

SENIOR GRAPEVINE



Claire W. Teague Senior Center

917 South Main Street * Great Barrington, MA 01230 * 413-528-1881

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

SPRING FORWARD!



Daylight Savings Time begins

Sunday, March 9 at 2:00 AM!

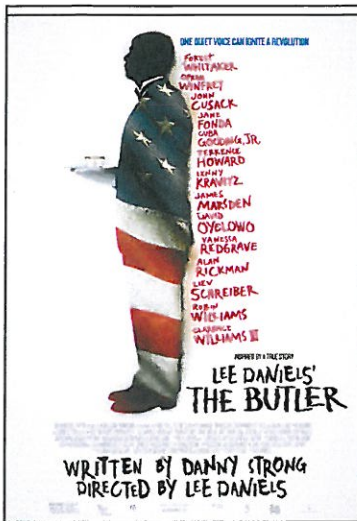
Don't forget to turn your clocks ahead one hour before going to bed the night before.

It's also a good time to replace smoke detector batteries!

INSIDE THIS ISSUE. . .

Special Events	Pages 1-3
Senior Moments	Page 4
Birthdays	Page 5
Trips	Page 6
Weekly Activities	Page 7
Monthly Events	Page 8
Mr. Wizard Says	Page 9
As Time Goes By	Page 10
Resources	Page 11
Monthly Calendar	Page 12
Lunch Menu	Page 13
Brain Game	Page 14

SPECIAL EVENTS



MONTHLY MOVIE

This month's movie will be shown on
Monday, March 3 at 12:00 noon.

LEE DANIELS' "THE BUTLER" is

based on the life of Eugene Allen, a black butler in the White House whose human interest story was recounted by Washington Post reporter Wil Haygood as part of his paper's Obama victory coverage in 2008.

UPCOMING MOVIES!

"The Help"

"Seabiscuit"

"Horse Whisperer"

"Philomena"

We now have a NetFlix account, so if you have a special movie request, let us know and we'll rent it if it's available!



Join us for Valentines in March!



*FREE Valentine's Lunch
provided by Laurel Lake*

WEDNESDAY, MARCH 5, 11:30 AM

(sign up in dining room if you're not on the original sign-up sheet)



**Interfaith
Committee of
Southern
Berkshire**

21st Annual Dinner

Sunday, March 9, 5:30 PM to 8:00 PM

Tickets: **\$15.00**, available at local congregations

Location: **First Congregational Church,**
Main Street, Great Barrington

*Please bring a non-perishable food
donation for the People's Pantry*

Weird Word of the Month

"Kerfuffle"

disturbance, commotion, fiasco

SPECIAL EVENTS

AARP® MEETING

will be on **Monday, March 10** at **2:00 PM**. Guest speaker will be Bonny DiTomasso from Elder Services, who will offer advice on **FRAUD PREVENTION**, how to stay safe from internet and identity fraud. Rising incidents of scams targeting older adults present an enormous threat to seniors' security, both financially and emotionally, making this an event not to be missed!

THE PUBLIC IS WELCOME TO ATTEND!

Monday, March 17

Bingo!

Friends from Great Barrington Rehab will join us for Bingo and ice cream, starting at 12:30.

Raffle!

Beautiful Case Clock with Drawer handcrafted and donated by Jim Soules

Tickets: \$1.00 each or 6 for \$5.00

Drawing: Monday, March 17 during lunch



FREE

St. Patrick's Lunch!

Thursday, March 20 at 11:30 AM

Fairview Commons will provide a traditional Irish meal of corned beef and cabbage.

Doug Smolze will entertain us!

Sign up in the dining room.

BOOK CLUB

This month's selection is "**Hotel on the Corner of Bitter and Sweet**" by Jamie Ford. We'll meet on **Monday, March 24 at 12:00 noon**.



Saturday, March 29, 12:00 noon to 3:00 PM

Come and join the fun at this popular event!

Sign up in the dining room.

SENIOR MOMENTS

This is your page! Submit anything (in good taste, of course) that you'd like to share with others — a favorite recipe, joke, household tip, book or movie review, idea for activities or places to eat.

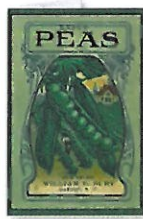
BRUCE'S GARDENING TIPS

Getting your plants started early means an earlier return of vegetables, so you're off to good start. To help the seeds sprout fast, soak them in water overnight before planting. Another method is to put them between sheets of wet paper, then in a ZipLoc bag on a sunny windowsill. When they sprout, you can put them in a pot or in the garden.

