

GRAPEVINE

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

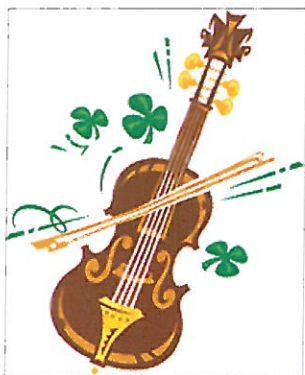
Polly Mann, Director ... Mimi Hassett, Assistant Director

March 2016

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

Two Days of IRISH TIMES AT CLAIRE TEAGUE SENIOR CENTER



Friday March 18th will find Andy Kelly and his Irish Band striking up the new and familiar Irish tunes. We will have a special Irish dessert to invigorate the Irish spirit and anyone who feels like kicking up their heels in an Irish jig, Feel Free...Come and have fun.

Polly may even attempt "Fiddling Irish Jig". Who knows **someone**

may even find the pot of Gold at the end of the rainbow. Or be kissed by a leprechaun.

Corn Beef Hash: Thursday **March 17th** Call 528-881 to reserve a lunch spot.



The Guinness Book of World Records states the highest number of leaves found on a clover is 14.

There are about 10,000 regular three-leaf clovers for every lucky four-leaf clover.

Legend says that each leaf of the clover means something: the first is for hope, the second for faith, the third for love and the fourth for luck.

Wherever you go and what ever you do May the luck of the IRISH be there with

INSIDE THIS ISSUE. . .

Special Events	Page 1-4
Berkshire Travelers	Page 2
Exercises	Page 2
Birthdays	Page 4
Special Announcements	Page 4
Monthly Events	Page 5
Word Search	Page 6
Menu	Page 7-8

Wood Workers Group will be car pooling to visit **Sam Barrett's sugar shack** in Sheffield.



Join us on March 22 for a trip to the Sugar Shack and a discussion on maple sugaring.

More Details to follow. Call 528-1881 for more information or questions.

CARPOOL TRIP: *Ventfort Hall, Lenox, MA*

St Patrick Day special Shamrock Tea to be served on *Sunday March 13th* at 3:30 PM

There will be special Music with Guitar and Fiddle Cost is \$25.00 p/p For reservations and additional information call Grace Zbell 528-0230.

**Upcoming Trips**

- **April 20:** "Country Royalty" Free time (5hr) at Foxwoods Casino followed by an Afternoon matinee at Garde Theatre (New Lindon, CT) "Hank Williams and Patsy Cline Tribute". Cost: \$69 p/p (includes driver gratuity) departs at 7AM from CTSC
- **May:17:** Trip to Colonial Theater, (New York City) Inspirational speaker Dr. Bill Thomas.
- **June 22:** Strawberry Festival/ BBQ Luncheon; Eagles Tribute Band Show; Van Trip for 12 persons, Cost \$47 p/p includes server tip and meal tax.
- **September:** (Final details to be confirmed) R/T deluxe motor coach ; Dinner Show at Westchester Dinner Theatre/ Guided tour of West Point/ One night at Marriot Hotel in Westchester with Breakfast voucher/ Admission to 9/11 museum & memorial. Cost \$275 p/p includes Hotel, meal tax, and gratuities.



More information available at the Claire Teague

DINING OUTINGS IN March

Monday March 14 at 11:30 AM *Out To Lunch Bunch to Mom's at 11:30 AM*

Friday March 25 at 5:00pm: *Gad Abouts* going to Swiss Hutte at 5PM

Dining Specials continue on Wednesdays ... The dining room will be serving Wednesday specials continuing on March 2: Lasagna; March 9: Pizza; March 16: Chili and corn bread; March 23: Breakfast for Lunch and March 30: Tuna Casserole. All for the same \$2.00 donation.

Exercise Classes**Monday**

9:15AM Cross Training with Misha (\$3.50)
10AM Awareness Through Movement Misha (floor) (\$3.00) *
1PM Balance and Movement with Theresa (Chair) (\$3.00)
2PM Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday

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

Wednesday

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

Thursday

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

Friday

9AM Tai Chi with Christine (\$3.00)
10AM Chair exercises with Harriet (Free)

Breakfast with Barbara and Virginia

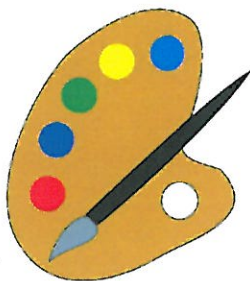
is BACK on the 3rd Tuesday of the month beginning on March 15. Sign up in the Dining room or call 528-4881 to reserve your breakfast.

