



GRAPEVINE

May 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



"90's" Luncheon— Tues. May 21, 11:15-12:15

We will have a special luncheon at the center to honor all of our friends that are turning 90 this year and those who are already 90 or older. A free meal will of pasta, salad, garlic bread & a dessert will be provided by Great Barrington Health Care. We will have a special guest singer, **Susan Segall**, performing. Invitations have gone out in the mail. We hope to have a wonderful turnout this year and we can't wait to celebrate! Please RSVP by calling the senior center or signing up on the sheet in the dining room.

S.A.G.E. TRIAD & Great Barrington Council on Aging are holding a

"2019 Health & Safety Fair"

Wednesday, May 29th from 11:00 am–
1:00 pm at the Senior Center.

What you will see at the Fair.....

- *Berkshire County Sheriff Self Defense "Stop the Bleed"
- *Demonstrations by the GB Fire Department
- *Demonstrations by the GB Police Department
- *Fairview Hospital– Choke Saver & Heimlich Demos

AND MUCH MORE!

***Senior Center**
will pay for
rider fee using
SBETC*

**FREE Cookout
at 11:30 am!!**

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Mother's Day Luncheon— Thurs. May 9

Join us for a special lunch honoring all mother's at the center on May 9th at 11:30 am. On the menu is Roast Pork with Gravy, Au Gratin Potatoes, Stuffing, Butternut Squash, Roll and a Dessert. The lunch is \$2.00 per person over 60. We will also have guest soloist **Dee Foster** to serenade us with her beautiful voice during lunch. To attend this lunch, please sign up on the sheet in the dining room or call the center.

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 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



**MANY thanks
 to
 "Liz Macchi"
 for the wonderful
 job with the tree
 in the
 Bingo Room.
 We love it!!**

****The Senior Center will be closed on
 Monday, May 27th
 for Memorial Day****

Computer Class Schedule Change

The schedule for the Tuesday afternoon computer class will change effective June 3 to Monday afternoons. Those interested in training sessions



are invited to sign up for 1 on 1 half hour sessions from 12:00 to 2:00 pm. Topics include computers, laptops, tablets, iPad's, phones (both android & Apple), internet & more technology areas. Please call the Senior Center to schedule an appointment.



HAPPY BIRTHDAY!!

May 2 Polly Mann Salenovich	May 17 Wes Orlowski
May 4 Suzannah Schiff-Holiday	May 18 Winnie Staunton
May 4 Linda Santos	May 18 Jesse Martin
May 4 Janet Brattesani	May 21 Faith Phillips
May 6 Joy Pratt	May 22 Eugene Kalish
May 10 Mary Marks	May 22 Linda Lavoie
May 14 Audrey Leveille	May 23 Eileen Gaarn
May 16 Peggy Sullivan	May 26 Jane Traver
May 16 Gary Leveille	May 27 Theresa Macchi

TRIP- Sheffield & Gt. Barrington Sr Centers

We are taking a trip together to the MGM Casino in Springfield on Thursday, May 23, 2019. You have a choice of Twin Lobsters or Prime Rib of Beef for lunch and entertainment during lunch. **PLUS**, there is also a trip to the casino!!! The price includes transportation on a chartered coach bus. \$20.00 in free slot play, \$10.00 for a food voucher from the casino, lunch & entertainment for **\$84.00** per person. Check is made payable to Claire Teague Senior Center and is due no later than May 7. The bus will depart Sheffield at 9:45 am & Great Barrington at 10:00 am. You can call us or the Sheffield Senior Center to reserve your spot **OR** you can sign up on the sheet in our dining room.

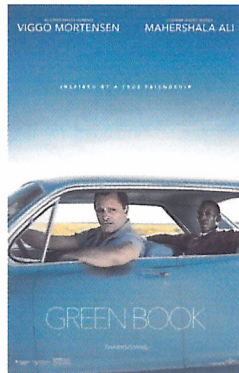


Word Search "Recovery" Group

Are you addicted to word searches and just can't put them down once you start?? If so, then we have a contest for you! On Thursday, May 30th after lunch is served and before dessert is served, we will hand out the word searches for all that would like to participate. There will be prizes for winners so come join us!!

