

# GRAPEVINE

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

Polly Mann, Director ... Mimi Hassett, Assistant Director

## February 2016

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



**WINTER Warm-Up PARTY:** Wednesday, February 17th  
Laurel Lake will be sponsoring a free lunch of meatloaf, mashed potatoes/gravy, glazed carrots, salad/rolls and cherry cobbler! We are happy to welcome back **Sandy and Sandy** to provide their Old time, folk and country music



**VALENTINE'S DAY PARTY** is set for Thursday February 11th *Sing*

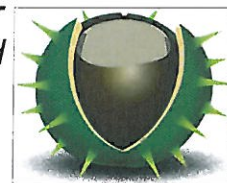
*along* starts at 11AM. Led by Doug Smolze . He will present a "Stage and Screen" sing / slide show . Always a fun occasion. Come and enjoy the music and singing....Prizes will be awarded.....



**COOKING DEMONSTRATION:** Microwave Banana Muffins with peanut butter icing. Demonstration will be given by members from the Food Bank of Western Massachusetts and will follow our Valentine's Day Party....February 11 at 12:15 PM.... Stay and Enjoy some additional fun....



**Special Topic: All About Wood Gathering: Craig Moffatt's Project .. Tuesday February 16 10:00-11:30** Did you know near Stockbridge there is a unique and special tree farm devoted to the repopulation of the American Chestnut Tree in North America? Read more about this presentation on Page 3.... Come can then stay for lunch . Call 5281881 for more information.



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Center is closed on  
**President's Day**

**February 17th at 2:30 PM:**

**Important Triad Meeting :**

Steve Bannon will be talking about presentation **medication safety** especially safety of opiates in your medicine cabinet . **ICE CREAM SUNDAES** will be served









## Winter bingo is BACK

Saturday February 13 at  
11:30. Lunch will be served



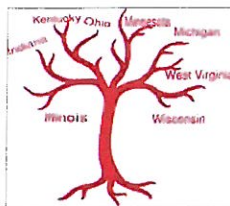
### INTERESTED IN LEARNING TO TAP DANCE :

New Classes forming: **Beginner** Class meets on  
Fridays 12:45 PM—1:45 PM

**Call:** 528-1881 for more info

Cost is \$5.00 .. Come and enjoy.....

**GENEALOGY** .. Make an appointment to see  
Steve Strommers to learn  
about genealogy The sessions  
will be on Fridays from 9:30-  
11:30 for the months of Feb-  
ruary, March and April. Call  
528-1881 for more info and  
an app.



Michael Houlihan's poetry class will  
begin in February. Please call 28-  
1881 if interested.

- ◇ Thank you to Florence Sasso who donated a 43 inch HDTV to the Claire Teague Senior Center in honor of her mother Mildred Sasso.
- ◇ Thank you to Kelly Le for her generous donation to the senior center
- ◇ Helen Hinkley for offering a free jewelry making class for us

**MUCH APPRECIATION to all**

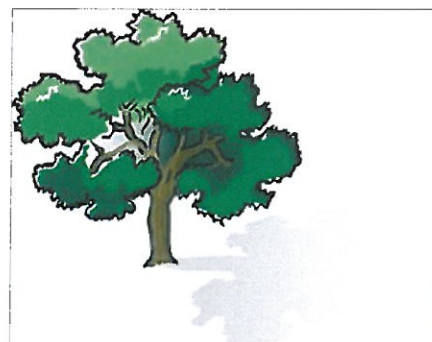


**WINTER SAND Available:** There is sand available at the town highway department for Great Barrington residents, we also have a small supply of sand here at the center for your convenience. If you need a bucket of sand to take home for your steps, please let us know and if you want to volunteer to fill small containers we'd love your help

## All About Wood Gathering ... Craig Moffatts Project..... Presentation on *Tuesday February 16<sup>th</sup> at 10:00am*

Last month Wes Petersen, Jim Soules, Sam Barrett and Gary Phillips gave a great presentation on sawmills, logging, tools and great stories and memories. We had such a great time we decided to continue the topic. The month of February we will be presenting Craig Moffatt of Stockbridge who has re-introduced a successful planting of the dying Chestnut trees. This is a great opportunity to hear from him and all the work he has done. In March we will be visiting Sam Barrett's maple tapping process and sample the syrup ( more to come about this) so stay tuned....

