

# GRAPEVINE

Claire W. Teague Senior Center

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



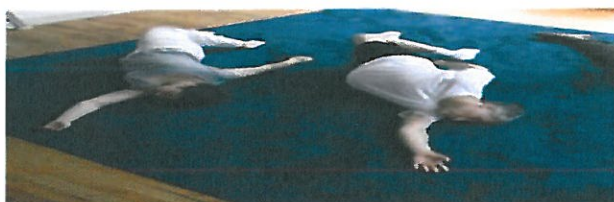
Why did the Indians get here first?

Because they had a reservation!

There's a better way to recover from injury, improve your posture, reduce stress, and increase flexibility. Join in with this mat class in **Feldenkrais Awareness Through Movement®**. Learn more about your habits, limitations, and opportunities for your body to move! **Mondays 10:00-11:15 am.**

**Feldenkrais® Awareness Through Movement®**, an internationally acclaimed process that builds proprioceptive body awareness skills through a series of gentle, developmental, flowing joint movements, that can subtly correct one's posture with profound effects. Greater flexibility, coordination and lightness. Open to seniors, no experience necessary other than curiosity about the way you move!

Misha Forrester, Instructor, LMT, GCFP



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## ARE YOU READY FOR ZUMBA®??!!

Starting Thursday November 6<sup>th</sup> at 2:30-3:15 at the Claire Teague Senior Center

Zumba Gold® is a dance fitness program designed for active older adults and beginners of all ages. It is a safe, effective and fun way to exercise body and mind. No experience or partner necessary, just come and dance!

Kim Conley, along with being a Licensed Zumba® instructor, is a Certified Kripalu Yoga Teacher, Pilates Instructor and Personal Trainer who works with people of every age and ability all over the Berkshires. Her eclectic professional experience has included stints in corporate public relations, classroom teaching, and interdisciplinary program design for children in theater and museum settings. She is also a fiction writer currently revising her first novel. Born and raised in New York City, Kim has a BS from Boston University and an MA from the New School for Social Research.

### **Squeaky Sneakers "Light" Exercise with Michelle!!**



Michelle has lightened up her routine and is looking forward to seeing new faces ;  
\* ) Join in and start squeaking those sneakers **Thursdays at 12:30!!**



### **CHAPTER 89...**

Will meet at the Claire Teague Senior Center on Monday, November 10 at 2:00 PM. Our speaker will be Mary Koncel from the Berkshire Humane Society's Purradise. Mary is the Humane Society's Educator. A 50/50 raffle will be held to benefit the scholarship fund. Refreshments to follow meeting and, as always, the public is welcome!



### **A Funny from Bruce!**

The NFL established a "Senior League" with the following team names:

San Francisco 79ers

Cleveland Brown Spots

Carolina Panters

Tampa Bay Miracle Ears

Cincinnati Ben Gays

Washington DrySkins







Mark your Calendar for coming attractions~

**Friday November 7<sup>th</sup>** at 1:00 and at 4:00. Lee Jaggi of Health New England on site to answer questions about their health insurance options. Please **RSVP by Thursday November 6<sup>th</sup>**, everyone is welcome.

**\*\*NEW\*\* Thursday November 6<sup>th</sup> at 2:30-3:15** Free one month trial Zumba Gold Class for seniors starting at the Claire Teague Senior Center.

**Saturday November 8<sup>th</sup> from 10 AM until 3PM** Craft Fair at Claire Teague Senior Center

**Saturday November 8<sup>th</sup>** BINGO~St. Peter Parish Center! Doors open 5:30pm – game starts at 6:30pm. \$10.00 - includes 2 Boards.

**Monday Nov.10<sup>th</sup> WALK from 10:00-11:30 AM** Walking For Your Health: An Historic Walking Tour of Downtown Gt. Barrington with David Rutstein. Meet in the Mason Library prkg. lot. **Rain date Mon., November 17<sup>th</sup>.**

**Tuesday November 11<sup>th</sup>** Center is **CLOSED** for **Veteran's Day**.

**Tuesday, November 18<sup>th</sup>** at 11:00 a.m. Monument Mt. High School Fall Festival.

**Monday, November 17<sup>th</sup>** at 2:00 AARP meeting, special guest is Mary Koncel, Educator with Berkshire Humane Society's Purradise.

**Thursday, November 20<sup>th</sup>** from 10:00 to 11:00 A.M - blood pressure clinic .

**Thursday, November 27<sup>th</sup> - Center is CLOSED** for **Thanksgiving Day**.

**Medicare Open Enrollment continues through December 7<sup>th</sup>.**

## MONDAY AT THE MOVIES

**SHOWTIME 12:15 pm**



**Monday, November 3<sup>rd</sup>** "Calendar Girls" with Helen Mirren

**Monday, December 1<sup>st</sup>** "The Notebook" with James Garner

**Monday, January 5<sup>th</sup>** "Cocoon" with Don Ameche

**Monday, February 2<sup>nd</sup>** "Mountain Men" with Charlton Heston

**Monday, March 2<sup>nd</sup>** "Patch Adams" with Robin Williams

**HOLIDAY REMINDER —**



Share the spirit and de-clutter at the same time! Bring in Holiday items for the **SALE** table.







