th will be his first visit. He will have only plants that days but as the season advances, he will have fresh produce to purchase. If you have SNAP, you can use your card to make purchases. Ed is kicking off his new product by introducing himself following lunch on Monday, June 4th. He will explain how you can use your SNAP benefits to your advantage.



## EXERCISE CLASSES

### Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)  
 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)  
 12:30 PM- Healthy Moves with Thea (\$3.00)  
 1:00 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:

- 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)  
 1:00 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\*



**Beautiful tulips in our backyard in May.**

## We Need You Volunteer in your Community

You've got just what it takes to help your neighbors in need. Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax filing help to those who need it most. You can make a big difference in someone else's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2019 tax season. Our volunteers receive training and continued support in a welcoming environment. And as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide)  
 Or call 1-888-227-7669

For Berkshire County information call 1-413-243-3569

**Recent volunteers include:** Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired.

**Sites include:** Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

## HAPPY BIRTHDAY!!

June 1 Connie Jardine	June 13 June Bozek
June 3 Catherine Gray	June 16 Gertrude Michelson
June 6 Joan Freitas	June 17 Sally Haver
June 8 Roger Gutwillig	June 18 Harold French
June 8 Carolyn Calandro	June 21 Ruth Shibuya
June 9 Sue Farnum	June 26 Pat LaBagh
June 9 June Hastedt	June 26 Stanley Debkowski
June 10 Louis Todd	June 28 Edith Leveille
June 12 Margaret McGraw	June 30 Elisabeth Pizzichemi



## “TRIPS”

Come check out our trips bulletin board in the main hallway.



### Day Cruise on the Erie Canal-

Monday, June 25th

Come along for a trip to cruise the Erie Canal. The bus will depart the senior center at 7:30 AM. We will be having lunch at the Water Street Grill. At 1:00 you will board the Erie Canal Cruise boat and ride along for a scenic trip. The thrill of this voyage is being raised and lowered over 20 feet in an Erie Canal lock! You will arrive back in Great Barrington at 5:30 PM. The cost is \$25 per person and does NOT include lunch or tip. This trip is currently **FULL** but you can put your name on the waitlist in case of a cancellation. The trip information is on the Trips bulletin board. We are hoping to plan a second trip to the Erie Canal in July for people that are on the waitlist.

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**\*The trip to Hildene in Manchester, VT has been changed to Friday, June 8th\***

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### Breakfast for Lunch

Chef Bob Avery is back to cook lunch for us! He will be cooking lunch at the center on Wednesday, June 27th and he will be preparing "Breakfast for Lunch". The cost is \$2.00 per person. A sign up sheet is in the dining room if you would like to attend the lunch. He makes a wonderful meal so we hope you are able to attend this lunch. Come join us!



meal so we are able to lunch. Come

## FREE Fun Friday's

The 2018 schedule has been released and below is a list of FREE events (for all ages) on Friday's throughout the summer in Berkshire County:

June 29: Berkshire Theatre Group

The Mount: Edith Wharton's Home

July 6: Hancock Shaker Village

July 13: Chesterwood

Ventfort Hall Mansion & Gilded Age Museum

Mahaiwe Performing Arts Center

July 27: Boston Symphony Orchestra at Tanglewood

August 3: Naumkeag (The Trustees of Reservations)

August 10: Jacob's Pillow

August 17: Berkshire Museum

August 24: MASS MoCA

August 31: Norman Rockwell Museum

To get a full list of events throughout the state, call 617-969-8900 or visit [www.highlandstreet.org/programs/free-fun-fridays](http://www.highlandstreet.org/programs/free-fun-fridays).

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### Friday Tanglewood Rehearsals

It's that time of year again! This year we will be carpooling to the Friday Tanglewood Rehearsals. The dates are: **July 6, 13, 20, 27** and **August 3, 17, 24**. The rehearsals begin at 9:30 am and end around 11:30 am. A sign up sheet will be on the Trips board if you are interested.

The Friday-morning Rehearsal experience is intended to offer a first-hand, behind-the-scenes opportunity for groups that call the Berkshires their home throughout the year to experience the BSO on the Tanglewood grounds.









