



GRAPEVINE

March 2019



Claire W. Teague Senior Center * 917 South 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

St. Patrick's Day Party– Tuesday, Mar. 12 11:00-12:00

Join us for a **FREE** corned beef and cabbage meal compliments of Great Barrington Healthcare. You won't want to miss this fun luncheon with Andy Kelly and his 4 piece Irish band. It will be a chance to listen to great music & to have a delicious meal. The sign up sheet for this event is in the dining room.



Winter Break Cookout– Mar. 29 11:00-12:00

Come join us for our first cookout of the year!! We're ready for the warmer weather to be here so what better way to start Spring than a cookout. On the menu will be grilled hamburgers & hot dogs, potato salad, chili, chips, soda & dessert. The lunch is \$2.00 per person. Sandy & Sandy will also be performing for us at this event. They always put on a great show so come to the center and have lunch & listen to them play! A sign up sheet is in the dining room if you would like to attend.



Music by Doug– Mar. 22

Doug Schmolze is back again to perform for us during lunch on Friday, March 22nd from 11:00-12:00. Lunch will begin at 11:30. The meal is \$2.00 per person. If you would like to attend lunch that day, please let us know a day ahead. Thanks!



INSIDE THIS ISSUE. . .

Special Events	Page 1
Exercise/Art/ Birthdays	Page 2
Announcements/Events	Page 3
More Announcements	Page 4
Calendar	Page 5
Menu	Page 6
Word Search	Page 7

Consumer Advocate Presentation– Mar. 4 12:00 pm

Come hear Consumer Advocate Kate Alexander of Berkshire Regional Housing talk about the latest scams, which includes home improvement scams, IRS scams etc. This will be a very informative presentation. If you have questions, feel free to bring them for her. Please sign up for this event in the dining room.



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/ Nadine
 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/ Nadine
 10:00 AM- Therapeutic Movement Exercise/Breathing Class with Suzanne (\$3.00) ***STARTING March 14***
 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.

***NEW* Wed. at 12:30 pm "Painting w/ Margaret"**
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

"GENTLE YOGA" at the Claire Teague Center

What is it? Who can do it? When is it?

Yoga? If it is not pretzel poses and standing on one's head, what is it?

Exercises? Yes. Deep Breathing? Yes. Relaxation? Yes.

And anyone can do it. It is gentle, it is easy and, most of all, it is fun.

Benefits? Yes!!!! Relieves stress. Tones muscles. Improves balance. Heightens mental clarity. Elevates mood. Regularizes blood pressure, digestion and blood sugar. Increases circulation, strength and flexibility. Oh, and yes, it makes us feel good!

When? Every Wednesday morning 9:30 to 10:30.

Joanne Kelly, Certified Yoga Instructor & Body Worker

Hi, I am Joanne Kelly. I teach Yoga in Great Barrington on Wednesday's and at the Lee Council on Aging on Thursday's. In the late 1970's as a new Yoga Instructor I did my practice teaching at the Claire Teague Center and have been teaching there every week since. Although I no longer teach full time, the rest of the week I am a Landscaper and love that too, I have continued the Wednesday class because I love being with the people in it and because it is important to them. Ask anyone in the class and they will tell you how good it makes them feel, how they have learned to listen to their own bodies and how they truly appreciate themselves and the class. Join us!! You will be welcome.

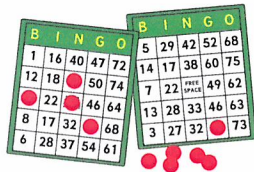
HAPPY BIRTHDAY!!

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

Did you know **BINGO** is good for you???

A good old-fashioned game of Bingo packs major mental and physical health benefits:

- *Increases Mental Flexibility & Alertness
- *Exercises Hand-Eye Coordination
- *Accelerated Healing
- *Laughter
- *Socialization



The Claire Teague Senior Center offers Bingo every Tuesday from 12:30 pm-2:00 pm. The first Tuesday of each month is **PIZZA & BINGO** (\$2.00 donation for the pizza) and the last Monday of the month at 12:30 is **BINGO & ICE CREAM** with all the toppings.

Relay for Life Events:

Would you like to dine out and contribute to the American Cancer Society Relay for Life?? Zucco's in Pittsfield is offering a one day special on **Tuesday, March 19th** from 11:00 am-9:00 pm to enjoy a delicious lunch or dinner. Zucco's will donate 20% to Relay for Life. Zucco's Family Restaurant is located at 451 Dalton Avenue in Pittsfield.

PAINT & SIP on Saturday, March 23rd, 6:00 pm at Bogie's, 935 Main Street in Great Barrington.

Learn to paint an image of the Cliffs of Moher, Ireland on a 16x20 canvas while supporting Relay for Life. All painting materials, instruction and donation included for \$35.00 per person. To reserve your seat call Berkshire Paint & Sip at 413-205-8346.