**Wednesday November 5th is Birthday lunch free to all November birthday participants.**

**3rd Mary King**

**4th Helen Audino**

**7th Bruce Maxwell**

**12th Virginia Farnum**

**17th Nora Hayes**

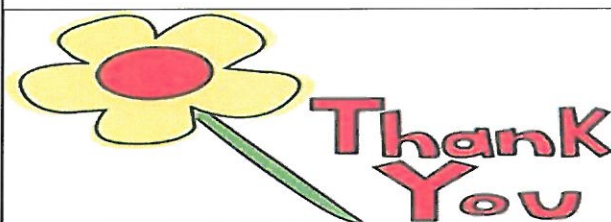
**26th Fay Diamond**

**27th Carolyn Carr**

**27th Louise Sierau**

**29th Priscilla Rueger**

A large thank you to Laurel Lake for a lovely lunch this past October 15th!



**Monday, Nov. 24th Bingo and Ice Cream Social** ~ Great Barrington Rehab will be calling Bingo and bringing the "goodies" ~ ice cream and toppings.

Invite your friends for this fun event!!



Give a big  
to Great Barrington Rehab!!

### **Walking For Your Health: An Historic Walking Tour of Downtown Gt. Barrington With David Rutstein**

**Nov. 10 walk from 10:00-11:30 AM and to meet in the Mason Library parking lot:**

Over the centuries, important people were born in Gt. Barrington, lived here, or are associated with our town.

Their accomplishments and achievements have had an impact on all of us, on the nation, and on the world.

We will be visiting site markers, sites, and buildings associated with these people, including historic events of note that also have affected the nation and the world.

The walk will include the historic Housatonic River Walk and will end on Main Street. **Rain date Mon., Nov. 17th.**

## BERKSHIRE TRAVELERS!!

We have gone on 8 trips this fiscal year and on the road again to see the BRIGHT LIGHTS Springfield on December 4th. The trip is \$10

person and we will be dining at the Olive Garden (not included in \$10). Time of departure from the Senior Center will be 4:00 PM. Come on and sign up on the flyer in the dining room—we are limited to 20 people.



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## COMING TRIP ATTRACTIONS...

Save your money and join us on the casino and a Country Western Garden Arts Center. The cost is \$69.00. We will be taking a big bus on this trip—yee-ha!!!



APRIL 16th to  
Show at the

**In May**—day trip to the Delaney House in Holyoke. Brunch and entertainment for the very reasonable price of \$39.00. A limit of 12 persons for the van.



**In the works** ~ a 3-day trip to Amish Country in PA. More coming attractions for the trip in the December issue!



**~MONTHLY EVENTS~**

**Grief Support Group** will meet **Monday, November 3rd 5:30-7:00. Open To All.**

**Brown Bag** will be distributed on **Wednesday, November 12th** **NOTE: Due to storage space and refrigeration, bags not picked up cannot be guaranteed to be held. No early birds PLEASE.**

The **Women's Cancer Support Group** will meet **Thursday, November 13th 4:00 PM to 5:30 PM.**

**Veterans' Lunches** will be on **Thursday, November 13th at 11:30 AM. Lunch is free for veterans.**

**Breakfast with Virginia and Barbara, Pancakes, eggs and sausage\—November 18th** (We would appreciate it if you could pay for the breakfast in advance—thank you !)

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

**Blood Pressure Clinic with VNA , Thursday November 20th** from **10:00 AM to 11:00 AM.**

**Thanksgiving Dinner, November 20th—Live music and raffle.**

This month's **Council On Aging Board Meeting** will be held as a November/December meeting on **Wednesday, December 10th at 1:15 PM.**

**AVADA Hearing** will be on site **Tuesday November 4th** by appointment.

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

**Quilting Guild** will meet on **Tuesday, November 11th at 7:00 PM.**

**Out -to-Lunch Bunch** **Monday November 17th at 11:30 AM** (Housie Market and Cafe)

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

**Monthly Movie ~ Monday November 3rd 12:00-200**



*AS TIME GOES BY...A Monthly Commentary on Local and Other Events of Historical Interest and Note....by David Rutstein*

### **The Worst of the Worst Winter**

"Blizzard Was King"... "The Metropolis Helpless Under Snow"... "Hardly A Wheel Turns"... the banner front page headlines read. Does this sound like one of our Berkshire winter snow storms? Wrong! These are contemporary news accounts from the New York *Sun* of March 13, 1888 announcing blizzard conditions that have arrived in the northeast.

With another winter on its way and with our quirky weather system, will this happen again? Who knows?

Paul Ivory, present chairman of the Gt. Barrington Historical Commission, in the Gt. Barrington Historical Society Winter newsletter of 1983, described perfectly this blizzard and its effect on our town. The blizzard of 1888 shut down Gt. Barrington with winds howling of up to 70 miles per hour and snow drifts 10-30 feet high wreaking havoc everywhere. Downtown looked like a ghost town with Main street deserted of animals and people. One example of the power of this storm was the significant amount of snow covering a coal scale at the Burgett & Lewis Store at the corner of Castle and Main streets with the accumulation of snow weighing 2,700 pounds!

Berkshire railway lines became impassable with passenger cars just stuck and stranded with the blizzard roaring around these immovable objects. A theatrical group travelling by rail from Danbury, CT to Gt. Barrington, was forced to burn outside fencing to keep themselves from freezing until being rescued the next day. Residents of Gt. Barrington had to get through drifts up to their armpits to get from the front door to the street.

By Wednesday of March 14, the storm was over and the good folks here began to dig themselves out. With shoveling on Main Street (no internal combustion engine vehicles in those days) adding to the very high snow mounds, it became almost impossible to cross the street. Teams of horses pulling wagons carried the snow from Main and Railroad Street and dumped it into the Housatonic River. Let's hope that another such winter catastrophe is not a plausibility for the 2014-15 winter season. Florida, here we come!

