

Mar. Senior 2012 Grapevine

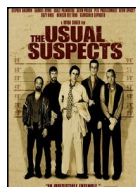


Claire Teague Senior Center
917 Main Street
Great Barrington, MA 01230
413 528 1881
Rebecca Tillinghast, Director
rtillinghast@townofgb.org
Open from 8:00 - 3:30 M - F

The Council on Aging thanks **The Great Barrington Police Association** for their generous donation to help pay for the cost of printing this issue of our newsletter.



MARCH'S MOVIE THEME: *Imposters*



Mon, March 5 GET LOW

Oscar winners Robert Duvall and Sissy Spacek team up to tell the true story of irascible Felix Bush, a backwoods Tennessee loner who planned his own funeral in 1938 while he was still around to attend -- and enjoy -- the proceedings. Get Low also stars Bill Murray as Frank Quinn, the huckster owner of a failing funeral home, and Lucas Black as his dubious assistant.

Mon, March 12 THE USUAL SUSPECTS

When five unacquainted crooks are hauled into a police station to appear in a criminal lineup, they decide to pull off a heist together. The plan gets complicated, however, when they intermix with an underworld kingpin named Keyser Söze.

Mon, March 19 FRENCH KISS

After her fiancée, Charlie (Timothy Hutton), calls off the engagement because he's met a beautiful Frenchwoman, American Kate (Meg Ryan) flies to Paris to win him back. But on the plane, she encounters cunning French thief Luc (Kevin Kline), who plants stolen jewels on her. While trying to recover the goods, Luc pretends to help Kate find Charlie -- but the City of Lights soon works its amorous magic on the couple in this classic warm romantic comedy.

Mon, March 26 SPELLBOUND

Dr. Edwards (Gregory Peck) arrives at the Green Manors Mental Asylum and falls for the beautiful Dr. Petersen (Ingrid Bergman). But she discovers that he's a paranoid amnesiac impostor, which leaves her wondering: What happened to the *real* Dr. Edwards? Based on Francis Beeding's novel *The House of Dr. Edwardes*, *Spellbound* -- which was nominated for six Oscars and won for Best Original Score -- is considered to be one of Alfred Hitchcock's finest films.

CONTACT INFORMATION

Rebecca Tillinghast, Director Email: rtillinghast@townofgb.org
Sally Sanford, Assistant to Rebecca Email: ssanford@townofgb.org

SENIOR CENTER: 413-528-1881 **HOURS:** Monday - Friday 8:00 AM - 3:30 PM

DINING ROOM / RESERVATIONS OR CANCELLATIONS: 413-528-4118

SOUTHERN BERKSHIRE ELDERLY TRANSPORTATION CORPORATION: 413-528-4773

ON THE WEB AT www.townofgb.org/Pages/GBarringtonMA_COA/index

Ann Marie Bernadette Higgins Waldman

Written by Ann Waldman and Rebecca Tillinghast

I was born in New York City in 1930 and became an alumni of the New York Foundling Hospital. I joined the Higgins family full time as a preschooler. I realize how blessed I am that my original mother released me for adoption. I was placed with a caring family and I enjoyed many advantages in life.

I was taught responsibility, as well as the rewards of travel, financial stability, education and volunteer work. As a youngster I learned the importance of and enjoyed physical activity. I bicycled, ice skated, skied and gardened. My father used to box with me in the living room. He laced up my boxing gloves and his and then he would kneel on the floor and we would “box”. He taught me to protect my face.



I had chores year round. I used to help put up the storm windows, shovel the snow, sweep the porch, cut the grass, put the garbage out, etc. I was a tomboy. For a while I was the marble champion in my neighborhood in Brooklyn. The big marble is called the “puree” and it’s one of the prizes. Sometimes for my birthday I would get a knit bag of marbles. To play we would make a hole about four inches wide with the back of our heel. Then we would box in the hole by drawing lines around it with a stick or penknife. You shoot the marble and try to get your opponent’s marble away from the hole. Kneeling down to shoot marbles, would cause me to drag my toes; early on I went right through the toes of a pair of brand new shoes. After that I always had shark skin tips on my shoes!

During the Second World War, my father was a block air raid warden. Each house was required to have a bucket of sand and light-blocking window covers. When the sirens rang, my father had to go up and down the block to check and make sure that everyone in the neighborhood was compliant.