With larger seeds—BEANS, PEAS, ETC.—scrape an edge of the seed with sandpaper or a file to allow the moisture to soak into the seeds faster.

Keep smiling (I AM!). New life will be springing forth in your garden soon!

~ Bruce



WHO REMEMBERS ...



Jokes ?

Here's one from our very own director...

Why were the elephants banned from the public swimming pool?

Because they kept dropping their trunks!

HA!

HA!

HA!

Senior Quote of the Month

"After a day of crossword puzzles and computer class here at the center, I go home happy and I sleep well!"

~ Priscilla Reuger

Aphorism: a short, pointed sentence expressing a wise, clever observation, a general truth or adage, such as...

The trouble with bucket seats is that not everybody has the same size bucket

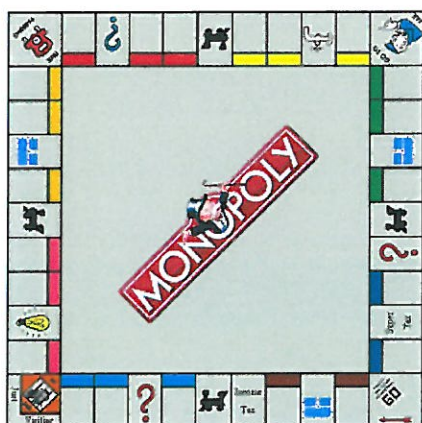
(Thanks, Harriet Ebitz!)

Let The Games Begin!

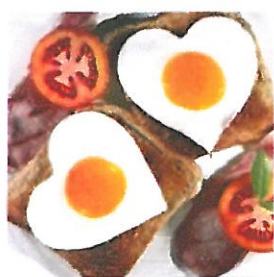
Each Friday after lunch (12:00 PM) join us or bring your own group for the game of the month.

Each month there will be a different game challenge.

March is ***Monopoly*** month!



GOOD NEWS from BARB CHAMBERLIN!!



Monthly Breakfast will be back in April!!



Mary Errichetto	3/1
Roberta Nussbaum	3/3
Katherine Crine	3/5
Ruth Wuori	3/7
Evelyn Race	3/7
Gloria Davis	3/11
Bruce Bailly	3/14
Lucille McGarry	3/15
Alice Olender	3/16
Rachel Shaw	3/20
Agnes Walker	3/21
Virginia Palfini	3/22

FREE birthday lunch for all celebrants will be on **Wednesday, March 5** at **11:30 AM**. Call 413-528-4118 the day before to make your reservation.





UPCOMING TRIPS



**March 2014 —
Mt. Everett High School**
Details to follow soon!



**Monday, March 24, 2014 —
Monument Mountain Regional
High School**

Musical Performance

"Into the Woods"

Starting at 5 :00 PM

The senior van will be available, or drive your own car if you'd like. If interested in meeting for supper as a group before the show, let us know!



**TRIP to the
Culinary Institute
of America** in Hyde
Park, New York—

Monday, April 7. Van leaves senior center at 7:45 AM. Cost for van and tour is **\$16.00 per person.** **THE VAN IS FULL**, but if you'd like to be put on a waiting list, see Annie or Polly.



**Barrington Stage
June 17**

Details to follow soon!



**MacHayden Theater
Wednesday, July 9**

2:00 PM

\$35.00

Details to follow soon!



**September 2014 —
The All-Night Strut**

Details to follow soon!

ONGOING WEEKLY ACTIVITIES

EXERCISE & MOVEMENT

NEW! Seniors' Cross Fitness—Monday, 9:15 AM
Awareness Through Movement—Monday, 10:00 AM
Balance & Movement—Monday, 1:00 PM
Strength Training—Tuesday, 4:00 PM
Tap Dancing for Grown-ups—Wednesday, 9:00 AM;
Monday, 2:30 PM (**NEW!**)
NEW! Chair Tap—Wednesday, 1:15 PM
Easy Does It Yoga—Wednesday, 9:30 AM
Tai Chi—Friday, 9:00 AM
Chair Exercise—Friday, 10:00 AM



EDUCATIONAL

FREE Health Insurance Counseling (SHINE), Monday
10:30 to 2:00 (by appointment)
Crossword Puzzle Club—Tuesday, 10:00 AM
Computer Group Lessons—Tuesday, 12:15 PM
NEW DAY! Genealogy Class—Tuesday, 9:00 AM to 12:00 noon
NEW! Brain Exercise—Thursday, 10:30 AM



ARTS

Painting with Vera—Thursday, 9:30 AM
Crafty Hands—Thursday, 12:00 noon
Decorative Painting with Liz—Wednesday, 4:30 PM



MONTHLY EVENTS

❖ **NEW! Grief Support Group** will meet **Monday, March 10** and **Monday, March 24** from **5:30 PM to 7:00 PM**.