Friday Movie

This month we will be showing "**Green Book**" on May 17 at 12:15 pm. The movie stars Viggo Mortensen and Mahershala Ali. Our movie critique Bobbie Nussbaum highly recommends this *very moving* film. Green Book won the "Best Picture" award! Popcorn will be served. A sign up sheet is in the dining room.



Thursday Morning Club "Bingo a la Mode"

They will be hosting Bingo and having great tasting pies on Saturday, May 4th at 2:00 pm at the Senior Center. The donation is \$15.00 and it includes pie, beverage and bingo cards. This is a scholarship fundraiser for students of Monument Mountain High School and Mount Everett. A sign up sheet is in the dining room for those who would like to attend this event.



"Malnutrition Week"– Week of May 13

Elder Services will be at the center on Thursday, May 16th at 12:30 to present information about malnutrition with the senior population. The week of May 13th is "Malnutrition Week" so it's a great way for everyone to become more aware of such an important issue. A sign up sheet is in the dining room for this event.

Medication costs keep going up and that means you're paying more \$\$\$

This is where Prescription Advantage can help you!

Prescription Advantage is a state sponsored program that works with your Medicare Part D so that you are not over-paying for your prescriptions. Not only can Prescription Advantage save you money on your prescription drugs, if your annual income is less than **\$37,470** (single) or **\$50,730** (married), Prescription Advantage is **FREE!!** Join us at the center on **Thursday, May 23rd** at 10:30 am to learn how you can save on your prescription drugs.

Hospice Care Presentation

Hospice Care will be here on Wednesday, May 15th at 12:30 pm to explain the "Alphabet Soup of Advanced Care: HCP, DNR, MOLST and Five Wishes". Life throws many throws many things our way over which we have no control. One thing we can control is how we want to be treated if we become seriously ill. Come join us for this informational meeting to learn important considerations for end-of-life care. Learn what all those forms mean and what forms to complete now. Lastly, what to do with the forms after they are completed. If you would like to attend this event, please sign up on the sheet in the dining room.

This month's **FREE** lunch from Great Barrington Health Care will be on Tues., May 21st at 11:30 am.

On the menu will be pasta, salad, garlic bread & dessert. A sign up sheet for this special lunch is in the dining room.

Tapfest

We are coming up on our 4th Annual (FREE) Tapfest which will be held on Saturday, June 8th at the senior center. It will start at 11:30 am with finger foods and refreshments and will end at 1:00 pm. Tapfest will feature the adult dance students of our very own

“CAROLYN CALANDRO”

There will also be local musicians, both duets and ensembles, performing as well. Put this date in your calendar as a “must see”. It is one event you don’t want to miss!

Elder Law Program by Paula Almgren, Esq.

She will be coming to the center on May 9th at 4:00 pm to discuss a few different important topics facing seniors today. Some of the discussions will be: Understanding Medicare (Skilled Nursing and Medicare Homecare), Understanding the Rules of Community Based Care, the “Five Fabulous” Estate Planning documents and How to Obtain VA Cash Benefits. If you would like to attend her session, please sign up on the sheet in the dining room.

Dates to Remember....

Wed., May 1 at 6:30 PM – “Candidates Forum”

There will be a public forum for candidates, both opposed and unopposed, that are running for elected positions in Great Barrington for this year’s Town elections. This forum will be held at the Senior Center.

Mon., May 6 at 6:00 PM– “Annual Town Mtg”

If you are a registered voter in Great Barrington or Housatonic then you are able to attend and vote at the Annual Town Meeting at the Monument Mountain High School Auditorium on Stockbridge Road. Voters will be voting on the Fiscal Year 2020 Town municipal budget.

Tues., May 14 from 8:00 AM– 8:00 PM “Great Barrington/Housatonic Annual Town Elections”

Quilting Club

We are going to form a Quilters Club at the Senior Center and we are looking for potential quilters of **ALL** abilities. We need some to teach, some to learn and some to just quilt as a group. If you are interested in this fun opportunity, let us know what days and times would work best for you.

Honoring Our Vets

Starting in May all veterans & their spouses eat for free on the 1st & 3rd Thursday compliments of Veteran Services!!



Trying to figure out “texting code” that comes from family and friends??

