

GRAPEVINE

January 2018

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

WELCOME 2018!!

We would like to wish everyone a healthy and prosperous New Year. Please note that the senior center will be closed on Monday, January 1st in observance of the holiday. See you all in the new year!



"Sand for Seniors" Program

Be safe and secure! The Claire Teague Senior Center, along with SBETC and A.G.E. TRIAD, is sponsoring a "Sand for Seniors" program this winter. SBETC riders that would like to have a bucket of sand delivered for walkways and steps, please notify SBETC at 528-4773 or you can pick up a bucket at the senior center at 917 Main Street. You can bring your own bucket and we will fill it for you or you can call ahead and we will have it ready for you.

Thank you to **Big Y** for supplying us with the buckets. Please call the senior center at 528-1881 for any questions.

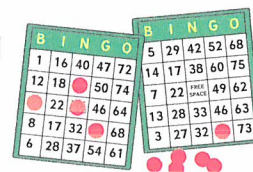
Changes with Medicare Wellness Visits— Feb. 1

Berkshire Health Systems (BHS) will be presenting an informational session at the senior center on Thursday, February 1st at 1:00 pm to discuss the changes in your Medicare Wellness Visits.

Saturday Winter Bingo & Lunch— Jan. 20th



It's that time of year when we have Saturday Winter Bingo and Lunch. We will begin on Saturday, January 20th. Lunch will be served at 12:00 and bingo will follow. If you would like to attend, please call the center at 528-1881 or sign up on the sheet in the dining room. Come and enjoy the fun!



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Balanced Diet for Healthy Weight— Jan. 18th

The Food Bank of Western Ma will be offering a workshop on how to balance your diet to maintain a healthy weight.

These are great workshops so mark your calendars for Thursday, January 18th from 1:00-2:30 in the library room of the senior center.

It's income tax season again....

AARP Foundation Tax-Aide will be at the senior center again this year starting in February to offer free tax preparation services to anyone who needs it– with special attention to those who are 50 or older or have low to moderate income. You can call the center (528-1881) **starting mid January for an appointment.** Below are some of the *essential* documents you will need to bring to your appointment:

- Picture ID for the tax payer(s) on the return.
- Social Security cards or ITIN documentation for all.
- Copy of last year's return.
- Income documents– Forms W2, SSA 1099, 1099R, 1099G, other 1099 forms or self-employment income.
- Brokerage statements– sale of stocks or bonds.
- Healthcare– 1095 A, B or C; marketplace exemption letters.
- Mortgage interest, medical, dental or charitable donations; business; property taxes.
- Records of federal and state taxes paid.
- Educational expenses– Form 1098-T and expense receipts.
- Bank check for direct deposit/debit of refund/ balance due.

For a complete list of documents some taxpayers might need, visit: aarpfoundation.org/taxaide or call 1-888-687-2277.



For more information on income tax preparations done by AARP, see page 3 of the newsletter.

EXERCISE CLASSES

Monday:

- 9:15 AM- Cross Training with Misha (\$3.50)
- 10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
- 1:00 PM– Moving Mind Body & Spirit Towards Greater Health w/ Thea (\$3.00)
- 1:00 PM– Beginners Tap Dancing with Carolyn (\$5.00)
- 2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

- 10:00 AM– Pilates for Osteoporosis Prevention with Kathi (\$3.00)
- 3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

- 9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

Thursday:

- 10:00 AM- Therapeutic Movement exercise /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 Ann (Free)
- 1:00 PM– Beginners Tap Dancing (\$5.00)
- 2:00 PM- Intermediate Tap Dancing (\$5.00)



Jan. 1 Alan Rivenson	Jan. 13 Don Freedman
Jan. 3 Marion Smith	Jan. 27 Jim Soules
Jan. 4 Jean Deming	Jan. 28 Dean Inglis
Jan. 5 Joan Rehm	Jan. 29 Martha Wool
Jan. 8 Marilyn Sauer	Jan. 31 Theresa Terry
Jan. 9 Cettina Messina	

Happy Birthday to All!

What AARP Foundation Tax-Aide can do for you today

We offer free tax preparation help to anyone who needs it — with special attention to those who are 50 or older or have low to moderate income. AARP Foundation Tax-Aide volunteers are trained to assist you in filing many income tax forms and schedules. However, the Volunteer Protection Act requires that our volunteers stay within the scope of tax law set by the IRS for the program. In certain situations, our volunteers may be unable to provide assistance.

