

GRAPEVINE

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

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

January 2016

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

Center: 41-528-1881

Dining Room: 413-528-4118

Transportation: 413-528-4773

SPECIAL TRIAD Program addressing senior safety

Wednesday January 13th 2:00pm-3:30

Fire Chief Charles Burger will be our guest speaker at our January TRIAD. The topic is fire safety, evacuation, refreshments and demonstrations.

Officials from Sheriff's Department, Great Barrington Police Department, District Attorney's Office, Fairview Hospitals Emergency Management will also be on hand to answer questions. This is a great group of officials that care about the safety of our seniors. We offer monthly topics, if there is a topic that you are concerned about and want to hear about from emergency officials, please plan on attending and bring your requests for future topics to us. Refreshments served.

Calling all Tree and Lumber enthusiasts.

Tuesday January 19th 10:00-11:30

We will be showing a video of sawmills with a discussion led by Gary Phillips on the topic. Wes Peterson will continue the focus on tree and lumber with a talk on timber cutting. Finally there will be a wood guessing contest led by Jim Soules.

All are welcome to attend and stay for lunch after the video and discussion.



Winter Basketry Workshop



A beginners basketry making course will be offered starting Thursday January 14th, Thursday January 21st and Thursday Jan 28th from 12:30-1:30pm. We will be making a tote basket with a shaker tape handle.

This course is being offered at \$6.00 per class or \$18.00 per person which includes the basket, the tools, instruction and all materials. The class is being taught by basket maker Polly (Ogle) Mann, former basket maker Hancock Shaker Village. Please call 528-1881 for reservations by January 7th. Consider joining us for lunch on the class days

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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 (January 19th) at 5:30 PM to discuss options when one turns 65. It is prudent for one to sign up the three months before your 65th birthday. If interested, grab a friend or colleague and your laptop and give us a call. 413-528-1881. Light refreshments will be served.



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Exercise Classes

Monday

- 9:15 Cross Training with Misha (\$3.50) *
- 10:00 Awareness Through Movement Misha (floor) (\$3.00) *
- 1:00 Balance and Movement with Theresa (Chair)
- 2:00 Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday

- 3:30 Strength Training with Christine

Wednesday

- 9:30 Easy Does it Yoga with Joanne

Thursday

- 4:00 Misha's Advanced Class (\$10.00)

Friday

- 9:00 Tai Chi with Christine (\$3.00)
- 10:00 Chair exercises with Harriet
- 2:00 Intermediate Tap \$5.00

*** Fee for this class is waived in January**

Housing Rehabilitation Opportunity/ Discussion ... January 7 during lunch

Town Planner Chris Rembold will be joining us for lunch on Thursday January 7th and will be explaining the housing rehab program for Great Barrington, Housatonic, and Sheffield residents. This is a great opportunity to find out if you are eligible and step by step instructions as to how to apply, bring your



Thank You !!!!

The Claire Teague Senior Center strives to provide a place for seniors to gather, have fun, learn and be well. There are a number of people who contributed to the December activities:

- The Messengers for their performances at our holiday dinner, look for their fuel assistance concert in Great Barrington in February
- Tom Cairns
- Devonshire Estate for the delicious desserts
- Fairview Commons for the free luncheon
- Timberlyn East for the ice cream and bingo event
- Helen Hinckley for her beading class
- The Teague Tappers for their performance during one of our lunches
- Sandra Sokul, Liz Macci and all of those that contributed to our very successful holiday sales table.
- Mimi, Maureen Avery and Barbara Bailly for the pretty holiday mugs
- The Earth Angels for their performance at our holiday covered dish
- Eva Schatz for her informative presentation
- Michelle Gilligan and Joan Ury for their volunteer service SHINE counseling



Finally a BIG thank you to all our volunteers and each and everyone that contributes to the success of the Claire Teague Senior Center and helps make it such a special place,.

Joke Corner: When is a piece of wood like a king or a queen?.....When it's a ruler.

What kind of shoes are made from banana skins? Slippers

What runs around the farm yard yet never moves?.... The fence.



