

GRAPEVINE

Claire W. Teague Senior Center

917 South Main Street * Great Barrington * MA, 01230 * 413.528.1881

Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Dining Room: 528-4118 Transportation: 528-4773



HAPPY VALENTINE'S DAY!



If one looks back into historical texts of the Catholic Church, they will find that the actual history of Valentines Day revolves around the day when a saint by the name of Valentine was martyred for his faith. Apparently, Valentine was killed when he dared to defy the Roman Emperor Claudius II, and performed secret marriages for young lovers.

Other accounts claim that St. Valentine was killed when he helped Christians escape from the clutches of Roman inquisitors who were torturing and killing prisoners. Another interesting thing to note about the history of Valentines Day is that the Catholic Church actually recognizes eleven different saints named Valentine, and three of

them share February 14 as their day of recognition.

Chaucer, Love Birds, and the Middle Ages—The first time in the history of Valentines Day that love and lovers are actually associated with the day is during the Middle Ages in a poem by Geoffrey Chaucer. After the famous writer mentioned the two love birds that represented the engagement of the young king Richard II to his young bride to be, Anne of Bohemia.



HAPPY MARDI GRAS!



Mardi Gras (mardigra)


also **Fat Tuesday** in English, refers to events of **the Carnival celebrations, beginning on or after the Epiphany** or King's Day and culminating on the day before Ash Wednesday. *Mardi Gras* is French for "Fat Tuesday", reflecting the practice of the last night of eating richer, fatty foods before the ritual fasting of the **Lenten** season.


Related popular practices are associated with celebrations before the fasting and religious obligations associated with the penitential season of Lent. The date of Fat Tuesday coincides with that of celebrations of Shrove Tuesday, from the word *shrive*, meaning "confess". **See pg. 5 for upcoming Mardi Gras Party at Claire Teague Senior Center!**


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 Winter Closing policy—Check WSBS for “official” closure of Claire Teague. Go to station 860 AM and 94.1 FM. Announcements are made every 10 minutes from 6:00 AM until 10:00 AM and then at 50 minutes past the hour the remainder of the day.

 In South County: Berkshire Community College, 343 Main Street, Great Barrington ~ A Veterans’ Representative will be available every Tuesday, 10 a.m. to 2 p.m. (beginning January 6, 2015) to assist in job searching.

 Let us know how we are doing and... what kinds of things you’d like to do/see at Claire Teague by filling out our survey! Copies are on the Sign-Up table ready for comments : *)



 Free tax return preparation will be offered again at the Great Barrington Claire Teague senior center **every Wednesday from February 4th through April 8th from 9 AM to Noon**. The service is available to all middle and low-income taxpayers with special attention to those aged 60 and older. Call 528-1881 to schedule an appointment.

 Our volunteers and staff work diligently to make your dining experience enjoyable—Please don’t forget to tell them how much you appreciate them!!

 To view the Grapevine online/in color : www.townofgb.org

MEDITATION: It is Effective and Easy

Joanne Kelly, Yoga, Breathing and Meditation Teacher and Massage Therapist since 1980

Benefits: Stress reduction ☺ Enhanced health ☺ Better brain functions such as focus and memory ☺ Deeper sleep ☺ Blood pressure regulation ☺ Heightened intuition, etc.

Easy: Yes. It is. And natural. Most people spend quite a bit of time already in a meditative state and don’t even know they do or how it is helping them in their daily lives. You can do it on your own anywhere, anytime; no equipment required.

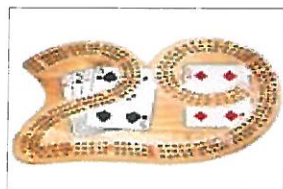
Learn quickly how to improve your meditation experience with some very simple steps and practice. Understand and practice various meditation techniques and learn what best suits you so you can continue your meditation practice on your own or enjoy meditating regularly with others. **Classes will begin Wednesday 2/4, Claire Teague Senior Center at 9:15. All ages welcome!** Call Polly or Rita at 528-1881 to register. \$5 or donation for class.