My mother worked as a “Grey Lady” at the Veteran’s Hospital at Sheep’s Head Bay. She and her teacher friends would go to the USO in Manhattan and serve refreshments to the Vets that came in. The teachers were also responsible for distributing ration books. Tires, sugar and meat were rationed. My grandmother was a great one for enjoying her loin lamb chops and butter, so we gave a lot of our coupons to her. At our house we ate a lot of Spam—Spam with cloves, Spam with honey, Spam with pineapple. In those days we would open both ends of our cans and flatten them out so the metal could be used for the war effort. “Oleo” Margarine was introduced. It came in a bar of white grease and a packet of yellow powder. It was my job to mix the two together so we could use it as a butter substitute.

During some of that time I was enrolled in boarding school in Flushing, N.Y. Each student was required to always wear an identification necklace with a plastic disc on which was written name, address, birth date and religion. That was so if you got separated somehow, you would be able to be reconnected with your family. My mother was very strict. She was a gym teacher. When I was in the school in which she taught she put me in the posture group at gym. She was tall and had beautiful posture. “Stand up to what little height you have” is what she used to say.

We lived in the Flatbush section of Brooklyn, New York. I attended public schools and Catholic schools. One of my few moments of fame was when I was presented with the Homemaking Medal at my eighth grade graduation. My mother was as flabbergasted as I was! For many years she kept the button bag I had made for her in kindergarten.

I took adult education classes and eventually graduated from Grace Downs Air Career School in Manhattan. I worked as an aide at New York Foundling Hospital. I also worked as a clerk at Asiatic Petroleum which was an affiliate of Shell Oil. At one time I was a ticket agent at TWA. I had wanted to be a flight attendant but at that time you had to be five foot and two inches tall, and no matter how hard I tried I couldn't get taller than five foot one and three quarters. It turned out for the best because in those days flight attendants only got paid for the time between when the plane left the ground and when it landed.

I met my future husband at what was then known as the "Twenty and Up" Club at church. Fred and I were married forty one years before he died. The first of our five children, Louisa Mae, was born the year following our wedding. Sadly she died of crib death when she was five months and three days old.

In 1956 we became full time residents of Great Barrington, and in 1957 we purchased our own home which was nearly two hundred years old. It had no central heat so we used kerosene stoves.

I once took one of those tests which matches aptitude with profession. My results indicated that I should work with people, outdoors, with my hands. For twenty two years, I worked for the U.S. Postal Service as a rural carrier in Great Barrington. I very much enjoyed that job. As I climbed into my car to begin my daily route I was independent and free. I also worked as a nurse's aide at Fairview Hospital. My daughters and I babysat at various local motels which worked out well because the children who we babysat couldn't go far!

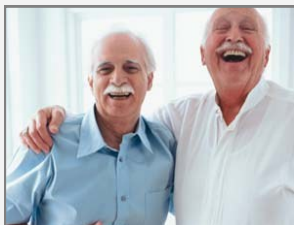
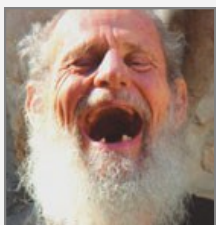
In 1968 I became a founding member of the Southern Berkshire Ambulance Squad, and I am still an honorary member. I also volunteer at St. Peters Church, American Life League, and NARFE.

Independence and perseverance are qualities I admire. There is good in everything, but just don't look for it. It's a gift. I'm glad I've had the life I've had. God has been very generous to me in spite of my trying ways. Dynamite comes in small packages!

MARCH 25TH is know as "HILARIA: LAUGHING DAY"

Did you know that this Roman holiday is a time for a general observation of glee and laughter? Originating from the rituals of Cybele and Attis, Laughing Day is the original Eastern Easter celebration of the resurrection of the Earth. Go to a comedy night presentation or watch something funny on TV. If you can, laugh at least seven times. Make a joke yourself!

The days from March 26 through 29 were called by the Romans the theater days, to celebrate the dramatic arts. Remember that a fully lived life includes the arts and support the theaters in your neighborhood. These are party days, times for inviting your friends over. Making some time for just enjoying yourself and your family and friends is just what this holiday calls for! So, laugh it up!



