

GRAPEVINE

December 2016

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

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

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

We will be having our holiday party/dance on Thursday, December 15th from 11:00-12:00. This year we will also be doing a Secret Santa gift exchange. If you would like to participate, you can bring in a wrapped gift (\$5 or under) to exchange with others. We will be having this from 11:00-11:30 in the dining room. Devonshire will be providing desserts for us and Ron Baker will be playing some "dance" music during lunch so be prepared to get up and dance.

Hope you can join us.

HAPPY HOLIDAYS!!!



Ruth Heuberger is offering a limerick workshop on Wed., January 11th from 10:30 am to 11:30 am here at the center. There is a sign up for this workshop so if you would like to participate, please let Polly or Jenn know.

Here's a sample:

Okay I'll admit it, my mind's a bit strange
Me thinks I've been out far too long on the range
So giddy up old fellow
My trusty old caballero
Before they force me to hand over the reigns

Great Barrington Historical Society Program

The Great Barrington Historical Society has something very special planned for its **Pearl Harbor 75th Anniversary program** on **Wednesday, December 7th** at the **Claire Teague Senior Center, 917 South Main Street, Great Barrington at 7pm**. You'll be hearing from an eyewitness to the attack, a 10-year-old who was living in Honolulu with her parents at the time, who'll talk about what she saw and heard, and especially the aftermath of this tragedy.

Local historian **David Rutstein** will first provide the background of this momentous event in his talk "**America Enters the Second World War: The Empire of Japan Attacks the United States at Pearl Harbor, Hawaii.**" He'll then discuss the reasons why Japan decided it was absolutely necessary to start a war with America—especially since their chances of winning such a conflict was an illusion.

Items on display will include *The Berkshire Eagle* and *New York Times* and a few important *Life* magazines of the attack and aftermath. A large map of the Pacific war area in 1941 will be used as a guide. The program is **FREE** and light refreshments will be served afterward.

Quote of the Month: "I'm too young to go to the senior center. Well don't wait until you are too old!"

INSIDE THIS ISSUE. . .

Special Events	Page 1
Special Events Cont'd	Page 2
Exercises/Birthdays	Page 2
Special Announcements	Page 3
Calendar	Page 4
Menu	Page 5
Word Search	Page 6

Warm Up America!

We would like to offer our senior knitters the opportunity to be part of Warm Up America. Warm Up America is a charity that started in 1991 to warm up peoples life's. 7"x9" squares are knitted or crocheted and sent to Texas where they are put together or a group can put them together and distribute them to area nursing homes or other organizations here in the Berkshires. There will be a sign up sheet in the dining room if you would like to join in this project. Many thanks to Laraine Lippe for this wonderful idea!!



Warm Up America!



Come check out our center's exercise programs!!!

On Monday, December 12th at 1:00 pm we will be offering a free exercise demonstration by some of our instructors. This will be a great chance for anyone to "sample" some of the classes that we offer here at the center. Below are the classes and the instructors:

Balance & Movement by Misha Forrester

Pilates by Kathi Casey

Chair Exercises by Harriet Ebitz

Feldenkrais by Misha Forrester

Breathing and Movement by Suzanne Mazzarelli

Easy Does It Yoga by Joanne Kelly



Please note there will be no "Third Tuesday Break-fast" starting in December. They will resume again in the Spring.

**Special Chorus Performance!**

On Tuesday, December 20th, the Monument Valley Middle School chorus will be performing here at the center from 12:45-1:30. Afterwards there will be hot chocolate and home baked sweet rolls. We are hoping to get a great turnout. Please come support this great group of students.

New Artwork Displayed

Ann Getsinger, a well-known realist painter who has maintained a studio in the Berkshires since 1976, will be exhibiting her work in the senior center for the month of December. The left wall of the lobby is now being used for monthly exhibits to compliment the work on long term loan and the permanent collection is in the rest of the center. Check it out next time you're here!

EXERCISE CLASSES**Monday:**

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

10:00 AM- Awareness Through Movement with Misha (floor) (\$3.50)

1:00 PM- Balance and Movement with Misha (chair) (\$3.00)

12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)

2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

10:00 AM- Pilates with Kathi (\$5.00)

3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

9:30 AM- Easy Does it Yoga with Joanne (\$3.00)

Thursday:

10:00 AM- Therapeutic Movement /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 Harriet (Free)

12:45 PM- Beginners Tap Dancing (\$5.00)

2:00 PM- Intermediate Tap Dancing (\$5.00)

December

Dec. 4 Marie Iannuzelli

Dec. 4 Grace Zbell

Dec. 5 Eleanor Shiels

Dec. 6 Misha Forrester

Dec. 7 Edward Landy

Dec. 15 Ginny Peterson

Dec. 18 Peggy Lavalette

Dec. 19 Helen Hall

Dec. 22 Lester Ettlinger

Dec. 22 Calder Martin

Dec. 23 Janice Fisher

Dec. 23 Carol Gage

Dec. 24 Tom Gage

Dec. 24 Mary Warford

Dec. 25 Helen Krancer

Dec. 26 Babs Olszewski

Dec. 26 Mel Greenberg

Dec. 28 Nell Ezequelle

Dec. 28 Millie Church

Dec. 31 Brian Marks

HAPPY BIRTHDAY TO ALL!

