

**GRAPEVINE****September 2018**

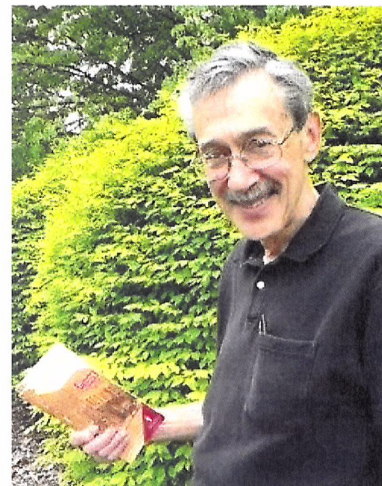
Claire W. Teague Senior Center \* 917 South Main Street \* Great Barrington \* MA 01230

Polly Mann, 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**Presentation by David Rutstein on North Korea— Sept .13**

Council on Aging Chairman, Historian and Author, David Rutstein, will present on Thursday, September 13th at 12:15 pm at the senior center about North Korea. Highlights of his presentation will stress how the dropping of two atomic bombs on Japan would determine the fate of Korea, how a blunder or misunderstanding of a major foreign policy paper in the early 1950's lead to the Korean War and the rise of the Kim Dynasty that has determined the intent and destiny of this nation. If you would like to attend this event, please sign up on the sheet in the dining room. If you are interested in attending lunch that day as well, please call the dining room or the center to make your reservation.

**The Sunday Strummers— Sept. 26**

We welcome the “*Sunday Strummers*”, a Ukulele Ensemble, to the senior center on September 26 from 11:00-12:00. They will perform music from the 30's during lunch. If you would like to attend lunch that day, please call or sign up with the dining room.

**INSIDE THIS ISSUE. . .**

Special Events	Page 1
Exercises/Art/ Birthdays	Page 2
Medicare Open Enrollment	Page 3
Trips/Announcements	Page 4
Announcements	Page 5
Calendar	Page 6
Menu	Page 7
Word Search	Page 8

**Drum Circle with Connie Parente- Sept. 12**

Come join us at the center for a drumming circle on Wednesday, Sept. 12th from 12:00-1:00 pm. Sign up sheet is in the dining room.

**Just open your Heart and catch the beat.****The vibration of the rhythm is oh so sweet****Give up your worries and surrender to the drum****Let your hair down and have some FUN!!**



## 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- Healthy Moves 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 (\$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:

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"**

*(Eunice's class resumes on SEPT. 13)*

\*If you have any further questions, please call the center at 528-1881\*

## We Need You Volunteer in your Community

You've got just what it takes to help your neighbors in need. Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax filing help to those who need it most. You can make a big difference in someone else's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2019 tax season. Our volunteers receive training and continued support in a welcoming environment. And as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide)  
 Or call 1-888-227-7669  
 For Berkshire County information call 1-413-243-3569

**Recent volunteers include:** Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired.

**Sites include:** Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

## BLOOD PRESSURE CLINIC CHANGE

Please note on the calendar that the blood pressure clinic that is on the last Thursday of every month has changed from 10:30 am to 12:00 pm.

## HAPPY BIRTHDAY!

Sept. 5 Rita Valliere	Sept. 22 Linda Traficante
Sept. 8 Mas Bachetti	Sept. 22 Maryanne Macy
Sept. 8 William Murray	Sept. 23 Kathy Plungis
Sept. 9 Norman Horowitz	Sept. 24 Margaret Buchte
Sept. 13 Ginny Dawson	Sept. 25 Hugh Black
Sept. 14 Jennifer Bailly	Sept. 29 Anne Stannard
Sept. 20 Linda Warner	Sept. 30 Nellie Hudson

Need **Help**  
with your Medicare  
**Plan Comparisons**  
for Open Enrollment?



It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), expect an information packet from your plan by the end of September. It is important to **understand** and **save** this information: it explains the changes in your plan for 2019. Premiums, deductibles, co-pays and the drugs covered by your plan can change significantly!

During Medicare Open Enrollment, you can adjust your plan for next year. SHINE Counselors help you understand *your* plan changes as well as *other options* you may have. Call now to discuss your insurance questions, schedule your SHINE phone appointment or face-to-face appointment, or learn about group meetings during the Open Enrollment from **October 15 through December 7<sup>th</sup>**!

**REMINDER:**

***Be on the alert for your new Medicare card in the mail and as always, bring your card and drug list to your appointment!***

You can call your local Senior Center at:

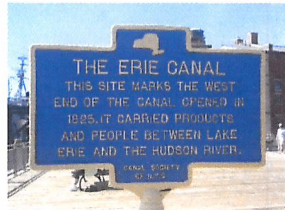
**413-528-1881**



## **“TRIPS”**

### **Erie Canal Trip**

This trip has been such a “hit” that there is a *third trip* to the Erie Canal scheduled for September 10th. Money is due **no later** than September 6th and there are no refunds available. It’s starting to get full so sign up fast. If we do get full, we will have a waitlist in case any cancels. Please see Polly to sign up.