Jan 3	Marion Smith
Jan 4	Jean Deming
Jan 5	Joan Rehm
Jan 8	Marilyn Sauer
Jan 10	Betty Boddie
Jan 17	Preston Tinker
Jan 18	Connie Hamilton
Jan 27	Jim Soules
Jan 29	Martha Wool
Jan 30	Vera Thyberg
Jan 31	Richard Needelman

Witty Wisdom: "The world is a book, and those who do not travel read only one page." .St Augustine, quoted in the Tatler (UK)

Fun Outings in January

Monday January 11 at 11:30 AM Out To Lunch Bunch to Koi

Friday January 22 at 5:00pm: Gad Abouts going to Hillside Diner

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

Trip Planning for 2016

February: Casino Trip (Atlantic City)

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 sign up.



Dining Specials on Wednesdays ... The dining room will be serving Wednesday specials beginning on 6th with tomato soup and grilled cheese sandwiches. Jan 13th is "Breakfast at noon" bacon, pancakes, and quiche, Jan 20st will be an assortment of subway sandwiches and Jan 27th is pizza. All for the same \$2.00 donation.....Also of note the **birthday lunch** will be the last Wednesday of each month. Those with a birthday that month will receive a free lunch and a prize.

Devonshire Estates offering a special one night stay Did you enjoy the wonderful desserts that were served at our holiday lunch? Those desserts were prepared and donated by Devonshire Estates in Lenox. Have the winter blues? Do you need a special night away in a lovely furnished apartment and have all your meals served to you in an elegant dining room? Devonshire Estates is offering a one night stay with all meals included for free for a limited time. If you are interested in this great opportunity please call Devonshire at 413 637-1700

Devonshire Estates also offers a trip to the Mohegan Sun Casino the first Wednesday of the month through King Ward Travel. The bus picks up at Devonshire prior to a continental breakfast. The cost is \$35.00, for more info call 413 637-1700

~MONTHLY EVENTS~

CENTER EVENTS

- **Monthly Movie** ~ Monday January 4 at 12:15 *Frozen*
- **News and Views** meets 9:30 AM on Thursday for lively discussions on current events and other topics.
- **Veterans eat for free**— lunch for free January 14 ... *Thank you for your service.*
- **Out to Lunch Bunch**—Monday January 11 at 11:30 Koi Restaurant
- **Gad Abouts:** Going out on Friday January 22 at 5 PM Hillside Diner
- **Brown Bag** will be distributed on **Wednesday January 13** 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 January 5 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Friday of each Month: Dates this month: January 11 from 9-12 Noon and January 15 from 9-12 by appt. Cost \$35. Call 528-1881 for appointment.

CENTER MEETINGS

- **Quilting Guild** will meet on Tuesday January 12 at 7PM.
- **A.G.E. TRIAD** meeting January 13 at 2 PM (**Special meeting .. see front page article**)
- **Women's Cancer Support Group** will meet on Thursday January 14th and 28th from 4PM to 5:30 PM.
- **Council on Aging Meeting** .January 27 at 1:15 PM
- **Caregivers' Support Group** will meet on Wednesday, January 20 from 1PM to 2:30 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.

Walkabouts

During the winter months when walking becomes unsafe, the senior center dining room will be available along with a walking tape video to walk by. Join Polly and Grace for this fun walkabout. Starts 9:00am Monday through Thursday



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. Join her Monday classes in January and the fee will be waived. Improve your balance with Theresa's class on Mondays.



