

GRAPEVINE**October 2019**

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

Polly Mann Salenovich, 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****Fall Foliage Party/luncheon**

Laurel Lake will be offering a FREE lunch Wednesday October 16 starting at 11:30. *Sandy & Sandy* will be performing beginning at 11:00-12:00. Please make your reservations by October Friday the 11th by calling 528-1881. Menu: Pork Loin, potato's, carrots, salad and pie. Attendees will be entered in a raffle to win a portrait sketch by artist Margaret Buchte.

It's the *Sunday Strummers* and a Free Luncheon by Great Barrington HealthCare Tuesday October 22nd 11:15-12:00-please RSVP BY SIGN UP OR CALL 528-1881

Menu: Cheese Manicotti, salad and dessert

The Sunday Strummers will be performing from 11:15-12:00,

Halloween Lunch Thursday October 31st

Turkey w/Cranberry Glaze, Mashed Potatoes, Stuffing, Winter squash and Halloween Cookie

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

Craft Fair Saturday October 5th

Come by between 10:00 and 2:00 and see what 22 local vendors will be selling. Our own Jim Soules has some great wooden Christmas trees that are perfect for small apartments, there will be jewelry, textiles, Holiday gifts, baskets, gnomes, photography, croquet and more!

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

Many Thanks

To

Town Manager Mark Pruhenski for volunteering to deliver fresh fruit and veges from local farms and Big Y to senior center.

To GB Healthcare for their ongoing delicious free lunches

To Ray and Carol Palmucci for bringing baked goods from Big Y to senior center

To Big Y for their generosity!

AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly individuals to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need.

Volunteers fill a variety of roles:

Counselors work with taxpayers directly by filling out their tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.

Client Facilitators welcome taxpayers, help organize their paperwork, and manage the overall flow of service.

Technology Coordinators manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.

Leadership and Administrative volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control

Communication Coordinators promote the program

Thursday Morning Club "Bingo and Cupcakes"

They will be hosting Bingo and having great tasting cupcakes on Saturday, October 26th at 2:00 pm at the Senior Center. The donation is \$15.00 and it includes cupcakes, 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.

It's Open Enrollment Time! October 15-Dec 7th

It is very important that you check your Medicare Part D plans to make sure you will be on the best plan. You can also change to a Medicare Advantage Plan effective Jan1 at this time. Please check www.medicare.gov to see the different plans. Don't ignore your mail this time of year, if you need help you can call a SHINE counselor at most senior centers or at Elder Services of Berkshire County 413 499-0524

FLU SHOTS AND BLOOD PRESSURE CLINICS AT THE SENIOR CENTER

Flu clinics

Wednesday October 2 ND 10:00-12:00

Wednesday October 16TH 10:00-12:00

Blood Pressure Clinics

Tuesday October 15 10:30-12:00

Thursday October 24 11:30



Friday Movie

This month we will be showing *Our Souls at Night* **Friday Oct** at 12:15 pm. The movie features Robert Redford and Jane Fonda. A sign up sheet is in the dining room.

ATTENTION SENIOR WORK OFF PARTICIPANTS

Special Meeting for all Senior Work Off Participants!

Wednesday October 9th 1:00 at the senior center. If you are interested in knowing more about the program or just have questions we encourage you to attend this very important and informative meeting.

Wednesday October 9th 1:00pm

Wed 's 10:30 Memory and Music!!

NEW Class for memory strengthening!!

Dee Foster will be holding a very special class called Music to Remember. Not only will this class be fun it will help with memory and who doesn't need help with that!

New Class Thea's Small Group Training exercise class

Fridays at 10:15-11:30— you still have time to attend and stay for lunch. The class is \$5.00 per person.

Check out the new Claire Teague Senior Center website.!!

www.greatbarringtonseniors.org

Free Veterans lunch

1st and 3rd Thursdays of each month
Compliments of Veterans Services

Welcome Claire Teague Senior Center
Administrative Assistant
Joan Peters!!

Joan will be starting October 23rd!!!!!!

*****!

Senior Center Closed

The senior center will be October 14,
formerly known as Columbus Day
which is now Indigenous Peoples Day.

Looking ahead
Watch for Holiday Tapaganza Dec 7th!