March's Birthday Honorees

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Birthstone Bloodstone, Aquamarine	Flower Daffodil, Jonquil			1 Mary Errichetto	2	3
4	5 John Hotaling Kathrine Crine	6	7 Pat Broughan Evelyn Race	8	9 Gloria Davis	10
11 Elizabeth Watson	12 Trudy Miller	13	14 Bruce Bailly	15 Lucille McGarry Barbara Kot	16 Alice Olender Susan Peisner	17  Olen Lane
18	19	20 Rachel Shaw Barbara Bailly	21 Agnus Walker	22 Virginia Palfini	23 Mimi Hassett Steve Storrmmer	24
25	26	27 Dottie Koneazny	28 Arthur Delmolino	29	30 Karen Campetti	31

BIRTHDAY BEAT

People born in March are invited to celebrate their birthday by attending

Birthday Luncheon
Wednesday, March 28th



Please remember to make your lunch reservation in advance in the Dining Room. (528-4118)

“MY LIFE, MY HEALTH” A Free Six Week Workshop

Elder Services of Berkshire County in collaboration with Fairview Hospital will be presenting a free six week workshop called “My Life, My Health” for anyone living with ongoing health conditions.

This workshop, which was developed by Stanford University, will be held on FRIDAYS at Fairview Hospital from 1:00 to 3:30 pm beginning on Friday, March 23rd.

To register, call Fairview Hospital’s Community Relations Office at (413) 854-9609.
If you have questions about the workshop, contact Winnie Veretto at (413) 528-1556.

Pianist Yeejin Yuk Performs Recital Series for Public Benefits



Yeejin Yuk, 14 year old pianist from Berkshire Music School, will be performing a series of solo piano recitals as a project for his eighth grade class at Hawthorne Valley School in Ghent, NY.

As part of his school project, Yeejin has outlined his goals for this recital series: the opportunity to study, explore and confront challenging music of the 20th and 21st cen-

ture, and the experience of putting together a rigorous recital series while raising funds for good causes. He will be asking for donations from his audiences for his chosen causes:

- ◆ Berkshire Music School
- ◆ The Stockbridge Congregational Capital Repairs Fund
- ◆ *El Sistema*, a new after school music program offered in several Pittsfield elementary schools

Yeejin Yuk will play at the Claire Teague Senior Center on Tuesday, March 6th at 11:15 am. We are requesting that those attending please get seated by 11am so that we can be ready to give this young and very talented musician all our attention and respect he deserves.

The Origin of St. Patrick's Day and the Shamrock

No one is absolutely sure what years Saint Patrick lived. It has been proven that he was active as a missionary in Ireland during the second half of the fifth century. Two letters from him survive, along with later evidence from the seventh century onwards. Acceptance of certain documents implies that he lived from 387 to 461, A.D.

At the age of sixteen he was kidnapped from his native land of the Roman British Isles by a band of pirates, and sold into slavery in Ireland. Saint Patrick worked as a shepherd and turned to religion for solace. After six years of slavery he escaped to the Irish coast and fled home to Britain.

While back in his homeland, Patrick decided to become a priest and then decided to return to Ireland after dreaming that the voices of the Irish people were calling him to convert them to Christianity.

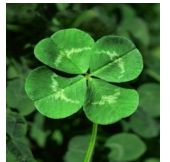
After studying and preparing for several years, Patrick traveled back to Ireland as a Christian missionary. Although there were already some Christians living in Ireland, St. Patrick was able to bring upon a massive religious shift to Christianity by converting people of power. St. Patrick is credited with converting the nobles who set an example which the people followed.

He traveled from village to village talking about his faith. Once, several members of a tribe approached Patrick and told him that they found it difficult to understand and believe in the Holy Trinity. Patrick thought a moment, then stooped down and picked one of the plentiful shamrocks growing wild around Ireland.



"Here are three leaves," he said, "yet it is one plant. Imagine the Father, Son and the Holy Spirit as each of these leaves. Here they are, yet they are one plant." The tribesmen understood, because Patrick had used a familiar object to explain the point. From that time on, the shamrock has been a revered symbol of Ireland.

The four-leaf clover is an uncommon variation of the common, three-leaved Irish shamrock clover. According to tradition, such leaves bring good luck to their finders, especially if found accidentally. According to legend, each leaf represents something: the first is for faith, the second is for hope, the third is for love, and the fourth is for luck.