**Looking for Love?**

Join the senior singles group and learn how to look for love online by our computer instructor Richard Needleman, Tuesdays at 1:15, for more information call the senior 528-1881

NEW DRAWING CLASS: March 3rd at 12:30 PM with Eunice Agar

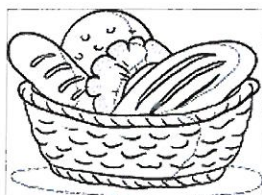
So you can't draw a straight line. I can't either. I use a ruler. Nobody has ever drawn a perfect circle either. Picasso said so and he should know. Try it and you'll see.



Join a course on drawing beginning Thursday, March 3, 12:30 –2PM in the Bingo Room. All levels of ability are welcome. We will begin with a series of drawing exercises. The course will develop to suit students' interests and skills. It would be ideal to have a group of people start with the first class. There will be a sign-up sheet on the back table in the dining room.

The cost: \$5 per class plus a one-time materials fee of \$7. Bring any drawing materials you may already have.

Bread Basket Making Class Polly will be offering another basket making workshop on Thursday March 17th and Friday March 18th from 12:30-1:30. We will be making a Bread Basket. The class will run each Thursday until all baskets are completed. I am anticipating 2- to 3 sessions. The cost for the supplies is \$12:00 per person.



Gentiva Interactive Balance and Fall Prevention Class on Friday March 11th from 12:15—1:15 PM. A learning experience for us all.



MUCH APPRECIATION to all

Carol and Anna thanks to our new greeters . Doing a great job.

Thank You to Laurel Lake for a scrumptious lunch and the best dessert.

Much appreciation to our Wednesday Special lunch time chefs. Great meals

Craig Moffatt's presentation on his Chestnut Tree Project was enjoyed by many.

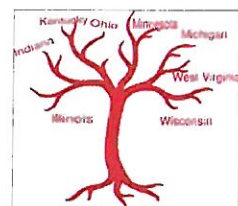


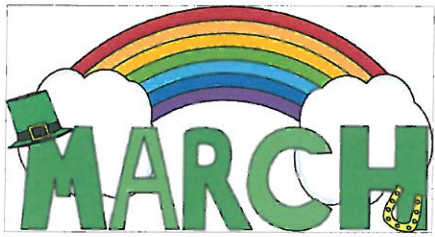
Mimi for sharing a bit of Florida with us through the shells she brought back.

Looking for Committee volunteers to help plan an Ethnic Fair or our "around the world event "coming up later this year. Stay tuned for more details... Call Polly at 528-1881 for more information and if interested.

Consumer Protection Kate Alexander of Berkshire Consumer Affairs will be visiting us on Wednesday March 9th at 10:30 AM to answer your questions about consumer protection. She has been working with Seniors in Berkshire County for a number of years. Come and ask questions of this expert.

GENEALOGY .. Make an appointment to see Steve Strommers to learn about genealogy The sessions will be on Fridays from 9:30-11:30 for the months of February, March and April. Call 528-1881 for more info and an app.





March 01	Mary Errichetto
March 03	Bobbie Nussbam
March 03	Rosemary Smith
March 05	David Rosenberg
March 09	Gloria Davis
March 13	Dorothy Cronin
March 16	Alice Olender
March 20	Barbara Bailly
March 20	Rachel Shaw
March 21	Agnes Walker
March 23	Mimi Hassett
March 26	Veronica Deome

Feeling Crafty?

How about joining Liz Macchi, our decorative arts instructor on Monday afternoons in March from 1-3pm?

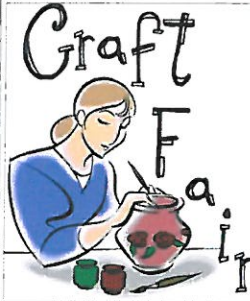
Fee per class is \$10 or below (depending on what will be done during the class). All supplies/ instructions are included. Sample class activities are:

- Make earrings/bracelet
- Make greeting cards
- Paint an ornament
- Paint clay pots
- Other beading projects, crafts etc.