January 2016 (Year of the Monkey)

Winner for December Word Search (by drawing): Veronica Deome

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

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

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AARP TAX SUPPORT
 APPRECIATION
 BASKET WEAVING
 WOOD GUESSING
 LUNCH SPECIALS

EXERCISE
 GREETINGS
 HOME REHAB
 VOLUNTEERS
 CAREGIVER

SAW MILLS
 MONKEY
 NEW YEAR
 JANUARY
 TRIP PLANNING

SHAKER
 THANK YOU
 TRIAD

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: Monkey (2016 is the year of the Monkey)

November's word (*Holiday Greetings*) 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 January 22**

Name: _____ Phone: _____

All contributions are returned to the community toward the cost of Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Choosing a healthy fat. Two types of fat, saturated fat and Trans fats are likely to be harmful to our bodies, because they increase total blood cholesterol and low-density lipoprotein cholesterol levels increasing your risk of cardiovascular disease (heart disease). Saturated fats are the solid fats found in butter, red meat, and full fat dairy products. Trans fats are found in very small amounts in food, but are generally made from oils by hydrogenation which involves adding hydrogen to vegetable oils and resulting in a solid fat that doesn't spoil by becoming rancid. Hydrogenated fats are widely used in baked products. most fats that have saturated fat and Trans-fats are solid at room temperature. These fats include beef fat, pork fat, butter, shortening and stick margarine. Always check labels for saturated fat and Trans fats (made by partial hydrogenation) and try to avoid them to decrease your risk of heart disease.									
4	Veal & Peppers Scalloped Potatoes Winter Blend Vegetables Oatmeal Bread Peaches Calories: 365 Sodium: 579	5	Beef Stew Boiled Potatoes Corn Multigrain Bread Applesauce Calories: 494 Sodium: 344	6	Wednesday Special: Tomato Soup Grilled Cheese Sandwich	7	Creamed Chicken Green Beans Red Boiled Potatoes Biscuit Mixed Fruit Tossed Green Salad (Cong) Calories: 376 Sodium: 82	8	Soup & Sandwich Corn Chowder Egg Salad Broccoli Florets Hamburg Roll Apple Crisp Calories: 258 Sodium: 426
11	Stuffed Cabbage Casserole Yellow Squash Mixed Greens 100% Whole Wheat Bread Pears Calories: 262 Sodium: 324	12	Baked Chicken w/ Gravy Mashed Potatoes Wax Beans Multigrain Bread Applesauce Calories: 368 Sodium: 215	13	Wednesday Special: Breakfast for Lunch Bacon, Pancakes, Quiche	14	Baked Fish Red Potatoes Beets Oatmeal Bread Peaches Calories: 366 Sodium: 461	15	Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Dinner Roll **Pumpkin Pie Calories: 382 Sodium: 254
18	MARTIN LUTHER KING JR DAY	19	Barbecue Pork Patty Sweet Potatoes Broccoli Florets 100% Whole Wheat Bread Peaches Calories: 468 Sodium: 675	20	Wednesday Special: Subway Sandwiches	21	*Hotdog Baked Beans Coleslaw Hotdog Roll Applescrisp Calories: 668 Sodium: 869	22	"Crabby Cakes" Cheesy Noodles Peas Rye Bread Orange Calories: 842 Sodium: 659
25	Cheeseburger Potato Puffs Spinach Hamburg Roll Mixed Fruit Calories: 426 Sodium: 690	26	Lasagna w/ Meat Sauce Mixed Greens Carrots Italian Bread **Vanilla Pudding w/ Topping Calories: 362 Sodium: 407	27	Wednesday Special: Pizza	28	Soup & Sandwich Cream of Cabbage Soup Tuna Salad Sugar Snap Peas Multigrain Bread **Peach Cobbler Calories: 313 Sodium: 246	29	Roast Pork w/ Gravy Garlic Mashed Potatoes Brussel Sprouts w/ Cheese Sauce Dinner Roll Mixed Fruit Calories: 414 Sodium: 286
NEW YEAR'S DAY									
Dietary Information:									

Dietary Information:

Calorie & Sodium counts are noted for Entrée, Starch and Vegetable only.

Calories and sodium from salad dressings, margarine, crackers and condiments are not included. This nutrition information is not exact but will help guide you.

**Modifications for restricted sugar available * High Sodium Meal

Other Foods, Average Calorie/Sodium counts:

Milk 1% = 1 cup = 95 calorie / 100 mg sodium



Bread = 1 slice = 85 calories / 145 mg sodium

Fruit = 1/2 cup = 65 calories / 5 mg sodium

Baked Dessert/Pudding = 1/2 cup = 230 calories / 200 mg sodium

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.

