



# GRAPEVINE

# November 2019



Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230  
 Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant  
 www.greatbarringtonseniors.com

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](http://www.townofgb.org)

## IN HONOR OF OUR VETERAN'S

- **Free** haircuts are being offered for Veteran's at Jakes Barber Shop, 81 Railroad St, from 8 am to 3 PM ~ Come in anytime. Enjoy coffee and snacks provided by Fuel while you wait!!
- VA Agent Laurie Hills will be joining us for lunch on First Thursday of each month and Veterans and their spouses eat for free.
- Veteran's Eat Free 1st and 3rd Thursdays

## Wednesday, November 13th

Devonshire Estates will be bringing a Special Delicious Dessert Buffet during lunch!

## December 3rd, Tuesday

Rockin' with Robin  
 Special holiday music during lunch  
 FUN \*ECLECTIC \* TOE TAPPING

## Harvest Lunch

Great Barrington Healthcare will be offering a FREE lunch on Tuesday, November 19th at 11:30. In the tradition of Thanksgiving, I would like to thank Great Barrington Healthcare for all the wonderful meals they have provided to our senior center.

Holly and her staff work hard to bring us delicious meals, we continue to appreciate all that they do!! Thank you from all of us at the Claire Teague Center for the many free meals they have provided us.

## AARP TAX AID PROGRAM....

Is seeking new volunteers to assist with low and moderate income senior's tax preparations. If you are interested in volunteering, please contact the Senior Center at (413) 528-1881.

## Elder Services Thanksgiving meal will be Thursday November 21st

**Menu:** Turkey ,cranberry sauce, stuffing, mashed potatoes, gravy and dessert.

**Family members are welcome to attend with you, but for those under 60; there will be a \$7.00 charge, those 60 and over is a \$2.00 donation.**

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The 2020 Census is only a few months away and hiring is underway. In Berkshire County, the Census Bureau plans to hire 833 employees to help conduct the Census. So far, only 258 people have applied for the jobs. These are temporary, part-time, flexible schedule jobs with pay starting at \$18/hour. In order to have people employed and trained by the Census Bureau by March 2020, when the Census begins, we need people to apply now.

Applicants can apply online at [2020census.gov/jobs](https://2020census.gov/jobs) or by calling **855-562-2020**.



## 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)  
 9:45 AM Sit To Be Fit (\$ 3.00) w Dee Foster

### 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**)  
 12:45 PM- Beginners Tap Dancing (\$5.00)  
 2:00 PM- Intermediate Tap Dancing (\$5.00)

### Chair Exercises

If Dee Foster's class *Moves and Grooves* is bit too much for you...please try **Sit to Be Fit** on Wednesdays at 9:45 -10:30 First class is free; then \$3 per class. ALSO, Don't forget that Ann Waldman has a great **Chair Exercise** class that is **FREE** on Fridays, 10:00-11:00 am. You'll get a great work out while seated in a chair. Both classes should be great for all levels, are a great workout and more importantly **FUN!**

## 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 center at 528-1881\*



The Senior Center will be closed on **Monday, November 11** for Veteran's Day and **Thursday, November 28** for Thanksgiving!

Have a great weekend!

\*\*\*\*\*

## HAPPY BIRTHDAY!!

### November Birthdays

Helen Audino	Nov. 4
Bruce Maxwell	Nov. 7
Linda Difulvio	Nov. 7
Katie Kilmer	Nov. 9
Maureen Avery	Nov. 9
Roberta Parry	Nov. 9
Marlene TenBroeck	Nov. 9
Virginia Farnum	Nov. 12
Paulette Johnson	Nov. 14
Nora Hayes	Nov. 17
Carolyn Arienti	Nov. 17
Ruth Meier	Nov. 17
Betty Pratt	Nov. 23
Barbara Mueller	Nov, 23
Matthew Tomich	Nov. 23
Carolyn Carr	Nov. 27
Priscilla Rueger	Nov. 29

### YOU ARE INVITED!!

## 28th Annual Senior Festival

Monday, November 18th

At Monument High School

Concert 11 am (in the Auditorium)

Luncheon 12:30 pm (in the Cafeteria)

\*\*\* To attend, RSVP 528-1881

## 2nd Annual Tap-a-Ganza

Saturday, December 7th from 11:30 am —1 pm  
 Join us for Dance, Music, Tales, Food and FUN!!!!  
 Featuring Tap Classes of Carolyn Calandro  
 and Special Guest Performances!