Patrick's desire to spread of Christianity was met with mighty opposition. Patrick ran into trouble with the local pagan priesthood, the druids. There are many stories about his arguments with them as well as his survival of plots against them. He laid the groundwork for the establishment of hundreds of monasteries and churches that eventually popped up across the Irish country to promote Christianity.

Saint Patrick is also credited with bringing the written word to Ireland through the promotion of the study of legal texts and the Bible. Previous to Patrick, storytelling and history were reliant on memory and orally passing down stories. Patrick's mission in Ireland is said to have lasted for thirty years. It is believed that he died in the 5th century on March 17, which is the day St. Patrick's Day is commemorated each year.

The first year St. Patrick's Day was celebrated in America was in 1737, in Boston, Massachusetts. The first official St. Patrick's Day parade was in New York City in 1766. As the saying goes, on this day "everybody is Irish!" Over 100 U.S. cities now hold Saint Patrick's Day parades.

Saint Patrick's Day is a public holiday in the Republic of Ireland, Northern Ireland, Newfoundland and Labrador and in Montserrat. It is also widely celebrated by the Irish diaspora, especially in places such as Great Britain, Canada, the United States, Argentina, Australia, and New Zealand, among others. Today, St. Patrick's Day is probably the most widely celebrated saints day in the world.



MONTHLY HIGHLIGHTS



- ♦ The Decorative Painting Class will have their work on display in the lobby during March.
- ♦ Wednesdays Mar 7th - April 11th Tax Help (call for appointment)
- ♦ Monday Mar 5th OUT TO LUNCH GROUP goes to Four Brothers
- ♦ Tuesday Mar 6th AVADA Hearing Aid Service with Herman
- ♦ Tuesday Mar 6th Piano Recital - Yeejin Yuk of Berkshire Music School
- ♦ Tuesdays, Mar 6th and 13th Falls Prevention Classes #5 & #6 (library)
- ♦ Wednesday Mar 7th All Day Bus Trip to AQUA TURF
- ♦ Thursdays Mar 8th and 22nd FREE Lunch for Veterans and spouses
- ♦ Thursdays Mar 8th and 22nd Women With Cancer Support Group
- ♦ Friday Mar 9th FOOT NURSE (call for appointment)
- ♦ Monday Mar 12th OUT TO LUNCH GROUP goes to ENA'S Restaurant
- ♦ Monday Mar 12th AARP Meeting with surprise guest speaker
- ♦ Tuesday Mar 13th St. Patrick's Music with Willie Nininger
- ♦ Wednesday Mar 14th BROWN BAG Distribution
- ♦ Wednesday Mar 14th - A.G.E. Triad Meeting
- ♦ Wednesday Mar 14th Caregivers Support Group
- ♦ Thursday Mar 15th St. Patrick's Day Lunch—Corned Beef Hash
- ♦ Thursday Mar 15th BOOK CLUB - Bartleby the Scrivener
- ♦ Tuesday Mar 20th Amer. Cancer Society pack Daffodils in dining room
- ♦ Tuesday Mar 20th Meditation and Relaxation class in library
- ♦ Thursday Mar 22nd BLOOD PRESSURE CLINIC with VNA
- ♦ Tuesday Mar 27th Rockin' Robin (Dave Mindell) music
- ♦ Wednesday Mar 28th BIRTHDAY LUNCHEON
- ♦ Wednesday Mar 28th COA BOARD MEETING (open to public)

Bulletin Board

WANTED... BINGO PLAYERS!

Love BINGO? Join us at
the Senior Center on

Tuesdays
9:00am and 12:30pm

And Thursdays
9:00am

AARP CHAPTER #89

Monday, March 12th 2:00 pm
(in dining room)

AARP will be sponsoring a program presented by **Robert Hoechster RD., LDN on nutrition** on March 12, 2012 at 2pm. Robert Hoechster has recently joined Fairview Outpatient Nutrition Team. Prior to joining Fairview Hospital he provided nutrition services at Canyon Ranch in the Berkshire.

Many thanks to Jane Green for filling in for Winnie Veretto last month. Winnie is recovery nicely and will present her program in April. AARP meetings are open to the public. Refreshments and 50/50 raffle to benefit the scholarship fund will follow the program.



