

# GRAPEVINE

## June 2017

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

### 90's Luncheon

There will be a special lunch to celebrate everyone who is in their 90's is on Tuesday, June 20th from 11:00-12:00. Timberlyn East will be providing a free lunch that day at the center.

If you have a family member or friend that you would like us to invite, please let us know.

We would love to have them join us! Please RSVP with the dining room by June 16th.



### Tap Fest

Join us for our 2nd annual (FREE) Tap Fest on Saturday, June 3rd from 11:30 AM– 1:30 PM at the senior center. Featuring the adult dance students of Carolyn Calandro and more! Finger foods and punch will be served at Noon. There will be some special musical guests, a couple of surprise performances and a group Grand Finale. A raffle will conclude the event. For more info, call the center at 528-1881. Hope to see you there!!

### Craft Fair

The Senior Center will be hosting a Craft Fair on Saturday, June 17th from 9:00 am to 3:00 pm at the senior center. We are looking for people to donate baked goods to sell that day as we are having a bake sale. All the benefits from the sale will benefit the Claire Teague Senior Center. If you would like to donate any baked good(s), please drop them off at the senior center with Polly or Jenn on the afternoon of Friday, June 16th or before the morning of the craft fair.



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### TRIAD Picnic

On Wednesday, June 21st from 11:00 am to 1:00 pm, TRIAD will be hosting different agencies at the senior center to present information about biking, walking and driving safety. Bike N' Board, Fairview Hospital, MA Registry of Motor Vehicles, Berkshire County Sheriff's Office and the Great Barrington Police Chief will all be present at the event. There will also be a **FREE** picnic lunch to all that attend. Please sign up for the lunch by calling 528-4118, no later than June 20th. Free safety vest for all who attend!



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## "LETTERS TO THE EDITOR"



I would like to thank all of you for your cards, donations, and shared memories of my father. My father came to Massachusetts for a visit and decided to stay until the winter snows sent him packing back to sunny California. He enjoyed his time and all the friends he made at the senior center, he always asked how everyone was doing. Your generous donations will allow me to purchase a nice flower container for the senior center in his name. Thank you again for all you do for me.

*-Polly*

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## "In Memory Of"

Please take a moment to remember Tillie Mann when you use the new bridge cherry card tables purchased out of donations from her friends and family. We will miss her!



## EXERCISE CLASSES

### Monday:

9:15 AM- Cross Training with Misha (\$3.50)  
10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)  
12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)  
2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

### Tuesday:

10:00 AM- Pilates with Kathi (\$5.00)  
3:30 PM- Strength Training with Christine (\$3.00)

### Wednesday:

9:30 AM- Easy Does it Yoga with Joanne (\$3.00)  
5:30 PM- Tap Dancing: All Levels (\$5.00)

### Thursday:

10:00 AM- Therapeutic Movement /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 Harriet (Free)  
12:45 PM- Beginners Tap Dancing (\$5.00)  
2:00 PM- Intermediate Tap Dancing (\$5.00)



June 3 Catherine Gray	June 17 Sally Haver
June 8 Roger Gutwillig	June 18 Harold French
June 8 Carolyn Calandro	June 22 David Hodge
June 9 Sue Farnum	June 26 Pat LaBagh
June 9 June Hastedt	June 26 Stanley Debkowski
June 10 Louis Todd	June 28 Edith Leveille
June 12 Margaret McGraw	June 29 June Williamson
June 13 June Bozek	June 30 Elisabeth Pizzichemi
June 16 Gertrude Michelson	

**HAPPY BIRTHDAY TO ALL!**

**ALL TRIP SIGN UP SHEETS ARE IN THE DINING ROOM BUT YOU STILL NEED TO CALL ELDORADO TOURS TO BOOK YOUR SPOT!**

### **BSO Free Friday-morning Rehearsals @**

#### **Tanglewood**

We have 12 seats available, for each of the following Friday dates below, for **\$2.00 each**. Tickets are first come, first serve. Sign up sheet is on the trip board or call the center at 528-1881 to sign up. Leaving center at 9:15 am & returning around 1:00 pm.

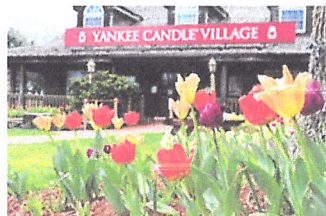
**July 7, July 14, July 21, July 28**

**August 4, August 11, August 25**



### **Yankee Candle & Butterfly Conservatory– Sept 13**

Departs Railroad Street in Lee at 8:55 AM. \$45.00 per person which includes admission to Magic Wings. You will start at Yankee Candle and then continue down the road to Magic Wings. Both places have flat floors and are easy to walk through. There will be a stop for dinner at the 99 Restaurant before heading home. Call Eldorado Tours at 413-499-4248 to book your spot. Sign up sheet is in the dining room.



