

# GRAPEVINE

## June 2016

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

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

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

### Thursday June 23 Cook-Out:

We are welcoming the Summer with a cook-out. Join us for a wonderful time of music with the Esquires a five piece band that plays swing, jazz and old time favorites. Good things will be on the grill, hot dogs, cheeseburgers, potato salad and root beer floats. Fun, food, and music for all as we welcome a warm sunny summer to New England. Cost is a \$2 donation. Please call 528-4881 to reserve your space.



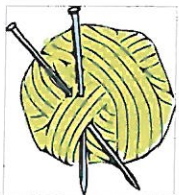
**Thursday June 23<sup>rd</sup> Jim Walsh from the Commission on the Blind** will be giving a presentation along with an instructor from their rehab program. This will be a great opportunity to learn more about what the Commission on the Blind can do for you whether it is a support group, instruction on technology, large print use or other important vision resources. Jim will be joining us for lunch at 11:30 then giving his presentation and question and answer session at 1:00.

### ART IN JUNE:

**Senior Center Display:** If you are in the Mason Library look at a display from our Senior Center on Activities which we all enjoy daily. This display might have an activity you might enjoy. Please join us.

**Watercolor Class Group** will have their art on display at Barrington Bagel for the month of June. Be sure to stop in.

**Crafty Hands:** Thursday's after Lunch: Bring your knitting, embroidery, crochet projects, any kind of needlework to this group. See what other people are doing. Compare patterns, share technical information, and enjoy the sociability. Periodically completed items can be displayed on the pool table in the dining room so others can see and enjoy what you are doing. *Remember to join us for lunch too.*

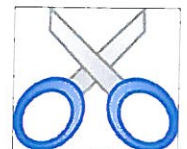


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**GIZMO Day** returns in June..... Richard is looking to return with his popular class on "How I do I do what with my GIZMO?" Bring in any electrical device and let Richard help you figure out how to make it do what you think it should do. June 21 at 1:15 PM. Challenge Him!!!!

**CUT /SAVE/SHARE:** Basket in the lobby to help with coupon sharing. Got a store coupon, food coupon or other discount form? Drop it in...Need a store coupon, food coupon or other discount form? Check out the box.... We will work to keep coupons current and have a number of useful ones to share.





## Arts and Crafts Classes

### Wednesday:

4PM Decorative Arts (\$5.00)

### Thursday

9:30 AM Vera's Painting Class

12 Noon: Crafty Hands (Free)

12:30 Drawing with Eunice (\$10)

**Matter of Balance Class** being held here at the Claire Teague Center on Tuesday from 1:00-3:00pm continues in June 2,9,15,16,22,23 and 28<sup>th</sup>. This is a series of 8 classes that include tips to reduce fear of falling and increase strength and balance. Please call 413 445-9232 to register and get additional information. This program is being offered through the Berkshire Public Health Alliance with only 16 seats available. (FREE)

### Mr. Wizard Says: "Let's find a file!" .... Mr. Wizard



says, "Let's find a file." First of all, what is a 'file'? A computer file is a piece of information that's stored on your computer. You either clicked 'save' on something, and stored it yourself, or the file was

saved to your computer before you got there. For example, the "Word Processor", such as Microsoft Word is a collection of files called a 'program' that acts like a typewriter. The word processor allows you to type something, and if you don't want to print what you've typed immediately, you can save it for later, by storing the information in a file. The next question is, "well, now what if I've saved it, how so I find it later?" Ah, that's the rub: finding the file later.

