



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

Polly Mann Salenovich, Director ... Jennifer Bailly, Assistant Director

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



Center: 413-528-1881

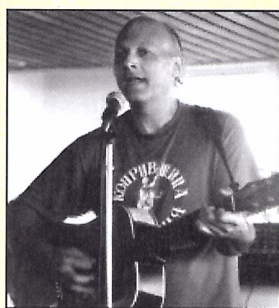
Dining Room: 413-528-4118

Transportation: 413-528-4773

## **FOLK MUSIC SERIES– Wednesday's in November**

The Great Barrington Cultural Council & the Great Barrington Council on Aging presents a 4 week series exploring & singing our American history through folk music featuring

### ***"KARL FINGER"***



Karl is an internationally known recording artist, guitarist and folk singer. He will be joined by Rose Tannenbaum on banjo and possibly other guests as well. On November 7 the center will be offering a special on site prepared meal followed by the music at 12:00. The 3 following Wednesday's will be meals by Elder Services and music as well. The music is **FREE** and open to the public and is made possible by a Great Barrington Cultural Council grant. If you plan on attending the meal, there is a charge of \$2.00 per person per meal.

### The lunch menu is as follows:

- Nov. 7** Spaghetti, Salad & Garlic Bread (by Chef Avery)
- Nov. 14** Homemade Meatloaf with Gravy
- Nov. 21** Chicken Bruschetta
- Nov. 28** Salisbury Steak

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### **MMRHS Senior Citizen Fall Lunch/ Festival– Nov. 13**

You have all been invited again this year to attend Monument Mountain's Annual Senior Citizen Fall Festival on Tuesday, November 13th. The musical portion of the festival will begin at 11:00 am in the high school auditorium with performances by the school band, orchestra and chorus. Following that will be a delicious luncheon at 12:30 pm in the cafeteria which will be served by PATHways student volunteers. There is no charge for the event. Reservations are required. Please RSVP with Polly or Jenn by October 31.



## EXERCISE CLASSES

### MONDAY:

9:15 AM- Cross Training with Misha (\$3.50)  
 10:15 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 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:

9:00 AM- Healthy Moves with Thea (\$3.00)  
 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 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\*

## Woodworking by Jim

The Senior Center's  
very own

**Jim Soules**

built this tractor  
trailer by hand.

Job well done Jim,  
it's beautiful!!



\*\*\*\*\*

## Matter of Balance returning!!

We are hosting another Matter of Balance Class here at the center in January 2019.

More details to come in next month's newsletter.



A **Fallon** representative will be at the center on November 1 at 12:00 pm to discuss their plan.

A **Health New England** representative will also come to the center on November 8th at 12:00 pm to discuss their plan.

## HAPPY BIRTHDAY!

Nov. 3 Lawrence Stannard	Nov. 17 Nora Hayes
Nov. 4 Helen Audino	Nov. 17 Carolyn Arienti
Nov. 7 Bruce Maxwell	Nov. 17 Emma Daigle
Nov. 7 Linda Difulvio	Nov. 23 Betty Pratt
Nov. 9 Katie Kilmer	Nov. 23 Barbara Muller
Nov. 9 Maureen Avery	Nov. 23 Matthew Tomich
Nov. 9 Roberta Parry	Nov. 26 Fay Diamond
Nov. 10 Marlene TenBroeck	Nov. 27 Carolyn Carr
Nov. 12 Virginia Farnum	Nov. 29 Priscilla Rueger
Nov. 14 Paulette Johnson	Nov. 30 Leslie Meltzer



On Tuesday, October 9th Nora Hayes, who visits our center weekly with her therapy dog Cara, conducted a CGC (Canine Good Citizen) and Therapy Dog test at the Senior Center. A number of the dogs tested have been coming weekly to training classes at the Senior Center. Altogether 7 dogs were tested and they all passed! A real tribute to how hard they and their owners worked to get ready. Here they are:

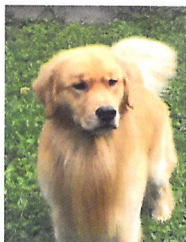
### **New Canine Good Citizens**

- \* Cheryl Truskowski and Ticket (Pomeranian)
- \* Fred and Porthos (German Shephard)
- \* Susan and Tucker (Cocker Spaniel)
- \* Laura and Gunner

### **New Therapy Dogs**

- \* Eileen and Pete and Dixie (Dixie is a CGC & visits the Senior Center)
- \* Linda and Freyja (Sheltie)
- \* Cheryl and Modena (Pomeranian)

Nora is an AKC Canine Good Citizen evaluator and a therapy dog evaluator. She is working with the Senior Center to train more handler and dog teams to visit the center and to visit home bound elderly. So far Nora & Cara and Eileen & Dixie are coming every week to the center to spread good feelings and happiness. Training classes are held Tuesday nights at 6pm at the Center. Please call Nora at 413-528-0877 to sign up (you'll be glad you did!)



## **Eunice Agar Art Display**

***\*Article by Onat Sanchez\****

Eunice has her work on display at Camphill Joan Allen Gallery in Ghent, New York from October 6th through November 30th.

"Ms. Agar employs an expressive painterly realism to depict groups of people in public spaces – restaurants, amusement parks, and fairs. She makes a point of presenting people as they are, respecting but not exaggerating individual characteristics. She is also well known for her landscapes painted on location in the Florida Panhandle, Maine, and Massachusetts and on trips abroad. She works oil, casein, watercolor, all the drawing media, and makes block prints and etchings. This show will focus on her genre figurative paintings.

Ms. Agar has a degree in art history from Wellesley College and studied at the Art Students League of New York with Jean Liberte, Robert Beverly Hale, and Edmond Cassarella. She has had many solo shows, including exhibits at Denise Bibro Fine Art in New York, the Ainilian Gallery in Washington, D.C., Le Moyne Art Center in Tallahassee, and the Albany Institute of History and Art and many other venues throughout the Northeast. For many years she was a contributing editor of American Artist Magazine for which she wrote interview articles on other artists and has recently written for the Artful Mind published in Great Barrington.

### **Would you like to see Eunice's artwork???**

We will be planning a car pool trip and lunch outing to visit Camphill's unique senior community and Joan Allen Art Gallery in November. Please let us know if you are interested in being a driver and dates that would work for you.





## Thanksgiving Meals

The Guthrie Center at the Old Trinity Church is hosting its annual **FREE** Thanksgiving meal on Thursday, November 22nd at 1:00 pm. For reservations please call 413-528-1955, Tuesday thru Saturday any time from 10:00 am to 4:00 pm. Seating is limited and there is no charge so call early to reserve your spot!



***Berkshire South*** will be holding their Community Thanksgiving Supper on Tuesday, November 20th. The Chef that evening will be Tommy Lee. There are 2 seatings, 5:00 pm and 6:15 pm. The dinner is ***FREE*** however donations are accepted. To reserve your spot, call 413-528-2810 x10 starting November 1st.

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## HOME SAFETY

Age Friendly Berkshires is pleased to be partnering with the American Red Cross to promote their very-age-friendly HOME FIRES Campaign! The Home Fires Campaign aims to decrease the number of deaths and injuries caused by home fires. The RED CROSS will install up to three (3) 10-year sealed smoke alarms and one carbon monoxide alarm per home FREE OF CHARGE! This offer is open to any Berkshire County homeowner, regardless of age or income. While installing the alarms, the Red Cross will review safety tips with residents too. So far, only 400 homeowners in the Berkshires have taken advantage of this program so we are hoping you will take advantage of this program.



To get your **FREE** Smoke and Carbon Monoxide alarms, call 1-800-746-3511 today to schedule your install appointment before the cold weather sets in.

The Senior Center will be closed on:

**Mon., November 12th**

in observance of Veteran's Day.

**Thurs., November 22nd**

in observance of Thanksgiving.

