

SENIOR GRAPEVINE



Baby, it's cold outside!

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

TAX PREPARATION HELP

Free tax return preparation will be offered at the **Claire W. Teague Senior Center**, every **Wednesday from 9 AM to noon**, beginning **February 5** through **April 9**. The service is available to all middle- and low-income taxpayers with special attention to those aged 60 and older. Trained volunteers will assist you in filing your return, either on paper or electronically. You need not be a member of AARP or a retiree to use this service. ***You must have an appointment! Call 528-1881 or stop by the office to sign up. NOTE: Unfortunately, those with rental income no longer qualify for this free service.***



INSIDE THIS ISSUE. . .

Special Events	Pages 1-3
Thank You!	Page 2
NEW! Activities	Page 4
Weekly Activities	Page 5
Monthly Events	Page 6
As Time Goes By	Page 7
Resources	Page 10
Monthly Calendar	Page 11
Lunch Menu	Page 12
Brain Game	Pages 8-9,13



Preston Tinker for helping keep us neat & tidy by steam-cleaning our carpets;

Fairview Commons for the delicious meal served at our holiday party;

Bittersweet, for entertaining us with their upbeat music that same night;

members of the **COA Board** of Directors who graciously served the dinner;

Porchlight VNA for the intensive and invaluable 6-week fall prevention workshop;

Everyone who donated their time and creativity to our holiday activities:

Shelly Brooks for leading the caroling stroll; **Monument Valley Middle School Chorus** and the **Rudolph Steiner String Orchestra** for their performances;

Earth Angels for another great Christmas show;

All of our seniors, friends, volunteers who donated items to our Christmas Boutique. It was a sparkling success!



Sorry... We don't have a list of birthday celebrants this month because of "technical difficulties." We will, however, have our January birthday lunch on **Wednesday**,

January 8
at **11:30 AM.**



SPECIAL EVENTS

FREE TRIAL

Fired up to get fit in the New Year?

Join Misha Forrester, our Awareness Through Movement instructor, in this new program designed to build, strengthen, and provide flexibility for better muscle tone and cardiovascular capability. Beginning with gentle warm-ups to music, the class uses resistance bands and tubing for stretching, weights and sandbags to increase muscular strength and endurance, and dance and judo movements for coordination and aerobic activity. The **free** trial classes will be held **Monday, January 13** from **9:15 to 9:45 AM** and **Monday, January 27, 12:15 to 12:45 PM**

NOTE: This class is for anybody, any age, and any fitness level, and can be done completely in chairs or in standing.

AARP Meeting

Please join the group on **Monday, January 13** at **2:00 PM**. Guest speaker will be Rita Schumacher, Manager of Elder Services' Ombudsman Program. She will explain what the program is all about.

****Martha Wool will collect membership dues.****

THE PUBLIC IS WELCOME TO ATTEND!

NOTE: During the winter, please tune to the local radio station (WSBS) for meeting cancellation notices.

HELP! The Senior Center needs a new piano. Digital would be great! Let Polly know if you can help! **THANKS!**

SPECIAL EVENTS



Paper Art!

On Friday, January
17 at 12:00 noon,
artist Judy

Washburn will offer a free class on creating art from paper. Sounds like a good time!

Devonshire Q & A (and D for "dessert")

On Wednesday, January 23 at 11:30 AM, a representative from Devonshire Retirement Community will hold a round table to answer your questions about Devonshire. PLUS, we'll be treated to a surprise dessert! *Yummy!*

Cane Decorating!

Friday, January 24 at 12:00 noon

Priscilla Rueger will show us her fun technique for brightening up ordinary walking canes. We will then show them off, along with hats and scarves, in our **Valentine's Day** fashion show extravaganza next month! If you have an extra cane you're not using, please bring it with you!



LAUREL LAKE BINGO WITH PRIZES... AND ICE CREAM SUNDAES!

About 10 residents from Laurel Lake will join us here on **Monday, January 27** from **2:00 PM to 4:00 PM** for a **BINGO BASH!**

There will be 6 games and winners will receive prizes instead of money. We will prepare individual ice cream sundaes during the afternoon. Come for the fun!

