

GRAPEVINE

May 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

NEW !! Senior Prom- May 18

We hope you can join us and students from the Monument Mountain Regional High School Pathway Program for a "Senior Prom". It will be at the Senior Center from 12:00 pm-2:00 pm following our 11:30 lunch. There will be dancing to the music of the MMRHS jazz band, desserts and finger foods will be served and we will have the crowning of the king and queen. Dress is casual , dressy or festive! The prom is FREE and open to everyone, young or old.



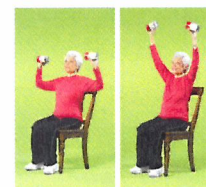
Senior Fitness Week- Week of May 28

ALL CLASSES ARE FREE FOR THE WEEK

The Claire Teague Senior Center is celebrating Senior Fitness Week starting Tuesday May 29th through Friday June 1st. For every class you attend your name will be entered in a raffle drawing for some great prizes. Bring a guest and get two raffle tickets. These are all great instructors and classes so prepare to learn some new exercises and meet new people! You can find bio's on our instructors on the Town of Great Barrington's website.

Claire Teague Senior Center **FREE** Fitness Week Schedule:

May 29th:	Tuesday 9:00-10:00	Cross Training (with Misha)
	Tuesday 10:00 -11:00	Pilates (with Kathi)
	Tuesday 11:00-12:00	Awareness through Movement (with Misha)
May 30th:	Wed. 9:30 -10:30	Yoga (with Joanne)
	Wed. 10:30-11:30	Moving Mind Body and Spirit (with Thea)
May 31st:	Thursday 10:00-10:45	Breathing Through Movement (with Suzanne)
June 1st:	Friday 9:00-10:00	Tai Chi (with Christine)
	Friday 10:00-11:00	Chair Exercise (with Ann)
	Friday 1:30	Observe Tap Lesson (with Carolyn)



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MASS Bar Elder Law Presentation- May 10

Come to the center for a very informative event on May 10th at 1:30 pm where you can learn about Elder Law issues. It is being presented by the Mass Bar Association. They will have Attorney James R. Loughman speaking on possible issues such as estate planning, how Medicare & Medicaid pay for long term nursing home care, power of attorney and health care proxies, and reverse mortgages just to name a few. If you would like to attend this event, please call the center or sign up on the sheet in the dining room. Thank you!

Senior Medicare Patrol

We are pleased to announce that we will be bringing the important message of the Senior Medicare Patrol Program to our center! They will be here on Thursday, May 31st at 1:00 pm to present information on how to avoid becoming a victim of health care errors, fraud and abuse to Great Barrington residents. If you would like to attend this very informative and free session, please sign up on the sheet in the dining room.



Community Garden

It's that time of year again! Make your reservation now for your garden plot at the center. First come first serve. If you are interested in having a plot, please see Polly.



**The Senior Center will be closed on
Monday, May 28th
in observance of Memorial Day.
Have a wonderful weekend!**

HAPPY BIRTHDAY!!

May 2 Peggy Fitch	May 18 Winifred Staunton
May 4 Suzannah Schiff-Holiday	May 18 Jesse Martin
May 4 Janet Bratteseni	May 21 Norton Fletcher
May 6 Joy Pratt	May 21 Faith Phillips
May 10 Mary Marks	May 23 Eileen Gaarn
May 16 Peggy Sullivan	May 26 Jane Traver
May 16 Gary Leveille	May 27 Theresa Macchi
May 17 Wes Orlowski	May 31 Raymond Phillips



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:

9:45 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)

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

“TRIPS”

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



Hildene, Lunch & Shopping- Friday, June 1st

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 7:30 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. This trip is currently **FULL** but you can put your name on the waitlist in case of a cancellation. **If you are currently signed up for this trip, please call us to confirm you still want to go & to leave us a call back phone number for yourself.** The trip information is on the Trips bulletin board.