\*\*\*\*\*

The new **MGM Grand** Berkshire bus run departs at 8:00 am every Thursday from the Lee Municipal parking lot and returns at 3:00 pm. The cost is \$20 plus you will receive with your ticket \$20 in a bonus slot. Payment to the driver is cash only (exact change is appreciated). Call 413-593-3939 to purchase a ticket or simply pay the driver upon arrival.

\*\*\*\*\*

### ***“Do you need your pants or slacks hemmed?”***

You’ll find a very talented seamstress, Kathryn Furcht, to help with your simple alterations. She will be available on Tuesday’s and Thursday’s. Please call the center at 528-1881 or drop in. There is no fee but donations are accepted.



## **21ST ANNUAL HANCOCK SHAKER VILLAGE COUNTRY FAIR**

This is one event that you should put in your calendar and not miss! It takes place on Saturday, September 29th & Sunday, September 30th from 10 am– 5 pm. It is a heritage fall celebration featuring regional artisans, local farmers and local food. Polly will also be demonstrating black ash shaker basketry.

Hancock Shaker Village members get in for free. Seniors cost \$18, children 13-17 cost \$8 and children 12 and under are free. There are discounts for AAA members and military (both retired and active).

Both Mason Library (Great Barrington) and Ramsdell Library (Housatonic) have a pass for the Shaker Village. It can be checked out for 24 hours and covers two adults and two older children. They cannot be reserved in advance and are first come, first serve.



\*\*\*\*\*

### **SENIOR SAFETY**

The A.G.E. TRIAD program meets monthly at the senior center. TRIAD is a program sponsored by the District Attorney’s office, Sheriff and local emergency agencies. The program is open to the public and all are welcome to attend these informative sessions. We welcome your ideas and concerns for senior safety. The newsletter will be posting the dates and times for these sessions in each month. Please let Polly know about any safety concerns you have so we can arrange with local emergency agencies to respond to your concerns. Some of the suggested information programs in the works for this year are: Fire safety, self-defense, scams, identity theft etc.



## New Ping Pong Table

Many thanks to Robert & Nancy Smith for the ping pong table we now have at the cen-



ter. The table is available to all & is located in the dining room. Summer volunteer Zach Goffin is a really good ping pong player and has taken on Bill Clark, Edmond and Polly. Come take on the challenge!

\*\*\*\*\*

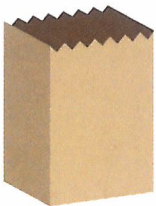
## Strength Training & Tai Chi Classes

Starting in August, Christine will not be conducting her 2 classes at the center for medical reasons. During this time, we will be playing a video of her instructing the class until she returns. Classes will be the same time and same place. We wish Christine a quick recovery and look forward to her return!

\*\*\*\*\*

## Brown Bag Program

The senior center in Great Barrington is a packing and distribution site for the monthly Brown Bag. The bags offer a variety of foods for eligible seniors. The food comes from the Food Bank of Western MA in Hatfield. The application is very easy and we are happy to assist anyone who may need help with it. The bags are



picked up at the Claire Teague Senior center every second Wednesday of the month. If there is a hardship picking up your bag please let us know.

\*\*\*\*\*

We will be showing a video of the **Senior Prom** we held in May during the week of September 17th, every day following lunch. If you missed the event and would like to see it, stop on by the center for a viewing. It's a must see!!

The Senior Center will be closed on  
**Monday, September 3rd**  
for Labor Day. Have a great weekend!



**GB Healthcare** for the wonderful Sloppy Joe lunch in August, it was delicious. They will be taking a break in September but will be back with a bang for our October 16th Oktoberfest! They will be offering us another one of their wonderful free lunches, hot German potato salad, brockwurst, knockwurst, and German chocolate cake. So mark you calendars for Tuesday, October 16th.

A special thank you to the **Palmatier Family** of Prospect Lake Park for their very generous donation of a brand new state of the art barbeque grill!! The Palmatier family has donated food items which are always appreciated. Make sure you check out their campground at 50 Prospect Road in North Egremont.

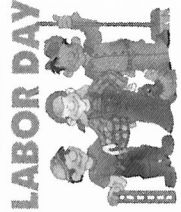
Thank you to the Wednesday kitchen volunteers (**Anna, Maureen, Susan & Anne**) for preparing a wonderful salad luncheon. Everything was delicious!

