



GRAPEVINE

March 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

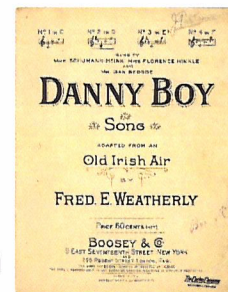
Center: 413-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

St. Patrick's Day Party– March 13

It's a party!!! Join Andy Kelly and his Irish band on Tuesday, March 13th from 11:00 am -12:00 pm at the center for some of their great Irish tunes. Great Barrington Health Care will be offering a wonderful **FREE** corn beef and cabbage lunch and a dessert. The best dressed leprechaun wins a prize (luck of the Irish might help too)!



If you would like to attend the lunch and party, please call the center or sign up on the sheet in the dining room. Hope you can join us for a fun time!



Cookout– March 28

Why wait for summer to have a cookout?? Let's celebrate Spring with a cookout & apple pie contest on Wednesday, March 28th from 11:00-12:00. There will be country karaoke by Tommy Soules. We will be serving hamburgers, hot dogs, macaroni & potato salad, baked beans, chips and apple pie. We need contestants to enter the pie contest which will be served as our dessert. Please see Polly if you are interested in entering the contest. A sign up sheet is in the dining room. Hope you can join us and celebrate "warmer weather on the way"!



The Teague Tappers will also be performing during lunch on this day as well. They always put on a great show so come and see them in action!

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Week of March 4th:

"National Consumer Protection Week"

On Friday, March 9th from 11:30-12:30 Kate Alexander will be presenting a special program at the senior center about the most recent scams, fraud and the latest on the Equifax Breach. Kate has a wealth of information as a consumer advocate in Berkshire County. Please pass this on to your friends and neighbors, you may even get to say hello to Smitty Pignatelli who will be at the senior center at a morning meeting.

Simon's Rock Swim Program

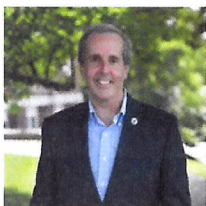
This is a wonderful opportunity for some great exercise in the pool. It is offered on Monday's, Wednesday's and Friday's from 11:00 am to 12:00 pm for only \$3.00 per class. Beginning in April there will be some new classes available!



On Tuesday, March 27th at 11:45 am Bill Meier, Director of Outreach

Programs at Simon's Rock will be presenting a fun and informational PowerPoint at the center about the new swim programs they will be offering. He will also be discussing swimmer safety, benefits of swimming, "what to wear" and so much more! A sign up sheet is in the dining room. We hope you can join us for this great program.

Come say hello to our State Representative **Smitty Pignatelli**! He will be at the senior center for a meeting on the morning of Friday, March 9th.



"Third Tuesday" Breakfast

The breakfast will be returning in April!! On Tuesday, April 17th Barbara Bailly will be back & will be preparing breakfast for 8:30. The cost is \$2 per person. Look for it on April's calendar.

Just for a Laugh...

I very quietly confided to my best friend that I was having an affair. She turned to me and asked, "Are you having it catered?" And that, my friend, is the sad definition of "OLD".



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- Moving Mind Body & Spirit Towards Greater Health 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:

- 10:00 AM- Pilates for Osteoporosis Prevention with Kathi (\$3.00) ***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:

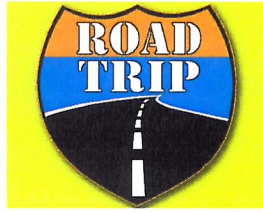
- 9:00 AM- Tai Chi with Christine (\$3.00)
- 10:00 AM -Chair Exercises with Ann (Free)
- 1:00 PM- Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)

HAPPY BIRTHDAY!!