We can prepare most returns with:

- Wages, interest, dividends, capital gains/losses, unemployment compensation, pensions and other retirement income, Social Security benefits
- Self-employment income if no employees, no inventory, no losses, no depreciation, no business use of home, and no other complicating factors
- Most income reported on Form 1099-MISC
- Schedule K-1 that includes only interest, dividends, capital gains/losses or royalties
- Itemized deductions, including noncash contributions to charity that total no more than \$5,000
- Cancellation of nonbusiness credit card debt
- IRA contributions — deductible or not
- Most credits, such as earned income tax credit, education credits, child/additional child tax credits, child/dependent care credit, premium tax credit, simplified method foreign tax credit on investments, and retirement savings credit
- Repayment of first-time homebuyer credit
- Estimated tax payments
- Installment agreement request for taxes due
- Injured spouse allocation, depending on state
- Health Savings Accounts (HSA)*
- Amendments to filed returns
- Prior three tax years' returns

We cannot prepare returns with:

- Self-employment expenses that exceed \$25,000
 - Complicated capital gains/losses, such as futures or options
 - Rental income, except land-only rentals**
 - Royalty income with expenses if not from self-employment
 - Farm or farm co-op income or expenses
 - Partially reimbursed employee business expenses
 - Moving expenses**
 - Tax on a Child's Investment and Other Unearned Income (Kiddie Tax)
 - Some investment income or itemized deductions that are not included in our training
 - Alternative Minimum Tax, Additional Medicare Tax, or Net Investment Income Tax
 - Foreign financial asset reporting requirements
- * HSA: Only when volunteer is certified in the HSA module to prepare, and another volunteer is certified to review, a return that includes HSA contributions or distributions
- ** Rental or moving: Can prepare for active military personnel when volunteer is certified in the military module to prepare and another volunteer is certified to review

AARP Foundation Tax-Aide service is offered in conjunction with the IRS.

1-888-227-7669 aarpfoundation.org/taxaide

C2467(917)

AARP Foundation®

A Joke for the Month....

A woman brought a very limp duck in- to a veterinary surgeon. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the duck's chest.



After a moment or two, the vet shook his head and sadly said, "I'm sorry, your duck, Cuddles, has passed away." The distressed woman wailed, "Are you sure?" "Yes, I am sure. Your duck is dead," replied the vet.

"How can you be so sure?" she protested. "I mean you haven't done any testing on him or anything. He might just be in a coma or something."

The vet rolled his eyes, turned around and left the room. He returned a few minutes later with a black Labrador Retriever. As the duck's owner looked on in amazement, the dog stood on his hind legs, put his front paws on the examination table and sniffed the duck from top to bottom. He then looked up at the vet with sad eyes and shook his head.



The vet patted the dog on the head and took it out of the room. A few minutes later he returned with a cat. The cat jumped on the table and also delicately sniffed the duck from head to foot. The cat sat back

on its haunches, shook its head, meowed softly and strolled out of the room.

The vet looked at the woman and said, "I'm sorry, but as I said, this is most definitely, 100% certifiably, a dead duck."

The vet turned to his computer terminal, hit a few keys and produced a bill, which he handed to the woman.. The duck's owner, still in shock, took the bill. "\$150!" she cried, "\$150 just to tell me my duck is dead!"

The vet shrugged, "I'm sorry. If you had just taken my word for it, the bill would have been \$20, but with the Lab Report and the Cat Scan, it's now \$150."



Help with Property Taxes??

Seniors 65 and Older Clause 41C Statutory Exemption

Qualification Guidelines:

1. Must be over 65 years of age as of July 1 **AND**
2. Must have had your primary residence in MA for ten years **AND**
3. Must have owned property in MA for five years **AND**
4. Must have occupied the property as of July 1 **AND**
5. Must have a whole estate (the value of all personal assets NOT including the domicile) of \$40,000 or less if single and \$55,000 if married **AND**
6. Must have had an income in the previous calendar year of \$20,118 or less if single and \$30,177 or less if married, after subtracting an allowable deduction for Social Security of \$4,523 if single and \$2,262 for a spouse (total of \$6,785).
7. Must reapply annually by December 15 and meet all guidelines to receive the benefit.

You must provide copies of:

- A. Original complete bank account statements showing balances as of July 1 **AND**
- B. Documentation pertaining to holdings of stocks, bonds, certificates of deposit, annuities, etc. **AND**
- C. Birth certificate or driver's license if first time applicant **AND**
- D. Copy of pages 1 & 2 of Federal tax return.

If you meet all of the aforementioned eligibility requirements and provide the necessary documentation you'll receive \$1,000 off your taxes!