SCHEDULE CHANGES For March and April

- ♦ **BOOK CLUB** will meet on 3rd Thursday in March. We will go back to meeting on the 2nd Thursday of the month in April.
- ♦ Jane Kelley, R.N., The Foot Nurse, will be coming on the 2nd Monday and 2nd Friday of each month beginning in APRIL. Please call now to schedule your appointment with her. 528-1881
- ♦ The **MONTHLY OUT TO LUNCH GROUP** is going out to eat twice in March:
Monday Mar 5 - Four Brothers
Monday Mar 12 - Ena's Restaurant

St. Patrick's Day Music

Tuesday March 13th
11:00 - 11:45
With Willie Nininger

Rockin' Robin Music

Tuesday March 27th
11:00 - 11:45
With Dave Mindell



BOOK CLUB The Claire Teague Book

In MARCH, we will meet on
the 3rd Thursday,
March 15th at 1pm
In the Dining Room
to discuss the book:

Bartleby the Scrivener
by Herman Melville.

"Crafty Hands" Group Will Resume in April

Starting in April we will resume "Crafty Hands" Group. The group will meet on Thursdays immediately following lunch in the entry room. Everyone is invited to bring projects, join friends for a cup of coffee and some hand-work, or just come and chat!

Sergeant Harry J. Norton: A Housatonic Soldier In Siberia

Recently, I was perusing through some forgotten items when I came across two framed documents concerning service during the First World War (WW I). The first item was a certificate of appreciation issued by the Gt. Barrington board of selectman to a Housatonic soldier who served overseas during this war. This was nothing unusual since all Gt. Barrington (including Housatonic) veterans of WW I received this certificate.

However, what caught my eye and piqued my curiosity was a second document issued by the U.S. Army. It was an official promotion order promoting a soldier from private first class to sergeant. The recipient of both certificates was sergeant Harry J. Norton of Housatonic. The promotion order was from the army medical department and issued by the "Office of the Chief Surgeon, A.E.F. (American Expeditionary Force), Siberia."

SIBERIA! What was this Housatonic lad in his early 20's wearing an American Army uniform doing in, of all places, Siberia? This order represents a little known and almost forgotten military operation that the army was engaged in at the very end of WW I and its aftermath from August of 1918 to June of 1920.

In March of 1918, the new Bolshevik (communist) government of Russia signed a separate peace treaty with Germany at Brest-Litovsk with Russia leaving the war. Of course, the Allies, including America, were stunned by this since it would mean that the German army on the Eastern Front could now switch their forces to the Western Front. Russia was now in a state of civil war. The Red Bolshevik armies were at war with the anti-Bolshevik White armies for the control of Russia (the Czar and his family had been murdered by the Bolsheviks in July of 1918).

Because of the chaos brought about by the Russian government, President Wilson sent several American regiments to join a coalition with other Ally nations to protect their interests in both north Russia and Siberia. Furthermore, this coalition was to support anti-Bolshevik White armies and also while in Siberia to help 68,000 Czech troops and civilians who had been fighting with Russia for the Ally cause.

And now with Russia out of the war, the Czechs wanted to reach their new homeland of Czechoslovakia. In regards to this, American troops provided guard duty along segments of the Trans-Siberian Railway whereby the Czechs would be able to reach Vladivostok and then sail for home.

According to sergeant Norton's promotion document, he obtained this rank on January 21, 1919 in Siberia. So, he was still at war even though an armistice had been signed to stop the fighting with Germany on November 11, 1918.

Sergeant Norton safely returned to Housatonic and resumed his job with Rising Paper Company. He had started working there in 1917 and when he retired in 1964, after working there for 47 years (with time out for war service), he was a general superintendent for all the manufacturing functions at Rising. When he passed away in 1977, he left behind his wife, the former Irene A. Gerard, and four children. He is buried in St. Bridget Cemetery in Housatonic.



And thus sergeant Harry J. Norton also should be remembered for his part in a little known American military action that historians have named the Siberian Intervention. You can honor Harry J. Norton by visiting the WW I War Memorial on the Castle St. side of Town Hall. Harry J. Norton's name is inscribed there along with 358 others who served their country in wartime, including several who made the supreme sacrifice.

Friends of The Claire Teague Senior Center, Inc.

Who Are The Friends? The Friends are a group of people whose main purpose is financial and community support for the Claire Teague Senior Center. Founded in 2011, the mission of The Friends of The Claire Teague Senior Center, Inc. is to fund and support programs, services and fellowship to the senior population of South Berkshire county.