Ready for some Weekend FUN?

Come to the Senior Center **Saturday, January 18** from 12:00 noon to 3:00 PM for



&



Same rules we use at our weekday games will apply.

Clock Raffle

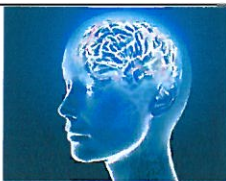
Jim Soules has generously donated a handmade clock (on display in the dining room) to the Senior Center. Take a look at his beautiful craftsmanship! We will raffle it off on **January 30** during lunch. Tickets are **\$1.00 each** or **6 for \$5.00**.

NEW!**NEW!****NEW!**

Chair* Tap!

Begins
**Wednesday,
January 8** from
10:30 AM to
11:30 AM. Get
some exercise
and have some fun without leaving the
comfort of your own chair! Same day,
same time every week. **\$3.00** a class for
seniors.

BRAIN EXERCISE



Begins **Thursday, January
2** at **10:30 AM**. See **page 9** for details!!

MOVIES ARE BACK!

Beginning **Tuesday, January 14**, from
9:00 AM to **11:30 AM**, kick back and
relax in the library for a couple of hours
while you watch *Invictus*, which
documents the rise of the 1995 South
African rugby world cup championship
team, as well as a time in the life of
Nelson Mandela.

We'll show a new movie the second
Tuesday of every month between **9:30
AM** and **11:30 AM**.

News and Views

Leon Sarin will present a discussion class
on the topic of truth, propaganda,
opinion and influence in today's media.
The class will meet **Wednesday, January
15** and every Wednesday for 8 weeks,
from **10:30 AM** to **11:30 AM**. If you
believe the news media has become too
powerful, this class is for you!

Stop in the office for more information.

ARE YOU OKAY?

Beginning this month, the "**Are You
Okay?**" program will be offered by the
Claire Teague Senior Center in conjunc-
tion with the Great Barrington Police
Department. It will be available for
Great Barrington and Housatonic seniors
who live alone, are at risk of falling, have
no family in the area, or simply need to
feel safer.

Each morning, the senior will receive a
phone call. If there is no response to
the call after several attempts, the caller
will alert a family member or someone
responsible for the senior. If all such
attempts fail, the police will pay a visit to
the senior's home in order to ascertain if
the person is OKAY. If you are interested
in this service, please call **Grace Zbell** at
528-0230.

ONGOING WEEKLY ACTIVITIES

EXERCISE & MOVEMENT

Awareness Through Movement—Monday, 10:00 AM

Balance & Movement—Monday, 1:00 PM

NEW! Beginners Exercise Class (time to be determined)

Strength Training—Tuesday, 4:00 PM

Tap Dancing for Grown-ups—Wednesday, 9:00 AM

NEW! Chair Tap—Wednesday, 1:15 PM

Easy Does It Yoga—Wednesday, 9:30 AM

Tai Chi—Friday, 9:00 AM

Chair Exercise—Friday, 10:00 AM



EDUCATIONAL

FREE Health Insurance Counseling (SHINE), Monday
10:30 to 2:00 (by appointment)

Crossword Puzzle Club—Tuesday, 10:00 AM

Computer Group Lessons—Tuesday, 12:15 PM

Genealogy Class—Wednesday, 9:00 AM to 12:00 noon

NEW! Brain Exercise—Thursday, 10:30 AM



ARTS

*Painting with Vera—Thursday, 9:30 AM (NO CLASS
until February 6, 2014)*

Crafty Hands—Thursday, 12:00 noon

Decorative Painting with Liz—Wednesday, 4:30 PM



BOOK CLUB

On Monday, January 27 at 12:00 noon, we will have a group discussion
of *The Men Who United the States* by Simon Winchester.