“The Ph.D. who is Discovering How Meditation Changes Your Brain”

Huffington Post 1/13/15

Britta Hölzel is not your typical yoga teacher. Or your typical Ph.D. neuroscientist. In recent years, during fellowships at Harvard Medical School and elsewhere, Hölzel has co-authored a range of studies focused on the intersection of two great passions of her life, how meditation and yoga affect the brain. Most notably, in 2011, she and her colleagues found that people “who meditated (daily...) for eight weeks had measurable changes in gray-matter density in parts of the brain associated with memory, sense of self, empathy and stress.”

CANASTA OR CRIBBAGE, ANYONE??



Claire Teague Senior Center has heard that there is an interest in starting a Canasta and/or Cribbage game/s. Sign up sheets, to "survey" the interest level, will be on the Sign-Up table in the dining room.

A Brief History of Canasta and Cribbage

The game of **Canasta** is said to have originated in Montevideo, Uruguay in 1939. From there it spread to Argentina, the USA and throughout the world. It was extremely fashionable in the 1950's, threatening for a while to displace Contract Bridge as the premier card game.

The rules were standardized in North America around 1950. Canasta is generally agreed to be best for four players, playing in partnerships. However, there are playable versions for two and three players.

According to John Aubrey, **Cribbage** was created by the English poet Sir John Suckling in the early 17th century, as a derivation of the game "noddly". While noddly has disappeared, cribbage has survived, virtually unchanged, as one of the most popular games in the English-speaking world. The objective of the game is to be the first player to score a target number of points, typically 61 or 121. Points are scored for card combinations that add up to fifteen, and for pairs, triples, quadruples, runs, and flushes.

Cribbage holds a special place among American submariners, serving as an "official" pastime. The wardroom of the oldest active submarine in the United States Pacific Fleet carries the personal cribbage board of World War II submarine commander and Medal of Honor recipient Rear Admiral Dick O'Kane

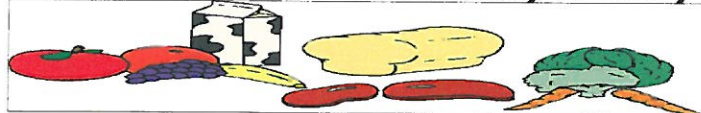
on board, and upon the boat's decommissioning the board is transferred to the next oldest boat. C'mon and sign-up!!

Rhythm Shoes

TAP, TAP, TAP...

Calling all grown-ups 18 and up. Come on, admit it: You've always wanted to TAP DANCE! Now's your chance to try it FREE for one month. Learn basic tap steps and an easy routine. Tap shoes available to borrow or buy, or come in hard soled shoes. Classes for beginners and those with rusty experience: Fridays at 1:30 to 2:30 starting February 6th. Great exercise for body and mind! Dance space HOSTED by Claire Teague Center. Call Polly or Rita for more information 528-1881. After the free month, the fee will be \$5 for adults and \$3 for seniors. **Carolyn Calandro, Instructor**

Get the Food You Need to Stay Healthy

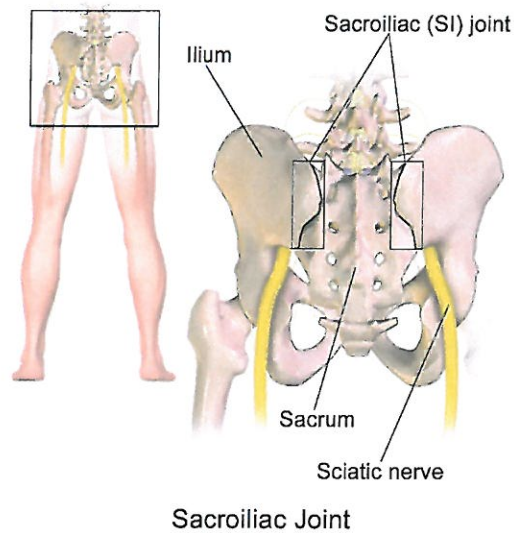


Apply for SNAP/Food Stamps—Project Bread's FoodSource Hotline offers free, confidential screenings for SNAP/Food Stamp eligibility as well as assistance completing the application over the phone. Counselors are also available to help current recipients ensure they are receiving the maximum benefits. **Call Today! 1-800-645-8333**