Call 528-1881 for more information or to sign up.

CRAFTERS ALERT: We will be having a craft fair on July 9th at the Claire Teague Senior Center. The Friends will be hosting the gathering, and the cost for a space will be \$15.00 but seniors can reserve their space for table \$12:00 We will be



anticipating a display of handmade items and crafts for the tables. Additional details to follow .

SAVE THAT DATE. And come enjoy the crafts and company.. To reserve your table space call 528-1881.

Calling all volunteers: We will be hosting three "fairs" this year and need some volunteers to organize and execute. CTSC will be working with A.G.E. TRIAD to host a **HEALTH FAIR** at the Claire Teague Senior Center. If you are interested in helping with this event please plan on attending the TRIAD meeting on Wednesday March 9th at 2 PM



Looking for: **Ethnic planners** for our "Around the world" event coming up later this year in September. Think Italian, Spanish, Irish, etc. Stay tuned for more details...

Call Polly at 528-1881 for more information and if inter-



BCAC's Fuel Assistance will have Stacey on site at the senior center on WED March 9 during Brown Bag distribution (12 Noon to 1:30 PM) If you have any questions about how to apply or Fuel Assistance or to find out if you are eligible, please stop in and take advantage of this opportunity.

~MONTHLY EVENTS~

CENTER EVENTS

- **Monthly Movie** ~ Monday March 1 at 12:15 *Intern is the movie*
- **Veterans eat for free**— March on Thursday the 10th and 24th ... *Thank you for your service.*
- **Out to Lunch Bunch**—Monday March 14 at 11:30 AM at **Mom's** in Egremont
- **Gad Abouts:** Going out on Friday March 25 at 5:00pm to the **Swiss Hutte**
- **Brown Bag** will be distributed on **Wednesday March 9** 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** will be on site Tuesday March 1 by appointment. (413) 442-0184
- **Foot Nurse:** Second Monday and Friday of each Month: Dates this month: Monday March 14 from 9-12 Noon and Frida March 11 from 9-12 by appt. Cost \$35. Call 528-1881 for appointment.

CENTER MEETINGS

- **Quilting Guild** will meet on Tuesday March 8 at 7PM.
- **A.G.E. TRIAD** meeting March 9th at 2 PM
- **Women's Cancer Support Group** will meet on Thursday March 10th and 24th from 4PM to 5:30 PM.
- **Council on Aging Meeting** .March 30 at 1:15 PM
- **Caregivers' Support Group** will meet on Wednesday, March 16th from 1PM to 2:30 PM
- **Grief Support Group:** March 7 and 21nd 5:30 PM to 7:30 PM

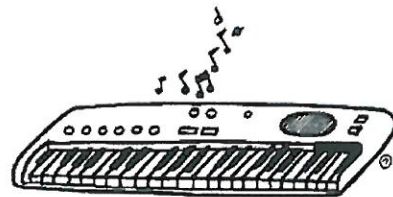


The Claire Teague Senior Center sponsors many short trips during the year such as MacHayden Theater, Tanglewood on Parade, Day trip to Bennington's Robert Frost house and lunch, at the B&R Tavern and Bistro in Bennington. (See Page 2 for more trips) Call Grace Zbell at 528-0230 for more information on any of these trips.

SO WHEN IS THIS
"OLD ENOUGH TO
KNOW BETTER"
SUPPOSED TO KICK IN?

Keyboard for Beginners: Thursday March 10th at 10:15-11:15

Do you have a keyboard you never learned to play? Bring it on down to the Claire Teague Senior Center and where you will be taught very beginner music theory and learn some very simple tunes. For those of you who do not have a keyboard, we have a limited spaces so sign up asap. There is no cost for this class but if you know of anyone that wants to donate a keyboard to the center please pass it on, also if you are interested in teaching this class please let Polly know, we need instructors, Polly will be teaching it to start.....