MONTHLY EVENTS

- ❖ **NEW! Grief Support Group** will meet **Monday, January 13** and **Monday, January 27** at **5:30 PM**.
- ❖ **Brown Bag** will be distributed on **Wednesday, January 8** between **12:30 PM** and **3:00 PM**. **NOTE: WE will hold bags for one day only.**
- ❖ The **Women's Cancer Support Group** will meet **Thursday, January 9** and **Thursday, January 23** from **4:00 PM** to **5:30 PM**.
- ❖ **Veterans' Lunches** will be on **Thursday, January 9** and **Thursday, January 23** at **11:30 AM**.
- ❖ **Caregivers' Support Group** will meet on **Wednesday, January 15** from **1:00 PM** to **2:30 PM**.
- ❖ **Blood Pressure Clinic** will be on **Thursday, January 23**, from **12:00 noon** to **1:30 PM**.
- ❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, January 29** at **1:30 PM**.
- ❖ **Hearing Aid Assistance by Avada: Tuesday, January 7, 10:00 AM to 12:00 noon.** By appointment. Call **413-442-0184**.
- ❖ **Foot Nurse: Friday, January 10** and **Monday, January 13** from **9:00 AM** to **1:30 PM** by appointment. Cost **\$35.00**.
- ❖ **Quilting Guild: Tuesday, January 14** at **7:00 PM**

Suggestion for a New Year's Resolution

In case you can't think of a thing to make you better in 2014,
how about this?

"I will remember to check in at **My Senior Center** and select all the activities I'll participate in each day I visit" (except, of course, on those days when the computer is being uncooperative).

In 2014, Polly wants to keep more accurate records of attendance, interests, what you like, what you don't—all so we can make the senior center even better than it already is! Thank you all so much!

AS TIME GOES BY...

A Monthly Commentary On Local and Other Historical Events of Interest and Note

By David Rutstein

*Two Familiar Personages That Attended
Great Barrington Public Schools That Will Surprise You
(in two parts)*

1. Joseph Warren Stilwell

In 1892, Dr. Benjamin Stilwell moved his family from Yonkers, New York to Gt. Barrington. The Stilwell family lived and owned property here in various locations that included property off of today's route 7 north across the street from Catherine's Chocolate Shop, and also on Church Street and West Avenue.

A son, Joseph Warren, was born in 1883, and he attended local school (s) here from 1893-1895. By 1896, Benjamin Stilwell had moved back with family to Yonkers and began to sell all his property here. Joseph Stilwell would later graduate from West Point and during WW II became known as "Vinegar Joe" Stilwell as a general in command of forces in the China, Burma, and India war theater. He also was an advisor and chief-of-staff to Chiang Kai-Shek and also became commander of the 6th and 10th armies.

As mentioned, during his three years of attending school here, he had to have been a student at the William Cullen Bryant School (primary-grades 1-5) and/or the Center School (grammar- grades 4-8) next to the Gt. Barrington High School. The site of these last two schools today is located in The Wheeler and Taylor parking lot at the bottom southeast adjacent to the Berkshire Co-op Market.

By the way, Stilwell Street, opposite Catherine's Chocolates, was named after the general in 1954.

(a thank you to an article by Bernard Drew on Stilwell in his *Off the Berkshire Trail*, 1982, for providing several key points for this column)

**For February: The daughter of W.E.B. Du Bois goes to school in
Great Barrington**

CURIOUS about the BRAIN GAME?

Here are the results of November's word, **PRISCILLA**

Participant 1 20 words

Sin pal lap rap air lip pit scrip scrap as car crisp rip is sill pair scar all sip pa

Participant 2 33 words

Ill pill sill ail pail rail sail scar car par sap sap rap cap scrap rip sip lip sir air pair lair is
carp spill spar pal slap pall all lisp spill

Participant 3 66 words

Car arc april ill pill sir asp pal all crisp sip sap rasp spar rill call pall spill sill cila la aspic
spic sic alp par pills lap sac lip pic lilac as is carp air ail rap slap laps alps crisp carail rail
aila lac al aril asci cilia cis clip crap ilia iliac ilial lair lari lira pa pac pail paris pas pi pia
pial pic pica pical pili plica prill r aria ras rip iris illic pali sillca cap as sail si sic