SBETC & the center will also be closed **Nov. 23**

***LAUGH & LEARN with CAROLYN*** for a special Thanksgiving treat. Carolyn Calandro, of Tapfest fame, will present a HANDS-ON program on the Native Americans of the Northeast. Having worked with a Native museum for 5 yrs and over 200 shows, she has lots of interesting facts and fables. Hear amusing tales and true stories. Learn how deer and local flora and fauna are used for tools, games, food and more. See a model wigwam. Find out about their unique cultural traditions and morals. This event is on Nov. 15 at 12:15 pm at the center. A sign up sheet is located in the dining room.

## Holiday Sales Table

We're getting ready to have our holiday sales table again this year. Feel free to gather any of your fun holiday trinkets you no longer want to donate for our table. We would love to have them. Donations can be given to Polly or Jenn.

[illegible]

## Learn to Sew

Mary Warford is going to be available at the senior center to give sewing instructions to anyone interested in learning on Monday's from 12:00-1:00 pm starting in November.

Also, Kathleen is still doing simple alterations for people that need it. If you need her to hem pants or something of the like, please call or stop by the center to make an appointment .

## Upcoming in December...

## First Annual "Tapaganza"

This is a seasonal celebration of dance, music, stories, treats and FUN! Come join us at the senior center for these festivities on Saturday, December 1st from Noon to 1:00 pm. If you would like to attend this event, please sign up in the dining room.