The Friends of The Claire Teague Senior Center, Inc. is a private, 501c(3) non-profit corporation organized and operated exclusively for charitable purposes specific to the Claire Teague Senior Center of Great Barrington, Massachusetts.

Membership Options:

\$15 Individual Membership

\$25 Family Membership

\$50 Business Members

Please mail your tax-deductible check made payable to:

Friends of the Claire Teague Senior Center, Inc.
P.O. Box 988

Great Barrington, MA 01230

Thank you.

Letter from Rebecca Tillinghast

February 29, 2012

Dear Friends,

I am writing to tell you about a transition that is taking place at the Great Barrington Council on Aging. As of May 31, 2012, I will be leaving my current position to complete a graduate degree in social work. If I don't resume my studies in June, I will lose the credits, time and effort I have expended working on my masters degree.

Over the past three years as Director of the Council on Aging I have loved managing the Claire Teague Senior Center and serving our remarkable senior community. Each day spent here with all of you has inspired me and warmed my heart. My experiences and the wisdom I've gained have both enriched me and made me aware of how important it is for me to return to school and continue my graduate studies so that I can one day serve in an even larger capacity.

Thank you all for the support and encouragement you have given me over the years. It has been my honor to work with each of you in our shared pursuit of the well-being and improved quality of life for all residents of our community.

I intend to use the next three months to facilitate a solid integration of the next COA Director into the senior community. I and the Council on Aging Board will make every effort to assure that the needs of the Center and the senior population are well known in the search for the new Director. I ask for your support in this important work.

With love and best wishes always,

Rebecca

WRITING AT THE SENIOR CENTER



IMPROMPT II WRITING CLASS

On Thursdays from 10:30 - 11:30 (in computer room)
Bell Fox Martin, instructor



This month we have a wonderful writing sample taken from a writing exercise where students were given a real record album title plus the names of all of the songs on that album. The challenge was for them to write a fictional piece which incorporated all of the song titles. Here's what one class member named Marie wrote:

Album: **MANY THOUGHTS**. Songs: 1. **Locust Point** 2. **Salad Days** 3. **Song for Leslie** 4. **Sofia** 5. **Ode To A Vending Machine** 6. **Beside the Little Lake** 7. **The Colony** 8. **Coming To Life**.

"Stand your ground my boy," is what Nigel Campbell heard just before he stepped into the compartment of the train, shutting the door, he leaned out of the window to wave goodbye to Simon, his one and only best friend.

*" See you at **Locust Point**, he shouted, as the train slowly left the station in Chiasso, Italy. He had expected to see other travelers seated in his compartment. There were none, and with a sigh of relief, he made himself comfortable for the day's journey to his country home **beside little lake**, near Como, Italy. His thoughts focused on these words... "There I Will Be **Coming To Life**."*

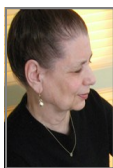
*He reminisced as the motion of the train put him in a state of reverie, believing he was with his **Sofia** once again, but knowing that it could never be, at least while he was here on Earth. He knew in his heart that he believed he would be joined with her once again in another time space. His beliefs gave to him the strength each day to understand these precepts. It gave him the strength to go on without her and his daughter Leslie. He had written a poem that someone put to music, and he could hear the tune running in his mind, as the train's momentum was in sync with the music. (A **Song For Leslie**.) It brought tears to his eyes as he remembered the day at the lake when they spent the day having lunch at **the Colony**. A special surprise was planned for his daughter Leslie. The Chef created a special entrée – he called it Leslie **Salad Day**, which he would only make once a year on the day of her birth, in her honor. Wiping away his tears, remembering this, before the accident that took them away from him.*

Once again, hearing his friends voice "Stand Your Ground" was enough encouragement for Nigel to bear the thought of being at lake side-alone.

*When Nigel was settled in at his home by the lake, he went to fetch the Bible. Something had awakened in him as he was reading the local newspaper. He read **Ode To A Vending Machine** numbers 4: 51 7 He thought, 'that's an odd title.' He zoned in on the numbers and there he read from the bible, John numbers 4:51 7 (Your Child Lives.) This enforced his beliefs. We All Shall Live Again.*

EXERCISING AT THE SENIOR CENTER

This month we are featuring our wonderful lineup of exercise instructors. Each one has a unique set of skills and expertise. You are sure to find at least one class that will suit your needs and level of fitness. Many of them have been teaching here for years and years and are always happy to have new members join their classes. Exercise improves everything!