Seniors should press 2 for the dedicated Senior Line Monday-Friday 8am-7pm & Saturday 10am-2 pm *Special hours for seniors in February, March and April *Mondays & Wednesdays 2:00 pm to 7:00 pm.

Keeping Up with your Sacroiliac Joints

One of the most important functional benefits to walking is the combination movement occurring in lower spine, sacrum (tailbone), and your waistline). Without this in the sacroiliac joints readily and pain and later major de- reduces one's ability to freely the legs, bladder concerns, and cal to get at least 30 minutes of Winter months in New England able outside, but there are still getting those sacroiliac joints to or retails malls will find long easy walking. In some cases, walking clubs with a set schedule for group walks can be found.



top of the pelvis (a little below necessary movement, dysfunction occur, first causing inflammation generative changes that not only move, but can result in numbing in even difficulty in sitting. It is criti- good walking daily for your health. can limit our ability to be comfort- opportunities for walking and function. Those living near schools corridors warm and accessible for

The closest retail space near our Senior Center that can provide a sufficiently large space for individual walking is the Big Y. Here can walk with or without a cart. If you choose to use a cart, be sure to keep your hands loosely steering the cart, your elbows close to your torso, and your stomach out to encourage a curve in your low back.

If you circle the entire edge of the store five times you will have walked a full mile. Begin at the front at the produce, make a right to the bakery and flowers, and turn left to follow along the deli counter to the back of the store where the seafood is. Make another left to walk along the packaged meats to where the frozen food is, and continue along that aisle to the gluten-free, natural foods section, where you will take a left again to walk past the check-out counters to the produce door. You will have walked 1/5th mile. Continue four more times and you will have walked a mile.

You can mix up the walk at the Big Y of course by going in one direction, and then reversing the direction. You can also walk the individual aisles. Admittedly, you will walk very little in each aisle but when you combine all of the aisles, you can build up some distance. If you start at the toothbrush aisle across from the pharmacy and walk the entire aisle to the meat counter, back down the next aisle toward the check-out counter and continue up and down each aisle to the last frozen food aisle you will have covered ¼ of a mile. Going through all the aisles twice will give you ½ a mile. So the next time you go shopping, plan a little extra time to walk around the store and through the aisles for your sacroiliac joint and stability.

Another walking "path!" is the hallway at Claire Teague Senor Center—back and forth in the hallway thirteen times will achieve a quarter mile. You can cover the same distance going around the far outer edges of the dinning room ten times. **Misha Forrester, Feldenkrais® practitioner/Massage Therapist**

(If you would like more hints on joint mobility come join in on the Awareness Through Movement class with Misha, Mondays at 10:00 am at the Claire Teague senior Center.)

LOOKING AHEAD...

Gizmo/Gadget class rescheduled for Tuesday February 3rd from 2—3pm.

Beginner **Meditation** classes starting February 4th from 9:15 a.m. until 9:45 a.m.

Beginner **Tap Dance**, Fridays beginning 2/6 from 1:30 p.m. –2:30 p.m. Free for February!

Winter **BINGO** and **Subway** sandwiches on the following **Saturdays**: 2/28 & 3/28 from 12 until 3. See flyer for sign-up!!

New Marlborough Middle School children will join us at lunch with **Valentine's Day** wishes and singing, Thursday, February 12th.