Participant 4 97 words

All lap Paris sis pal slip rail crisis crap rap par lair air pair rip pip pall pill lip is isis clip
plac sill sail slap scalp lisp pail lil silica crisp Carla lara sip spill lass spiral ill lila scar scrap
sass ass asp assail arla sir pass pippa Alicia ali calla lia arlis liar crass lisa asia class rasp
Priscilla all scarp ail alas alac pia spar lira classic capri carp cap arc clara clair alpi sal al
car as pi Alissa Passaic call lilac clap arcaic sisal casa lilli parasail sic lascala

Participant 5 128 words

Cisp pa rap rill scrip scarp sill all ill alp pal lap lip lisp cilia lilac clap clasp lac laic lair liar
lar ail Sali pail rail lira clip pill lapis sap slap sip slilp sir rasp asp cap scalp pall spar pall
par spill scrap scrip spar rap April ASCI ASCII air pi la is psi pic pici pila piri pir plica pli-
cal plical pa sa pics crap prial prisal Priscilla cal calli capri paris caris spa carl cill crip iasi
ica rial pica icas ila ilia iliac ipil ips ipis isiac lai lisa lisi ip rasria rial risp sac saic sal salic
scapi sic silica sil appall spica spiral scall silar spial call scar rap aspic carp crips iasi ipa
spic salc pica laxis pali

Participant 6 48 words

Pill pa pia lap cap lil rip sip sill pal lip cia car pac call all ac air a.1 lisa rap sir is pap par
carp crisp carl rail pass sail pail pall sal cal hal pair lisp as ill rill as a l arc scilla cilla

Participant 7 200 words

A all ali alps al ASPCA ascis alis acis aclis arasia cap circa casis calap capra capri caracal carasa carasin carar caranna cas casal C.I.A car clip crisis call crap cal Calais calaca calcar cilia cali ill I ipil Ira lras is ilisis lip lap liar lips lass lisa lac laccin laic laccin laic lair lalis lala lall lall lalo lapis lar lias lar lai las pill pa pac pail pass pair pais pal pala palas polar pallall pallas palp palpi pap papa papal papilla par paca pitin pilea picric pico pici picla pica pia pascal pasan pasac pasa pas pars par para parana paranol parc pari paria pit pip pipa pipal pisa piscin piss pita plica psi ra rip ripa ricin riccia rap rail rasp rascal rial ralls rapic ras rara riparial slip spar sal sap sass sail sais salal sala sap LaScala scar scalp Sciacca scarp scilla scrap scrimp silas silla sir scala scar scalp scarp scilla scip si sil silica silici silicic sill siss slap sop spa spall spar spail spil spica spiral spiss spall spill slip sac spial spica sprain spin spina salsa sip Pi air as spill lilac lill lin la sia prana papin

SpellChecker had lots of fun underlining words it didn't recognize! This is a fantastic tool to wake up brain cells that you don't normally use and keep your mind active and healthy.

SPEAKING OF SUCH THINGS...

On **Thursday, January 2 at 10:30**, we will launch our **BRAIN EXERCISE** program! It will be based on the successful presentation made here in November by Sherry Pease of ***Epoch Assisted Living at Melbourne*** . "Games" we will play are adapted from the book "Age Smart" by Harriet Vines. Our goal is to show you exercises that you can easily incorporate into your daily routine. We encourage everyone to attend and learn some fun and challenging brain exercises to help keep you young! Sign up in the dining room.

Here are some suggestions to help keep your brain healthy:

- 1) Count by 3s from 1 to 100, then back from 100 to 1;
- 2) Read a page from a book upside down;
- 3) Take a different route to a common destination;
- 4) Eat, write or brush your teeth with your non-dominant hand.

**SOUTHERN BERKSHIRE ELDERLY
TRANSPORTATION CORP. (S.B.E.T.C.)**

Telephone (413) 528-4773, Monday through Friday from 8:00 AM to 4:00 PM. S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: **Great Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10.** Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.

COUNCIL ON AGING

Barbara Bailly, Chair

David Rutstein, Vice Chair

**Richard Needelman, Recording
Secretary**

Anita Diller, Treasurer

Alan Buckes

Eileen Gaarn

Michele Gilligan

Amy Rutstein

Grace Zbell

Mr. Wizard

Says...