Here's a bit about Craig Moffatts project... While leaving downtown Stockbridge, heading south on Rte 7, on the left there you will see a wooden sign the shape and color of an American Chestnut tree leaf. It was designed by Craig Moffatt of Stockbridge. If you pull into the nearby driveway, you will see a commemorative rock honoring the late Peter Berle of Great Barrington who had a lot to do with the acquisition of the land. Then you will come upon a kiosk made of chestnut wood and which contains samples of chestnut branches and bark. Eventually, there will be a bench there which will also be made out of chestnut.







Feb 2	Harriet Ebitz
Feb 2	Dorris VanDuesen
Feb 3	Sam Corian
Feb 4	Don Moulthrop
Feb 4	Bruce Bernstein
Feb 4	Joan Wood
Feb 7	Helen Maxwell
Feb 7	Harriette Joffe
Feb 9	Mary Elfers
Feb 10	Helena Jennings
Feb 13	Thelma Reeves
Feb 15	Anna Beining
Feb 16	Margaret Mansfield
Feb 17	Mary Gardello
Feb 17	Shirley Olds
Feb 18	Margareta Thaute
Feb 19	Ronald Boibeaux
Feb 21	John Tully
Feb 22	Mary Carpenter
Feb 22	Mike Durst
Feb 25	Priscilla Moulthrop
Feb 26	Frank Pothal
Feb 28	Tara Rahkola
Feb 29	Jane Britting-

## FUN OUTINGS IN FEBRUARY

**Monday February 8 at 11:30 AM** *Out To Lunch Bunch to Barrington Bagel At 11:30 AM*

**Friday February 12th at 5:00pm:** *Gad Abouts going to The Brewery at 5PM*

*If you need a ride please indicate on the sign up sheet*

## Trip Planning for 2016

- **March:** Irish Celebration with Tony Kenny
- **April:** Foxwoods and Country Royalty afternoon performance
- **May:** Day trip to New York City
- **June:** Strawberry Festival
- **July:** To be determined
- **August:** Pennsylvania (Overnight)
- **September:** Bennington, VT Robert Frost House



More information available at the Claire Teague Senior Center. Call 413-528-1881 for additional details and to



**INTERESTED IN BOWLING:** Develop your skills while having fun by bowling using "WII" in the dining room after lunch Tuesday, Wednesday and Thursday.

## Don't Forget our Walkabouts (or is it *Danceabouts*)

During the winter months when walking becomes unsafe, the senior center dining room is available for walks along with music and a tape video to pace yourself.. Join Polly and Grace for this fun walkabout. Monday—Thursday 9:00am Plan to stay for a bit and join us for a health snack after the walk.



## ~MONTHLY EVENTS~

### CENTER EVENTS

- **Monthly Movie** ~ Monday February 8 at 12:15 *The Best Offer*
- **Veterans eat for free**— in February on Thursday the 11th and 25th ... *Thank you for your service.*
- **Out to Lunch Bunch**—Monday February 8th at 11:30 AM at **Barrington Bagel**
- **Gad Abouts:** Going out on Friday February the 26th 5:00pm at **the Barrington Brewery**
- **Brown Bag** will be distributed on **Wednesday February 10** at 12 Noon. **Note:** Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.
- **AVADA Hearing** will be on site Tuesday February 2 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Friday of each Month: Dates this month: February 8th from 9-12 Noon and February 12 from 9-12 by appt. Cost \$35. Call 528-1881 for appointment.

### CENTER MEETINGS

- **Quilting Guild** will meet on Tuesday February 9 at 7PM.
- **A.G.E. TRIAD** meeting February 17 at 2 PM (**Special meeting .. see front page article**)
- **Women's Cancer Support Group** will meet on Thursday February 11th and 25th from 4PM to 5:30 PM.
- **Council on Aging Meeting** .February 24th at 1:15 PM
- **Caregivers' Support Group** will meet on Wednesday, February 17th from 1PM to 2:30 PM
- **Grief Support Group:** February 8 and 22nd 5:30 PM to 7:30 PM

### Friday Winter Jams



Do you play an instrument? Friday between 11:00-1:00 the dining room is available for any senior or anyone for that matter that wants to try to organize an instrumental session with both acoustic instruments or wind. Bring your instrument, beginner or pro and let's see where this takes us.