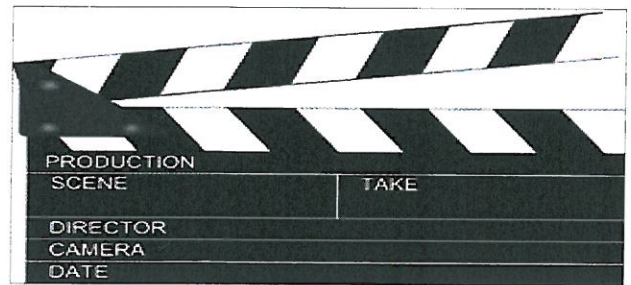
Mardi Gras/Fat Tuesday fun! Tuesday, Feb. 17th, 11-12 with Ted Murray on saxophone performing at Café DuMonde within Claire Teague Senior Center (!) serving coffee and Beignets (French pastry).

We're collecting **"Box Tops Education"** — clip them from lots of products you purchase in the grocery store. Bring them into Claire Teague and drop them in **"Box Tops Education"** container on the **Sign-Up table** in the dining room. Muddy Brook Middle School gets 10 cents for each one.

Volunteers needed at the Claire Teague Senior Center for the following tasks:

- ☺ Running a video camera when there is filming at the Senior Center needed.
- ☺ Making calls to local businesses to see who provides senior discounts.
- ☺ Handyman to run a Repair Café once a month.

~ MONDAY AT THE MOVIES ~



@12:15 pm

February 2nd, "A Good Year" with Russell Crowe and Robert Finney (Beautiful Italian scenery)

March 2nd, "Keeping Mum" with Maggie Smith (Who doesn't love Maggie Smith?!)

NEW ART WORK IN THE LOBBY

Gail Heath, Monterey

I started painting 12 years ago. After doing crafts my whole life, I made a promise to myself that when I retired, I would take up some form of art. I joined a folk art painting class at the Claire Teague Senior Center and was immediately hooked on this. I never intended on this to escalate into craft shows, but I loved painting and ended up with such an inventory that I had to have an outlet. My work has traveled to all parts of the United States, as well as, Spain, Germany and Italy. I have done custom painting for people such as animals in their homes, but I am doing much less of that now. I prefer painting my own choices.

One of Gail's pieces is below and others are on display in the lobby!

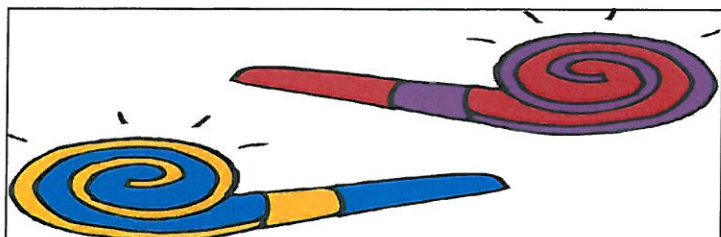




**Wednesday, February 4th is Birthday lunch
free to all January birthday participants!!**



- 2nd Harriett Ebitz**
- 2nd Dorris Vanduesen**
- 4th Don Moulthrop**
- 6th Joan Wood**
- 7th Helen Maxwell**
- 9th Mary Elfers**
- 10th Helena Jennings**
- 13th Thelma Reeves**
- 15th Anna Beining**
- 16th Margaret Mansfield**
- 17th Marjory Gardella**
- 17th Shirley Olds**
- 25th Priscilla Moulthrop**



Monday, February 23rd @ 12:30 ...

Great Barrington Rehab will be calling Bingo and bringing the ice cream and toppings. Invite your friends for this fun event!



To ~ Fairview Commons for their lunch on January 22nd!

To ~ Robert Sykes for donating his time for seated massage.

To ~ The family of Robert Consolini for donations in memoriam.

To ~ Great Barrington Rehab. for the ice cream and toppings on January 26th!