## Historical Society Special Event– Sep. 26

The Great Barrington Historical Society will be presenting a program **“Great Barrington Business, Gone but not Forgotten”** on Wednesday, September 26th at 7:00 pm at the Claire Teague Senior Center. No sign up is needed, just show up that day.

We hope you can make it for this very interesting & informative event!



September 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>CLOSED</b> <b>LABOR DAY</b> 	<b>4</b> 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit <b>11:30 LUNCH- Home Made Meatloaf</b> 12:00 Bridge <b>12:15-2:15 Computer Class by Appt.</b> 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	<b>5</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- Roast Pork with Gravy</b> 12:30 Pitch 4:00 Decorative Arts	<b>6</b> <b>8:45 Healthy Moves</b> 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise <b>11:30 LUNCH- Lentil Stew</b> 12:00 Crafty Hands 4:00 Misha's Advanced Exercise	<b>7</b> 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH- Chicken Bruschetta</b> 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
<b>10</b> <b>ERIE CANAL TRIP</b> <b>9:00 -12:00 Foot Nurse by Appt.</b> 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement <b>11:30 LUNCH- Italian Meatballs</b> 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	<b>11</b> 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit <b>11:30 LUNCH- Roast Turkey with Gravy</b> 12:00 Bridge <b>12:15-2:15 Computer Class by Appt.</b> 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	<b>12</b> <b>12:00-1:00 DRUM CIRCLE</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- Shepherd's Pie</b> 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts	<b>13</b> <b>Veterans Eat For Free Today</b> <b>8:45 Healthy Moves</b> 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise <b>11:30 LUNCH- Chicken Marsala</b> <b>12:15 David Rutstein- Talk on N. Korea</b> 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	<b>14</b> 9:00 Tai Chi <b>9:00-12:00 Foot Nurse by Appt.</b> 10:00 Ann's Chair Exercise <b>11:30 LUNCH- Calico Beans &amp; Sausage</b> 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
<b>17</b> 9:00-12:00 Genealogy by Appt. 9:15 Cross Training <b>10:00 Acupuncture</b> 10:15 Awareness through Movement <b>11:30 LUNCH- Baked Haddock</b> <b>12:30 Out to Lunch Bunch- See Flyer</b> 1:00 Beginner Tap 2:00 Intermediate Tap	<b>18</b> 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword & Jo's Craft Class <b>10:30 BLOOD PRESSURE CLINIC</b> 11:00 Therapy Dog Visit <b>11:30 LUNCH- Philly Steak w/Onions &amp; Peppers &amp; Cheese</b> <b>12:15-2:15 Computer Class by Appt.</b> 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	<b>19</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- BBQ Chicken Breast</b> 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts	<b>20</b> <b>8:45 Healthy Moves</b> 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 SHINE (By Appt.) <b>11:30 LUNCH- Beef Chili</b> 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	<b>21</b> 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH- Macaroni Cheese</b> 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
<b>24</b> 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement <b>11:30 LUNCH- Stuffed Pepper Casserole</b> 12:30 Bingo & Ice Cream 1:00 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	<b>25</b> 9:45 Pilates for Osteoporosis Prevention <b>10:00 A.G.E. TRIAD</b> 10:00 Crossword & Jo's Craft Class 11:00 Therapy Dog Visit <b>11:30 LUNCH- Chicken with Gravy</b> 12:00 Bridge <b>12:15-2:15 Computer Class by Appt.</b> 12:30 Bingo 3:30 Strength Training 6:00 Canine Good Citizens Training	<b>26</b> <b>11:00 SUNDAY STRUMMERS</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- Baked Breaded Pollock</b> 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts <b>7:00 GB HISTORICAL SOCIETY EVENT- "GONE BUT NOT FORGOTTEN"</b>	<b>27</b> <b>Veterans Eat For Free Today</b> <b>8:45 Healthy Moves</b> 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic Breathing Exercise 11:30 SHINE (By Appt.) <b>11:30 LUNCH- Beef Stew</b> <b>12:00 BLOOD PRESSURE CLINIC</b> 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	<b>28</b> 9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH- Tuna Salad</b> 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap <b>5:30 Gad Abouts- See Flyer</b>
<b>For more information or to schedule appointments call:</b>  <b>413-528-1881</b>	<b>*Coffee Hour</b>  <b>Every Day at</b>  <b>8:30 AM*</b>	<b>Lunch RSVP:</b> <b>413-528-4118</b>  <b>*AT LEAST 24 HOURS IN ADVANCE*</b>		<b>FIRST DAY OF FALL:</b>  <b>SEPTEMBER 22</b>