Shaker Cathead Basket Workshop

Come learn with Polly on how to make a reproduction reed Shaker Cathead Basket with a handle on Saturday, December 10th from 10:00–2:00 at the senior center. The workshop will be introducing baskets made on wooden molds reproduced to duplicate the molds and processes used by the Mt. Lebanon Shakers. Polly became fascinated with shaker basketry in 1996 and began teaching and demonstrating black ash basketry at Hancock Shaker Village through BCC. She also studied the collection of basket molds at Mt. Lebanon Shaker Museum and Library in Chatham, as well as the collection at Hancock Shaker Village. The workshop will begin with a short demo/lecture and then work will begin on the baskets. There will a break for lunch at 12:00 and then you will finish the baskets after lunch.

The fee for the workshop is as follows: 4–8" molds is \$25.00 or 4–6" molds is \$20.00. It is first come first serve and is limited to 8 people. You can sign up with Jenn. Please bring a sack lunch. Dessert and coffee will be provided.

A Berkshire Community Action Council (BCAC) representative will be on site on Wednesday, December 14th from 10:30 AM– 12:00 PM to help with fuel assistance applications and to answer questions about the program.

Sing-A-Long

We will be playing some of your favorite Christmas music on Friday, December 16th from 11:00-12:00. Shadow Harris will be on the piano and Polly will be on the violin. Hope you can join us!

Joe Roy, from Birches-Roy Funeral Home, will be making a presentation about burials at the center on Friday, December 9th from 12:00-1:00. He will be discussing all the different aspects of preparing and paying for them. There will be a chance for Q&A's in the end. It should be very informative!

The Monument Mountain Pathways Program will be caroling at Brookside Manor on December 14th starting at 3:30 pm. Anyone is welcome to join in with the caroling. There will be cookies and hot chocolate afterwards at Bostwick Gardens.



Women's Institute For A Secure Retirement (WISER)

WISER is a great resource for older women that discusses retirement, social security, widowhood, divorce and many other topics. You can subscribe to their newsletter on their website, www.wiserwomen.org. You can obtain it online or through the mail for a fee.

Daughters of the American Revolution Program

There will be a program on the history of Patriots resistance to the British Rule in 1774 at Court House in Great Barrington. It will take place on Monday, December 5th at 10:30 AM at the senior center. Lunch will follow in the dining room. The cost of lunch is \$2.00. Please reserve your spot for lunch with the dining room.

The Earth Angels will be performing for us at our covered dish event on Sunday, December 18th at **1:15 pm**. There will be live music by The Earth Angels and we hear that Santa is going to show up as well! Prior to the performance there will be a covered dish lunch at **12:00 pm**. A sign up sheet for the covered dish will be in the dining room. Please feel free to bring your family and grand kids!


We will also be having the Teague Tappers performing at **12:45 pm** that same day. There will be lots of great entertainment. Hope you can join us!

The Egremont Garden Club will be donating holiday cups of cheer to homebound seniors and placing wonderful flower arrangements on our dining room tables on Monday, December 5th. If you know a member of the Egremont Garden Club, give them a warm thank you for the many years of their service for providing these cheerful mugs and arrangements.

Saturday Bingo is back!! Starting in January, the Council on Aging will be sponsoring bingo and pizza on the last Saturday of each month in the winter. January 28th will be the first one, weather permitting.



December 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>*Coffee Hour every day at 8:30 AM*</p> <p>DAR PROGRAM</p> <p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Lasagna w/ Meat Sauce 12:30 Movie: Rainman 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap Bright Nights Trip</p> <p>5</p>	<p>For more information or to schedule appointments call: 413-528-1881</p> <p>Lunch RSVP: 413-528-4118</p> <p>* At least 1 day in advance*</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p> <p>6</p>	<p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Lazy Golumpki 12:30 Pitch 4:00 Decorative Arts</p> <p>7:00pm Historical Society "Pearl Harbor"</p> <p>7</p>	<p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 11:30 LUNCH-Pollock Potato Crunch Fillet 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p> <p>8</p>	<p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Grilled Chicken Breast 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p> <p>9</p>
<p>9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Egg Salad 12:00 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 1:00 Free Exercise Demo 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group</p> <p>12</p>	<p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Grilled Chicken w/ Orange Sauce 12:00 Bridge 12:30 Bingo / Beginner Piano 3:30 Strength Training</p> <p>13</p>	<p>CAROLING AT BROOKSIDE MANOR</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 10:30-12:00 BCAC Fuel Assistance 11:30 LUNCH- Meatloaf 12:30 Brown Bag 12:30 Pitch 4:00 Decorative Arts</p> <p>14</p>	<p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Holiday Dinner (Roast Beef) 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p> <p>15</p>	<p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Breaded Pollock w/ Cheese 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p> <p>16</p>
<p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt. 11:30 LUNCH- Chicken Cacciatore 12:45 Beginner Tap 1:00 Balance & Movement 2:00 Intermediate Tap</p> <p>19</p>	<p>MONUMENT VALLEY CHORUS</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Hot Dog with Roll 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p> <p>20</p>	<p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Soup & Sandwich 12:30 Pitch 1:00 Caregiver Support Group 4:00 Decorative Arts</p> <p>21</p>	<p>VETERAN'S LUNCH</p> <p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 12:00 Crafty Hands 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p> <p>22</p>	<p>(HAPPY HANUKKAH- DEC. 24TH)</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Meatloaf with Gravy 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p> <p>23</p>
<p>SENIOR CENTER CLOSED</p> <p></p> <p>26</p>	<p>9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p> <p>27</p>	<p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Breakfast for Lunch 12:30 Pitch 4:00 Decorative Arts</p> <p>28</p>	<p>9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Shepherd's Pie 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p> <p>29</p>	<p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chicken Filet Marsala 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</p> <p>30</p>