June 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information or to schedule appointments call:</b> <b>413-528-1881</b></p>	<p><b>Lunch RSVP:</b> <b>413-528-4118</b></p> <p><b>*AT LEAST 24 HOURS IN ADVANCE*</b></p>	<p><b>*Coffee Hour Every Day</b></p>  <p><b>At 8:30 AM*</b></p>		<p><b>1</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Greek Style Chicken Stew</b> 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>4</b></p> <p>1:00 Little Bit Farm Mobile Truck 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Pork Roast w/Gravy 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>5</b></p> <p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword &amp; Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- Tuna Noodle Casserole 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p><b>6</b></p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Low Sodium Hot Dog 12:30 Pitch 4:00 Decorative Arts</p>	<p><b>7</b></p> <p>8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Moroccan Beef Stew 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>8</b></p> <p>8:00 AM HILDENE TRIP 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Salad 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p> <p><b>TAPFEST Sat, June 9</b> <b>11:30 am-1:00 pm</b></p>
<p><b>11</b></p> <p>9:00 -12:00 Foot Nurse by Appt. 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Salmon Boat w/Newburg Sauce 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p><b>12</b></p> <p>GB HEALTHCARE- FREE LUNCH 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword &amp; Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH (To Be Announced) 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p><b>13</b></p> <p>9:30 Easy Does it Yoga 10:00 PUZZLE COMPETITION 11:30 LUNCH- Stuffed Shells w/Marinara Sauce 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts</p>	<p><b>14</b></p> <p>Veterans Eat For Free Today 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Sage Stuffed Chicken w/Gravy 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>15</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Meatloaf 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>18</b></p> <p>1:00 Little Bit Farm Mobile Truck 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Chicken Bruschetta 12:30 Out to Lunch Bunch (See flyer) 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>19</b></p> <p>8:30 Breakfast (See Flyer) 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword &amp; Jo's Craft Class 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p><b>20</b></p> <p>11:30 COOKOUT 9:30 Easy Does it Yoga 11:00 MUSIC by DUANE CARLSON 11:30 LUNCH- Hamburgers &amp; Hot Dogs 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts</p>	<p><b>21</b></p> <p>8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Salisbury Steak 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>22</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chef Salad w/Ham, Turkey &amp; Cheese 12:00 Bridge 1:00 DOG SHOW &amp; POOCH PARADE 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>25</b></p> <p>7:30 AM ERIE CANAL TRIP 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- French Toast Stick 12:30 Bingo &amp; Ice Cream 12:30 Healthy Moves 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p><b>26</b></p> <p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword &amp; Jo's Craft Class 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken Almondine 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training</p>	<p><b>27</b></p> <p>9:30 Easy Does it Yoga 10:00 PUZZLE COMPETITION 11:30 LUNCH- Chef Avery: Breakfast for Lunch 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p><b>28</b></p> <p>Veterans Eat For Free Today 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing Exercise 10:30 BLOOD PRESSURE CLINIC 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Italian Wedding Soup 12:30 HOLIDAY CRAFT CLASS 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>29</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Curry Chicken 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts (See flyer)</p>

# Elder Services of Berkshire County - Nutrition Program

**JUNE 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	
4	Pork Roast w/Gravy Garlic Mashed Potatoes Winter Squash Oat Nut Bread Mixed Fruit  Calories: 650   Sodium: 530	5	Tuna Noodle Casserole Sugar Snap Peas Mixed Greens 100% Whole Wheat Bread Diced Peaches  Calories: 564   Sodium: 678	6	Low Sodium Hot Dog Vegetarian Baked Beans Sauerkraut Hot Dog Roll Apple Sauce High Sodium Meal  Calories: 726   Sodium: 1361	7	Moroccan Beef Stew Brown Rice Pilaf Squash Medley 12 Grain Bread Fresh Orange  Calories: 764   Sodium: 521	8	Chicken Salad Macaroni Salad Cold Spiced Beets Bulkie Roll Fresh Apple  Calories: 836   Sodium: 1156
11	Salmon Boat with Newburg Sauce Boiled Potatoes Mixed Greens 100% Wheat Bread Diced Pears  Calories: 545   Sodium: 917	12	Great Barrington Health Care FREE LUNCH (TBD)  Calories: 692   Sodium: 904	13	Stuffed Shells with Marinara Sauce Mixed Vegetables Wax Beans Oat Nut Bread Tossed Salad (Meal Site) Fresh Orange  Calories: 692   Sodium: 904	14	FATHERS DAY Sage Stuffed Chicken/Gravy * Mashed Potatoes Peas w/Diced Carrots Dinner Roll Ice Cream**  Calories: 765   Sodium: 982	15	Meatloaf Sweet Potatoes Cauliflower w/Pimiento 100% Wheat Bread Mixed Fruit  Calories: 600   Sodium: 589
18	Chicken Bruschetta Rice Pilaf Green Beans 12 Grain Bread Banana  Calories: 626   Sodium: 903	19	Beef Stroganoff Egg Noodles California Blend Vegetables Dinner Roll Fruit Cocktail  Calories: 663   Sodium: 462	20	COOKOUT  (Hamburgers, Hot Dogs, Salad, Baked Beans)  Calories: 702   Sodium: 711	21	Salisbury Steak Steamed Brown Rice Winter Squash Oat Nut Bread Apple Sauce  Calories: 770   Sodium: 1116	22	Chef Salad w/Ham, Turkey, Cheese 3 Bean Salad Cole Slaw 100% Wheat Bread Diced Peaches  Calories: 770   Sodium: 1116
25	French Toast Stick Sausage Links Roasted Potatoes Maple Syrup Tropical Fruit  Calories: 704   Sodium: 758	26	Chicken Almondine Scalloped Potatoes Broccoli 100% Wheat Bread Apricot  Calories: 571   Sodium: 771	27	BREAKFAST FOR LUNCH  By Chef Avery  Calories: 907   Sodium: 994	28	New Item Italian Wedding Soup Egg Salad Sandwich Brussels Sprouts Hot Dog Roll Apple Crisp  Calories: 907   Sodium: 994	29	Curry Chicken Mashed Potatoes Sliced Carrots 12 Grain Bread Blueberry Yogurt **  Calories: 718   Sodium: 629

**Dietary Information:** All meals include 1% Milk 125 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.

## SUMMERTIME FUN

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

PICNIC  
 BARBEQUE  
 VACATION  
 HIKING  
 BIKING  
 CAMPING  
 FIREWORKS

JULY FOURTH  
 MOVIES  
 DRIVE INS  
 AMUSEMENT PARKS  
 FAIRS  
 SWIMMING  
 SPLASHING

FISHING  
 WATERMELON  
 BOATING  
 LIGHTNING BUGS  
 ZOO  
 BASEBALL  
 S'MORES

FRUIT SALAD  
 STRAWBERRIES  
 GARDENING  
 PARADES

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

Name: \_\_\_\_\_