Joint Trip- Sheffield & Gt. Barrington Sr Center

We are planning a trip to take in the near future. It will be a Lobster luncheon/entertainment plus a trip to the casino!!! The price includes transportation on a chartered coach bus. \$20.00 is free slot play, \$10.00 food voucher from casino, lobster lunch & entertainment for \$82.00. Dates will be available soon. If you are interested in this fun trip please call either center. Stay tuned....



March Friday Movie

This month we will be showing "Ladies in Lavender" with Judi Dench and Maggie Smith. It will be on March 8th at 12:30 pm. Popcorn will be served.

The sign up sheet for the movie is located in the dining room.



NEW Knitting Lessons

The senior center will be offering **FREE** knitting lessons on Friday, March 15th at 12:30. The instructor in March will be Peg Betterman. The class is free and open to all ages. We have the supplies but feel free to bring your own. A sign up sheet is in the dining room.

Therapeutic Movement & Breath Class

Students learn effective, yet gentle practices to create a greater sense of well being, decrease anxiety & stress and develop connections with others. We work to increase flexibility, strength and range of motion as well as improve balance. Appropriate for all ages and abilities. The class is beginning again on **March 14th at 10:00 AM**.

The instructor, Suzanne Mazzarelli, has taught yoga, meditation, qi gong and mindfulness in residential settings with teens, recovering addicts and alcoholics, and in community settings for over 11 years. She is a certified yoga therapist and specializes in working with the aging, those in chronic pain, and people who struggle with anxiety and/or depression.

Senior Center's Monthly Newsletter

Would you like the monthly newsletter emailed to you?? If so, please let Polly or Jenn know. We are in the process of creating a master database so that we can email it out every month.



Many thanks to **GB Healthcare** for the delicious monthly lunches they provide us. The new chef is preparing excellent meals and we cannot thank them enough!!



Monument Mountain HS Musical

The high school's Spring Musical this year is "The 25th Annual Putnam County Spelling Bee" and they would like to host the seniors again this year. It's a comedy set at a middle school spelling bee with high schoolers playing middle schoolers. Our friend & neighbor **John Kilner** is the Technical Consultant for this musical!

The performance is on Monday, March 25th at 6:00 pm at the High School. Afterwards they will be serving food. There is no charge for either portion of this event. If you would like to attend, please let Polly or Jenn know by **Friday, March 22nd**.

Are you new to the Senior Center???

If so & you don't have a

MySeniorCenter check in card,

please see Polly or Jenn and they can get you signed up for one. It only takes a couple of quick minutes & it's very helpful to the center!

Daylight Savings Time is on Sunday, March 10th.



Don't forget to set your clocks ahead on Saturday night!!

Dee Foster will be hosting a **Sing-A-Long** for our "2nd" St. Patty's Day luncheon on Monday, March 18th at 11:45 AM.

If you would like to attend lunch that day, please call 528-4118 to make your reservation a day ahead of time.

****Lunch is \$2 per person****

Upcoming Rabies Clinic

The Town of Great Barrington & Bilmar Small Animal Clinic are hosting a rabies clinic on Saturday, March 9th from 11:00 am to 1:00 pm. It will be held at the Great Barrington Fire Station at 37 State Road. The fee is \$10 per animal for **ONLY cats & dogs**. Vaccines are good for 1 year, unless a current rabies certificate is provided. The Great Barrington Town Clerk will also be on hand to issue dog licenses for GB & Housatonic residents from 11:30 am to 1:00 pm. The fee is \$5 for spayed or neutered dogs, otherwise it is \$15. The annual dog licenses must be renewed by April 1, 2019.

****Please keep your dogs on a leash and cats in a carrier while at the clinic****

(All proceeds go to benefit the Great Barrington Fire Fighters' Association)



Acupuncture will be returning to it's usual time of **10:00 am** on Monday's beginning in April.

March 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to schedule appointments call: 413-528-1881	*Coffee Hour Every Day at 8:30 AM*	Lunch RSVP: 413-528-4118 ***** 24 hours in advance	First day of Spring is March 20th! 	
12:00 CONSUMER ADVOCATE 4 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Chicken Bruschetta 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap	5 9:00 SHINE (by Appt.) 9:00 Ping Pong 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Veal Marsala 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 BINGO & PIZZA 3:30 Strength Training	6 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Pollock Loin w/Crumb Topping 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 4:00 Decorative Arts 6:00 Canine Good Citizens Training	7 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Beef Chili 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	8 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni & Cheese 12:30 MOVIE- "Ladies in Lavender" 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
11 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Sweet N Sour Pork 12:45 Beginner Tap 2:00 Intermediate Tap	12 GB HEALTHCARE FREE LUNCH 9:00 SHINE (by Appt.) 9:00 Ping Pong 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- ST. PATRICK'S DAY PARTY w/ ANDY KELLY 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	13 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Chuck Wagon Stew 12:30 Brown Bag 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 4:00 Decorative Arts 6:00 Canine Good Citizens Training	14 Veterans Eat For Free Today 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Chicken Sorrento 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	15 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Herb Baked Haddock 12:30 Knitting Lessons 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
18 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Corned Beef Hash 12:30 Out to Lunch Bunch- See Flyer 12:30 Acupuncture 12:45 Beginner Tap 2:00 Intermediate Tap	19 9:00 SHINE (by Appt.) 9:00 Ping Pong 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:30 LUNCH- Homemade Meatloaf w/ Gravy 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	20 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Greek Style Chicken Stew 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training	21 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Beef Stroganoff 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	22 11:00-12:00 DOUG SCHMOIZE 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Eggplant Parmesan 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
25 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Swedish Meatballs 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	26 8:30 Breakfast with Barbara 9:00 SHINE (by Appt.) 9:00 Ping Pong 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 LUNCH- Hawaiian Chicken 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	27 8:45-12:30 Tax Prep 9:30 Easy Does it Yoga 11:30 LUNCH- Colby Jack Omelets w/ Salsa 12:30 Pitch, Poker, Ping Pong 12:30 Painting with Margaret 12:45 MELT Pain Workshop 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training	28 Veterans Eat For Free Today 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Good Citizen Dog (Dixie) 11:30 LUNCH- Roast Pork w/ Gravy 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	29 11:00-12:00 SANDY & SANDY 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- "Cookout" Hamburgers & Hot Dogs 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- See Flyer