Elder Services of Berkshire County - Nutrition Program

DECEMBER 2016

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 Pollock Potato Crunch Filet 273 Scalloped Potatoes 67 Winter Squash 2 Whole Wheat Bread 110 Orange 0 Calories: 758 Sodium: 559	2 Grilled Chicken Breast 320 Teriyaki Sauce 371 Brown Rice 47 Beets 140 Multigrain Bread 99 Pineapple 1 Calories: 595 Sodium: 1085
5 Lasagna w/ Meat Sauce 471 Braised Cabbage 20 Corn 14 Whole Wheat Bread 110 Banana 1 Calories 672 Sodium: 723	6 Beef Stroganoff 161 Noodles 2 Brussels Sprouts w/ Cheese 193 Oatmeal Bread 121 Pears 5 Calories: 721 Sodium: 589	7 <i>Lazy Golumpki</i>	8 <i>New Item !</i> Skillet Frittata 300 Roasted Potatoes 49 Green Beans 3 Dinner Roll 132 Chocolate Pudding w/ Topping** 430 Calories: 713 Sodium: 1021	9 Barbecue Beef Patty 365 Sweet Potato 35 Tomato Medley 232 Hamburger Roll 215 Peaches 5 Calories: 704 Sodium: 959
12 Cream of Broccoli Soup 35 Egg Salad 147 Carrots 43 Hot Dog Roll 213 Butterscotch Pudding 491 w/Topping** Calories 712 Sodium: 1036	13 Grilled Chicken w/ Orange Sauce 333 Mashed Potatoes 97 Winter Blend Vegetables 10 Rye Bread 193 Applesauce 15 Calories: 593 Sodium: 755	14 <i>Meatloaf</i>	15 HOLIDAY DINNER Roast Beef, Gravy 93 Mashed Potato 97 Turnip 25 Snowflake Roll 132 Trifle** 606 Calories: 845 Sodium: 1060	16 Breaded Pollock w/ Cheese* 500 Roasted Potatoes 6 Green Beans 2 Hamburger Roll 213 Pears 5 Calories: 667 Sodium: 833
19 Chicken Cacciatore 282 Mashed Potato 97 Mixed Vegetables 133 Whole Wheat Bread 110 Apricots 5 Calories: 767 Sodium: 734	20 Hot Dog w/ Roll* 720 Baked Beans 140 Sauerkraut 195 Spiced Apples w/ Topping 4 Calories: 740 Sodium: 1166	21 <i>Soup and Sandwich</i>	22 Roast Pork w/ Gravy 121 Sweet Potato 54 Peas w/ Pearl Onions 34 Rye Bread 193 Orange 0 Calories: 627 Sodium: 543	23 Meatloaf w/ Gravy* 501 Mashed Potato 97 Carrots 43 Whole Wheat Bread 110 Fruited Gelatin w/ Topping** 50 Calories: 705 Sodium: 908
26 HOLIDAY	27 Macaroni & Cheese 279 Stewed Tomatoes 13 Mixed Vegetables 133 Oatmeal Bread 121 Vanilla Yogurt** 50 Calories: 831 Sodium: 703	28 <i>Breakfast for Lunch</i>	29 Shepherd's Pie 128 Mashed Potato 97 Carrots 62 Multigrain Bread 99 Peaches 5 Calories: 641 Sodium: 498	30 Chicken Filet Marsala 122 Rice Pilaf 7 Winter Squash 2 Rye Bread 193 Pineapple 1 Calories: 656 Sodium: 432

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.

Dietary Information: All meals include 1% Milk 100 calories/107 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.

WINTER

Word Scramble

Unscramble each group of letters to form a winter word.

1. THO HOCCLAOTE _____
2. NWSOANM _____
3. ODCL _____
4. ATJCEK _____
5. RCTAIHSMS _____
6. IDERENRE _____
7. GILHST _____
8. OLDHIYA _____
9. OFEASWNLK _____
10. AATSN _____



Starhead
TEACHERS

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

Name: _____