Below are some **“Senior”** texting codes:

ATD: At the Doctors
 BFF: Best Friend Fell
 BTW: Bring the Wheelchair
 BYOT: Bring Your Own Teeth
 FWIW: Forgot Where I Was
 GGPBL: Gotta Go Pacemaker Battery Low
 GHA: Got Heartburn Again
 IMHO: Is My Hearing-Aid On
 LMDO: Laughing My Dentures Out
 OMMR: On My Massage Recliner
 ROFLACGU: Rolling On Floor Laughing And
 Can’t Get Up
 TTYL: Talk to You Louder



Thank you **Janet Brattesani** for finding this funny article!

May 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 ***** Veteran's Eat For Free 1st & 3rd Thursday's ***** Coffee Hour Every Day at 8:30 AM	9:30 Easy Does it Yoga 11:30 LUNCH- Salisbury Steak 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 4:00 Decorative Arts 6:00 Canine Good Citizens Training 6:30 CANDIDATES FORUM	12:00-2:00 FALLON REP'S 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Chicken Salad 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Turkey 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap Sat. May 4th 2:00 PM- Thurs. Morning Club Bingo a la Mode
6 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- BBQ Chicken 12:45 Beginner Tap 2:00 Intermediate Tap 6:00 ANNUAL TOWN MEETING at MIMRHS	7 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- Pulled Pork Chili 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 BINGO & DESSERT 3:30 Strength Training	8 9:30 Easy Does it Yoga 11:30 LUNCH- Grilled Egg Patty w/ French Toast & Syrup 12:00 Pitch 12:30 Brown Bag 12:30 Painting with Margaret 1:00 MELT Pain Workshop 4:00 Decorative Arts 6:00 Canine Good Citizens Training	9 4:00 PAULA ALMGREN 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Mother's Day Lunch (Roast Pork w/Gravy) & Dee Foster 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	10 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Burger w/ Tomato & Honey Mustard Sauce 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
13 MALNUTRITION WEEK 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Calico Beans & Sausage 12:45 Beginner Tap 2:00 Intermediate Tap	14 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 with Gravy 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training 8:00-8:00 ANNUAL GB TOWN ELECTION	15 12:30 Hospice Care Presentation 9:30 Easy Does it Yoga 11:30 LUNCH- Chuck Wagon Stew 12:00 Pitch 12:30 Painting with Margaret 1:00-MELT Pain Workshop 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training	16 12:30 MALNUTRITION SEMINAR 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Macaroni & Cheese 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	17 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef & Cabbage Casserole 12:15 MOVIE- "Green Book" 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
20 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Chicken Sorrento 12:30 Out To Lunch Bunch- Fiddleheads 12:45 Beginner Tap 2:00 Intermediate Tap	21 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 90's LUNCHEON & MUSIC 11:30 LUNCH- Pasta, Salad, Garlic Bread, 12:00 Bridge 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	22 9:30 Easy Does it Yoga 11:30 LUNCH- Hot Dog 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 4:00 Decorative Arts 6:00 Canine Good Citizens Training	23 MGM CASINO-SPRINGFIELD 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 Prescription Advantage Talk 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Tuna Noodle Casserole 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	24 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Bruschetta 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
27 SENIOR CENTER CLOSED 	28 8:30 Breakfast with Barbara 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- Stuffed Shells with Marinara 12:15-2:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	29 11:00-1:00 HEALTH & SAFETY FAIR 9:30 Easy Does it Yoga 11:30 LUNCH- FREE Hamburgers & Hot Dogs 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training	30 9:30 Vera's Painting Class 9:30 Move & Groove 10:00 Therapeutic Breathing Exercise 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Chicken Piccata 11:45 WORD SEARCH CONTEST 12:00 BLOOD PRESSURE CLINIC 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	31 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Meatloaf with Gravy 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 Gad Abouts- Barrington Brewery