**Exercise :** Check out the exercise schedule for the center... We have a number of great classes for all levels. Tai Chi on Fridays with Christine helps to destress and focus. Misha provides several classes for different abilities . Improve your balance with Theresa's class on Mondays. A very popular class is with Harriet and her chair exercises. Her classes are on Friday at 10 AM.



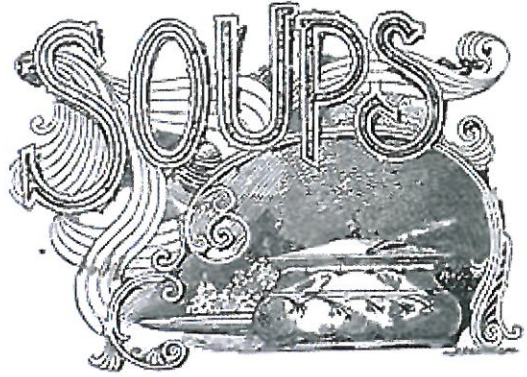
**Turning 65 soon? Know someone that is going to be 65? Read on..** SHINE representatives from the Claire Teague Senior Center will begin meeting the 3rd Tuesday of every month (February 16 at 5:30 PM to discuss options when one turns 65. It is prudent for one to sign up the three months before your 65<sup>th</sup> birthday. If interested, grab a friend or colleague and your laptop and give us a call. 413-528-1881. Light refreshments will be served.





**CHICKEN SOUP RECEIPE:** Our Special Wednesday Lunches have been a success. On January 20 we were treated to Chicken Soup provided by Grace Zbell; Several folks have asked for the receipe which is Rachel Ray's Quick Chicken Soup receipe. Here it is:

2 tablespoons olive oil  
2 medium carrots (peeled and chopped)  
1 medium onion, chopped  
1 parsnip, peeled and chopped (optional)  
2 ribs of celery, chopped  
2 bay leaves  
Salt and Pepper  
6 cups chicken broth or stock  
1 pound chicken breast, diced  
½ pound wide egg noodles  
Handful of fresh parsley  
Handful of fresh dill



Place a large pot over moderate heat and add oil. Add celery, carrots, onion, and bay leaf. Season with salt and pepper. Cook vegetables to make tender, about 8-10 minutes. Add stock and bring to boil. Stir in diced chicken and bring to boil. Cook Chicken for 2 minutes. Add egg noodles. Simmer 5-6 minutes or until noodles are tender. Stir in dill and turn off heat. Ladle into bowls and garnish with parsley.



## Saturday Winter Bingo!

February 13th 11:30 am

At the Claire Teague Senior Center  
Meatball grinders and jello dessert

**SNOW & WINTER WEATHER POLICY:** Please remember that even if the Center is open, programs may be cancelled, and it may not be safe to travel on the roads. SBETC will not run on days when the Berkshire Hills School District is closed. You can find out if they are closed by listening to WSBS, 860 AM. Elder Services meal cancellations and the senior center closings are also announced on WSBS

# February 2016

*Winner for December Word Search (by drawing): Martha Wool*

*Below is a list of words taken from our November Newsletter and hidden in the above search square. The words are displayed horizontally, vertically, or diagonally.*

*Note: a word may be reversed*

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

ABE LINCOLN	DANCEABOUTS	GEORGE WASHINGTON	SNOW AND ICE
APPRECIATION	DOGS	MEDICATIONS	SPECIAL LUNCH
BOWLING	EXERCISE	POETRY	VALENTINE'S DAY
CODERED	FEBRUARY	POLAR EXPRESS	WINTER SAND
CUPID	GENEALOGY	PRESIDENT'S DAY	

To be eligible for a monthly lottery ticket drawing just fill in your name and phone number and return your completed search to Polly at the Senior Center.