Berkshire Birds Program

Join Great Barrington Land Conservancy birders, Sharon Siter and Christine Ward, on Wednesday, May 2nd at 12:45 PM at the senior center to warm up your birding skills. They will present a Birding ID Program that will include slides of common and rarer birds to be seen in Berkshire County, both at your feeder and in the fields. Information on birding resources and guided birding walks will also be provided. They will also provide information on other GB Land Conservancy resources for seniors including easy walks and guided walks.

The program is free & open to the public. To register for this event, please sign up at the center on the sheet in the dining room. Happy birding!!




Mark your calendars for the 2018 dog show & parade, Friday June 1st 1:00

Six pooches will perform tricks for you along with some refreshment.



Breakfast, Bingo & Dominos IS BACK!!!

Come join us starting on Thursday, May 10th at 8:30. for Breakfast and Bingo on Thursday mornings. Breakfast is \$2.00 per person. Sign up sheets are in the dining room if you would to join in.

May 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to schedule appointments call: 413-528-1881 ***** Lunch RSVP: 413-528-4118	1 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Egg Salad 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	2 9:30 Easy Does it Yoga 11:30 LUNCH- Homemade Meatloaf w/ Gravy 12:30 Pitch 12:45 BERKSHIRE BIRDS PROGRAM 4:00 Decorative Arts	3 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Eggplant Parmesan 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	4 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chuckwagon Chili 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
7 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Shepherd's Pie 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap 6:00 Annual Town Meeting- MMRHS	8 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Orange Chicken 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	9 9:30 Easy Does it Yoga 11:30 LUNCH-Baked Breaded Pollock 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts	10 MOTHER'S DAY LUNCH 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Roast Turkey & Gravy 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 1:30 MASSBAR ATTORNEY 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	11 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Vegetable Lasagna w/ Tomato Sauce 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
14 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- Beef Stew 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	15 SANDY & SANDY/LATIN LUNCH 8:30 Breakfast (See Flyer) 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:00 Therapy Dog Visit 11:30 LUNCH- Latin Meal (FREE) 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	16 9:30 Easy Does it Yoga 11:30 LUNCH- Baked Ziti by Chef Avery 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30-9:00 DINING FOR WOMEN	17 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Chicken Asparagus 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	18 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
21 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:00 Acupuncture 10:15 Awareness through Movement 11:30 LUNCH- Breaded Chicken Parm 12:30 Out to Lunch Bunch- Egremont Country Club 12:30 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap	22 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- Baked Haddock 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	23 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Piccata 12:30 Pitch 4:00 Decorative Arts	24 Veterans Eat For Free Today 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Hot Dog 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	25 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Swedish Meatballs 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- The Bridge
28 SENIOR CENTER CLOSED 	29 9:45 Pilates for Osteoporosis Prevention 10:00 A.G.E. TRIAD 10:00 Crossword 11:00 Therapy Dog Visit 11:30 LUNCH- BBQ Chicken Breast Filet 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	30 COOKOUT 9:30 Easy Does it Yoga 11:30 LUNCH- Hamburgers & Hot Dogs 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts	31 1:00 SENIOR MEDICARE PATROL 8:30 Breakfast and Bingo 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 10:30 BLOOD PRESSURE CLINIC 11:30- 3:30 SHINE (By Appt.) 11:30 LUNCH- Veal w/ Peppers & Onion 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	Dog Show & Pooch Parade June 1st 1:00 pm *FREE*
SENIOR FITNESS WEEK				

Elder Services of Berkshire County - Nutrition Program

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.

MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>Egg Salad</div> <div>Minestrone Soup Broccoli Hot Dog Roll Tossed Salad (Congregate) Pineapple Tidbits</div> <div>276 84 22 320 1</div>	<div>2</div> <div>Homemade Meatloaf w/Gravy</div> <div>Mashed Potatoes Peas Oat Nut Bread Apricots</div> <div>304 97 58 230 5</div>	<div>3</div> <div>Eggplant Parmesan</div> <div>WW Penne w/Tomato Sauce Broccoli Italian Bread Tossed Salad (Congregate) Fresh Orange</div> <div>460 55 22 230</div>	<div>4</div> <div>Chuckwagon Chili</div> <div>Black Beans and Rice Carrots Corn Bread Applesauce</div> <div>395 19 64 291 15</div>	
<div>Calories: 786 Sodium: 828</div>				
<div>7</div> <div>Shepherd's Pie</div> <div>Mashed Potatoes Peas and Pearl Onions Oat Nut Bread Banana</div> <div>72 97 68 230 1</div>	<div>8</div> <div>Orange Chicken</div> <div>Sweet Potatoes Steamed Red Cabbage 100% Whole Wheat Bread Diced Pears</div> <div>71 35 20 150 5</div>	<div>9</div> <div>Baked Breaded Pollock</div> <div>Rice with Lentils Mixed Vegetables 12 Grain Bread Pineapple and Mandarin Oranges</div> <div>222 19 64 200 630</div>	<div>10 Mother's Day</div> <div>Roast Turkey & Gravy Mashed Potatoes Winter Squash Dinner Roll Black Forest Cake ** (HIGH SODIUM MEAL)</div> <div>497 97 2 160 335</div>	<div>11</div> <div>New Item!</div> <div>Vegetable Lasagna w/Sauce Cauliflower Green Beans 12 Grain Bread Tossed Salad (Congregate) Diced Peaches</div> <div>471 14 3 200 5</div>
<div>Calories: 794 Sodium: 593</div>				
<div>14</div> <div>Beef Stew</div> <div>Roasted Potatoes Beets Dinner Roll Fresh Orange</div> <div>285 49 140 160</div>	<div>15</div> <div>FREE</div> <div>LATIN LUNCH</div> <div>406</div>	<div>16</div> <div>BAKED ZITI, SALAD & GARLIC BREAD</div> <div>(PREPARED BY CHEF AVERY)</div> <div>784</div>	<div>17</div> <div>Chicken Asparagus</div> <div>Roasted Potatoes Carrots 12 Grain Bread Tropical Fruit Salad</div> <div>55 49 43 200 10</div>	<div>18</div> <div>Macaroni and Cheese</div> <div>Stewed Tomatoes Peas and Pimientos Wheat Bread Fruited Gelatin w Topping **</div> <div>397 186 64 115 50</div>
<div>Calories: 748 Sodium: 759</div>				
<div>21</div> <div>Breaded Chicken Parmesan</div> <div>WW Penne w/Tomato Sauce Cauliflower w/Pimientos 100% Whole Wheat Bread Fruit Cocktail</div> <div>180 55 13 150 5</div>	<div>22</div> <div>Baked Haddock</div> <div>Roasted Potatoes Mixed Greens 100% Whole Wheat Bread Fresh Apple</div> <div>296 309 53 150 1</div>	<div>23</div> <div>Chicken Piccata</div> <div>Mashed Potatoes Sonoma Mixed Vegetables 12 Grain Bread Diced Peaches</div> <div>417 97 41 200 5</div>	<div>24 Memorial Day</div> <div>Hot Dog * Vegetarian Baked Beans Sauerkraut Hot Dog Bun Ice Cream ** (HIGH SODIUM MEAL)</div> <div>540 140 195 320 46</div>	<div>25</div> <div>Swedish Meatballs</div> <div>Rice Pilaf Brussels Sprouts Oat Nut Bread Apricots</div> <div>375 109 69 230 5</div>
<div>Calories: 603 Sodium: 528</div>				
<div>28</div> <div>MEMORIAL DAY</div> <div>485 97 17 200 5</div>	<div>29</div> <div>BBQ Chicken Breast Filet</div> <div>Mashed Potatoes California Blend Vegetable 12 Grain Bread Diced Pears</div> <div>485 97 17 200 5</div>	<div>30</div> <div>COOKOUT</div> <div>HAMBURGERS & HOT DOGS SALAD, BEANS</div> <div>885</div>	<div>31</div> <div>Veal w/Peppers & Onions</div> <div>Mixed Greens Carrots Oat Nut Bread Banana</div> <div>490 53 62 230 1</div>	<div>Calories: 758 Sodium: 913</div>
<div>Calories: 616 Sodium: 929</div>				

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.



Memorial Day

Last Monday in May

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

AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR

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

Name: _____