AWARENESS THROUGH MOVEMENT classes, you will be guided through a series of movements designed to allow your body to remember how to move more easily through your day. You will regain your flexibility and improve your balance as you slowly and gently complete each movement, generally lying on a mat, or sometimes sitting. These movements are done in such a way to improve the neural linkage between the brain, bone, and muscle. One of the wonderful aspects of this process is that you don't have to memorize anything or any sequence. Each class contains a new routine so the brain remains alert to new possibilities and opportunities for movement. (MONDAYS 10am with Misha Forrester \$3)



BALANCE AND MOVEMENT is a new class will address two of the biggest problems facing seniors, poor balance and lack of mobility. Good balance comes from a combination of flexibility and strength to create the coordination to avoid falling and injury. The techniques and exercises in this class are provided by Theresa Decker, a Bonnie Prudden trained Myotherapist and Exercise Therapist with 28 years of experience teaching senior fitness and exercise therapy. Come and join us and get moving and feel better while improving your balance! (MONDAYS 1pm with Theresa Decker \$3)



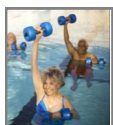
STRENGTH TRAINING is doing exercises with weights to strengthen the bones as well as the muscles. We do gentle warm ups followed by standing and sitting exercises with weights and soothing stretches in between to relax. We listen to beautiful, comforting music and end the class with self-massage. Each exercise is to one's own comfort level. The class is fun and will make you stronger! (TUESDAYS 4pm with Christine Faber \$3)



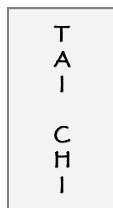
EASY DOES IT YOGA is an hour of gentle movement, breathing, and deep relaxation that gives the participants the tools to release stress and to re-vitalize, re-energize and re-connect with their own well being. It is fun and easy, and encourages mind and body flexibility and health. Anyone can do it – on the floor, in chairs, here in class and at home. Come join us. (WEDNESDAYS 9:30am with Joanne Kelly \$5)



WII BOWLING is one of the most fun activities happening here at the Senior Center. We have great competitions and lots of laughs. Come join us on WEDNESDAYS 9:30am and THURSDAYS 12:30pm. Our current champ is blind!



SWIMMING CLASS for seniors will begin again in May at Berkshire South. More about this class in the April Newsletter. (THURSDAYS 10am)



TAI CHI is an ancient Chinese art of slow, gentle, fluid movements, based on nature and combined with diaphragmatic breathing to softly exercise our minds and bodies while elevating our spirits. We are "moving in meditation." We gently stretch and move from head to toe in continuous flowing motions while we listen to relaxing music. We also do standing, walking and some sitting exercise, all to bring tranquility and serenity to our lives. Each person moves at their own pace and capability. All are welcome! The beauty and benefits of **TAI CHI** can be experienced and enjoyed by everyone! (FRIDAYS 9am with Christine Faber \$3) picture above.



CHAIR EXERCISES are a combination of stretching and lifting small 2 lb. weights. There are some exercises that are done standing. We often use a chair for balance. There is no music in this class and you are encouraged to adapt any exercise to your own comfort and capability. There is no age limit for this class. (FRIDAYS 10am with Harriett Ebitz. Free.)

MARCH TREATS!

Tip for keeping fingers and toes warm in the winter:

To conserve heat in cold weather, your body constricts blood vessels in your hands and feet. This results in chilly fingers and toes that can persist even after you come indoors. Don't attempt to warm up with a cup of coffee.

Research chows that caffeine can put the squeeze on tiny blood vessels, further prolonging the shivers.

Instead, **sip decaf tea that contains ginger or cinnamon**, two spices that stimulate blood flow and help warm you up!



EASY TO MAKE MICROWAVE COFFEE CUP SCRAMBLE



Ingredients:

- 2 eggs
- 2 Tablespoons milk
- 2 Tablespoons cheddar cheese

Instructions:

Coat 12 oz. microwave-safe coffee mug with cooking spray.
Add eggs and milk and beat until blended.