Mar. 1 Mary Errichetto	Mar. 16 Judith Corbett
Mar. 2 Liz Macchi	Mar. 16 Marylynn Hall
Mar. 3 Rosemary Smith	Mar. 20 Rachel Shaw
Mar. 3 Bobbie Nussbaum	Mar. 20 Barbara Bailly
Mar. 6 Joyce Weeks	Mar. 21 Agnes Walker
Mar. 6 Cathy Walker	Mar. 21 Betty Pachulski
Mar. 7 Evelyn Race	Mar. 23 Steve Strommer
Mar. 8 David Tucker	Mar. 23 Mimi Hassett
Mar. 9 Gloria Davis	Mar. 24 Rita Dichele
Mar. 11 Kathi Casey	Mar. 25 Alan Buckes
Mar. 14 Bruce Bailly	Mar. 25 Lynn Stonebridge
Mar. 15 Norbert Gudath	Mar. 26 Ronnie Deome
Mar. 16 Alice Olender	Mar. 28 Alan Macy
Mar. 16 Susan Peisner	Mar. 30 Jean McCarthy

"TRIPS"

Come check out our trips bulletin board in the main hallway. We are planning the following:



*Equine Advocates Rescue & Sanctuary in Chatham, NY

*Day trip to Salem, MA to sightsee, shop & eat- **FALL 2018**

"Guys and Dolls"- Sunday, April 29th

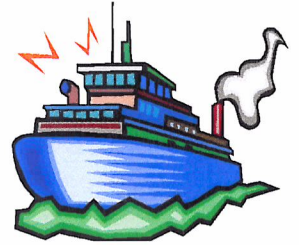
Carpool together for a trip to the Majestic Theater in West Springfield to see a 2:00 pm showing of Guys and Dolls. The cost is \$35.00 per person. You will have lunch first at the Majestic Café (meal not included in cost) which is located within the theater. They will be serving Roast Beef on a Roll and Vegetarian Vegetable Soup. Sign up sheet is located on the Trips bulletin board if you are interested. Please let us know if you are willing to be a driver for this trip.

Hildene, Lunch & Shopping- Friday, May 18th

Leaving the senior center in Great Barrington for Manchester VT at 8:00 AM. Only 12 seats available on the van. \$20 per person includes admission to Robert & Mary Lincoln's home, gardens, Hildene Farm, Pullman car Sunbeam, Dene Farm (goat farm) and walking trails. Price does NOT include lunch. Followed by lunch at the Ye Olde Tavern with time to shop afterwards at the Manchester Designer Shops. Trip is currently **FULL** but you can put your name on a waitlist in case of a cancellation. Sign up sheet is located on the Trips bulletin board.

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 8:00 AM. Breakfast will be at 9:00 at the Cracker Barrel. 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 breakfast or tip. The sign up sheet is on the Trips bulletin board.

Maifest Celebration & German Lunch



We're off to the Crystal Brook Resort in the Catskills in New York for some great German entertainment and food. The trip will be in in **April** and the price is yet to be determined. If you are interested, please make sure you sign up as soon as possible. The sign up list is on the Trips bulletin board. Danke!

Lobster Feast- Friday, July 17th

Do you love seafood?? If so, then this is the trip for you! We are planning to go to the Lobster Feast in Holyoke at the Log Cabin Banquet & Meeting House on July 17th. There are 3 tribute artists performing songs of Elvis, Rod Stewart and Buddy Holly. The cost per person is \$55 for the meal and entertainment. The menu for lunch for this event are located on the flyer on the Trips bulletin board. Please sign up there if you would like to be part of this trip.

Come along for some delicious food and great music.



March's *FREE* Lunch

Great Barrington Healthcare will be offering a **FREE** lunch on Tuesday, March 13th for our St. Patrick's Day Party. They will be providing us with corn beef and cabbage. If you would like



to attend on that day, please
see sign up sheet or call the
center for reservations.

A big **THANK YOU** to Great Barrington
Healthcare for their generosity in providing us
with wonderful *free* lunches. There is a card for
them in the lobby for those of you that want to
say "Thank You" for all their hard work in
making our parties so special!

“Out to Lunch Bunch”

Out to Lunch Bunch is back starting Monday, March 19th at 12:30 pm. This month the group is going to “On a Roll Café” in Lenox. There is an optional visit to Chocolate Springs right next door to the café after lunch. Sign up sheet is in the dining room.