# Elder Services of Berkshire County - Nutrition Program

## SEPTEMBER 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>3</b>		<b>4</b>	<b>Home Made Meatloaf</b> Mashed Potatoes 283 Carrots 31 Wheat Dinner Roll 43 Mixed Fruit 132 3	<b>5</b>	<b>Roast Pork/Gravy</b> Egg Noodles 143 Broccoli Florets 4 100% Whole Wheat Bread 22 Applesauce 138 14	<b>6</b>	<b>Lentil Stew</b> Cauliflower 103 Mixed Greens 17 12 Grain Bread 149 Diced Peas 200 5	<b>7</b>	<b>Chicken Bruschetta</b> Sweet Potatoes 465 Steamed Red Cabbage 35 Oat Nut Bread 1 230 Diced Peaches 5
Calories: 676 Sodium: 617		Calories: 676 Sodium: 617		Calories: 544 Sodium: 446		Calories: 461 Sodium: 599		Calories: 605 Sodium: 861	
<b>10</b>	<b>Italian Meatballs</b> Wheat Penne w/Sauce(VC) 311 Mixed Vegetables 53 Italian Bread 41 Fresh Apple 230 1	<b>11</b>	<b>Roast Turkey/Gravy *</b> Sweet Potatoes 504 Italian Style Zucchini 35 12 Grain Bread 15 Chocolate Pudding ** 200 190	<b>12</b>	<b>Shepherd's Pie</b> Mashed Potatoes 72 Cauliflower 31 Rye Bread 17 Fruit Cocktail 150 5	<b>13</b>	<b>Chicken Marsala</b> Egg Noodles 122 Sugar Snap Peas 4 Oat Nut Bread 4 Pineapple & Mandarin Oranges 230 4	<b>14</b>	<b>Calico Beans and Sausage</b> Steamed Brown Rice 480 Broccoli 5 12 Grain Bread 22 Apricots 200 10
Calories: 703 Sodium: 761		Calories: 664 Sodium: 1069		Calories: 513 Sodium: 400		Calories: 626 Sodium: 489		Calories: 808 Sodium: 842	
<b>17</b>	<b>Baked Haddock</b> Mashed Potatoes 296 Peas and Carrots 31 Dinner Roll 72 Diced Peas 160 5	<b>18</b>	<b>Philly Steak Sub with Onions</b> <b>Peppers and Cheddar cheese</b> Vegetarian Baked Beans 386 Spinach & Mushrooms 140 Sub Roll 150 Fresh Orange 350 Calories: 714 Sodium: 1151	<b>19</b>	<b>BBQ Chicken Breast *</b> Roasted Potatoes 561 Green Beans 49 12 Grain Bread 3 Sliced Peaches 200 5	<b>20</b>	<b>Beef Chili</b> Steamed Brown Rice 184 California Blend Vegetables 5 Oat Nut Bread 17 Applesauce 230 14	<b>21</b>	<b>Macaroni and Cheese *</b> Stewed Tomatoes 627 Summer Squash & Zucchini 101 100% Whole Wheat Bread 11 2 Chocolate Chip Cookies ** 138 112
Calories: 477 Sodium: 689		Calories: 714 Sodium: 1151		Calories: 583 Sodium: 943		Calories: 610 Sodium: 575		Calories: 683 Sodium: 1114	
<b>24</b>	<b>Stuffed Pepper Casserole</b> Mixed Greens 68 Beets 149 12 Grain Bread 134 Mixed Fruit 200 3	<b>25</b>	<b>Chicken with Gravy</b> Garlic Mashed Potatoes 327 Carrots 33 100% Whole Wheat Bread 43 Diced Peaches 138 5	<b>26</b>	<b>Baked Breaded Pollock</b> Sweet Potatoes 222 Broccoli 31 Oat Nut Bread 22 Blueberry Yogurt 230 75	<b>27</b>	<b>Beef Stew</b> Roasted Potatoes 79 Brussel Sprouts 49 Dinner Roll 12 Fresh Pear 160 2	<b>28</b>	<b>Tuna Salad</b> Minestrone Soup 230 Cauliflower & Pimiento 63 Hot Dog Roll 17 Fruit Crisp 320 6
Calories: 602 Sodium: 679		Calories: 496 Sodium: 671		Calories: 651 Sodium: 705		Calories: 715 Sodium: 427		Calories: Sodium: 761	

**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 entree \*\*Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you in your daily intake.

**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.





# Word Search

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

See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindlauf  
Grand Forks Herald 2012

- |              |            |              |              |
|--------------|------------|--------------|--------------|
| 1. LABOR     | 5. WORK    | 9. SUMMER    | 13. AMERICAN |
| 2. DAY       | 6. LONG    | 10. NATIONAL | 14. MONDAY   |
| 3. HOLIDAY   | 7. WEEKEND | 11. USA      | 15. DAY      |
| 4. SEPTEMBER | 8. ENDING  | 12. TRAVEL   | 16. OFF      |

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

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