❖ **Brown Bag** will be distributed on **Wednesday, March 12** between **12:30 PM** and **3:00 PM**. **NOTE: WE will hold bags for one day only.**

❖ The **Women's Cancer Support Group** will meet **Thursday, March 13** and **Thursday, March 27** from **4:00 PM to 5:30 PM**.



❖ **Veterans' Lunches** will be on **Thursday, March 13** and **Thursday, March 27** at **11:30 AM**.

❖ **Caregivers' Support Group** will meet on **Wednesday, March 19** from **1:00 PM to 2:30 PM**.

❖ **Blood Pressure Clinic** will be on **Thursday, March 27**, from **12:00 noon to 1:30 PM**.



❖ This month's **Council On Aging Board Meeting** will be held **Wednesday, March 26** at **1:30 PM**.

❖ **Hearing Aid Assistance by Avada: Tuesday, March 4, 10:00 AM to 12:00 noon**, by appointment. Call **413-442-0184**.



❖ **Foot Nurse: Monday, March 10 and Friday, March 14** from **9:00 AM to 1:30 PM** by appointment. Cost **\$35.00**.

❖ **Quilting Guild** will meet on **Tuesday, March 11** at **7:00 PM**.

❖ **Out -to-Lunch Bunch** will be going to **Four Brothers** on **Monday, March 10** at **11:30 AM**.



❖ This month's **TRIAD** meeting will be on **Wednesday, March 12** at **2:00 PM**.

MR. WIZARD SAYS...



RICHARD

Let's learn about Calendars!

Did you know that another thing you can do with a computer is use it to help you remember things? Yep, it's true. Your computer has the magical ability to help you keep your life on track by remembering appointments, events or dates for you. Spouse or friends mad at you for missing a lunch date? Never again. Miss that matinee because you forgot about the tickets you purchased three months ago? Not a chance. Good friend's birthday down in Florida you forgot to acknowledge, and who now feels neglected? A thing of the past. Your computer has the ability to remind you both visually and with sound, that you've got a bill to pay, an appointment to keep or an event to attend, and do it unfailingly.

Plus, you Outlook or Gmail email users have it even easier, as a calendar is integrated right into the email program, so it's hard to miss. Since you'll be checking your email anyway, you can check your calendar too. A computerized calendar can save you time and money as well. No more looking for that scrap of paper with an appointment on it, which you can't find, or forget to look at anyway. No more spending money on wall calendars, which won't help you if you have something to remember more than a year in advance. With a computer, a planned trip or appointment 2 years from now will be there to remind you, whether you remember it or not. What a convenience! If you'd like to learn how you can take advantage of your computer's calendar, or any other ways a computer can make your life more convenient, please join us every Tuesday at 12:15 PM at the Center, you'll be glad you did. Don't forget the date!

AS TIME GOES BY...

As Time Goes By...

A Monthly Commentary On Local and Other Historical Events of Interest and Note

by David Rutstein

I will be guest speaker for the Great Barrington Historical Society at the Searles Castle in a pictorial power point presentation of the Searles Castle before and during construction. Included in the presentation will be one-of-a-kind photographs, rarely seen by the public or published. These photographs were privately commissioned by Edward Searles.

This presentation will also include visually what this property called Kellogg Terrace looked like before the Searles Mansion was built on it.

Date: Wednesday, March 12 at 7:00 PM

Cost: \$15.00 per person

Preregistration is required

Questions? Contact Debbie at 413-579-1457

**SOUTHERN BERKSHIRE ELDERLY
TRANSPORTATION CORP. (S.B.E.T.C.)**

Telephone (413) 528-4773, Monday through Friday from 8:00 AM to 4:00 PM. S.B.E.T.C. serves: Alford, Egremont, Monterey, Great Barrington, New Marlborough, Sandisfield, Sheffield and Otis. Round trip fees are: **Great Barrington and Housatonic—\$7; Sheffield, Ashley Falls, Egremont, Alford, Sandisfield, New Marlborough, Otis and Monterey—\$10.** Each additional stop is \$2. If you have any questions or need additional information, call the telephone number listed above.

New Dispatch Hours: Mon. 8:00 AM to 12:00 noon; Tues. 8:00 AM to 3 PM; Wed. 8:00 AM to 3:00 PM; Thurs. 8:00 AM to 2 PM; Fri. 8:00 AM to 12:00 noon.