### **Shaker Mill Tavern/Goat Visit/Hilltop Trip**

The trip to visit the goats, have lunch at the Shaker Mill Tavern and to stop at Hilltop Orchard is being **RESCHEDULED**. We will keep you all posted on when it will occur. The goats are anxiously awaiting the day you will be visiting them!



## **\*Claire Teague Senior Center Trips\***

### **Red Sox Game**

We are taking a trip to Fenway Park for a game on June 25th to watch the Boston Red Sox play the LA Angels. The price for transportation (Yankee Trails) and a ticket is \$99. The details on this trip are on a sheet in the dining room along with the sign up sheet. For further questions please contact Maureen Avery (her number is on the sheet). It's going to be a great trip and we will have lots of fun!

### **CTSC is working w/ Eldorado Tours**

The following **JUNE** trips are being provided by Eldorado Tours & the sign up sheets are in the dining room:

#### **Holyoke Mall– June 7**

Depart Lee\* at 10:00 AM. First stop is the Holyoke Mall around 11:00 AM. Afterwards head to the Cracker Barrel for lunch at 2:00 PM. Head back to the Berkshires after lunch. \$29.00 per person (not including lunch).

#### **Pequot Museum & Mohegan Sun Casino– June 23**

Depart Lee\* at 8:15 AM. Price is \$39.00 per person for just the casino. \$55.00 for the museum and casino. Water and snacks will be provided on the bus. Book your spot early as this one will probably fill fast!

#### **Mystic Aquarium– June 27**

Depart Lee\* at 7:50 AM. Adults are \$69.00, Kids 3-12 are \$65.00 and kids under 3 are free. Water and snacks will be provided on the bus. Head back home about 5:00 PM.

**\*MEETING SPOT IN LEE IS THE PUBLIC PARKING LOT ON RAILROAD STREET\***

To book a trip with Eldorado Tours, contact them at

**413-499-4248.**

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#### **Hudson Valley Rib Fest– August 20**

Departs Claire Teague Senior Center at 9:00 AM. \$49.00 per person (includes entry fee). Movies, games, water and chips on bus included. To book your spot, call Eldorado Tours. Sign up sheet is in the dining room.



**MANY THANKS** to Timberlyn East  
for the FREE lunches on  
May 2nd and May 16th.

On June 12th and June 19th we will have Group Acupuncture classes led by Alan Rivenson from 10:30 am-11:30 am here at the center. The focus will be on the hands and feet. You need to wear comfortable clothing to the classes. There is NO CHARGE however sign up is required and the sheet is located in the dining room.

**Hospice of Western & Central Massachu-  
setts for lunch and for the  
presentation to the center on  
May 24th.**

June 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Coffee Hour every day at 8:30 AM*</b></p>	<p><b>For more information or to schedule appointments call:</b> 413-528-1881 ***** <b>Lunch RSVP: 413-528-4118</b></p>		<p><b>1</b></p> <p>9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Beef Stroganoff</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>2</b></p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Chicken Salad</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>5</b></p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 SHINE by Appt. <b>11:30 LUNCH- Stuffed Pepper Casserole</b> <b>12:15 Movie: Sister Act</b> 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>6</b></p> <p>8:45 Women &amp; Men's Discussion Grp <b>9-12 BARRINGTON AUDIOLOGY By Appt.</b> 10:00 Bingo with a Kick &amp; Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi <b>11:30 LUNCH- Meatloaf &amp; Potatoes</b> 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p><b>7</b></p> <p><b>HOLYOKE MALL TRIP</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- Chicken Almondine</b> 12:30 Pitch 4:00 Decorative Arts</p>	<p><b>8</b></p> <p><b>VETERAN'S LUNCH</b> 9:30 Vera's Painting Class 10:00 News &amp; Views and Dominos 10:00 Therapeutic Breathing <b>11:30 LUNCH- Skillet Frittata w/ Cheese Sauce</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>9</b></p> <p><b>SARATOGA CASINO TRIP</b> 9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Macaroni &amp; Cheese</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>12</b></p> <p>9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture <b>11:30 LUNCH- Tuna Salad</b> <b>12:30 Out to Lunch Bunch- Marketplace Cafe</b> 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group</p>	<p><b>13</b></p> <p><b>8:30 Breakfast (See Flyer)</b> 8:45 Women &amp; Men's Discussion Grp 10:00 Bingo with a Kick &amp; Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi <b>11:30 LUNCH- Chicken Parmesan</b> 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p><b>14</b></p> <p><b>12:00 BIRD PRESENTATION</b> 9:30 Easy Does it Yoga <b>10:30-12:00 BCAC Fuel Assistance</b> <b>11:30 LUNCH- Calico Beans &amp; Sausage</b> 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts</p>	<p><b>15</b></p> <p><b>FATHER'S DAY LUNCH</b> 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos <b>11:30 LUNCH- Roast Turkey w/ Gravy</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class- Eunice Agar <b>2:00 MEMORY CAFE</b> 4:00 Misha's Advanced Exercise</p>	<p><b>16</b></p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- BBQ Beef Patty</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>19</b></p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture <b>11:30 LUNCH- Sage Stuffed Chicken</b> 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>20</b></p> <p><b>11:00 90's LUNCHEON/FREE LUNCH</b> 8:45 Women &amp; Men's Discussion Grp 10:00 Bingo with a Kick &amp; Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi <b>11:30 LUNCH- Stuffed Shells</b> 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 12:30 Beginner Piano 3:30 Strength Training</p>	<p><b>21</b></p> <p><b>11:00 TRIAD PICNIC</b> 9:30 Easy Does it Yoga <b>11:30 LUNCH- Picnic Lunch</b> 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts</p>	<p><b>22</b></p> <p><b>VETERAN'S LUNCH</b> 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:00 Dominos <b>11:30 LUNCH- Chef Salad</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>23</b></p> <p><b>MUSEUM/CASINO TRIP</b> 9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Goulash</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p><b>26</b></p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement <b>11:30 LUNCH- Stuffed Shells</b> 12:30 Ice Cream and Bingo 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p><b>27</b></p> <p><b>MYSTIC AQUARIUM TRIP</b> 8:45 Women &amp; Men's Discussion Grp 10:00 Bingo with a Kick &amp; Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi <b>11:30 LUNCH- Meatloaf with Gravy</b> 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p><b>28</b></p> <p>9:30 Easy Does it Yoga <b>11:30 LUNCH- Beef Stew</b> 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p><b>29</b></p> <p>9:30 Vera's Painting Class 10:00 News &amp; Views and Dominos 10:00 Therapeutic Breathing 10:30 Blood Pressure Clinic <b>11:30 LUNCH- Hot Dog</b> 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>30</b></p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise <b>11:30 LUNCH- Chicken Piccata</b> 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap <b>5:00 Gad Abouts (See Flyer)</b></p>