Saturday Winter Bingo & Lunch

This is the last one for the season! There will be bingo and lunch on Saturday, March 17th from 11:30 am-2:00 pm at the center. If you plan on coming, please sign up on the sheet in the dining room. Thank you!

Thank you Joe Roy, of Birches and Roy, for always cheerfully willing to help us whenever called upon. His presentations are very informative and helpful.

THANK YOU JOE!!!!

A Southern Breakfast

Do you love a good southern breakfast or never tried one before?? If so, join us on Tuesday, March 20 at 8:30 AM. Polly will be cooking a special southern breakfast to kick off the Spring! You will enjoy biscuits, gravy, cheesy grits casserole and eggs. The cost is \$2.00 a person. A sign up sheet is located in the dining room. Please sign up if you would like to attend.



Everyone had a great time at our Valentine/Mardi Gras Party. Thanks to all of the wonderful volunteers who are behind the scenes slicing pies, making coffee, serving and cleaning up. I'd like to personally thank them for always being so willing to come in at very little notice to pitch in and help. We could not do it without you!



- *Polly*

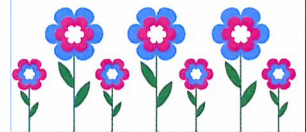
Puzzle Swap Exchange

Do you buy puzzles, work them once and then store them in a closet never to be worked again? Wouldn't it be nice to pass that puzzle on to someone who appreciates working puzzles and get one in return?

Please drop off your old puzzles starting in March with Polly or Jenn. We will be hosting a “puzzle meet” on Monday, March 19th and Wednesday, March 21st in the dining room.



**The first day of Spring
is
Tuesday, March 20th.**



Daylight Savings Time begins on

Sunday, March 11th.

**Don't forget to set your
clocks ahead 1 hour!**



March 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For more information or to schedule appointments call:</p> <p>413-528-1881</p>	<p>Lunch RSVP: 413-528-4118</p> <p>* AT LEAST 24 HOURS IN ADVANCE*</p>	<p>*Coffee Hour Every Day</p>  <p>at 8:30 AM*</p>	<p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- BBQ Bone-In Chicken 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Cheese Stuffed Shells w/Sauce 12:00 Bridge 1:00-3:00 Matter of Balance By Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>5</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Goulash 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>6</p> <p>9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Chicken w/Orange Sauce 12:00 Bridge 12:30 Bingo 1:00-3:00 Matter of Balance By Appt. 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>7</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Beef Stroganoff 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>8</p> <p>Veterans Eat For Free Today 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Shepherd's Pie 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>9</p> <p>9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 CONSUMER PROTECTION PROG. 11:30 LUNCH- Baked Haddock 12:00 Bridge 1:00-3:00 Matter of Balance By Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>12</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- Philly Steak Sub w/Onions, Peppers & Cheese Sauce 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>13</p> <p>ST. PATRICKS DAY PARTY 11:00 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 VNA BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 FREE LUNCH- Corned Beef & Cabbage 12:30 Bingo 1:00-3:00 Matter of Balance By Appt. 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>14</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Parmesan 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>15</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Corned Beef Hash 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>16</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Vegetarian Chili 12:00 Bridge 1:00-3:00 Matter of Balance By Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p> <p>Sat. March 17, 11:30-2:00 Winter Bingo & Lunch</p>
<p>19</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Chicken Puttanesca 12:30 Moving Mind Body & Spirit 12:30 OUT TO LUNCH BUNCH- "On a Roll Café" 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>20</p> <p>8:30 SOUTHERN BREAKFAST with Polly 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 12:30 Bingo 1:00-3:00 Matter of Balance By Appt. 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>21</p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Veal w/ Peppers & Onions 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>22</p> <p>Veterans Eat For Free Today 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:30 VNA BLOOD PRESSURE CLINIC 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>23</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 1:00-3:00 Matter of Balance By Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>
<p>26</p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Moroccan Beef Stew 12:30 Ice Cream & Bingo 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap</p>	<p>27</p> <p>11:45- Simon's Rock Swim Program 9:45 Pilates for Osteoporosis Prevention 10:00 A.G.E. TRIAD 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Homemade Meatloaf w/Gravy 12:00 Bridge 12:30 Bingo 1:00-3:00 Matter of Balance By Appt. 1:30-3:30 Computer Class by Appt. 3:30 Strength Training</p>	<p>28</p> <p>COOKOUT 11:00-12:00 9:30 Easy Does it Yoga 11:30 LUNCH- Hamburgers & Hot Dogs 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training</p>	<p>29</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Baked Ham 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>30</p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Baked Pollock 12:00 Bridge 1:00-3:00 Matter of Balance By Appt. 1:00 Beginner Tap 2:00 Intermediate Tap</p>