**But don't despair.** If you've typed something using Microsoft Word, it usually saves your file in a folder called "My Documents". Similarly, if your computer is using Microsoft Windows, your pictures should be in a folder called "My Pictures". See, not so bad. *If you would like to learn more about files, or anything else about computers, please join us every Tuesday at 12:15 PM.*

## Exercise Classes

### Monday

9:15AM Cross Training with Misha (\$3.50)

10AM Awareness Through Movement Misha (floor) (\$3.50)

1PM Balance and Movement with Misha (Chair) (\$3.00)

2PM Intermediate Tap Dancing with Carolyn (\$5.00)

### Tuesday

10 AM Pilates with Kathy Casey (\$5.00)

3:30PM Strength Training with Christine (\$3.00)

### Wednesday

9:30AM Easy Does it Yoga with Joanne (\$3.00)

### Thursday

10 AM: Therapeutic Movement /Breathing Class with Suzanne (\$2.00)

4PM Misha's Advanced Class (\$10.00)

### Friday

9AM Tai Chi with Christine (\$3.00)

10AM Chair exercises with Harriet (Free)

**NOTICES:** Please call Claire Teague Senior Center 528-1881 for more details on any of the following notices.

**Housatonic Gardening Help?** : Need help in your vegetable garden and live in Housatonic? We have a volunteer gardener that is available to help you weed and assist in your garden.

**LUNCHES:** Please call the **dining room** number 528-4118 for lunch reservations and cancellations, you can leave a message on the machine, or let Grace know.



June 3 Catherine Gray

June 5 Sue Miller

June 8 Roger Gutwillig

June 8 Richard Dellea

June 8 Carolyn Calandro

June 9 Sue Farnum

June 9 Ellen Health

June 10 Louis Todd

June 12 Margaret McGraw

June 13 June Bozek

June 17 Sally Haver

June 18 Harold French

June 21 Ruth Shibuya

June 26 Pat LaBagh

June 28 Edith Leveille

June 29 June Williamson

June 30 Elisabeth Pizzichemi

**Tuesday June 28<sup>th</sup> 5:00pm: Blue Cross Blue Shield sponsored Spaghetti dinner** followed by a presentation by answering questions pertaining to Medicare Supplemental Insurance and other options with Medicare. There is a \$2.00 donation for the meal.



## Berkshire Traveler's TRAVEL CLUB

### Summer Theatre Tours

- June 30: Sharon Theatre Gypsy SBTEC Van transportation provided. Cost \$30 due by June 13th
- August 2: "Tanglewood on Parade" cost \$24 Sign up in Dining room
- August : "Sister Act" MacHayden Theatre Van transportation to be provided.
- September New York overnight trip ... more info to come
- October Foliage trip to Robert Frost House in Shaftsbury Vermont. Lunch at B&R Tavern & Bistro in Historic Bennington Station



**CRAFTERS ALERT:** Saturday, July 9<sup>th</sup> Craft Fair at the Claire Teague Senior Center. The Friends will be hosting the gathering. The cost for a space is \$15.00 but seniors are \$12:00 We are anticipating a broad display of handmade items and crafts **SAVE THAT DATE** and plan to come and enjoy both the crafts and the company.

Friday June 24<sup>th</sup> from 12:30-3:30 **Basket Weaving with your grandchildren:** Bring your grandchildren or great grandchildren with you for this colorful doorknob basket class. The cost is \$6.00 per person for the materials.



**Wednesday Walks** Each Wednesday we will carpool or meet at the sites at 1:30. Each site is rated easy and is fairly flat but wear good shoes, water bottles, hats, sunscreen or bug spray as needed. Sign Up in Dining Room

**June 8 Housatonic Flats Walk:** By the river, open loop path. Leave center at 1:15 PM

**June 15: Mary Flynn Walk:** Park Street in Stockbridge, wheelchair accessible, wooded, plank trail leaving the senior center at 1:15



**June 22: Housatonic River Walk:** Manicured trail by the river in downtown Great Barrington. Leaving the senior center at 1:15