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

**WORD OF THE MONTH:** Cupid's Valentine

December's word (Monkey) of the month winner: Priscilla Rueger

Make as many words (3 letters or more) as you can, using only the letters in this word. Use the letters as you would a scrabble letter set. If a letter appears in the word once it can only appear in any of your words once. However as in this case if a letter appears more than once such as "n" it can appear in your words that number of times (3). Use only your brain and write down the words, sign your name, tear off this page and give it to Polly or Mimi We will announce how many words were created at lunch **Wednesday February 24**

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



# 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.


**FEBRUARY 2016**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Beef Stew 285 Boiled Potatoes 56 Green Beans 35 Oatmeal Bread 121 Pears 4 Calories: 673 Sodium: 501	<b>2</b> Baked Chicken w/ Gravy 163 Brown Rice 47 Winter Blend Vegetable 10 Rye Bread 193 **Chocolate Pudding w/ Topping 151 Calories: 749 Sodium: 564	<b>2/3/16</b> <b>SQUASH SOUP</b> <b>GRILLED CHEESE</b> <b>AND TOMATO</b> <b>2/10/16</b> <b>BREAKFAST SPECIAL</b> <b>2/17/16</b> <b>LAUREL LAKE MEAL</b> <b>SALAD-MEATLOAF</b>	<b>4</b> Italian Meatballs 375 Spirals w/ Sauce 20 Broccoli 9 Italian Bread 123 Banana 1 Calories: 618 Sodium: 528	<b>5</b> Macaroni & Cheese 327 Stewed Tomatoes 13 Sugar Snap Peas 4 100% Whole Wheat Bread 110 Applesauce 15 Calories: 646 Sodium: 469
<b>8</b> *Barbecue Pork 631 Sweet Potatoes 35 Broccoli 9 Oatmeal Bread 121 Mixed Fruit 6 Calories: 708 Sodium: 802	<b>9</b> Orange Chicken 51 Buttered Noodles 289 Summer Squash 6 Dinner Roll 132 Pineapple 1 Calories: 749 Sodium: 475	<b>2/24/16</b> <b>BOB AVERY'S</b> <b>SPAGHETTI</b> <b>AND MEATBALLS</b>	<b>11</b> Roast Pork w/ Gravy 198 Rosemary Potatoes 56 Cheesy Brussels Sprouts 135 Multigrain Bread 99 Applesauce 15 Calories: 773 Sodium: 503	<b>12</b> Goulash 174 Peas 3 Wax Beans 3 Italian Bread 123 Orange 0 Calories: 765 Sodium: 303
<b>15</b> <b>PRESIDENT'S DAY</b> Calories: 708 Sodium: 802	<b>16</b> Stuffed Pepper Casserole 91 Peas & Carrots 71 Spinach 101 100% Whole Wheat Bread 111 Peaches 111 Calories: 515 Sodium: 39		<b>18</b> Cream of Cabbage Soup 52 Egg Salad 147 Broccoli 9 Hamburger Roll 215 Apple Crisp 43 Calories: 573 Sodium: 466	<b>19</b> Baked Fish 302 Boiled Potato 56 Green Beans 3 Oatmeal Bread 121 Applesauce 15 Calories: 641 Sodium: 497
<b>22</b> Cheeseburger 360 Tater Tots 29 Zucchini 2 Hamburger Roll 215 Apple 2 Calories: 731 Sodium: 608	<b>23</b> *Baked Ham w/ Raisin Sauce 139 Sweet Potato 3 Braised Cabbage 1 Dinner Roll 13 Mixed Fruit 13 Calories: 691 Sodium: 155		<b>25</b> Roast Turkey w/ Gravy 156 Mashed Potatoes 6 Sugar Snap Peas 4 100% Whole Wheat Bread 110 Butterscotch Pudding w/ Topping 140 Calories: 647 Sodium: 416	<b>26</b> Lasagna 290 Wax Beans 3 Mixed Greens 53 Italian Bread 123 Peaches 5 Calories: 465 Sodium: 474
<b>29</b> *Crabby Cakes 565 Roasted Potatoes 48 Peas & Carrots 43 Rye Bread 193 Pears 4 Calories: 989 Sodium: 853	<b>*NUTRITION LABELING ON MENUS HAS CHANGED</b> Many clients are concerned about sodium content of their meal and each food item on the menu. Starting this month we will put the amount of sodium, in milligrams (mg), next to each item on the menu. A food item with more than 500mg of sodium is considered "high sodium", any day where the entire meal is over 1200mg is considered a "high sodium day". Any food that has more than 500mg of sodium will have an asterisk (*) next to it. Totals at the bottom of each day are the total calories & total sodium for the entire meal, including 1% milk, 1 carton (8oz = 1 cup) of 1% milk contains 102 calories and 107mg of sodium (only 4% of DRI- daily recommended intake- for sodium). If you have any questions, regarding our menu and your dietary needs please contact Elder Services Nutritionist @ 1-800-981-5201			