Elder Services of Berkshire County - Nutrition Program

MARCH 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
			1 BBQ Bone-In Chicken Red Beans & Rice <i>Winter Blend</i> 12 Grain Bread Orange	2 Cheese Stuffed Shells w/Marinara Sauce Peas Mixed Greens Italian Bread Banana
5 Goulash Broccoli Mixed Vegetables 100% Whole Wheat Bread Diced Pears	6 Chicken w/Orange Sauce Mashed Sweet Potatoes Beets Rye Bread Applesauce	7 Beef Stroganoff Egg Noodles Broccoli Whole Grain Biscuit Diced Peaches	8 Shepherd's Pie Mashed Potatoes Winter Squash Wheat Bread Fruit Cocktail	9 Baked Haddock Brown Rice w/Lentils Cauliflower w/Red Pepper Oat Nut Bread Butterscotch Pudding **
12 <i>New Item!</i> Philly Steak Sub w/Onions, Peppers and Cheese Sauce Baked Beans Carrots Sub Roll Orange	13 <i>GB Health Care</i> <i>"Free" Lunch</i> <i>Corned Beef & Cabbage</i>	14 Chicken Parmesan Penne Pasta w/Sauce Green Beans 12 Grain Bread Tropical Fruit Mix	15 <i>St. Patrick's Day</i> Corned Beef Hash Steamed Cabbage Irish Mixed Vegetables Pumpkin Bread Green Gelatin w/Fruit	16 <i>New Item!</i> Vegetarian Chili Cauliflower Spinach 100% Whole Wheat Bread Diced Peaches
19 Chicken Putanesca Egg Noodles Winter Blend Vegetables Oat Nut Bread Apricots	20 Pork Roast w/Gravy Rice Pilaf Mixed Greens 100% Whole Wheat Bread Chocolate Pudding **	21 Veal w/Peppers and Onions Roasted Potatoes Carrots Wheat Bread Orange	22 Sage Stuffed Chicken w/Gravy Mashed Potatoes Butternut Squash 12 Grain Bread Mixed Fruit	23 Macaroni & Cheese Stewed Tomatoes Peas Oat Nut Bread Diced Pears
26 <i>New Item!</i> Moroccan Beef Stew Roasted Potatoes Green Beans Tossed Salad (Congregate) 100% Whole Wheat Bread Mandarin Oranges/Pineapple	27 Homemade Meatloaf w/Gravy Mashed Potatoes Carrots 12 Grain Bread Yogurt **	28 <i>Cookout</i> <i>Hamburgers & Hot Dogs</i>	29 EASTER MEAL Baked Ham* Raisin Sauce Sweet Potatoes Broccoli Dinner Roll Vanilla Pudding **	30 GOOD FRIDAY Baked Pollock O'Brien Potatoes Corn Rye Bread Tropical Fruit Mix