# Elder Services of Berkshire County - Nutrition Program

**JUNE 2017**

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Beef Stroganoff Egg Noodles Peas & Carrots Dinner Roll Pineapple Tidbits	<b>2</b> Chicken Salad Tossed Salad Cold Spiced Beets Hot Dog Roll Apricots
<b>5</b> Stuffed Pepper Casserole Broccoli Wax Beans Italian Bread Diced Peaches	<b>6</b> * FREE * <i>Timberlyn East Lunch</i> <i>Meatloaf &amp; Mashed Potatoes</i>	<b>7</b> Chicken Almondine Brown Rice Pilaf Mixed Vegetables Oat Nut Bread Tropical Fruit Salad	<b>8</b> Skillet Frittata w/Cheese Sauce Roasted Potatoes Beets Rye Bread Banana	<b>9</b> Macaroni & Cheese Stewed Tomatoes Peas and Pearl Onions 100% Whole Wheat Snack Loaf**
<b>12</b> Tuna Salad Carrot Raisin Salad Tossed Salad Hot Dog Roll Apple	<b>13</b> Chicken Parmesan Penne w/ Sauce Broccoli Italian Bread Fruited Yogurt **	<b>14</b> Calico Beans and Sausage Brown Rice Mixed Greens 12 Grain Bread Spiced Apples	<b>15 FATHER'S DAY</b> Roast Turkey w/ Gravy Sweet Potatoes Brussels Sprouts w/Cheese sauce Dinner Roll Chocolate Chip Cookie**	<b>16</b> BBQ Beef Patty Roasted Potatoes Carrots Hamburg Bun Mixed Fruit
<b>19</b> Sage Stuffed Chicken w/Gravy Mashed Potatoes Winter Squash Oat Nut Bread Applesauce	<b>20</b> * FREE * <i>Timberlyn East Lunch</i> <i>Stuffed Shells, Salad, Garlic Bread</i>	<b>21</b> <i>TRIAD Picnic</i>	<b>22</b> Chef Salad* 3 Bean Salad Coleslaw 100% Whole Wheat Ice Cream Cup**	<b>23</b> Goulash Spinach Wax Beans Italian Bread Pineapple Tossed Salad (cong)
<b>26</b> Stuffed Shells w/Meat Sauce Carrots Green Beans 100 % Whole Wheat Bread Pineapple Tidbits Tossed Salad (cong)	<b>27</b> Meatloaf w/Gravy Mashed Potatoes Peas 12 Grain Bread Diced Peaches	<b>28</b> Beef Stew Roasted Potatoes Broccoli Biscuits Applesauce	<b>29 4th of July Picnic</b> Hot Dog Sauerkraut Baked Beans Hot Dog Roll Watermelon	<b>30</b> Chicken Piccata Rice Pilaf Mixed Vegetables Dinner Roll Diced Peas

**Dietary Information:** All meals include 1% Milk 100 calories  
\*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.

## Summer

Find and circle all of the summer words that are hidden in the grid.  
The remaining letters spell an additional summer item.

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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

**Name:** \_\_\_\_\_