November 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information or to schedule appointments call:</b></p> <p><b>413-528-1881</b></p>	<p><b>*Coffee Hour</b></p> <p><b>Every Day at 8:30 AM*</b></p>	<p><b>Lunch RSVP: 413-528-4118</b></p> <p><b>(At least 24 hrs in advance)</b></p>	<p><b>12:00-1:00 FALLON</b>  9:00 Healthy Moves  9:30 Vera's Painting Class  10:00 News &amp; Views  10:00 Therapeutic Breathing Exercise  11:30 LUNCH- Baked Haddock  11:30 SHINE (By Appt.)  1:00 Art Class- Eunice Agar  4:00 Misha's Advanced Exercise</p>	<p><b>2</b></p> <p>9:00 Tai Chi  10:00 Ann's Chair Exercise  11:30 LUNCH- Mini Ravioli w/ Marinara  12:00 Bridge  12:30-3:30 Genealogy by Appt.  1:00 Beginner Tap  2:00 Intermediate Tap</p>
<p>5</p> <p>9:15 Cross Training  10:00 Acupuncture  10:15 Awareness through Movement  11:30 LUNCH- Chicken Marsala  12:45 Beginner Tap  2:00 Intermediate Tap</p>	<p>6</p> <p>9:45 Pilates for Osteoporosis Prevention  10:00 Crossword &amp; Jo's Craft Class  11:00 Therapy Dog Visit  11:30 LUNCH- Beef Chili  12:00 Bridge  12:15-2:15 Computer Class by Appt.  12:30 Bingo 12:30 Rummikub  3:30 Strength Training  6:00 Canine Good Citizens Training</p>	<p>7</p> <p>11:00-12:00 FOLK MUSIC  9:30 Easy Does it Yoga  11:30 LUNCH- Spaghetti (by Chef Avery)  12:30 Pitch  4:00 Decorative Arts</p>	<p>8</p> <p>Veterans Eat For Free Today  9:00 Healthy Moves  9:30 Vera's Painting Class  10:00 News &amp; Views  10:00 Therapeutic Breathing Exercise  11:30 LUNCH- Chicken Salad  11:30 SHINE (By Appt.)  12:00 HEALTH NEW ENGLAND  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 LUNCH- Veal w/ Peppers &amp; Onions  12:00 Bridge  12:30-3:30 Genealogy by Appt.  1:00 Beginner Tap  2:00 Intermediate Tap</p>
<p>12</p> <p><b>CLOSED</b></p>  <p>shutterstock - 153448700</p>	<p>13</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 Divan  12:00 Bridge  12:15-2:15 Computer Class by Appt.  12:30 Bingo 12:30 Rummikub  3:30 Strength Training  6:00 Canine Good Citizens Training</p>	<p>14</p> <p>11:00-12:00 FOLK MUSIC  9:30 Easy Does it Yoga  11:30 LUNCH- Homemade Meatloaf w/ Gravy  12:30 Brown Bag  12:30 Pitch  4:00 Decorative Arts</p>	<p>15</p> <p>9:00 Healthy Moves  9:30 Vera's Painting Class  10:00 News &amp; Views  10:00 Therapeutic Breathing Exercise  11:30 SHINE (By Appt.)  11:30 LUNCH- THANKSGIVING MEAL  Roast Turkey w/ Gravy  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- Beef Burgundy  12:00 Bridge  12:30-3:30 Genealogy by Appt.  1:00 Beginner Tap  2:00 Intermediate Tap</p>
<p>19</p> <p>9:00-12:00 Foot Nurse by Appt.  9:15 Cross Training  10:15 Awareness through Movement  11:30 LUNCH- Salmon Boat w/Newburg Sauce  12:30 Out to Lunch Bunch- "Rose's"  12:45 Beginner Tap  2:00 Intermediate Tap</p>	<p>20</p> <p>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- Macaroni &amp; Cheese  12:00 Bridge  12:15-2:15 Computer Class by Appt.  12:30 Bingo  12:30 Rummikub  3:30 Strength Training  6:00 Canine Good Citizens Training</p>	<p>21</p> <p>11:00-12:00 FOLK MUSIC  9:30 Easy Does it Yoga  11:30 LUNCH- Chicken Bruschetta  12:30 Pitch  1:00-2:30 Caregiver Support Group  4:00 Decorative Arts</p>	<p>22</p> <p><b>CLOSED</b></p> 	<p>23</p> <p><b>CLOSED</b></p>
<p>26</p> <p>9:15 Cross Training  10:00 Acupuncture  10:15 Awareness through Movement  11:30 LUNCH- Swedish Meatballs  12:30 Bingo &amp; Ice Cream  12:45 Beginner Tap  2:00 Intermediate Tap  5:30- 7:30 Grief Support Group</p>	<p>27</p> <p>9:45 Pilates for Osteoporosis Prevention  10:00 A.G.E. TRIAD  10:00 Crossword &amp; Jo's Craft Class  11:00 Therapy Dog Visit  11:30 LUNCH- Chicken Piccata  12:00 Bridge  12:15-2:15 Computer Class by Appt.  12:30 Bingo 12:30 Rummikub  3:30 Strength Training  6:00 Canine Good Citizens Training</p>	<p>28</p> <p>11:00-12:00 FOLK MUSIC  9:30 Easy Does it Yoga  11:30 LUNCH- Salisbury Steak  12:30 Pitch  1:15 COA Meeting  4:00 Decorative Arts</p>	<p>29</p> <p>9:00 Healthy Moves  9:30 Vera's Painting Class  10:00 News &amp; Views  10:00 Therapeutic Breathing Exercise  11:30 SHINE (By Appt.)  11:30 LUNCH- Vegetable Lasagna w/ White Sauce  12:00 BLOOD PRESSURE CLINIC  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- Orange Chicken  12:00 Bridge  12:30-3:30 Genealogy by Appt.  1:00 Beginner Tap  2:00 Intermediate Tap  5:30 Gad Abouts- "The Bridge"  <b>Sat. Dec. 1-Tapaganza</b></p>

# Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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
			<b>1</b> Baked Haddock Roasted Potatoes Spinach Dinner Roll Fresh Orange Calories: 525 Sodium: 663	<b>2</b> Mini Ravioli w/Marinara Carrots Broccoli Florets Italian Bread Mixed Fruit Calories: 550 Sodium: 821
<b>5</b> Chicken Marsala Mashed Potatoes Butternut Squash 100% Whole Wheat Bread Diced Peaches Calories: 594 Sodium: 489	<b>6</b> Beef Chili Steamed Brown Rice Green Beans Dinner Roll Tropical Fruit Mix Calories: 619 Sodium: 517	<b>7</b> <i>Spaghetti, Salad &amp; Garlic Bread (by Chef Avery)</i>	<b>8</b> Chicken Salad Corn Chowder Brussels Sprouts Hot Dog Roll Apple Crisp Calories: 946 Sodium: 870	<b>9</b> Veal w/Peppers & Onions Sweet Potatoes Mixed Greens 12 Grain Bread Chocolate Chip Cookie ** Calories: 930 Sodium: 1014
<b>12</b> VETERAN'S DAY	<b>13</b> Chicken Divan Egg Noodles Broccoli 100% Whole Wheat Bread Applesauce Calories: 509 Sodium: 370	<b>14</b> Homemade Meatloaf w/Gravy Scalloped Potatoes Peas and Carrots Dinner Roll Fresh Orange Calories: 733 Sodium: 809	<b>15 HOLIDAY MEAL</b> Roast Turkey w/Gravy * Cranberry Sauce Mashed Potatoes Mixed Root Vegetables Snowflake Dinner Roll Pumpkin Pie ** <i>High sodium meal</i> Calories: 465 Sodium: 1482	<b>16</b> Beef Burgundy Steamed Brown Rice Cauliflower w/Pimiento Oat Nut Bread Apricots Calories: 681 Sodium: 523
<b>19</b> Salmon Boat w/Newburg Sauce Roasted Potatoes Peas and Pearl Onions 12 Grain Bread Tropical Fruit Mix Calories: 609 Sodium: 857	<b>20</b> Mac & Cheese * Stewed Tomatoes Mixed Greens Oatnut Bread Spiced Apples <i>High sodium meal</i> Calories: 648 Sodium: 1247	<b>21</b> Chicken Bruschetta * Sweet Potatoes Winter Blend Vegetables 100% Whole Wheat Bread Strawberry Cup ** <i>High sodium meal</i> Calories: 827 Sodium: 1220	<b>22</b> THANKSGIVING DAY	<b>23</b> CLOSED
<b>26</b> Swedish Meatballs Egg Noodles Beets Dinner Roll Fresh Orange Calories: 676 Sodium: 851	<b>27</b> Chicken Piccata Roasted Potatoes Steamed Cabbage 100% Whole Wheat Bread Apricots Calories: 693 Sodium: 978	<b>28</b> Salisbury Steak O'Brien Potatoes Spinach Oat Nut Bread Diced Peas Calories: 644 Sodium: 836	<b>29</b> Vegetable Lasagna w/White Sauce Italian Green Beans Glazed Carrots 12 Grain Bread Pineapple/Mandarin Oranges Calories: 588 Sodium: 788	<b>30</b> Orange Chicken Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Diced Peaches Calories: 784 Sodium: 893

**Dietary Information:** All meals include 1% Milk 100 calories/125 mg sodium

Calories and sodium from salad dressings, margarine, crackers and condiments

are not included. \*High Sodium \*\*Modifications for restricted sugar available

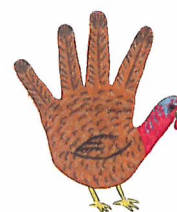
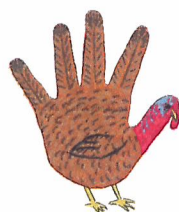
Nutrition information provided is not exact but will help guide you.

