



GRAPEVINE

September 2019

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

Check out our new website!!! Greatbarringtonseniors.org!!!

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



Special Free Luncheon with State Rep Smitty Pignatelli Tuesday September 10 11:30

The Senior Center received a generous Legislative Earmark made possible by State Representative Smitty Pignatelli. We have added lots of great amenities, such as our acoustics, sound system, ADA picnic tables, new shed, big screen T.V. furniture and landscaping. This free event is to thank Smitty who will be joining us for a FREE lunch hosted by Great Barrington Healthcare.

Menu: Lasagna, garden salad, garlic bread and Ralph's famous cake. Please RSVP see sign-up

Our own Town Manager Mark Pruhenski will also be joining so don't miss this event!



A Celebration of Song by John Root

Thanks to a grant from the Great Barrington Cultural Council

Come join us for an hour full of fun

on **September 12th from 12:30-1:30 pm.** John sings, a cappella or accompanying himself on the piano, and plays the flute, clarinet, and saxophone. His diverse reper-

Assistant Town Manager /Town Planner Chris Rembold will be joining us for lunch Tuesday September 24th. Bring your questions about future projects and plans for Great Barrington!!

INSIDE THIS ISSUE. . .

Special Events	Page 1
Exercise/Art/Birthdays	Page 2
Announcements/Events	Page 3
Special Event	Page 4
Calendar	Page 5
Menu	Page 6

Grand Re-Opening-Martial Arts Institute

Want to improve your strength, flexibility, balance, focus and self defense skills?

You are invited to the re-opening of the Martial Arts Institute of the Berkshires Taekwondo and More

54 State Road GB September 28 from 12:00—4pm

Meet the Masters, our very own Teague Tappers

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
 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**)
10:45AM- Moving Mind Body & Spirit with Thea
\$5.00NEW 12:45 PM- Beginners Tap Dancing (\$5.00)
 2:00 PM- Intermediate Tap Dancing (\$5.00)

Friday Chair Exercise is free!!! Ann Waldman instructs this class that was handed down to her by Harriet Ebitz. This class is suited for all levels .

Music to Remember Coming Soon!!

Please join Dee Foster on Wednesday mornings at 9:45-
10:30 starting October 2nd as she brings her wonderful wit and charm to this new exciting class!!

The Focus of this class is to help those individuals who are challenged with memory loss to

stimulate, enhance and engage the brain through music. *****

A cat dies and goes to Heaven. God meets him at the gate and says, 'You've been a good cat all of these years. Anything you desire is yours, all you have to do is ask

The cat says, 'Well, I lived all my life with a poor family on a farm and had to sleep on hardwood floors.' God says, 'Say no more.' And instantly, a fluffy pillow appears. A few days later, 6 mice are killed in a tragic accident and they go to Heaven. God meets them at the gate with the same offer that He made the cat.

The mice said, 'All our lives we've had to run. We've been chased by cats, dogs and even women with brooms. If we could only have a pair of roller skates, we wouldn't have to run anymore.' God says, 'Say no more.' And instantly, each mouse is fitted with a beautiful pair of tiny roller skates.

About a week later, God decides to check and see how the cat is doing. The cat is sound asleep on his new pillow. God gently wakes him and asks

'How are you doing? Are you happy here?'

The cat yawns and stretches and says, "Oh, I've never been happier in my life. And those Meals on Wheels Are the best!

ART CLASSES

Wednesday at 12:30 pm "Painting w/ Margaret"

Wednesday at 3:00 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 Senior center at 528-1881

HAPPY BIRTHDAY!!

Sept. 2 Susan Pittman

Sept. 5 Rita Valliere

Sept. 8 Mas Bachetti

Sept. 8 Bill Murray

Sept. 8 Chris Vought

Sept 9 Norman Horowitz

Sept. 13 Ginny Dawson

Sept. 20 Linda Warner

Sept. 24 Margaret Buchte

Sept. 29 Anne Stannard

Sept. 29 Leila Wilson

Sept. 30 Nellie Hudson

GB Historical Society Program "Back to the 60's"

The GB Historical Society will be putting on a great program called "Back to the 60's" on Wednesday, September 18th at 7:00 pm at the senior center. The Historical Society has great programs that are generally held at the senior center, take advantage of these very informative and interesting programs and bring your friends to spread the word.



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If it isn't full-blown diabetes, why does it matter?

The "pre" may lead you to believe it isn't serious, but pre-diabetes puts you at a higher risk for not only type 2 diabetes but also for heart disease and stroke. Taking steps now can reverse it or prevent it from becoming diabetes. We are hosting a **Pre-Diabetes Workshop** which is sponsored by the Food Bank of Western Massachusetts on **Wed September 18th** at 12:30. You will learn how to help reverse pre-diabetes, identifying foods, reading labels and easy cooking practices. If you would like to attend this event, there is a sign up list in the dining room.