**June 29: Main Street Walk** to experience new sidewalks and trees. Leave Center at 1:15 PM

### Monthly Center Events

- Monday Movie - (1st Monday) Monday June 6 at 12:15 :
- Breakfast with Barbara and Virginia (3rd Tuesday) June 21
- SHINE Consulting every Monday by appt Call 528-1881
- Veterans Lunch( 2nd and 4th Thursday) June 9 and 23... *Veterans' Lunch compliments of Veterans Agent*
- Out to Lunch Bunch- (2nd Monday) Monday June 13 at 12 Noon (**New Time**) at Naji's
- Gad Abouts: (4th Friday) June 24 at 5pm at Koi
- BP Checks by Gentiva (Last Thursday) June 30
- Brown Bag (2nd Wednesday) June 8 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 (1st Tuesday) August, November, February, May by appt (413) 442-0184
- Foot Nurse: (2nd Monday and Friday) June 6 and June 10 from 9-12 by appt.
- A.G.E. TRIAD meeting June 8 at 2 PM
- Council on Aging Meeting June 29 at 1:15 PM
- Women's Cancer Support Group will meet on Thursday June 9 and 23 from 4PM to 5:30 PM.
- Quilting Guild will meet on Tuesday June 14 at 7PM.
- Caregivers' Support Group will meet on Wednesday June 15 from 1PM to 2:30 PM
- Grief Support Group: June 13 and 27 at 5:30 PM to 7:30 PM

**Wednesday June 15 at 10 :30 :** "Taking control of your future ": a legal checkup! Elder law attorney Paula Almgren will be conducting a presentation and discussion pertaining to relevant legal issues for Seniors. The event is free and sponsored by the Mass Bar Association.



### Health Insurance Questions

Turning 65? Retiring Soon?  
What does Medicare A, B, C, D offer you?  
How much does Medicare cost?  
What are the gaps in coverage?  
Do you need a Medicare Supplement?  
Need help paying for Medicare?  
Who does MassHelath help?  
What is Prescription Advantage?

**Ask a SHINE Counselor!!**

Contact the Senior Center (413-528-1881)  
or Elder Services (800-544-5242)





**RELAY for LIFE** is a benefit for the American Cancer Society. The event will take place at Monument Mountain Regional High School in Great Barrington on June 24—25. Teams are organized to participate in an all day/night walk, luminaria's can be purchased by folks to memorialize family and friends. When these are illuminated at dusk it is a powerful sight. Call 528-1881 for additional details.

Fairview Hospital is hosting an **"AARP Smart Driver Course"** on Friday July 29th in their conference room. This program helps older drivers keep driving skills fresh. The hours for the course are 11AM to 3 PM and costs \$15 for AARP members and \$20 for non-members. The class is limited to 20 participants. For more information and to register call the Community Relations Office 413-854-9609.



*Tuesday, June 21 10:30 AM to 11:15 AM* **Medication Management** presented by Gentiva. Hints and tips on safe medication handling and storage. Bring your questions and they will help with the answers.

### ***Much Appreciated.....***

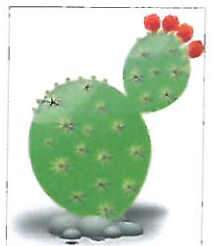
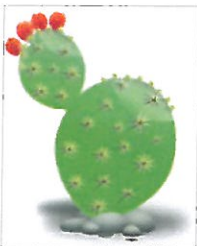
- Thank you to **Theresa** for her many years of service and wish her well in her new exciting job and thanks to **Misha** the class can continue!!!!
- Appreciation to all the **vendors** who participated in the May 21st Health Fair and to Polly for her organization of the event.
- Thank You Big Y: You may see some people that look familiar to you out working on our landscaping in June, the **Big Y** is donating their time helping in the Community and the senior center was chosen. I would also like to thank Big Y for their very generous donations of baked goods that **Ray Palmucci** has been faithfully picking up delivering for us each Monday and Wednesday.



### **A NOTE FROM POLLY**

*( "Polly Mann" who will become Polly Mann Salenovich. .... Sa-len- o- vich)*

I want to thank each and every one of you from the bridge players, the COA board, SBETC and all our friends here at the senior center for making my wedding very special. The covered dish wedding party was just wonderful and your generosity was so kind. Lou and I are taking a trip ( thanks to all of you) to Tucson June 14-20<sup>th</sup> to see my dad who could not make the wedding due to his age and condition. My dad also wants to thank everyone for their generosity and says hi to all. We will be visiting him at his retirement home in Sierra Vista Arizona and touring Cochise Stronghold, Sonora Desert Museum, Tombstone and the Chiricahua National Monument.