☺An old guy, not in the best of shape, was working out in the gym, when he spotted a gorgeous young woman. He turned to a nearby trainer and asked, "What machine in here should I use to impress that sweet young thing over there?" The trainer looked him up and down and said: "Try the ATM in the lobby."

☺A guy says to his doctor that he hasn't been feeling well, "Doc, some days I feel like a wigwam and some days I feel like a tee-pee." His doctor says, "Relax. You're too tents."



CHAPTER #89 NEWS

An important organization that has been special to our senior center will become part of its history; the Southern Berkshire Chapter #89, AARP is now coming to an end.

It was first organized in November, 1958. The first meeting was held in the St. James Parish rooms with just a very few seniors interested at first – little by little the chapter grew. By 1961, a formal meeting of the AARP was held at the Masonic Temple.

Our Chapter #89 was the first in Berkshire County, the third in MA and 89th in the nation. Our small, but very active chapter gave many things to be proud of. Through the years they have given their dollars and support to the following among many things: Southern Berkshire Elderly Transportation and our local schools through the Judy Stanily Scholarship Fund. Judy was a Special Needs teacher in our local schools.

Times have changed and for various reasons our membership has dwindled leaving us just too small to continue. Thank you to the many dedicated people that helped keep the chapter going. There was so many, we can't begin to name them all. Each and every member was important in making Chapter #89 a success story.

AARP's Chapter #89 will hold its last meeting on Monday, March 9th at 2:00 PM at Claire Teague Senior Center.

BRUCE'S GARDENING CORNER



Remember all of those time-consuming projects that you had planned for the winter? Well, here's another, but it won't take long and the rewards are great. It's time to plan your garden for the upcoming year. Not planning yet, but getting ready.

The catalogues have already begun to arrive at your mailbox. If there is something that you would like but don't see- give them a call. Morning Glories come in several colors. They winter over and once established, spread. They like to climb and are easy to grow.

Remember that over the winter we must save banana peels, rinsed coffee grounds, egg shells and a new one – the cardboard from toilet paper and paper towels. Next month or so when you start some seeds, fill them with planting soil and set on a cookie sheet. Plant two seeds in the top and if both come up, cut the weak one off. Put the tray in the sunroom and when they are a good size, put the roll and all in the garden. CHEERS! Bruce

~MONTHLY EVENTS~

Monthly Movie ~ Monday, February 2nd 12:00-200

Grief Support Group will meet **Monday, February 2nd 5:30-7:00. Open To All.**

AVADA Hearing will be on site **Tuesday February 3rd** by appointment.

Low Vision Support Group **Monday, February 9th 12:15 PM** . If you need transportation, call **528-4773.**

Quilting Guild will meet on **Tuesday, February 10th** at **7:00 PM.**

Brown Bag will be distributed on **Wednesday, February 11th** **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.**

This month's **TRIAD** meeting will be on **Wednesday, February 11th** at **2:00 PM.**

Veterans - FREE Lunch - February 12th and 26th at **11:30 AM.**

Women's Cancer Support Group will meet **Thursday, February 12th** and **February 26th** from **4:00 PM** to **5:30 PM.**

Foot Nurse: Friday, February 9th and **Monday, February 13th** from **9:00 AM** to **1:00 PM** by appointment. Cost **\$35.00.**

Caregivers' Support Group will meet on **Wednesday, February 18th** from **1:00 PM** to **2:30 PM.**

Friends of Claire Teague meeting **Wednesday, February 25th** at **12:30 PM.**

This month's **Council On Aging Board Meeting** will be held on **Wednesday, February 25th** at **1:15 PM.**

Blood Pressure Clinic with VNA , Thursday February 26th from **10:00 AM** to **11:00 AM.**

Winter Bingo— Saturday, February 28th from **12** to **3**

AS TIME GOES BY...A Monthly Commentary on Local and Other Events of Historical Interest and Note....by David Rutstein

Classical Music: The Great Equalizer

For many years I worked evenings part time at Domaney's Package Store in Great Barrington. Domaney's had cable radio that streamed in music throughout the store. Since I was a lad, I always enjoyed listening to good music, especially classical music. Therefore, upon arriving at work, I always tuned in to WMHT out of Schenectady, New York and my night was made.