Friday Movie

This month's movie will be La La Land. The movie will show on September 27th at 12:15 pm. A sign up sheet is in the dining room.

Starring Emma Stone and Ryan Gosling. As pianist and actress love story.



Craft & Bake Sale

The senior center is holding a Craft and Bake Sale at the center on Saturday, October 5th from 10:00 am-2:00 pm. We have a few more spaces for vendors so if you want to showcase your baked goods, or art give us a call. Don't miss this great craft fair, we have lots of great vendors!!!

New!! Card Making Workshop

Join us for a fun afternoon of card making



Friday Sept. 20 at 12:30

Michele Wolf Instructor

Please see sign up for this fun class

\$5.00 per person

Luncheon Trip

Devonshire Estates has **invited us** to a special Lunch and Learn

"The Cottages Of The Golden Era"

We will be carpooling over to Lenox as a group or you can RSVP separately by 9/13

(413) 637-1700

This is a great opportunity to see their facility, enjoy a free lunch and lecture too!!

If you would like to volunteer to be a driver please let Polly know.

SALEM!!

Don't forget Salem!!

We still have seats available for our trip to Salem scheduled for October 18th

Last day to sign up is Sept. 13th

Check out upcoming tripsto Proctors

New!! Meditation Training

Pilates Instructor Kathi Casey will be offering 6 session of meditation training starting Tuesday September 10th at 2:15

The cost to participants is \$30 for all six sessions, paid in advance.

You probably know that meditation can improve your brain functions, reduce stress hormones, lower blood pressure and has so many health benefits, it's impossible to name them all here.

BUT, here's what you may not know. There's more than one way to meditate! There are at least 5 different techniques for meditation, and Kathi Casey teaches all of them in her 6 week course. Each week, you'll experience a different technique until you find the one that fits with your life! It's easier than you think. Call for more information or to register for this course today!

See Polly for registration of this training.

Want to learn to Contra Dance???



Dance Caller Michael Kernan will teach you some easy contra, square and barn dances to live music (Polly on fiddle) **Monday September 23rd. 10:00 -11:30. \$3.00 per person**

*Dancing is said to improve a person's cognitive skills since it prepares the brain for prime learning. Activity such as **dancing** pumps blood to the brain, giving it the glucose and oxygen it needs to function well.*

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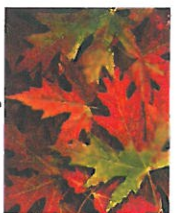
Crescendo is an early music choir and orchestra that performs in Litchfield Connecticut and Great Barrington. They will be rehearsing at the Senior Center for their upcoming performance of Baroque Splendor Bach's Magnificent and Handel's Coronation Anthem.

We are privileged to be able to attend their rehearsals at no cost.

Rehearsals dates: September 10 , 17, 24 from 7:00-9:00

Please sign up in advance so we can arrange seating

September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  CLOSED	3 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- Turkey w/gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	4 9:30 Easy Does it Yoga 11:30 LUNCH- Shepard's Pie 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts Ping Pong—Call for availability	5 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- Chick Bruschetta 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	6 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:45 NEW! Moving Mind Body & Spirit 11:30 LUNCH- Potato Pollok 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
9 9:00-2:00 Foot Nurse by Appt. 9:15 Cross Training 10:30 Awareness through Movement 11:30 LUNCH- Beef Stew 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	10 <u>Welcome Smitty Luncheon</u> 9:00 SHINE (by Appt.) 9:30 Move & Groove 9:45 Pilates for Osteoporosis Prevention 10:00 Crossword 11:30 Free LUNCH- Lasagna, garlic bread, salad 12:00 Bridge 12:30 Bingo 2:15 New! Meditation with Kathi Casey 3:30 Strength Training	11 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Piccata 12:00 Pitch 12:30 Brown Bag 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts Ping Pong Call for availability	12 <u>12:30 Music by John Root</u> 9:30 Vera's Painting Class 9:30 Move & Groove 10:30 News & Views 11:00 Therapy Dog Dixie 11:30 LUNCH- Hot Dog 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	13 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Coq Au Vin 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
16 Contra Dance Class 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH- Veal Marsala 12:00-2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	17 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-Glazed Chicken Drumstick 12:00 Bridge 12:30 Bingo 2:15 New! Meditation w/Kathi Casey 3:30 Strength Training	18 <u>12:30 Pre Diabetes Workshop</u> 9:30 Easy Does it Yoga 11:30 LUNCH- Philly Steak w/Peppers 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 3:00 Decorative Arts Ping Pong call for availability 7:00 GB Historical Society Event	19 <u>12:30 Card Making Workshop</u> 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- Eggplant Parm 12:30 NEW!! Card Making Workshop 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	20 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Beef Stroganoff 12:15 MOVIE- La La Land 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
23 9:15 Cross Training 10:00 New Learn to Contra Dance 10:30 Awareness through Movement 11:30 LUNCH- BBQ Chicken Breast 12:00- 2:00 Computer Class by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap	24 <u>Lunch w/Town Planner Chris Rembold</u> 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-Meat Loaf w/gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	25 9:30 Easy Does it Yoga 11:30 LUNCH- Mac-n-Cheese 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	26 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 BLOOD PRESSURE CLINIC 11:30 LUNCH- Pulled Pork w/gravy 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	27 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH-Cheeseburger 12:30 KNITTING LESSONS 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap
30 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement 11:30 LUNCH-Vegetable Pinwheel 12:00- 2:00 Computer Class by Appt. 12:30 Bingo & Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap	First Day of Fall  September 23rd	For more information or to schedule appointments call: 413-528-1881	Lunch RSVP: 413-528-4118 (24 hours in advance)	Veteran's Eat for Free  1st & 3rd Thursday's