# June 2016

*Last month's winner 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*

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

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APPRECIATION  
ARIZONA  
BENNINGTON  
CRAFTY HANDS  
FATHER'S DAY  
FESTIVAL  
GAD ABOUTS  
JUNE BIRTHDAY

MATTER OF BALANCE  
MAY FLOWERS  
MR WIZARD  
NEEDLEWORK  
RELAY FOR LIFE  
SALENOVICH  
SHARON THEATRE  
SMART DRIVER

SONORA DESERT  
STRAWBERRIES  
SUMMER COOKOUT  
TANGLEWOOD  
VERMONT  
WEDDING  
WEDNESDAY WALKS

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

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

# Elder Services of Berkshire County - Nutrition Program

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

**JUNE 2016**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>Egg Salad</b> Hot Dog Roll Tossed Green Salad Chickpea/Tomato Salad Orange Calories: 582 Sodium: 919	<b>2</b> <b>Chicken Breast w/ Gravy</b> Mashed Potato Mixed Vegetables Whole Wheat Bread Apricots Calories: 572 Sodium: 813	<b>3</b> <b>Pork Roast w/ Gravy</b> Roasted Potatoes Carrots (HDM) Multigrain Bread Fruit Cocktail Tossed Green Salad (Cong) Calories: 587 Sodium: 426	<b>4</b> <b>Macaroni &amp; Cheese</b> Green Beans Amandine Stewed Tomatoes Whole Wheat Bread Banana Calories: 693 Sodium: 788	<b>5</b> <b>Shepherd's Pie</b> Mashed Potato Peas & Carrots Rye Bread Peaches Calories: 638 Sodium: 510
<b>6</b> <b>Beef Stew</b> Boiled Potato Butternut Squash Whole Wheat Roll Pears Calories: 777 Sodium: 620	<b>7</b> <b>Chicken Divan</b> Noodles Spinach Oatmeal Bread **Gelatin w/ Topping Calories: 600 Sodium: 483	<b>8</b> <b>Salmon w/ Newburg Sauce</b> Rice Pilaf Broccoli Multigrain Bread **Chocolate Mint Pudding Calories: 693 Sodium: 1078	<b>9</b> <b>Macaroni &amp; Cheese</b> Green Beans Amandine Stewed Tomatoes Whole Wheat Bread Banana Calories: 693 Sodium: 788	<b>10</b> <b>Shepherd's Pie</b> Mashed Potato Peas & Carrots Rye Bread Peaches Calories: 638 Sodium: 510
<b>11</b> <b>Roast Turkey w/ Gravy</b> Roasted Potatoes Winter Blend Vegetables Biscuit Strawberry Cup Calories: 584 Sodium: 647	<b>12</b> <b>Sloppy Joes</b> Brown Rice Ratatouille Hamburger Roll Apple Calories: 735 Sodium: 638	<b>13</b> <b>Barbecue Pork Rib</b> Sweet Potato Mixed Greens Whole Wheat Bread Fruit Cocktail Calories: 550 Sodium: 714	<b>14</b> <b>Meat Loaf</b> Meatloaf Gravy Mashed Potato Carrots Multigrain Bread **Chocolate Chip Cookie Calories: 982 Sodium: 1069	<b>15</b> <b>Bone In Herbed Chicken</b> Noodles Beets Oatmeal Bread Pineapple Chunks Calories: 547 Sodium: 562
<b>16</b> <b>Minestrone Soup</b> <b>Chicken Salad</b> Spinach Hot Dog Roll Apple Crisp Calories: 855 Sodium: 727	<b>17</b> <b>Beef Stroganoff</b> Mashed Potato Mixed Vegetables (HDM) Whole Wheat Bread Fruit Mix Tossed Green Salad (Cong) Calories: 727 Sodium: 528	<b>18</b> <b>Veal Patty</b> Pepper Gravy Roasted Potatoes Sugar Snap Peas Rye Bread **Butterscotch Pudding w/ Topping Calories: 1025 Sodium: 966	<b>19</b> <b>Summer Cook Out</b> Hamburgers, Hot Dogs Salads Root Beer Floats Calories: 684 Sodium: 787	<b>20</b> <b>*Fish Square w/ Cheese</b> Butternut Squash Broccoli Hamburger Roll Peaches Calories: 632 Sodium: 872
<b>21</b> <b>*Breaded Chicken Fillet</b> Mashed Potato Brussel Sprouts w/ Cheese Whole Wheat Bread Apricots Calories: 690 Sodium: 961	<b>22</b> <b>*Chef's Salad</b> Carrot Raisin Salad Three Bean Salad Multigrain Bread Fresh Pear Calories: 739 Sodium: 1184	<b>23</b> <b>Roast Turkey w/ Picatta Sauce</b> Roasted Potatoes Peas & Pearl Onions Rye Bread Peaches Calories: 516 Sodium: 481	<b>24</b> <b>*Cheeseburger</b> (Roll included with cheeseburger) Tater Tots Green Beans Watermelon Calories: 684 Sodium: 787	<b>25</b> If you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201