Blood Pressure Checks every month on the last Thursday of every month. Thanks to Gentiva for this service . They will be here March 24 this month at 10:30 AM



March 2016

Winner for December Word Search (by drawing): Jo Robinson

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

```

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

```

BALANCE	FUEL ASSISTANCE	LEPRECHAUN	REVERSE MORTGAGE
BREAD BASKET	GREETERS	MARCH	SEA SHELLS
DAY TRIP	HEALTH FAIR	NEW YORK CITY	SUGAR SHACK
EUNICE AGAR	IRISH JIG	RAINBOW GOLD	TRAVEL
KEYBOARD	RENOVATION	VENTFORT HALL	WOOD WORKERS GROUP
SHAMROCK	ST PATRICK	VOLUNTEERS	FALL PREVENTION

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

Name: _____ Phone: _____

March 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
VENFORT HALL Tea and Music Sunday March 13 Carpool Trip Cost \$25.00 Call 528-1881 for details 	1 8:30 Coffee Hour /Bingo 9:00 AVADA Hearing (by Appt) 10:00 Crossword Puzzle 11:30 Lunch – Hot Dog 12:00 Bridge 12:15 Computer Class 12:30 Bingo 1:30 Follow-up Comp Research 3:30 Strength Training	2 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: Lasagna 12:30 Cards 4:00 Decorative Arts	3 8:30 Coffee Hour 9:00 Bingo 10:15 Piano 11:30 Lunch— Beef Burgundy 12:00 Crafty Hands 12:30 Art Class: Eunice Agar 12:00 Bridge 4:00 Misha's Advanced Exercise	4 8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch- Tuna Fish Sand/Tomato Soup 12:00 Bridge 2:00 Intermediate Tap
7 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch—Salisbury Steak 12:00 Movie: Intern 1:00 Balance & Movement 1-3 Liz Macchi Craft Sessions 2:30 Tap Dancing—Intermediate 5:30 – 7:30 Grief Support Group	8 8:30 Coffee Hour 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Oriental Chicken 12:00 Bridge 12:15 Computer Class 12:30 Bingo 1:30 Follow-up Comp Research 3:30 Strength Training	9 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 10:30 – 11:30 Consumer Protection 11:30 Lunch - Pizza 12:00 Brown Bag 12:00-1:30 Fuel Assistance (drop in) 12:30 Cards 2- 3:30 TRIAD Meeting 4:00 Decorative Arts	10 Veterans Lunch 8:30 Coffee Hour 9:00 Bingo 10:15 Piano 11:30 Lunch— Meatloaf 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	11 8:30 Coffee Hour 9:00 Tai Chi 9:00 – 12:00 Foot Nurse 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 12:15 Gentiva Interactive Balance Class 11:30 Lunch— Baked Fish 12:00 Bridge 2:00 Intermediate Tap
14 8:30 Coffee Hour 9 – 12 Noon Foot Nurse 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30: Out to Lunch: Mom's 11:30 Lunch—Stuffed Pepper Casserole 1:00 Balance & Movement 1-3 Liz Macchi Craft Sessions 2:30 Tap Dancing—Intermediate	15 8:30 Coffee Hour / 9:00 Bingo 8:30 Breakfast with Barbara/Virginia 10:00 Crossword Puzzle 11:30 Lunch- Roast Pork 12:00 Bridge 12:15 Computer Class 12:30 Bingo 1:30 Follow-up Comp Research 3:30 Strength Training	16 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch: Chili and Corn Bread 12:30 Cards 1:00 Caregiver Support Group 4:00 Decorative Arts	17 St Patrick's Lunch 8:30 Coffee Hour 9:00 Bingo 10:15 Piano 11:30 Lunch – Corned Beef / Cabbage 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise	18 Happy St Patrick Day Celebration 8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11 – 11:30 Andy Kelly and his band 11:30 Lunch— Mac and Cheese 12:00 Bridge 12:30 Basket Weaving Class 2:00 Intermediate Tap
21 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch- Swedish Meatballs 1:00 Balance & Movement 1-3 Liz Macchi Craft Sessions 2:30 Tap Dancing—Intermediate	22 8:30 Coffee 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Shephard's Pie 12:00 Bridge 12:15 Computer Class 12:30 Bingo 1:30 Follow-up Comp Research 1:30 Sam's Sugar Shack Trip 3:30 Strength Training	23 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch – Breakfast for Lunch 12:30 Cards 4:00 Decorative Arts	24 Veterans Lunch 8:30 Coffee Hour 9:00 Bingo 10:15 Piano 10:30 Gentiva Blood Pressure Checks 11:30 Lunch – Roast Turkey 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	25 8:30 Coffee Hour 9:00 Tai Chi 9:30 -11:30: Genealogy by appt 10:00 Harriet's Chair Exercise 11:30 Lunch—Salmon Boat 12:00 Bridge 12:30 Basket Weaving Class 2:00 Intermediate Tap 5:00 Gad Abouts: Swiss Hutte
28 8:30 Coffee Hour 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 Lunch— Chicken and Biscuit 1:00 Balance & Movement 1-3 Liz Macchi Craft Sessions 2:30 Tap Dancing—Intermediate	29 8:30 Coffee / 9:00 Bingo 10:00 Crossword Puzzle 11:30 Lunch— Lasagna 12:00 Bridge 12:15 Computer Class 12:30 Bingo 1:30 Follow-up Comp Research 3:30 Strength Training	30 8:30 Coffee Hour 9-11 AARP Tax Assistance (by Appt) 9:30 Easy Does it Yoga 11:30 Lunch – Tuna Casserole 12:30 Cards 1:15 COA Meeting 4:00 Decorative Arts	31 8:30 Coffee Hour 9:00 Bingo 10:15 Piano 11:30 Lunch – Cheeseburger 12:00 Crafty Hands 12:30 Bridge 12:30 Art Class: Eunice Agar 4:00 Misha's Advanced Exercise	For More Information and to Schedule Appointments call: 413-528-1881 Claire Teague Senior Center