## *Dwelling in the Past*

### *Presentation on November 21 at 10 am*

**Dwelling in the Past**, a mother and daughter team (Lynn H. Wood, title abstractor, and Elisabeth L. Wood, genealogical researcher) who share a love for historic research. Through researching old Berkshire records and employing their many years (58 years) of combined research experience, Lynn and Beth are now bringing forward newly found, fact-based stories of past Berkshire people, places and happenings. Each story they have found to date has been in some way unique and surprising. History is often painted in grand strokes, on canvasses of monumental size. The aim at Dwelling in the Past is to bring history, in all its vivid colors, to a more human scale. By investigating the historic homes of Berkshire County, Lynn and Beth offer an opportunity to glimpse the shape, form and varied hues of residents' lives.

Born in Pittsfield, Lynn grew up in the town of Otis when it had a population of 450 people. Her father owned a general store, a great place to get to know neighbors.

Lynn is the editor of the book *A Gift from the Past, Nellie E. Haskell's History of Otis*. She served the town of Egremont at different times as Town Clerk, Selectmen's Secretary and Planning Board Chair. In 2015, she worked with Beth and many others to produce Egremont's July "1865 Civil War Basket Picnic."

Lynn and her husband Bill live in Egremont, in Bill's great-grandparents' home and are parents of two children and grandparents of five. Currently, Lynn chairs the St. James Community Housing Corporation in Great Barrington and serves on the Egremont Meeting House Committee.

Beth lives and works in Alexandria, Virginia. She and her husband, David Berman, have raised five children and various cats. (Whether the training of the cats, or the training of the children has been more successful to date is the subject of some debate.) In addition to her work, Beth is an Assistant Historian for the Mayflower Society of Virginia.

\*\*\*\*\*

**Thank you Laurel Lake for the great meal they hosted for us in October, we had a great time, thanks again!**

## *Dining for Women*

*with Guest Speaker Barbara Watkins*

*November 20th at 11:45 am*

### **CHANGING THE WORLD**

#### **ONE WOMAN, ONE GIRL, ONE DINNER AT A TIME**

Dining for Women is a global giving circle that funds grassroots projects working in developing countries to fight gender inequality. Dining for Women celebrates the power of the individual to see an injustice and act to change it; to see need and act to fill it. Dining for Women's members are deeply involved in the grant-ees we support and the problems we seek to address. Our education component is equally as important as our fundraising.

### **MEET PAT LA BAGH** by Nora Hayes

Pat is not excited about doing this interview. She is a modest person but her story is so interesting. So here we go!

She was born grew up and spent her first 72 years in Middletown New York. She married and started a family. Eventually she had 4 beautiful girls. While her family was still young her husband died of lung cancer and she was suddenly a single parent. For the next several years Pat kept her family going with determination and grit until she met her second husband, married in 1980, and a whole new stage of her life began.

Pat describes a feeling of emptiness after losing her first husband and made the decision to become a pilot to fill the void. A decision not too many people make but it felt like the right thing to do. Like any good move it fit right into the next chapter of her life.

After marriage she and her husband both got their pilot's license and eventually flew a plane large enough so that the entire family of 6 could fly from New York to Cape Cod and Florida on vacation.

During this time Pat also made use of her business and entrepreneurial skills to open a 4,000 square foot "Quality Used Furniture " where she sold a wide variety of household items. Her business strategy was to frequent tag sales and get a quality item at a good price and then make her profit on the mark up. She did well and the shop was successful for twenty years until her retirement.

In 2003 Pat's second husband died and she was left a widow once again. Eventually her children convinced her to relocate to the Berkshires to be closer to her girls. Pat moved to Great Barrington in 2013 and since then has immersed herself in community service working as a volunteer at the Senior Center and the Mahaiwe theatre and faithfully attending her church in Stockbridge. In the past year Pat has experienced a few medical issues and has taken her health on with the same determination and fortitude that saw her through the tough periods of her life.

When asked she describes herself (in order of importance) as a "mother, educator, entrepreneur and a pilot". For example, Pat decided to go for a helicopter pilot's license and became licensed as only the #633 female helicopter pilot in the world! Typical of Pat she describes this unique accomplishment with a shrug of her shoulders as if anyone could do it. Pat loves her volunteer work because she gets a lot out of it-"connection, camaraderie, meeting different people". What she leaves out is her steadfast commitment to serve. Yes her efforts help her to feel she makes a difference but she has also become a stalwart presence at the Great Barrington Claire Teague Center which is where I see her (she's there just about every day). She is a key and much appreciated contributor to the life of the seniors who come there for company and services.