Rockin Robin Christmas Dec 3

Earth Angels TBA

♦ Free Computer and Tech Assistance

Every Monday 12:00-2:00 by appointment only w/ Ron Terry

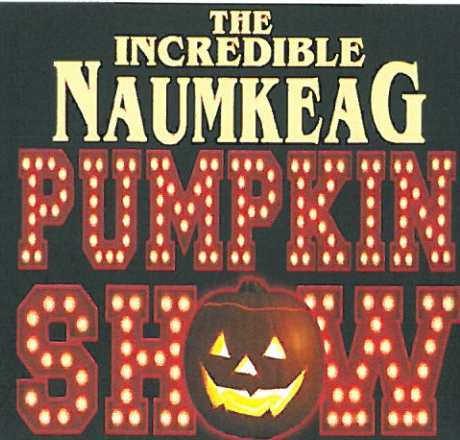
Knitting Corner
Fridays 12:00-1:00

Want to try Contra Dance steps?

Join Michael Keirnan Monday October
28th at 10:00!!

October Birthdays

Dorothy Heath	Oct 5
Bill Kormanik	Oct 7
Theresa Roy	Oct 9
Augusta White	Oct 13
Florence Sasso	Oct 14
Dee Foster	Oct 20
Barbara Davidson	Oct 21
Mark Bradley	Oct 24
Edward Troccia	Oct 25
Bill Clark	Oct 28
Janet Smith	Oct 30
Mary Ann Murray	Oct 31



Check out what looks like a great
Month of October events at
Naumkeag!

naumkeag@thetrustees.org

413 298-3239

Take advantage of Steve Strommers
genealogy research and see who is in
your background.. Fridays 12:00 by
appointment only. Call 528-1881

October 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CRAFT Fair Saturday October 5th!!! 10:00-2:00 22 vendors	1 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- Veggi wheat Chili 12:00 Bridge 12:30 Bingo 3:30 Strength Training	2 9:30 Easy Does it Yoga 9:45 NEW! Dee's Music to Remember 11:30 LUNCH- Moroccan Beef Stew 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts FLU CLINIC 10:00-12:00	3 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH-Salisbury Steak 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	4 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:45 NEW! Moving Mind Body & Spirit 11:30 LUNCH- Chicken Curry 12:30 KNITTING 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
7 9:00-2:00 Foot Nurse by Appt 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Pilled Pork Sandwich 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	8 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 Free LUNCH- Beef Burgundy 12:00 Bridge 12:30 Bingo 2:15 NEW! Meditation with Kathi Casey 3:30 Strength Training	9 9:30 Easy Does it Yoga 9:45 Music to Remember 11:30 LUNCH-Veal Piccata 12:00 Pitch 12:30 Brown Bag 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00 Senior Work off info session 3:00 Decorative Arts	10 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Chicken Marsala 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	11 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:15 Small Group Training 11:30 LUNCH- Hot Dog 12:30 KNITTING 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
14 Senior Center Closed For Holiday	15 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:30 LUNCH-Baked Pollack Loin 12:00 Bridge 12:30 Bingo 2:15 New! Meditation w/Kathi Casey 3:30 Strength Training	16 Laurel Lake Free Lunch W Sandy and Sandy! 9:30 Easy Does it Yoga 9:45 Music to Remember 11:30 LUNCH- Pork Loin w/potato 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 3:00 Decorative Arts FLU CLINIC 10:00-12:00	17 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Mac-n-Cheese 12:30 NEW!! Card Making Workshop 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	18 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:15 Small Group Training 11:30 LUNCH-Goulash 12:15 MOVIE- Our Souls at Night 12:30 KNITTING 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
21 9:15 Cross Training 10:00 New Learn to Contra Dance 10:30 Awareness through Movement 11:30 LUNCH- Swedish Meatballs 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	22 11:15-12:00 Sunday Strummers!! 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-GB FREE Lunch TBA 12:00 Bridge 12:30 Bingo 3:30 Strength Training 2:15 Meditation	23 9:30 Easy Does it Yoga 9:45 Music to remember 11:30 LUNCH- Calico Beans/sausage 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting 3:00 Decorative Arts Ping Pong Call for availability	24 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 BLOOD PRESSURE CLINIC 11:30 LUNCH- Chicken Patty 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 10:15 Small Group Training 11:30 LUNCH-Roast Pork w/gravy 12:30 KNITTING 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
28 9:15 Cross Training 10:00 Acupuncture 10:00 Contra Dance Lessons 10:30 Awareness through Movement 11:30 LUNCH-Chicken Puttanesca 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	29 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 10:30 BLOOD PRESSURE CLINIC 11:30 LUNCH-Beef Cabbage Casserole 12:00 Bridge 12:30 Bingo 3:30 strength training 2:15 New ! Meditation w/Kathi Casey	30 9:30 Easy does it Yoga 9:45 Music to remember 11:30 LUNCH- Stuffed Shells w/marinara 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting 3:00 Decorative Arts Ping Pong Call for availability	31 Halloween Party 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 BLOOD PRESSURE CLINIC 11:30 LUNCH- Turkey w/Cranberry 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	Thursday Morning Club Cupcakes & Bingo! Saturday October 26th 2:00pm