Elder Services of Berkshire County - Nutrition Program

MAY 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
	<i>Sponsored in part by:</i> 	1 Salisbury Steak Mashed Potatoes Peas & Mushrooms 12 Grain Bread Mandarin Oranges 440 97 65 200 6 Sodium: 933 Calories: 647	2 Chicken Salad Carrot Raisin Salad 3 Bean Salad Hot Dog Roll Tropical Fruit Salad High Sodium Meal 390 160 475 180 10 Sodium: 1340 Calories: 890	3 Roast Turkey Sweet Potatoes Mixed Greens 100% Whole Wheat Bread Apricots 455 44 149 120 10 Sodium: 618 Calories: 903
6 BBQ Chicken * Broccoli Florets Fiesta Corn 12 Grain Bread Diced Peas 661 12 11 200 5 Sodium: 1014 Calories: 585	7 Pulled Pork Chili * Steamed Brown Rice Peas and Carrots Oat Nut Bread Sliced Peaches 518 5 69 150 5 Sodium: 872 Calories: 637	8 Grilled Egg Patty w/ French Toast & Syrup Sausage Patty Roasted Potatoes Fresh Orange 115 323 206 6 0 Sodium: 775 Calories: 651	9 MOTHER'S DAY Roast Pork w/Gravy Au gratin Potatoes Butternut Squash Dinner Roll Chocolate Pudding ** 140 93 2 210 185 Sodium: 755 Calories: 864	10 Chicken Burger w/Tomato & Honey Mustard Sauce O'Brien Potatoes Spring Blend Vegetables Hamburger Roll Fresh Apple Tossed Salad (Dining sites) 354 143 7 62 273 2 Sodium: 735 Calories: 906
13 Calico Beans and Sausage Steamed Brown Rice Spinach 100% Whole Wheat Bread Fresh Orange 226 5 76 120 0 Sodium: 552 Calories: 627	14 Chicken w/Gravy Sweet Potatoes Winter Blend Vegetables 12 Grain Bread Diced Peas 427 44 10 200 5 Sodium: 608 Calories: 608	15 Chuck Wagon Stew Mashed Potatoes Brussels Sprouts Oat Nut Bread Spiced Apples 394 97 5 150 5 Sodium: 776 Calories: 747	16 Macaroni and Cheese* Stewed Tomatoes Peas and Pearl Onions 100% Whole Wheat Bread Apricots 627 101 34 120 10 Sodium: 1017 Calories: 591	17 Beef & Cabbage Casserole Chicken Dumpling Soup w/Vegetables Corn 100% Whole Wheat Bread Fruited Gelatin ** 88 247 21 1 120 89 Sodium: 660 Calories: 691
20 Chicken Sorrento * Shells w/Marinara Sauce Cauliflower 100% Whole Wheat Bread Fresh Pear 726 103 9 120 2 Sodium: 1085 Calories: 745	21 GB Health Care FREE Lunch Pasta, Salad, Garlic Bread, Dessert 608 Sodium: 811 Calories: 608	22 Hotdog * Vegetarian Baked Beans Sauerkraut Hot Dog Roll Cranberry Orange Snack Loaf High Sodium Meal 540 140 216 180 120 1321 Sodium: 781 Calories: 781	23 Tuna Noodle Casserole Broccoli Minestrone Soup 100% Whole Wheat Bread Diced Peaches 263 12 63 120 5 Sodium: 588 Calories: 564	24 Chicken Bruschetta * Steamed Brown Rice Italian Blend Vegetables 12 Grain Bread Mixed Fruit 565 5 40 200 10 Sodium: 599 Calories: 945
27 MEMORIAL DAY	28 Stuffed Shells w/Marinara Winter Blend Vegetables Succotash 12 Grain Bread Fresh Orange 491 10 154 200 0 Sodium: 980 Calories: 685	29 COOKOUT FREE Hamburgers and Hot Dogs	30 Chicken Piccata Rice Pilaf Turnip Oat Nut Bread Blueberry Yogurt 462 11 25 150 75 Sodium: 848 Calories: 603	31 Meatloaf w/Gravy Mashed Potatoes Asparagus cuts 100% Whole Wheat Bread Spiced Apples 253 97 3 120 5 Sodium: 637 Calories: 603

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 **Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

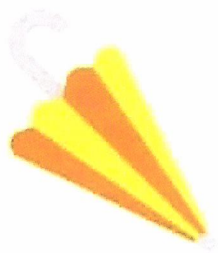
HOME DELIVERED MEALS:

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.

Spring Word Search

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



APRIL
 BASEBALL
 BLOOM
 BUNNY
 BUTTERFLY
 CHICK
 EASTER
 EGGS

FLOWERS
 GREEN
 GROW
 HATCH
 JUNE
 MARCH
 MAY
 NEST

PASSOVER
 PUDDLE
 RAINBOW
 RAINCOAT
 SEEDS
 SHOWERS
 SPRING
 UMBRELLA



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

Name: _____