At the end of our talk I asked Pat for any words she would like to share. Here is what she had to say: "Try to live each day to the fullest, as if it is your last day! Respect others and their views. Love your neighbors!"

## November 2019



APPLES  
GOURDS  
MAYFLOWER  
POTATOES  
THANKSGIVING  
VETERANS

CORNUCOPIA  
GRAVY  
PIE  
PUMPKIN  
TURKEY

CRANBERRY  
MASHED  
PILGRIM  
STUFFING  
TURNIPS

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

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



November 2019				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH- Swedish Meatballs</b> <b>12:00-2:00 Computer Class by Appt.</b> 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>For more information or to schedule appointments call:</b> <b>413-528-1881</b></p> <p>9:00 SHINE (by Appt.) 9:30 Move &amp; Groove 9:45 Plates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- Chicken Brunswick Stew</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p><b>Lunch RSVP:</b> <b>413-528-4118</b> <b>(24 hours in advance)</b></p> <p>9:30 Easy Does it Yoga 9:45 Memory and Music 9:45 Sit to Be Fit <b>11:30 LUNCH- Baked Pollock Loin</b> 12:00 Pitch <b>12:30 Brown Bag</b> 12:30 Painting with Margaret 1:00 MELT Pain Workshop 3:00 Decorative Arts</p>	<p><b>Veteran's Eat for Free</b></p>  <p><b>1<sup>st</sup> &amp; 3<sup>rd</sup> Thursday's</b></p> <p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Lentil Stew</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH- Beef Chili</b> <b>12:30 KNITTING LESSONS</b> 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>CLOSED</b></p>  <p><b>VETERANS DAY</b> <i>Honoring all who served</i></p>	<p>9:00 SHINE (by Appt.) 9:30 Move &amp; Groove 9:45 Plates for Osteoporosis Prevention 10:00 Crossword <b>10:30 BLOOD PRESSURE CLINIC</b> 11:00 Therapy Dog Cara <b>11:30 LUNCH- Beef Stroganoff</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 9:45 Memory and Music 9:45 Sit to Be Fit w/ Dee <b>11:30 LUNCH- Beef w/Peppers &amp; Onions</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 3:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class 9:30 Move &amp; Groove 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 LUNCH- Chicken Marsala</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Ravioli w/Meat Sauce</b> <b>12:30 KNITTING LESSONS</b> 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>9:00 Foot Nurse by Appointment 9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11 AM MMHS Senior Luncheon</b> <b>11:30 LUNCH- BBQ Chicken Breast</b> <b>12:00- 2:00 Computer Class by Appt.</b> 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>9:00 SHINE (by Appt.) 9:30 Move &amp; Groove 9:45 Plates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- Vegetable Lasagna</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 9:45 Memory and Music 9:45 Sit to Be Fit <b>11:30 LUNCH-Chicken Ala King</b> <b>11:45 Dining w Women with Barbara Watkins</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:15 COA Meeting 3:00 Decorative Arts</p>	<p>9:30 Vera's Painting Class 9:30 Move &amp; Groove <b>10:00 Lynn Wood Local History Present.</b> 10:30 News &amp; Views 11:00 Therapy Dog Dixie <b>11:30 BLOOD PRESSURE CLINIC</b> <b>11:30 LUNCH- HOLIDAY Meal Turkey w Gravy</b> 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Salisbury Steak au jus</b> <b>12:30 KNITTING LESSONS</b> 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>9:15 Cross Training 10:00 Acupuncture 10:30 Awareness through Movement <b>11:30 LUNCH- Macaroni and Cheese</b> <b>12:00- 2:00 Computer Class by Appt.</b> 12:30 Bingo &amp; Ice Cream 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p>9:00 SHINE (by Appt.) 9:30 Move &amp; Groove 9:45 Plates for Osteoporosis Prevention 10:00 Crossword 11:00 Therapy Dog Cara <b>11:30 LUNCH- Chicken Cacciatore</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>9:30 Easy Does it Yoga 9:45 Memory and Music 9:45 Sit to Be Fit <b>11:30 LUNCH- Beef Stew</b> 12:00 Pitch 12:30 Painting with Margaret 1:00 MELT Pain Workshop 1:00-2:30 Caregiver Support Group 3:00 Decorative Arts</p>	<p><b>CLOSED</b></p>  <p><b>SAVE THE DATE</b> <b>2nd Annual Tap-a-Ganza</b> <b>Saturday, December 7th</b> <b>11:30 am -1 pm</b> <b>Join us for Dance, Music, Tales, Food and FUN!!!!</b> <b>Featuring Tap Classes of Carolyn Calandro and Special Guest Performances!</b></p>	<p>9:00 Tai Chi 10:00 Ann's Chair Exercise <b>11:30 LUNCH-Salisbury Steak au jus</b> <b>12:30 KNITTING LESSONS</b> 12:30-3:30 Genealogy by Appt. 12:45 Beginner Tap 2:00 Intermediate Tap</p>