COUNCIL ON AGING

Barbara Bailly, Chair
David Rutstein, Vice Chair
Richard Needelman, Recording Secretary
Anita Diller, Treasurer
Alan Buckes
Eileen Gaarn
Michele Gilligan
Amy Rutstein
Grace Zbell



For our community

Alzheimer's Care

Partners Education series
for Family Caregivers

FOUR TWO-HOUR SESSIONS

Thursdays from 5:00-7:00 p.m.
in Fairview Hospital's Conference Room



MARCH 6:

Understanding Dementia

Normal aging versus dementia and related, how to get a diagnosis, and how to talk to your doctor.

MARCH 13:

Caregiving at Home, Safety and Resources

Learn how to communicate, common behaviors associated with Alzheimer's, strategies to prevent wandering, handling driving and local resources to help you.

MARCH 20:

Legal and Financial Issues

How to handle legal and financial issues surrounding caregiving and planning for the future.

MAY 27:

Caring for the Caregiver

Learn the warning signs of your own stress, how to get respite and coping strategies.

This program is free and presented by Alzheimer's Association.
To register, call Fairview Hospital 413-854-9609



Fairview Hospital
BERKSHIRE HEALTH SYSTEM

alzheimer's
association

MARCH 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30 Coffee 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Baked Chicken 12:00 Monthly Movie 1:00 Balance & Movement 2:30 Tap Dancing NEW!	4 8:30 Coffee 9:00 Bingo 9:00-11:30 Genealogy by Appt. 10:00 Crossword Club 10:00-12:00 Hearing Aid Service 11:30 Lunch—Shepherd's Pie 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training	5 8:30 Coffee 9:00 Tap Dancing for Seniors 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 10:00 News and Views 11:00-12:30 VALENTINE'S IN MARCH PARTY / FREE Lunch from Laurel Lake 12:30 Cards 1:15 Chair Tap NEW!	6 8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Lunch—Ham Steak 12:30 Poker, Majhong, Wii Rummikub 4:30 Misha's Advanced Exercise	7 8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Mac & Cheese 12:30-3:30 Bridge
10 8:30 Coffee 9:00-1:30 Foot Nurse by Appt. 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Hot Dog w/Beans 11:30 Out to Lunch — 11:30 AARP Meeting 5:30-7:00 Grief Support Group NEW!	11 8:30 Coffee 9:00 Bingo 9:00-11:30 Genealogy by Appt. 10:00 Crossword Club 11:30 Lunch—Chicken Parmesan 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training 7:00 Quilting Guild	12 8:30 Coffee 9:00 Tap Dancing for Seniors 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 11:30 Lunch—Beef Stew 12:30-3:00 Brown Bag 12:30 Cards 1:15 Chair Tap NEW! 2:00 TRIAD Meeting 4:30 Decorative Ptg. w/Liz	13 8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Veterans' Lunch—Meatloaf/Minestrone Soup 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:30 Misha's Advanced Exercise	14 8:30 Coffee 9:00 Tai Chi 9:00-1:30 Foot Nurse by Appt. 10:00 Chair Exercise 11:30 Lunch—Tuna Casserole 12:30-3:30 Bridge
17 8:30 Coffee 9:00-1:30 Foot Nurse by Appt. 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Corned Beef 5:30-7:00 Grief Support Group NEW!	18 8:00 Coffee 9:00 Bingo 9:00-11:30 Genealogy by Appt. 10:00 Crossword Club 11:30 Lunch—Cheeseburger 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training	19 8:30 Coffee 9:00 Tap Dancing for Seniors 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 11:30 Lunch—Roast Turkey 1:15 Chair Tap NEW! 1:00-2:30 Caregivers' Support Group 4:30 Decorative Ptg. w/Liz	20 8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 ST. PATRICK'S FREE LUNCH 12:00 Crafty Hands 12:30 Poker, Majhong, Wii Rummikub 4:30 Misha's Advanced Exercise	21 8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Salmon w/Newburg Sauce 12:30-3:30 Bridge
24 8:30 Coffee 9:15 Senior Cross-Fitness NEW! 10:00 Awareness through Movement 10:30-2:00 SHINE By App't. 11:30 Lunch—Pepper Steak 12:00 Book Club 1:00 Balance & Movement 5:30-7:00 Grief Support Group NEW!	25 8:30 Coffee 9:00 Bingo 9:00-11:30 Genealogy by Appt. 10:00 Crossword Club 11:30 Lunch—Chicken Divan 12:00 Bingo, Cards, Bridge 12:15 Computer Class 4:00 Strength Training	26 8:30 Coffee 9:00 Tap Dancing for Seniors 9:00 Tax Help by Appt. 9:30 Easy Does It Yoga 11:30 Lunch—Stuffed Cabbage Casserole 1:15 Chair Tap NEW! 1:30 COA Board Meeting 4:30 Decorative Ptg. w/Liz	27 8:30 Coffee/Bagels 9:00 Bingo 10:30 Brain Exercise NEW! 11:30 Veterans' Lunch—Roast Pork 12:00 Crafty Hands 12:00-1:30 Blood Pressure Clinic 12:30 Poker, Majhong, Wii Rummikub 4:00-5:30 Women's Cancer Support 4:30 Misha's Advanced Exercise	28 8:30 Coffee 9:00 Tai Chi 10:00 Chair Exercise 11:30 Lunch—Potato Leek Soup/Egg Salad Sandwich 12:30-3:30 Bridge