Elder Services of Berkshire County - Nutrition Program

MARCH 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Sponsored in part by: 				
4 Chicken Bruschetta * Roasted Potatoes Spinach 12 Grain Bread Applesauce 565 6 76 200 14 Calories: 592	5 Veal Marsala Buttered Egg Noodles Italian Beans Oat Nut Bread Fresh Orange 499 16 3 150 0 Calories: 869	6 ASH WEDNESDAY Pollock Loin w/ Crumb Topping Scalloped Potatoes Butternut Squash 100% Wheat Bread Tapioca Pudding ** 222 20 2 160 193 Calories: 699	7 Beef Chili Steamed White Rice Broccoli Florets Corn Muffin Apricots 184 4 22 291 10 Calories: 695	1 Pot Roast w/Gravy Mashed Potatoes Winter Blend Vegetables 100% Whole Wheat Bread Diced Pears 109 97 10 160 5 Calories: 585
11 Sweet N Sour Pork * Brown Rice Brussel Sprouts 100% Wheat Bread Diced Peaches 522 5 5 160 5 Sodium: 822	12 <i>GB Healthcare</i> <i>FREE Lunch</i> <i>Corned Beef & Cabbage</i> 986 Sodium: 793	13 Chuck Wagon Stew Sweet Potatoes Italian Blend Vegetables Dinner Roll Pineapple Chunks 394 35 40 190 1 Sodium: 785	14 Chicken Sorrento * Penne Pasta w/Marinara Glazed Carrots Oat Nut Bread Fruit Cocktail 804 103 62 150 5 Sodium: 1249	15 Herb Baked Haddock Mashed Potato Green Bean Almondine 12 Grain Bread Banana 382 97 3 200 1 Sodium: 808
18 St. Paddy's Day Corned Beef Hash * Steamed Cabbage Carrots and Parsnips Snowflake Roll Fruited Green Gelatin/Topping ** 512 1 29 160 89 Sodium: 916	19 Homemade Meatloaf w/Gravy Sour Cream & Chive Mashed Potatoes Broccoli Florets Oat Nut Bread Apricots 283 33 22 150 10 Sodium: 623	20 Greek Style Chicken Stew Wide Egg Noodles Peas w/Pimiento 12 Grain Bread Fresh Orange 391 16 79 200 0 Sodium: 811	21 Beef Stroganoff Steamed Brown Rice Green Beans 100% Whole Wheat Bread Sliced Pears 83 5 3 160 5 Sodium: 665	22 Eggplant Parmesan * Calico Bean Soup Broccoli Florets Italian Bread Mixed Fruit 573 298 22 230 3 Sodium: 1251
25 Swedish Meatballs Parsley Buttered Potatoes Mixed Vegetables Dinner Roll Apricot 300 28 133 160 10 Sodium: 756	26 Hawaiian Chicken * Confetti Rice Oriental Vegetables 100% Whole Wheat Bread Strawberry Cup ** 592 16 21 160 0 Sodium: 607	27 Colby Jack Omelets w/Salsa * Mashed Potato Green Beans 12 Grain Bread Diced Pears 602 97 3 200 6 Sodium: 1033	28 Roast Pork w/Gravy Roasted Potatoes Winter Squash Rye Bread Mandarin Oranges 136 6 34 150 5 Sodium: 641	29 <i>CookOut!</i> <i>(Hamburgers and Hot Dogs)</i> 456 Sodium: 629

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 Entree **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.



Saint Patrick's Day

March 17

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

BLARNEY
CHARM
CLOVER
DANCE
DUBLIN
EMERALD

GOLD
GREEN
IRELAND
ISLE
LEPRECHAUN
LIMERICK

LUCK
MARCH
PARADE
RAINBOW
SHAMROCK



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

Name: _____