January 2015				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Questions and to Schedule Appointments call: 413-528-1881 Claire Teague Senior Center</p>				<p>Center Closed</p> 
<p>4 8:30 Coffee Hour 9:15 Cross Training (FREE) 10:00 Awareness through Movement (FREE) 10:30 SHINE by Appt 11:30 Lunch—Veal and Peppers 12:00 Movie: Frozen 12:30-3PM Diabetic Class Pat Donovan 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>5 8:30 Coffee Hour 9:00 AVADA Hearing (by Appt) 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch—Beef Stew 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>6 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch—tomato soup / grilled cheese sandwiches 12:30 Cards 4:00 Decorative Arts</p>	<p>7 8:30 Coffee Hour 9:00 Bingo/ Bagel 9:30 Painting with Vera 10:00 News and Views 11:00 Chris Rembold Housing Rehab 11:30 Lunch— Creamed Chicken 12:00 Crafty Hands 12:00 Bridge 4:00 Misha's Advanced Exercise</p>	<p>8 8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Corn Chowder /Egg Salad 12:00 Bridge 2:30 Intermediate Tap</p>
<p>11 8:30 Coffee Hour 9AM – 12 Noon Foot Nurse 9:15 Cross Training (FREE) 10:00 Awareness through Movement (FREE) 10:30 SHINE by Appt 11:30 Lunch Stuffed Cabbage Casserole 11:30: Out to Lunch: Koi 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>12 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch- Baked Chicken 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>13 8:30 Coffee Hour 9:30 Easy Does it Yoga 12:00 Brown Bag 11:30 Lunch— bacon, pancakes, and quiche 2- 3:30 PM TRIAD Meeting (see article) 4:00 Decorative Arts</p>	<p>Veterans Lunch 14 8:30 Coffee Hour 9:00 Bingo/ Bagels 10:00 News & Views 11:30 Lunch – Baked Fish 12:00 Crafty Hands 12:30 – Basket Weaving Class 12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>15 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Roast Turkey 12:00 Bridge 2:00 Intermediate Tap</p>
<p>18 Center Closed</p> 	<p>19 9:00 Bingo 10:00 Crossword Puzzle 10:00" Timber" Video and Speakers 11:30 Lunch— Barbecue Pork Patty 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>20 8:30 Coffee Hour 9:30 Easy Does it Yoga 11:30 Lunch— subway sandwiches 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts</p>	<p>21 8:30 Coffee Hour 9:00 Bingo/ Bagels 10:00 News & Views 11:30 Lunch – Hot Dog 12:00 Crafty Hands 12:30 – Basket Weaving Class 12:30 Bridge 4:00 Misha's Advanced Exercise</p>	<p>22 8:30 Coffee Hour 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Crabby Cakes 12:00 Bridge 2:30 Intermediate Tap 5:00 Gad Abouts: Hillside Diner</p>
<p>25 8:30 Coffee Hour 9:15 Cross Training (FREE) 10:00 Awareness through Movement (FREE) 10:30 SHINE by Appt 11:30 Lunch— Cheeseburger 12:30 Bingo and Ice cream 1:00 Balance & Movement 2:00 Tap Dancing—Intermediate</p>	<p>26 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Lasagna 12:00 Cards, Bridge 12:15 Computer Class 12:30 Bingo 3:30 Strength Training</p>	<p>Birthday Lunch 27 8:30 Coffee Hour 9:30 Easy Does it Yoga 10-12:00 Gentiva BP Clinic 11:30 Lunch—pizza 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts</p>	<p>Veterans Lunch 28 8:30 Coffee Hour 9:00 Bingo/ Bagels 10:00 News & Views 11:30 Lunch –Cream of Cabbage/Tuna Salad 12:00 Crafty Hands 12:30 – Basket Weaving Class 12:30 Bridge 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>29 8:30 Coffee Hour 9:00 – 12:00 Foot Nurse 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 Lunch— Roast Pork 12:00 Bridge 2:30 Intermediate Tap</p>