January 2018				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SENIOR CENTER CLOSED 	2 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:30 LUNCH- Chicken w/ Orange Sauce 12:00 Bridge 12:30 Bingo 3:30 Strength Training	3 9:30 Easy Does it Yoga 11:30 LUNCH- Salisbury Steak 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizen Training	4 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Tuna Salad Sandwich 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	5 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Beef Stew 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
8 9:00 -12:00 Foot Nurse by Appt. 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Chicken with Gravy 1:00 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap	9 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:30 Out To Lunch- Four Brothers 11:30 LUNCH- Baked Pollock 12:00 Bridge 12:30 Bingo 3:30 Strength Training	10 9:30 Easy Does it Yoga 11:30 LUNCH- Curry Chicken 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts 6:00 Canine Good Citizens Training	11 Veterans eat for free today 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Italian Meatballs 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	12 9:00 Tai Chi 9:00-12:00 Foot Nurse by Appt. 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge No Tap Today
15 SENIOR CENTER CLOSED 	16 GB HEALTHCARE- FREE LUNCH 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:30 VNA BLOOD PRESSURE CLINIC 11:30 LUNCH- To Be announced 12:00 Bridge 12:30 Bingo 3:30 Strength Training	17 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Bruschetta 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Canine Good Citizens Training	18 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing Exercise 11:30 LUNCH- Salmon Boat w/Newburg 12:00 Crafty Hands 1:00 Diet and Nutrition Workshop 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	19 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Chicken Cacciatore 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap WINTER BINGO & LUNCH SAT. JANUARY 20TH AT 12:00
22 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:00 Acupuncture 11:30 LUNCH- Meatloaf with Gravy 1:00 Moving Mind Body & Spirit 1:00 Sewing a Pillow Cover 1:00 Beginner Tap 2:00 Intermediate Tap	23 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:30 LUNCH- Chicken Almondine 12:00 Bridge 12:30 Bingo 3:30 Strength Training	24 9:30 Easy Does it Yoga 11:30 LUNCH- Calico Beans & Sausage 12:30 Pitch 4:00 Decorative Arts 6:00 Canine Good Citizens Training	25 Veterans eat for free today 9:30 Vera's Painting Class 10:00 News & Views, Dominoes 10:00 Therapeutic Breathing Exercise 10:30 VNA BLOOD PRESSURE CLINIC 11:30 LUNCH- Beef Chili 12:00 Crafty Hands 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	26 9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Roast Turkey w/ Gravy 12:00 Bridge 1:00 Beginner Tap 2:00 Intermediate Tap
29 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:00 Acupuncture 11:30 LUNCH- Macaroni & Cheese 12:30 Ice Cream & Bingo 1:00 Moving Mind Body & Spirit 1:00 Beginner Tap 2:00 Intermediate Tap	30 10:00 Pilates for Osteoporosis Prevention 10:00 Crossword 10:00 Jo's Simple Hand Crafts 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:30 Bingo 3:30 Strength Training	31 9:30 Easy Does it Yoga 11:30 LUNCH- Shepherd's Pie 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 6:00 Canine Good Citizens Training	Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*	For more information or to schedule appointments call: 413-528-1881 *Coffee Hour every day at 8:30 AM

Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

JANUARY 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEAR'S HOLIDAY	2 Chicken w/Orange Sauce Mashed Potatoes Spinach 12 Grain Bread Tropical Fruit Mix	3 Salisbury Steak Egg Noodles Peas and Carrots Oat Nut Bread Applesauce	4 Tuna Salad Sandwich Calico Bean Soup Winter Blend Vegetables Hot Dog Roll Apple Crisp	5 Beef Stew Roasted Potatoes Brussels Sprouts Dinner Roll Apricot
8 Chicken w/Gravy Sliced Roasted Potatoes Broccoli 12 Grain Bread Diced Peas	9 Baked Pollock Rice Pilaf Carrots Rye Bread Fresh Orange	10 Curry Chicken Mashed Potatoes Italian Beans 100% Whole Wheat Bread Diced Peaches	11 Italian Meatballs Penne Pasta w/Sauce Mixed Greens Bread Sticks Pineapple & Mandarin Oranges	12 Roast Pork w/Gravy Mashed Sweet Potatoes Peas and Pearl Onions 100% Whole Wheat Bread Applesauce
15 MARTIN LUTHER KING DAY	16 <i>Free lunch - GB Healthcare</i>	17 Chicken Bruschetta Roasted Potatoes Broccoli 12 Grain Bread Fruit Cocktail	18 Salmon Boat w/Newburg Sauce Brown Rice w/Orzo Braised Red Cabbage Rye Bread Pear	19 Chicken Cacciatore Egg Noodles Spinach Wheat Bread Fresh Orange
22 Meatloaf w/Gravy Roasted Potatoes Mixed Vegetables 100% Whole Wheat Bread Tropical Fruit Salad	23 Chicken Almondine Mashed Potatoes Carrots 12 Grain Bread Mixed Fruit	24 Calico Beans & Sausage Egg Noodles Green Beans Oat Nut Bread Orange	25 Beef Chili Brown Rice Broccoli Corn Muffin Yogurt**	26 Roast Turkey w/Gravy Mashed Potatoes Cauliflower Dinner Roll Diced Peaches
29 Macaroni & Cheese Stewed Tomatoes Peas Oat Nut Bread Fresh Apple	30 Beef Stroganoff Egg Noodles Winter Squash 12 Grain Bread Tropical Fruit Salad	31 Shepherd's Pie Mashed Potatoes Mixed Greens 100% Whole Wheat Bread Fruited Gelatin **		

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

New Year's Word Search

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

Words to Find!

BEGINNING
 FRIENDS
 MIDNIGHT
 TIME

CELEBRATIONS
 GAMES
 NEW
 YEAR

EXPECTATIONS
 HAPPY
 PARADES
 JOY

FAMILY
 HOLIDAY
 PARTIES

FOOD
 HOPE
 PLANS

FOOTBALL
 JANUARY
 RESOLUTIONS

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

Name: _____