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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
1  MEALS ON WHEELS BERKSHIRE COUNTY	2 Veggie Wheat Chili * Brussels Sprouts 636 Sliced Carrots 5 12 Grain Bread 43 Peach Crisp 200 Calories: 499 Sodium: 1015	3 Moroccan Beef Stew 178 Mashed Potato 97 French Cut Green Beans 3 Dinner Roll 210 Rice Pudding ** 162 Calories: 848 Sodium: 775	4 Salisbury Steak w Brown Gravy 440 Buttered Boiled Potato 4 Spinach 109 100% Whole Wheat Bread 120 Tropical Fruit Salad 10 Calories: 540 Sodium: 808	Chicken Curry 77 Wild Rice Pilaf 60 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Pears 5 Calories: 795 Sodium: 550
7 Pulled Pork Sandwich* 312 Sweet Potato/ 32 Cauliflower Casserole 69 Peas and Carrots 230 Hamburger Bun 14 Applesauce Calories: 566 Sodium: 782	8 Beef Burgundy 59 Wide Egg Noodles 8 Broccoli Florets 22 Oat Nut Bread 150 Yogurt** 90 Calories: 686 Sodium: 454	9 Veal Piccata 483 Split Pea Soup 42 Tuscan Style Vegetables 48 Whole Wheat Bread 160 Fruit Compote 8 Calories: 855 Sodium: 866	10 Chicken Marsala 378 Mashed Potatoes 97 Sliced Carrots 43 12 Grain Bread 200 Banana 1 Calories: 608 Sodium: 844	11 Hot Dog * 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Buns 180 Mixed Fruit 5 Calories: 695 Sodium: 1126
14 COLUMBUS DAY CLOSED	15 Baked Pollock Loin 190 Boiled Gold Potatoes 4 Green Beans Almondine 3 100% Whole Wheat Bread 120 Apricots Halves 5 Calories: 595 Sodium: 447	16 Free Laurel Lake Lunch-Pork Loin Calories: 833 Sodium: 1119	17 Macaroni & Cheese * 627 Chunky Tomato Soup 154 Peas 58 100% Whole Wheat Bread 120 Fig Bar ** 35 Calories: 833 Sodium: 1119	18 Goulash 94 Mixed Greens 149 Wax Beans 3 Italian Bread 230 Fresh Apple 0 Calories: 601 Sodium: 601
21 Swedish Meatballs 301 Sliced Red Potatoes 4 Scandinavian Vegetables 5 100% Whole Wheat Bread 120 Fresh Pear 2 Calories: 638 Sodium: 557	22 GB Healthcare Free Lunch Manicotti Calories: 595 Sodium: 447	23 Calico Beans and Sausage 469 Steamed Brown Rice 5 Broccoli Florets 22 100% Whole Wheat Bread 120 Apricots 5 Calories: 725 Sodium: 746	24 Chicken Patty w/Tomato and Honey Mustard Sauce 122 Warm Spiced Beets 143 Tater Tots 178 Hamburger Bun 29 Fruit Cocktail 230 Calories: 666 Sodium: 707	25 Roast Pork w/Gravy 117 Sweet Potatoes 44 Brussels Sprouts 5 Oat Nut Bread 150 Yogurt** 90 Calories: 661 Sodium: 531
28 Chicken Putanesca 439 Buttered Noodles 8 Lyonnaise Carrots 74 12 Grain Bread 200 Sliced Peaches 5 Calories: 626 Sodium: 851	29 Beef & Cabbage Casserole 88 Fluffy White Rice 4 Minted Peas 58 Oat Nut Bread 150 Fresh Orange 0 Calories: 687 Sodium: 425	30 Stuffed Shells w/Marinara 491 Mixed Greens 149 Italian Bread 230 Apple Crisp 20 Calories: 655 Sodium: 1015	31 HALLOWEEN Turkey w/Cranberry Glaze 391 Mashed Potato 97 Winter Squash 34 Dinner Roll 210 Halloween Cookie ** 109 Calories: 727 Sodium: 966	Sponsored in part by:  GREYLOCK FEDERAL CREDIT UNION

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.

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



CRAYONSANDCRAYINGS.COM

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

Name: _____