***"Ring in the New
Year with Internet
Radio".***



Did you know that when your computer is connected to the internet, you can listen to literally *thousands* of radio stations, both here and around the world, all for free? Yep, your computer can do that for you. Is "Swing" your thing? You can listen to <http://radioswingworldwide.com/> to hear Glen Miller's Chattanooga Choo Choo to your heart's desire. Luciano Pavarotti more your style? You can type in <http://operamusicbroadcast.com> and listen any time you want, 24 hours a day. Real, authentic New Orleans Jazz, perhaps? Just point your browser to <http://www.wwoz.org>, and listen 'til you could swear you taste that Crawfish Etouffee!

I could go on and on, but you get the picture. There's a whole world of interesting listening out there, just waiting for you to 'tune in' to.

If you'd like to learn how to listen to the world, and other fascinating things you can do with your computer (and your iPad too), join us nerds at the Senior Center, every **Tuesday at 12:15**. Happy Holidays. And as they'll be saying soon in New Orleans, "Bonne Annee"!

JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Saturday, January 18 from 12:00 to 3:00 PM Come for BINGO & PIZZA!</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By Appt. 11:30 Lunch—Hot Dog/Beans 1:00 Balance & Movement</p>	<p>7</p> <p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 10:00-12:00 Hearing Aid Service 11:30 Lunch—Mac & Cheese 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>1</p> <p>HAPPY NEW YEAR! (CLOSED)</p> <p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga 11:30 Birthday Lunch—Roast Pork 12:30-3:00 Brown Bag 12:30 Cards 1:15 Chair Tap NEW! 2:00 TRIAD Meeting</p>	<p>2</p> <p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Lentil Soup/Chic. Salad 12:30 Poker, Majhong, Wii Rummikub 4:00 Misha's Advanced Exercise</p>	<p>3</p> <p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Chicken Divan 12:30-3:30 Bridge</p>
<p>6</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By Appt. 11:30 Lunch—Hot Dog/Beans 1:00 Balance & Movement</p>	<p>7</p> <p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 10:00-12:00 Hearing Aid Service 11:30 Lunch—Mac & Cheese 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>8</p> <p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga 11:30 Birthday Lunch—Roast Pork 12:30-3:00 Brown Bag 12:30 Cards 1:15 Chair Tap NEW! 2:00 TRIAD Meeting</p>	<p>9</p> <p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Veterans' Lunch—Italian Meatballs/ Spiral Pasta 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:00 Misha's Advanced Exercise</p>	<p>10</p> <p>8:30 Coffee 9:00-1:30 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Baked Fish 12:30-3:30 Bridge</p>
<p>13</p> <p>8:30 Coffee 9:15 FREE TRIAL Exercise w/ Misha 9:00-1:30 Foot Nurse by Appt. 10:00 Awareness through Movement 10:30-2:00 SHINE By Appt. 11:30 Lunch—Veal Parmesan 11:30 Out to Lunch —Route 7 Grill 2:00 AARP Meeting 5:30-7:00 Grief Support Group NEW!</p>	<p>14</p> <p>8:30 Coffee 9:00 Bingo 9:30-11:00 Monthly MOVIE! 10:00 Crossword Club 11:30 Lunch—Stuffed Pepper Cass. 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild</p>	<p>15</p> <p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Baked Chicken Breast 12:30 Cards 1:00-2:30 Caregivers' Support Group 1:15 Chair Tap NEW!</p>	<p>16</p> <p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Baked Ham 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00 Misha's Advanced Exercise</p>	<p>17</p> <p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Meatloaf 12:00 Paper Art 12:30-3:30 Bridge</p>
<p>20</p> <p>MARTIN LUTHER KING DAY (CLOSED)</p>	<p>21</p> <p>8:00 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Chicken Cacciatore 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>22</p> <p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Barbecued Beef 12:30 Cards 1:15 Chair Tap NEW!</p>	<p>23</p> <p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Veterans' Lunch—Beef Stew 11:30 Devonshire Q & A plus Dessert 12:00-1:30 Blood Pressure Clinic 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:00 Misha's Advanced Exercise</p>	<p>24</p> <p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Roast Turkey 12:00 Walking Cane Decorating 12:30-3:30 Bridge</p>
<p>27</p> <p>8:30 Coffee 10:00 Awareness through Movement 10:30-2:00 SHINE By Appt. 11:30 Lunch—Cheeseburger 12:00 Book Club 12:15 FREE TRIAL Exercise w/ Misha 1:00 Balance & Movement 2:00-4:00 Laurel Lake Bingo & Ice Cream 5:30-7:00 Grief Support Group NEW!</p>	<p>28</p> <p>8:30 Coffee 9:00 Bingo 10:00 Crossword Club 11:30 Lunch—Shepherd's Pie 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training</p>	<p>29</p> <p>8:30 Coffee 9:00 Tap Dancing for Seniors 9:00-11:30 Genealogy by Appt. 9:30 Easy Does It Yoga 10:30 News and Views NEW! 11:30 Lunch—Cream of Cabbage Soup/Tuna Salad 12:30 Cards 1:15 Chair Tap NEW! 1:30 COA Board Meeting</p>	<p>30</p> <p>8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Chicken a l' Orange 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00 Misha's Advanced Exercise</p>	<p>31</p> <p>8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Goulash 12:30-3:30 Bridge</p>