Microwave on HIGH for 45 seconds and stir.
Microwave until eggs are almost set. (45-50 seconds more)

Top with cheese and season with salt and pepper!

Irish Jokes

Q: What is outside on the lawn all summer and is Irish?

A: Paddy O'Furniture

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Kieran O'Connor always slept with his gun under his pillow. Hearing a noise at the foot of the bed, he jumped up and shot off his big toe.

"Thank the Lord I wasn't sleeping at the other end of the bed," Kieran said to his friends in Donegal's pub. "I might have blown my head off!"

### Chicken Cacciatore Hunter Style - Serves Six

#### Ingredients:

- 2 legs, 2 thighs and 2 breasts of chicken
- 2 Tbs. Olive Oil
- Salt and Pepper
- 1 tsp. fresh or dried parsley
- 1 tsp. fresh or dried basil
- 1 glove fresh garlic or 1 tsp. garlic powder
- 1/2 cup white wine
- 1 cup fresh mushrooms sliced or diced
- 1/2 cup chopped white onion
- 1/2 cup green pepper
- 1/2 cup red pepper
- 1 small 8 oz. can tomato sauce
- 1 small 8 oz. can of diced tomatoes

#### Instructions:

- 1) In a big pan, brown the chicken pieces in olive oil
- 2) Add dried spices, parsley and basil
- 3) Add wine
- 4) Add veges:  
Peppers, onions, mushrooms and tomatoes
- 5) Simmer on low for 3/4 hour with lid on
- 6) Serve over pasta
- 7) Sprinkle fresh parmesan cheese on top.



This delicious recipe was shared by Linda Traficante



# A MAGICAL MOMENT REVEALS A CONNECTION AND BEGINS A FRIENDSHIP

We are always amazed at the rare and beautiful encounters that seem to spontaneously happen at the Claire Teague Senior Center, this time in the Lobby one recent Thursday afternoon.

Anne Wicke, a 94 year old senior, happened to be sitting quietly in her wheel chair in the lobby after lunch, perhaps waiting on a ride back home. Because of multiple health difficulties, Anne has to make a supreme effort to even make it to the Senior Center, so she doesn't get to come in too often. No one else was in the lobby with her at that moment.

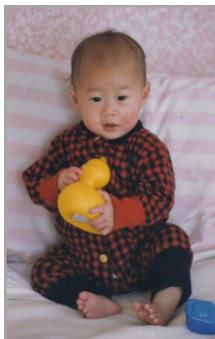
This same afternoon, Pad Spence, who also visits the Senior Center infrequently, was looking around for a way to be helpful to others. He noticed Anne over in the corner of the lobby and approached her. The two had never met.

Before long, we noticed that they were having a wonderful and animated exchange! But you would never guess what they were talking about or what they learned that they had in common. Chinese children!

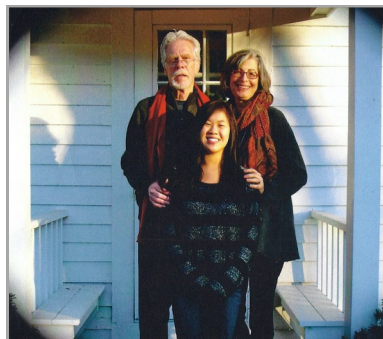
About 20 years ago, Pad and his wife (it was his wife's idea) decided to adopt a new baby from China and arranged the adoption through an agency. It took them 18 months to get through all the paperwork and interviews, but eventually his wife Julie made the trip to China to pick up their new 10 month old daughter. Pad said he wasn't sure it was a good idea until the moment he heard her little voice long distance over the phone from China. He cried with joy as he was recounting the story. They named her Lily. She has grown up to be a beautiful young woman who now attends college in Connecticut.

About 7 years later, Anne's daughter Noel was also making arrangements through an agency to adopt a little Chinese girl. She also traveled all the way to China to pick up her 10 month old baby. She wanted to name her something that would always help the child to feel peaceful, so she chose the name "Meadow."

So what do Pad and Anne have in common? Their deep love for a Lily and a Meadow!



Baby Lily



A grown-up Lily  
with Pad and Julie



Baby Meadow



Meadow  
A peaceful teen

And a new friendship they started one Thursday afternoon at The Claire Teague Senior Center. Please come to visit us soon. Who knows? There may be a Magical Moment just waiting for you to make it happen!