I remember very well a particular warm early spring evening in which I just happened to be the only employee working on the main floor. All of a sudden I heard the clatter of motorcycles parking in front of the store. I looked out of the window and there sat two bikes by the curb, just like the one Peter Fonda rode in the movie *Easy Rider*. In walked two young muscular men wearing biker clothes and made their way to the beer cooler. After picking up a couple of 6-packs, they came to my counter and I was then able to get a better look at them. They both were heavy set with the taller of the two maybe weighing close to 250 pounds and his smaller companion somewhat less. To tell the truth, I was a little apprehensive. And I was all alone.

Meanwhile, WMHT was playing a piece by Mozart. The smaller of the two turned to his friend and said to him, "You know, I always liked this music." "Oh yeah," said the other. "Yes," his friend replied, "When I was a child my mother always took me to concerts playing this kind of music." He then turned to me and asked me the name of the piece he was hearing. And then we both entered into a lively discussion on classical music. Can you imagine carrying on a conversation with two bikers on Mozart, Beethoven, and even *Swan Lake*? Any intimidation I had about these two gentleman just disappeared. We were all smiles and just enjoying our talk. When it was time to go, they departed the store with a "Thanks, mate, great talking to you" and a "Have a good evening man."

After they had departed, I began to think over what had just happened and I realized I had been prejudiced based upon false assumptions of their looks, demeanor, and that they rode motorcycles. I had stereotyped them both in a negative way that I never should have. Just finding a common interest in classical music helped pave the way to finding two new friends, even just for a few minutes. I know this is a trite and an overused expression but it just fits my experience that you can't tell what a book is about by just its cover.

February 2015 Final

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Veal Parmesan Ziti w/ Sauce Broccoli Florets Rye Bread Orange	3 Baked Chicken Breast w/ Gravy Red Potatoes Green Beans Dinner Roll Peaches	4 **Hot Dog Baked Beans Cole Slaw Hot Dog Roll Apple Crisp	5 **Swedish Meatballs Buttered Noodles Mixed Vegetables 100% Whole Wheat Bread Pineapple	6 Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Multigrain Bread Mixed Fruit
9 Chicken w/ Asparagus Rice Pilaf Sweet & Sour Red Cabbage Multigrain Bread Pineapple	10 Barbecue Beef Potato Au Gratin Buttered Corn Oatmeal Bread Pears	11 Soup & Salad Vegetable Beef Soup Tuna Salad Potato Puffs Hamburg Roll *Peach Cobbler	12 Meatloaf w/ Gravy Mashed Potatoes Peas & Carrots Rye Bread Banana	13 Calico Beans w/ Sausage Broccoli florets Zucchini Squash 100% Whole Wheat Bread *Valentine Cupcakes
16 PRESIDENT'S DAY	17 Chicken w/ Biscuit Wild Rice Blend Mixed Greens Applesauce	18 Ash Wednesday Baked Fish Boiled Potatoes Peas w/ Mushrooms Rye Bread Mixed Fruit	19 Pepper Steak Scalloped Potatoes Winter Blend Vegetables Multigrain Bread *Chocolate Pudding w/ Topping	20 Cheese Lasagna Spinach Wax Beans Italian Bread Pears
23 Beef Stew Boiled Potatoes Carrots 100% Whole Wheat Bread Applesauce	24 Baked Chicken Breast w/ Gravy Garlic Mashed Potatoes Brussel Sprouts w/ Cheese Sauce Multigrain Bread *Butterscotch Pudding w/ Topping	25 Cheeseburger Irish Potatoes Buttered Corn Hamburg Roll Banana	26 Soup & Salad Split Pea Soup **Ham Salad Spinach Hot Dog Roll *Peach Charlotte	27 Tuna Noodle Casserole Stewed Tomatoes Green Beans Rye Bread Mixed Fruit


If you will not be home when your meal is delivered
PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201
SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.