Elder Services of Berkshire County - Nutrition Program

**Modifications for restricted sugar available

March 2014**nutr. 2/20/2014**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Chicken Breast Rice Pilaf Green Beans Multigrain Bread Orange cal: 607 sod: 329 fat %: 15 10	4 Shepherd's Pie Mashed Potatoes Summer Squash Oatmeal Bread Mixed Fruit cal: 606 sod: 502 fat %: 29 11	5 Baked Fish Boiled Potatoes Sugar Snap Peas Rye Bread Pears cal: 509 sod: 645 fat %: 22 12	6 Ham Steak w/ Raisin Sauce Sweet Potatoes Broccoli Florets Whole Wheat Dinner Roll Chocolate Pudding w/ Topping cal: 718 sod: 1783 fat %: 22 13	7 Macaroni & Cheese Stewed Tomatoes Peas & Carrots 100% Whole Wheat Bread Pineapple cal: 593 sod: 835 fat %: 30 14
17 St. Patrick's Day Corned Beef Boiled Potatoes Mixed Irish Vegetables Whole Wheat Dinner Roll Green Jello w/ Topping cal: 624 sod: 1522 fat %: 40 24	18 Cheeseburg Sweet Potato Fries Mixed Greens Hamburg Roll Apple cal: 732 sod: 663 fat %: 38 25	19 Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Rye Bread Mixed Fruit cal: 740 sod: 591 fat %: 27 26	20 Meatballs w/ Sauce Ziti w/ Sauce Mixed Italian Vegetables Italian Bread Pineapple cal: 699 sod: 1162 fat %: 30 27	21 Salmon w/ Newburg Sauce Boiled New Potatoes Peas 100% Whole Wheat Bread Banana cal: 676 sod: 450 fat %: 29 28
31 Barbecue Beef Sweet Potatoes Broccoli Florets 100% Whole Wheat Bread Peaches cal: 590 sod: 605 fat %: 26 If you will not be home when your meal is delivered PLEASE TELL YOUR DRIVER OR CALL 1-800-981-5201	25 Chicken Divan Buttered Noodles Succatash Oatmeal Bread Orange cal: 653 sod: 670 fat %: 18 26	26 Stuffed Cabbage Casserole Spinach Sliced Beets 100% Whole Wheat Bread Butterscotch Pudding w/ Topping cal: 745 sod: 1434 fat %: 37 27	27 Roast Pork w/ Gravy Roasted Potatoes Green Beans Rye Bread Applesauce cal: 602 sod: 941 fat %: 30 28	28 Soup & Sandwich Potato Leek Soup Egg Salad Winter Blend Vegetables Hamburg Roll Peach Cobbler cal: 747 sod: 785 fat %: 38 29

To preserve your memory: Lose or don't gain excess weight. Exercise 30-60 minutes a day. Eat a healthy diet with lots of fruit and vegetables. Control blood pressure with diet, exercise and if necessary, medication. Stay mentally and socially active. (Nutrition in action January, February, 2014)

Sign up in the dining room or call 413-528-4118 the day before to reserve your seat for lunch. Thanks!

SUGGESTED VOLUNTARY DONATION
\$2.00 PER MEAL to help defray costs

All contributions are returned to the community toward the cost of nutrition programs and services.



The
BRAIN GAME
word for March is
SHAMROCK



Make as many words as you can, using *only* the letters in this word. A letter can be used *only* as many times as it appears in the word above. Please use only your brain, not a computer! Write down the words, sign your name, tear off this page and hand it in to Annie. We'll announce the winner at lunch on **Thursday, March 27**.