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 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
2 LABOR DAY HOLIDAY -CLOSED-	3 Turkey w/ Gravy Mashed Sweet Potatoes Mixed Greens Dinner Roll Mandarin Oranges Calories: 603 Sodium: 926	4 Shepherd's Pie Mashed Potatoes Sliced Carrots 100% Whole Wheat Bread Sliced Peaches Calories: 652 Sodium: 485	5 Chicken Bruschetta * Buttered Egg Noodles Broccoli Florets Oat Nut Bread Sliced Pears Calories: 666 Sodium: 878	6 Potato Pollock Buttered Red Potatoes Peas and Pearl Onions 12 Grain Bread Nectarine Calories: 714 Sodium: 663
9 Beef Stew Roasted Potatoes Broccoli w/ Pimiento Dinner Roll Spiced Apples Calories: 485 Sodium: 776	10 <i>GB Free Lunch Lasagna</i> Calories: 629 Sodium: 677	11 Chicken Piccata * Au Gratin Potatoes Brussels Sprouts 12 Grain Bread Fresh Pear Calories: 706 Sodium: 1087	12 Hot Dog * Vegetarian Baked Beans Coleslaw Hot Dog Roll Peach Crisp Calories: 1183 Sodium: 1191	13 Coq Au Vin Steamed Brown Rice Mixed Vegetables 100% Whole Wheat Bread Blueberry Yogurt ** Calories: 852 Sodium: 795
16 Veal Marsala Buttered Red & Gold Potatoes Winter Blend Vegetables Oat Nut Bread Apricots Calories: 802 Sodium: 776	17 Glazed Chicken Drumstick Rice Pilaf Spinach 12 Grain Bread Tropical Fruit Mix Calories: 617 Sodium: 556	18 Philly Steak w/Peppers, Onions & Cheddar Cheese Garlic Mashed Potatoes Green & Yellow Beans Sub Roll Fresh Orange Calories: 763 Sodium: 880	19 Eggplant Parmesan Calico Bean Soup Brussels Sprouts 100% Whole Wheat Bread Fruit Cocktail Calories: 556 Sodium: 1030	20 Beef Stroganoff Wide Noodles Steamed Red Cabbage Dinner Roll Diced Pears Calories: 748 Sodium: 468
23 BBQ Chicken Breast * Steamed Brown Rice Lyonnais Carrots 12 Grain Bread Pineapple & Mandarin Oranges Calories: 633 Sodium: 1069	24 Meat Loaf w/Gravy Scalloped Potatoes Mixed Vegetables Oat Nut Bread Butterscotch Pudding ** w Whipped Topping Calories: 895 Sodium: 921	25 Macaroni & Cheese * Stewed Tomatoes Zucchini 100% Whole Wheat Bread Mixed Fruit Calories: 546 Sodium: 985	26 Pulled Pork w/Gravy Mashed Potatoes Green Beans Almondine Dinner Roll Applesauce Calories: 691 Sodium: 566	27 Cheeseburger Tater Tots Brussels Sprouts Hamburger Bun Fruited Gelatin Calories: 788 Sodium: 862
30 Vegetable Pinwheel w Marinara Dipping Sauce Mashed Turnip Harvest Beets Fresh Apple Calories: 620 Sodium: 901				Sponsored in part by 

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.