**HOME DELIVERED MEALS:**

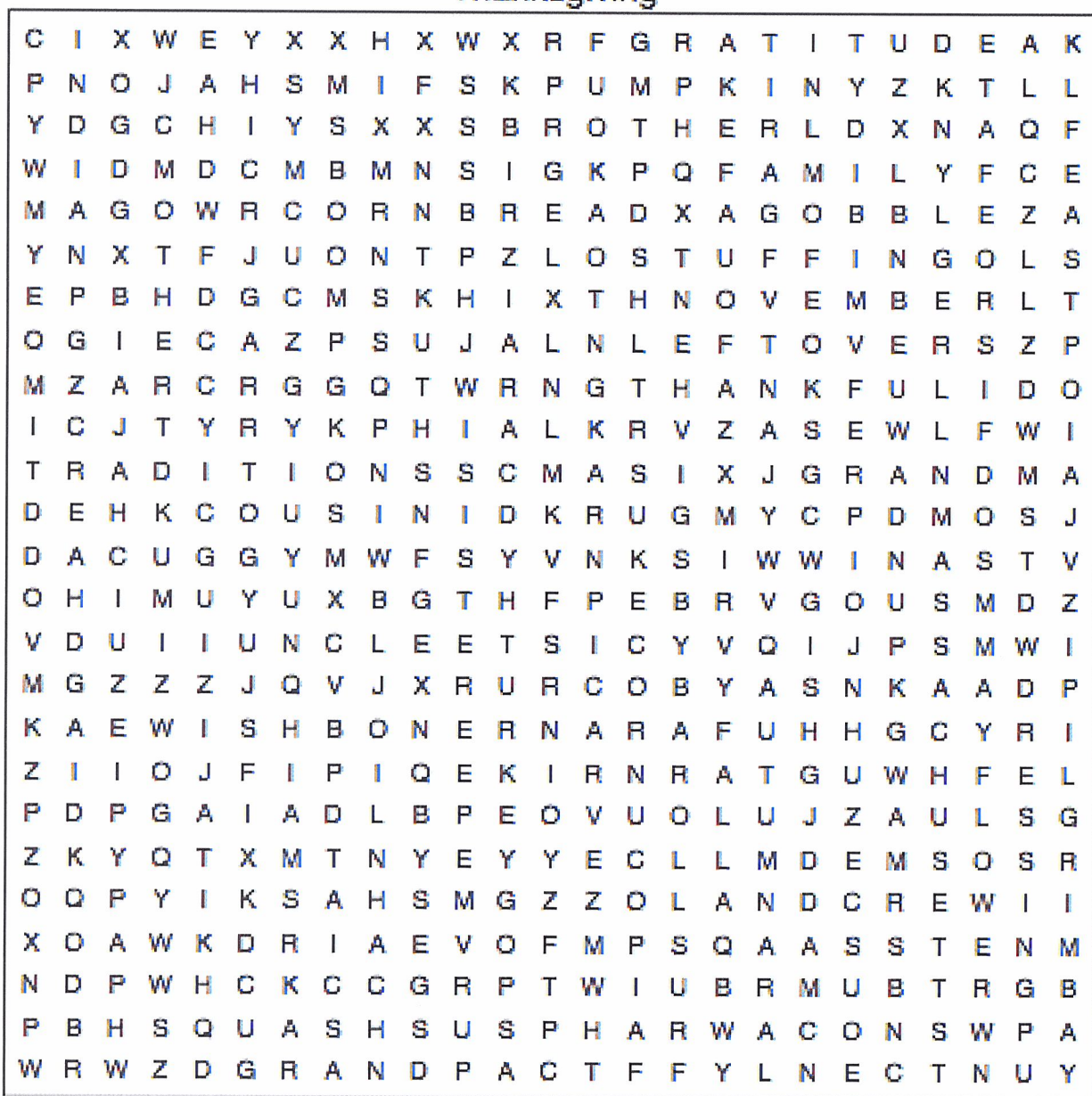
If you will not be home when your meal

is delivered, please tell your MOW Driver or CALL US at 1-800-981-5201.





## Thanksgiving



Thanksgiving  
pilgrim  
mayflower  
gratitude  
yams  
family  
gobble

pilgrim  
indian  
november  
thankful  
grandma  
mother  
traditions

pumpkin  
autumn  
stuffing  
Massachusetts  
grandpa  
father  
fall

turkey  
pie  
rolls  
Plymouth  
uncle  
brother  
leftovers

dressing  
cornucopia  
cornbread  
squash  
aunt  
sister  
acorns

cranberries  
feast  
drumstick  
wishbone  
cousin  
carve

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

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