Elder Services of Berkshire County - Nutrition Program

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

March 2016

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 *high sodium day* Hot Dog Baked Beans Coleslaw Hot Dog Roll Apple Crisp Calories: 1102		2 Lasagna 		3 Beef Burgundy Buttered Noodles Spinach Multigrain Bread Mixed Fruit Calories: 650		4 Tomato Soup Tuna Sandwich Cauliflower w/ Cheese Sauce Hot Dog Roll Peaches Sodium: 810			
7 Salisbury Steak Boiled Potatoes Wax Beans 100% Whole Wheat Bread Applesauce Calories 711		8 Oriental Chicken Fried Rice Mixed Vegetables Multigrain Bread Pineapple Fortune Cookie Calories 804		9 Pizza 		10 Meatloaf Gravy Mashed Potatoes Zucchini Dinner roll **Chocolate Pudding w/ Topping Calories: 892		11 Baked Fish Rice Pilaf Beets Oatmeal Bread Orange Calories: 546	
15 Stuffed Pepper Casserole Carrots Green Beans Italian Bread Pineapple Calories: 508		16 Chili and corn bread 		17 *high sodium day* *Corned Beef Hash Irish Potatoes Mixed Irish Vegetables 100% Whole Wheat Bread **St. Patrick's Day Jello w/ Topping Calories: 642		18 Macaroni & Cheese Stewed Tomatoes Peas & Mushrooms Rye Bread Mixed Fruit Calories: 642			
21 Swedish Meatballs Brown Rice Broccoli Rye Bread Pears Calories: 693		22 Shepherd's Pie Mashed Potatoes Yellow Squash 100% Whole Wheat Bread Banana Calories: 590		23 Breakfast for Lunch 		24 Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash Dinner Roll **Vanilla Pudding w/ Topping Calories: 772		25 Salmon Boat Roasted Potatoes Mixed Vegetables Multigrain Bread Applesauce Calories: 651	
28 Chicken and Biscuit Mashed Potatoes Mixed Greens Mixed Fruit Calories: 692		29 Lasagna Broccoli Carrots, (HDM) Italian Bread Pears Tossed Green Salad (Cong) Calories: 424		30 Tuna Casserole 		31 Cheeseburger w/ Roll Tater Tots Succotash Peaches Calories: 873		If you have any questions regarding your dietary needs please contact Elder Services Nutrition at 1-800-981-5201	

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.

Dietary Information: All meal totals include 1% Milk 100 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.

High sodium days are greater than 1200 mg sodium