**Dietary Information:** All meals include 1% Milk 102 calories/107 mg sodium  
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium \*\*Modifications for restricted sugar available

**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.

# February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Beef Stew 1:00 Balance &amp; Movement 2:30 Tap Dancing—Intermediate</p>	<p>2</p> <p>8:30 Coffee Hour 9:00 AVADA Hearing (by Appt) 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Baked Chicken 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>3</p> <p>8:30 Coffee Hour 9-11AM AARP Tax Assistance(by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: Barbara Bailly's butter squash soup / grilled cheese 12:30 Cards 4:00 Decorative Arts</p>	<p>4</p> <p>8:30 Coffee Hour 9:00 Bagels and Bingo 11:30 Lunch— Italian Meatballs 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise</p>	<p>5</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11-12:00 PM Winter Jams 11:30 Lunch— Macaroni &amp; Cheese 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>8</p> <p>8:30 Coffee Hour 9AM – 12 Noon Foot Nurse 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Barbeque Pork 11:30: Out to Lunch: Barrington Bagel 12:00 Movie: The Best Offer 1:00 Balance &amp; Movement 2:30 Tap Dancing—Intermediate 5:30 PM – 7:30 PM Grief Support Group</p>	<p>9</p> <p>8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Orange Chicken 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>10</p> <p>8:30 Coffee Hour 9-11AM AARP Tax Assistance(by Appt) 9:30 Easy Does it Yoga 11:30 Lunch— Breakfast for Lunch 12:00 Brown Bag 12:30 Cards 4:00 Decorative Arts</p>	<p>Veterans/Valentine's Day Lunch 11</p> <p>8:30 Coffee Hour 9:00 Bingo/ Bagel 11:30 Lunch— Roast Pork 12:15 -1:15 Food Bank: Microwave Demo 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>12</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:00 – 12:00 Foot Nurse 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11-12 PM Winter Jams 11:30 Lunch— Goulash 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>15</p> <p><b>Center Closed</b></p> 	<p>16</p> <p>8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 10 AM Special Topic: Craig Moffat's tree Project (page 1) 11:30 Lunch- Stuffed Pepper 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>Winter Warm Up Lunch 17</p> <p>8:30 Coffee Hour 9-11AM AARP Tax Assistance(by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: FREE Laurel Lake Lunch Meatloaf, mashed potato/gravy 12:30 Cards 1:00 Caregiver Support Group 2- 3:30 PM TRIAD Meeting (see article) 4:00 Decorative Arts Sandy and Sandy!!! 11:00am</p>	<p>18</p> <p>8:30 Coffee Hour 9:00 Bingo/ Bagels 11 AM Soldier On Guest Discussion 11:30 Lunch – Cabbage Soup/ Egg Salad 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>19</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11-12PM Winter Jams 11:30 Lunch— Baked Fish 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>22</p> <p>8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch Cheeseburger 1:00 Balance &amp; Movement 2:30 Tap Dancing—Intermediate 5:30 PM – 7:30 PM Grief Support Group</p>	<p>23</p> <p>9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Baked Ham 12:00 Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>24</p> <p>8:30 Coffee Hour 9-11AM AARP Tax Assistance(by Appt) 9:30 Easy Does it Yoga 11:30 Lunch— Bob Avery's spaghetti!! 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>Veterans Lunch 25</p> <p>8:30 Coffee Hour 9:00 Bingo/ Bagels 11:30 Lunch – Roast Turkey 12:00 Crafty Hands 12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>26</p> <p>8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11-12 PM Winter Jams 11:30 Lunch— Lasagna 12:00 Bridge 5:00 Gad Abouts Brewery 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>29</p> <p>8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Crabby Cakes 12:30 Bingo and Ice cream 1:00 Balance &amp; Movement 2:30 Tap Dancing—Intermediate</p>		<p>Friday Jams: Electric fiddle, Electric Mandolin, Guitar and banjo, piano and accordion. If you play any of these instruments, we have them at the senior center for you to try out at our Friday jam hour.</p>	<p>WINTER BINGO SATURDAY FEBRUARY 13<sup>TH</sup> 11:30 LUNCH WILL BE MEATBALL GRINDERS AND JELLO DESSERT..PLEASE SIGN UP IN DINING ROOM</p>	<p>For More Information and to Schedule Appointments call: 413-528-1881 Claire Teague Senior Center</p>