# NOVEMBER 2019

## Elder Services of Berkshire County - Nutrition Program

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>MEALS ON WHEELS</b> BERKSHIRE COUNTY	Sponsored in part by:  <b>CIREYLOCK</b> FARM			<b>1</b> Beef Chili 184 Brown Rice 5 Steamed Cabbage 1 12 Grain Bread 200 Sliced Peas 5 Calories: 505 Sodium: 520
<b>4</b> Swedish Meatballs 301 Wide Egg Noodles 8 Mixed Vegetables 133 100% Whole Wheat 120 Pineapple & Mandarin Oranges 4 Calories: 648 Sodium: 691	<b>5</b> Chicken Brunswick Stew 153 Brussels Sprouts 15 12 Grain Bread 200 Warm Fruit Compote 7 Calories: 600 Sodium: 500	<b>6</b> Baked Pollock Loins 250 Roasted Potatoes 0 Peas w/Mushrooms 180 Dinner Roll 210 Banana 1 Calories: 543 Sodium: 772	<b>7</b> Lentil Stew 104 Broccoli Florets 22 Sliced Beets 20 Oat Nut Bread 150 Diced Peas 5 Calories: 514 Sodium: 432	<b>8</b> Roast Pork Loin w Brown Gravy 118 Garlic Mashed Potatoes 33 Green Beans 3 100% Whole Wheat Bread 120 Applesauce 14 Calories: 530 Sodium: 413
<b>11</b> VETERAN'S DAY Calories: 691 Sodium: 691	<b>12</b> Beef Stroganoff 83 Wide Egg Noodles 8 Lyonnaise Carrots 74 Dinner Roll 210 Sliced Peaches 5 Calories: 737 Sodium: 505	<b>13</b> Beef Wipeppers and Onions 328 Vegetarian Baked Beans 140 Cauliflower 0 Oat Nut Bread 150 Fruit Cocktail 5 Calories: 670 Sodium: 757	<b>14</b> Chicken Marsala 478 Roasted Potatoes 0 Spinach 100 12 Grain Bread 200 Sliced Apples 10 Calories: 606 Sodium: 928	<b>15</b> Ravioli w/Meat Sauce 250 Mixed Vegetables 133 Oat Nut Bread 150 Fruit Crisp 20 Tossed Salad @ Dining Sites Calories: 777 Sodium: 687
<b>18</b> BBQ Chicken Braiset 001 Roasted Potatoes 0 Italian Blend Vegetables 40 100% Whole Wheat Bread 120 Apricots 5 Calories: 586 Sodium: 657	<b>19</b> Vegetable Lasagna 370 w/White Sauce 30 Broccoli Florets & Wax Beans 25 12 Grain Bread 200 Diced Peas 5 Calories: 581 Sodium: 704	<b>20</b> Chicken Ala King 304 Steamed White Rice 4 Winter Squash 2 100% Whole Wheat Bread 120 Fresh Orange 0 Calories: 550 Sodium: 615	<b>21 Holiday Meal</b> Turkey w/Gravy 391 Mashed Potatoes 97 Peas and Pearl Onions 34 Cranberry Sauce 8 Snowflake Roll 180 Pumpkin Pie ** 308 Calories: 1070 Sodium: 842	<b>22</b> Salisbury Steak au Jus 428 Au Gratin Potatoes 100 Mixed Greens 140 12 Grain Bread 200 Mixed Fruit 10 Calories: 613 Sodium: 650
<b>25</b> Macaroni & Cheese 627 Stewed Tomatoes 101 Broccoli Florets 22 Oat Nut Bread 150 Fresh Apple 2 Calories: 638 Sodium: 1027	<b>26</b> Chicken Cacciatore 283 Steamed Rice White Rice 4 Capri Blend Vegetables 22 12 Grain Bread 200 Tropical Fruit Mix 10 Calories: 615 Sodium: 644	<b>27</b> Beef Stew 72 Mashed Potatoes 97 Turnip 65 Dinner Roll 210 Chocolate Pudding ** 185 Calories: 1033 Sodium: 754	<b>28</b> THANKSGIVING DAY Calories: 1070 Sodium: 842	<b>29</b> CLOSED Calories: 613 Sodium: 650

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.

**HOMIE 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.