JANUARY 2014 MENU

Elder Services of Rockville County - Nutrition Program

**Modifications for restricted sugar available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 NEW YEARS DAY	2 Lentil soup Chicken Salad Spinach Hamburg Roll *Fruit Crisp	3 Chicken Divan Buttered Noodles Sugar Snap Peas 100% Whole Wheat Bread Orange
6 **Hotdog Baked Beans Sauerkraut Hotdog Roll Pears	7 Macaroni & Cheese Stewed Tomatoes Green Beans Biscuit Peaches	8 Roast Pork w/ Gravy Boiled Red Potatoes Butternut Squash Rye Bread *Chocolate Pudding w/ Topping	9 Italian Meatballs Spirals & Sauce Broccoli Florets 100% Whole Wheat Bread Applesauce	10 Baked Fish Boiled Red Potatoes Mixed Vegetables Multigrain Bread Mixed Fruit
13 Veal Parmesan Ziti w/ Sauce Broccoli Italian Bread Applesauce	14 Stuffed Pepper Casserole Mixed Greens Waxed Beans Rye Bread Applesauce	15 Baked Chicken Breast Rice Pilaf Peas & Mushrooms Oatmeal Bread Pineapple	16 **Baked Ham Sweet Potatoes Spinach 100% Whole Wheat Bread *Vanilla Pudding w/ Topping	17 Meatloaf Garlic Mashed Potatoes Winter Blend Vegetables Multigrain Bread Pears
20 MARTIN LUTHER KING DAY (Closed)	21 Chicken Cacciatore w/ Mushrooms Rice Pilaf Mixed Greens 100% Whole Wheat Bread Peaches	22 Barbecue Beef Au gratin Potatoes Corn w/ Pimiento Rye Bread Apple	23 Beef Stew Boiled Red Potatoes Peas Multigrain Bread Mixed Fruit	24 Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Oatmeal Bread *Fruited Gelatin w/ Topping
27 Minestrone Soup Cheeseburger Green Beans Hamburg Roll Pineapple	28 Shepherd's Pie Mashed Potatoes Sliced Carrots Oatmeal Bread Mixed Fruit	29 Cream Cabbage Soup Tuna Salad Sweet Potato Puffs Hamburg Roll Apple Crisp	30 Chicken a l'Orange Brown Rice Broccoli Rye Bread *Butterscotch Pudding w/ Topping	31 Goulash Spinach Yellow Squash 100% Whole Wheat Bread Apple

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

Sign up in the dining room or call 413-528-4118 the day before to reserve your seat for lunch. Thanks!



The BRAIN GAME
word for January is
RESOLUTION



Make as many words as you can using *only* the letters in this word. Write them down, sign your name, tear off this page and hand it in to Annie. We'll announce the winner at lunch on **Thursday, January 30**. GOOD LUCK and HAVE FUN!