**Dietary Information:** All meal totals include 1% Milk 102 calories/107 mg sodium  
 Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium Entree \*\*Modifications for restricted sugar available  
 Nutrition information provided is not exact but will help guide you.

**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.



# JUNE 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Art In June</b> <i>Mason Library:</i> Exhibit in Library on Senior Center Activities  <i>Barrington Bagel:</i> Claire Teague Senior Center Watercolor Class Exhibits all month.	<b>SUMMER COOKOUT June 23</b> Hot dogs, hamburgers, root beer floats and salads. <b>MUSIC</b> by the Esquires playing swing, jazz and old time favorites. ...	8:30 Coffee Hour 9:30 Easy Does it Yoga <b>11:30 Lunch: Egg Salad</b> 12:30 Cards 4:00 Decorative Arts	8:30 Coffee Hour /9:30 Vera's Painting 10-11 News & Views 10 Therapeutic Movement /breathing <b>11:30 Lunch: Chicken Breast with Gravy</b> 12:00 Crafty Hands /12:00 Bridge 12:30 Art Class: Eunice Agar 12:30 Japanese Weaving <b>1-3 Matter of Balance</b> 4:00 Misha's Advanced Exercise	8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise <b>11:30 Lunch: Pork Roast with Gravy</b> 12:00 Bridge 2:00 Intermediate Tap
6 8:30 Coffee Hour / 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt <b>11:30 Lunch: Beef Stew</b> <b>12:15 Movie: Brooklyn</b> 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	7 8:30 Coffee Hour 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi (no Class) <b>11:30 Lunch: Chicken Divan</b> 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training	8 8:30 Coffee Hour 9:30 Easy Does it Yoga 10 Paula Almgrens Legal discussion <b>11:30 Lunch: Salmon/Newburg Sauce</b> <b>12:00 Brown Bag</b> 12:30 Cards <b>1:15 Housatonic Flats Walk</b> 2- 3:30 TRIAD Meeting 4:00 Decorative Arts	<b>Veteran's Lunch 9</b> 8:30 Coffee Hour/9:30 Vera's Painting 10-11 News & Views 10 Therapeutic Movement /breathing <b>11:30 Lunch: Macaroni</b> 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class: Eunice Agar <b>1-3 Matter of Balance</b> 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	10 8:30 Coffee Hour 9:00 Tai Chi <b>9:00 – 12:00 Foot Nurse</b> 9:30 – 11:30: Genealogy by appt 10:00 Harriet's Chair Exercise <b>11:30 Lunch: Shepherd's Pie</b> 12:00 Bridge 2:00 Intermediate Tap
13 8:30 Coffee Hour <b>9:00 – 12:00 Foot Nurse</b> 9:15 Cross Training 10 Awareness through Movement 10:30 SHINE by Appt <b>12Noon: Out to Lunch: Naji's (NEW Time)</b> <b>11:30 Lunch: Roast Turkey with gravy</b> 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate	14 8:30 Coffee Hour/9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 Lunch: Sloppy Joes</b> 12:00 Bridge/12:30 Bingo 12:15 Computer Class 3:30 Strength Training	15 8:30 Coffee Hour 9:30 Easy Does it