Dining Room 528-4118

Claire Teague Senior Center

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM SHINE 12:15 PM Movie 1:00 PM Balance and Movement 5:30 PM Grief Support	3 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM AVADA Hearing Aid Assistance 10:00 AM Crossword Puzzle 12:00 PM Computer Class 12:00 PM Cards 12:00 PM Bridge - Tuesdays 12:00 PM Bingo Tuesday PM 2:00 PM Gadgets/Gizmos 4:00 PM Strength Training	4 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 11:30 AM BIRTHDAY LUNCH 12:00 PM Cards 4:00 PM Decorative Painting	5 9:00 AM Bingo Thursday AM 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise	6 9:00 AM Tai chi 10:00 AM Chair Exercise 12:00 PM Bridge 1:30 PM Beginner Tap	7
8	9 9:00 AM FT. Nurse MON. 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM Sing Along 12:15 PM Low Vision Support 1:00 PM Balance and Movement	10 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 12:00 PM Computer Class 12:00 PM Cards 12:00 PM Bridge - Tuesdays 12:00 PM Bingo Tuesday PM 4:00 PM Strength Training	11 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 12:00 PM Cards 12:00 PM Brown Bag 2:00 PM Triad Meeting 4:00 PM Decorative Painting	12 9:00 AM Bingo Thursday AM 11:30 AM Valentine's (Midl School) 11:30 AM VETERANS LUNCH 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise 4:00 PM Women CA Suprt.	13 9:00 AM FT. Nurse FRI. 9:00 AM Tai chi 10:00 AM Chair Exercise 12:00 PM Bridge 1:30 PM Beginner Tap	14
15	16 	17 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 11:00 AM Fat Tuesday 12:00 PM Computer Class 12:00 PM Cards 12:00 PM Bridge - Tuesdays 12:00 PM Bingo Tuesday PM 4:00 PM Strength Training	18 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 12:00 PM Cards 2:00 PM Caregivers Support Group 4:00 PM Decorative Painting	19 9:00 AM Bingo Thursday AM 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise	20 9:00 AM Tai chi 10:00 AM Chair Exercise 10:30 AM SHINE 12:00 PM Bridge 1:30 PM Beginner Tap	21
22	23 9:30 AM Matter of Balance 10:00 AM Awareness Thru Mvmt. 10:30 AM SHINE 12:30 PM Bingo/Ice Cream 1:00 PM Balance and Movement	24 9:00 AM Bingo 9:00 AM Genealogy Classes 10:00 AM Crossword Puzzle 12:00 PM Computer Class 12:00 PM Cards 12:00 PM Bridge - Tuesdays 12:00 PM Bingo Tuesday PM 4:00 PM Strength Training	25 9:00 AM TAX Assistance 9:15 AM Meditation 9:45 AM Easy Does It Yoga 10:30 AM Chair Volleyball 12:00 PM Cards 1:30 PM COA Board Meeting 2014 4:00 PM Decorative Painting	26 9:00 AM Bingo Thursday AM 10:00 AM Blood Pressure Clinic VNA 11:30 AM VETERANS LUNCH 12:30 PM Poker/Rummikub 4:00 PM Misha's Advanced Exercise 4:00 PM Women CA Suprt.	27 9:00 AM Tai chi 10:00 AM Chair Exercise 12:00 PM Bridge 1:30 PM Beginner Tap	28 12:00 PM Bingo SATURDAY

PLEASE SEE OUR DINING ROOM MENU AND PHONE
NUMBER TO MAKE YOUR RESERVATION (24 HOURS IN
ADVANCE) FOR LUNCH ON THE LAST PAGE OF THIS
NEWSLETTER. THANK YOU!