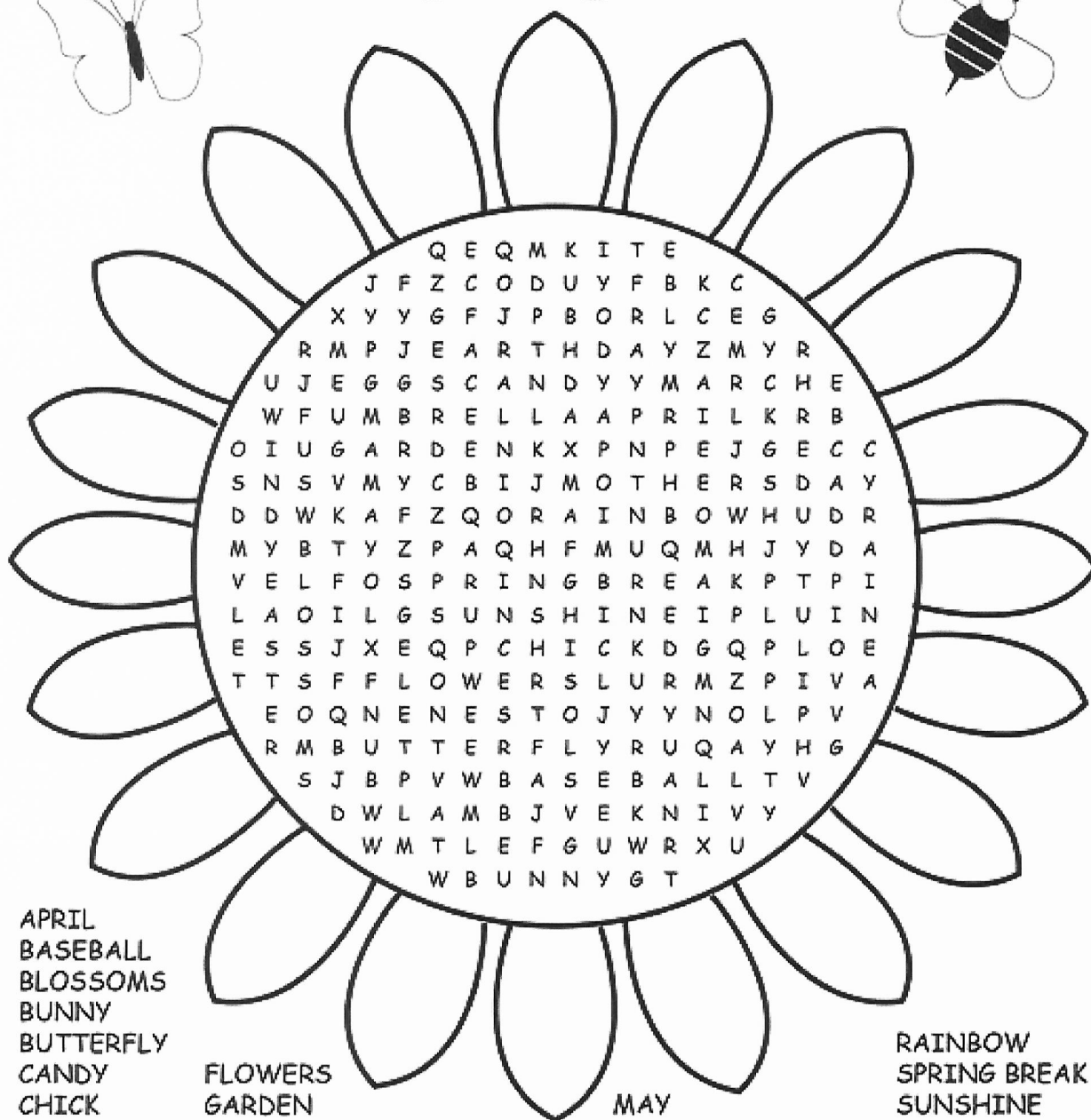
Dietary Information: All meals include 1% Milk

*High Sodium **Modifications for restricted sugar available

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.

Name: _____

It's Spring Time!



APRIL
BASEBALL
BLOSSOMS
BUNNY
BUTTERFLY
CANDY
CHICK
EARTH DAY
EASTER
EGGS

FLOWERS
GARDEN
KITE
LAMB
MARCH

MAY
MOTHERS DAY
NEST
RAIN

RAINBOW
SPRING BREAK
SUNSHINE
TULIP
UMBRELLA
WINDY