Yoga 10:30 Paula Almgren: Legal Check up <b>11:30 Lunch: Barbeque Pork Rib</b> 12:30 Cards <b>1:00 Caregiver Support Group</b> <b>1-3 Matter of Balance</b> <b>1:15 Mary Flynn Trail</b> 4:00 Decorative Arts	16 8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing <b>11:30 Lunch: Meat Loaf</b> 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class: Eunice Agar <b>1-3 Matter of Balance</b> 4:00 Misha's Advanced Exercise	17 8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise <b>11:30 Lunch: Bone in Herbed Chicken</b> 12:00 Bridge 2:00 Intermediate Tap
20 8:30 Coffee Hour 9:15 Cross Training 10 Awareness through Movement <b>11:30 Lunch: Chicken Salad</b> 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	21 8:30 Coffee/9:30 Bingo 8:30 Breakfast with Barbara/Virginia 10:00 Crossword Puzzle 10:00 Pilates with Kathi 10:30 Med Management by Gentiva <b>11:30 Lunch: Beef Stroganoff</b> 12:00 Bridge / 12:30 Bingo 12:15 Computer Class <b>1:15 PM GIZMO Day (NEW)</b> 3:30 Strength Training	22 8:30 Coffee Hour 9:30 Easy Does it Yoga <b>11:30 Lunch: Veal Patty</b> 12:30 Cards <b>1-3 Matter of Balance</b> <b>1:15 Housatonic River Walk</b> 1:15 COA Meeting 4:00 Decorative Arts	<b>Veteran's lunch 23</b> 8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing <b>11:30 Jim Walsh: Commission for Blind</b> <b>11:30 Lunch: Summer Cook out</b> 12:00 Crafty Hands /12:30 Bridge 12:30 Art Class: Eunice Agar <b>1-3 Matter of Balance</b> 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	24 8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 10:30 SHINE by Appt <b>11:30 Lunch: Fish square with Cheese</b> 12:00 Bridge 12:30-3:30 Basket weaving / Grandkids 2:00 Intermediate Tap <b>5:00 Gad Abouts: Koi</b> <b>Relay for Life Events begin .....</b>
27 8:30 Coffee Hour 9:15 Cross Training 10 Awareness through Movement <b>11:30 Lunch: Breaded Chicken Fillet</b> 12:30 Ice Cream and Bingo 1:00 Balance & Movement 1:00 Beginner Piano 2:30 Tap Dancing—Intermediate	28 8:30 Coffee / 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi <b>11:30 Lunch: Chef's Salad</b> 12:00 Bridge 12:15 Computer Class /12:30 Bingo <b>1-3 Matter of Balance</b> 3:30 Strength Training 5PM Spaghetti Dinner Blue Cross /Blue Shield (\$2) (See Sign up)	29 8:30 Coffee Hour 9:30 Easy Does it Yoga <b>11:30 Lunch: Roast Turkey with Picatta</b> Sauce 12:30 Cards <b>1:15 Main Street Walk</b> 1:15 COA Meeting 4:00 Decorative Arts	30 8:30 Coffee Hour 9:30 Vera's Painting Class 10-11 News & Views 10 Therapeutic Movement /breathing 10:30 Gentiva Blood Pressure Checks <b>11:30 Lunch: Cheeseburger</b> 12:00 Crafty Hands /12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise <b>Sharon Theater Trip (See Sign up)</b>	<b>For More Information or to schedule appointments call: 413-528-1881</b>  <b>Lunch RSVP: 413-528-4881</b>