

# GRAPEVINE

## November 2016

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

The Great Barrington Historical Society is going to Remember Pearl Harbor Day on December 7, 2016 at the Claire Teague Senior Center at 7:00 PM.

America Enters the Second World War: The Empire of Japan Attacks the United States 75 Years ago On December 7, 1941- Why Did This Happen? The public is cordially invited to attend this program. This is will be a presentation by guest speaker David Rutstein. Stay tuned, more information to follow in our December newsletter.



**Berkshire Community Action Council (BCAC)** will be returning to the senior center in November, date and time not set yet, to assist with fuel assistance renewal applications. However, BCAC does have office hours for assistance with new applications at Community Health Programs (CHP) at 444 Stockbridge Road. Their hours are on Wednesday's & Thursday's from 12:00 PM to 3:00 PM but it is by appointment only. You can make an appointment by calling the BCAC office in Pittsfield at 413-445-4503. BCAC also has a locked drop box at CHP that you can leave paperwork in as well.

This month in **1916** the following occurred.....

**November 1**— The first 40-hour week officially begins in the Endicott—Johnson factories of Western New York.

**November 5**— The Kingdom of Poland is proclaimed by a joint act of the emperors of Germany and Austria.

**November 7**— U.S. presidential election, Democratic Woodrow Wilson narrowly defeats Republican Charles E. Hughes.

**November 21**— WWI: Hospital ship HMHS *Britannic*, designed as the third *Olympic*—class ocean liner for White Star Line, sinks in the Kea Channel of the Aegean Sea after hitting a mine. 30 lives are lost. At 48,158 gross register tons, she is the largest ship lost during the war.



\*Just a reminder, the center will be closed on Friday, November 11th for Veteran's Day and Thursday, November 24th for Thanksgiving. This year we will also be closed on Friday, November 25th as well.\*

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### 25th Annual Senior Citizen Fall Festival

Monument Mountain Regional High School's annual fall concert and luncheon will be on Tuesday, November 15th at 11:00 AM. It will take place in the high school auditorium and there will be a lunch following the concert at 12:30 PM in the high school cafeteria. We will be offering a van ride to the school at a discount and there is a sign up sheet in the dining room. You can reserve a spot for the concert by placing your name on our sign up sheet or you can call the high school at 528-3346 x167. It should be a great concert and we hope you can make it!





There are three things MassachusettsTax-Aide would like you to be aware of that are happening in the tax world, either right now, or that will be happening in the tax season.

**Tax Fraud:** The IRS never contacts people with tax issues by phone or email for first contact. The good news and the bad news is that we have been sufficiently effective so that the bad guys are changing tactics.

This year there is an increasing number of schemes that involve sending fake "IRS Letters" to people. Many of them allege there has been a problem with the way their Affordable Care Act (ACA) payment has been calculated. This can be a bit insidious as there have been widely publicized issues in this area that can encourage people to think these messages are real.

A couple of quick tips to spot fraudulent letters.....

Seniors on Medicare generally do not have an ACA related payment, thus something alleging a problem in that area is likely to be incorrect.

Presently many of the fraud schemes say write a check to the I.R.S. Legitimate IRS letters say write a check to the United States Treasury. A check written that way is harder for the fraudsters to cash.

The address to send the check is not a proper IRS address although I understand exactly that a correct IRS address may be hard for you to sort out. The most prevalent current scheme is using an Austin Texas PO box.

If in doubt, contact the IRS through a method they control, such as calling the IRS @ 1-800-829-1040 and ask if it is real.

**Good News -- Tax Preparation Software:** The IRS has selected new software for the National Volunteer Program. On the plus side the software is much easier to use.

**Bad News -- Tax Preparation Software:** On the minus side there are a number of impacts to having new software. In general tax preparation will take longer, partly because there will be no carry forward data. Thus, unlike past years, data for former clients will not be automatically entered. Everything will need to be entered manually. Taxpayers will need to bring last year's return with them.

Second, with new software, at least for a few weeks, there will be a learning curve and we will be slower until we become very adept.

Third, some of the very features that make it easy for a new counselor to learn may slow down experienced counselors, thus increasing preparation time. As you know, many of our counselors have a great deal of experience with the former software.

And fourth, the product is relatively new to Massachusetts and does not efficiently handle well the idiosyncrasies of the Massachusetts State Tax Return, so your counselors will need to do those things by hand.

It is also possible that the new software is not sufficiently robust to handle some less common situations so we may end up turning away some clients we have been able to help in the past.

## EXERCISE CLASSES

### Monday:

9:15 AM- Cross Training with Misha (\$3.50)

10:00 AM- Awareness Through Movement with Misha (floor) (\$3.50)

1:00 PM- Balance and Movement with Misha (chair) (\$3.00)

2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

### Tuesday:

10:00 AM- Pilates with Kathy Casey (\$3.50)

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

### Wednesday:

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

### 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)



Nov. 1 Belle Piontek

Nov. 3 Mary King

Nov. 3 Lawrence Stannard

Nov. 4 Helen Audino

Nov. 7 Bruce Maxwell

Nov. 9 Katie Kilmer

Nov. 9 Maureen Avery

Nov. 9 Roberta Parry

Nov. 12 Virginia Farnum

Nov. 14 Winona Harding

Nov. 14 Paulette Johnson

Nov. 17 Nora Hayes

Nov. 17 Carolyn Arienti

Nov. 17 Emma Daigle

Nov. 23 Betty Pratt

Nov. 26 Fay Diamond

Nov. 27 Carolyn Carr

Nov. 29 Priscilla Rueger

**HAPPY BIRTHDAY TO ALL!**

## Berkshire Traveler's TRAVEL CLUB

**\*\*Please note, there will be fewer trips planned for the winter. Most trips that will occur will be local due to weather.\*\***

### Bright Nights At Forest Park

SBETC will be sponsoring a trip to Bright Nights in Springfield MA to see the holiday lights on Monday, December 5th.

There is room for at least 12 people. We will be leaving the senior center at 4:00 PM. After the holiday lights we will be stopping for dinner at The Olive Garden. The cost for the trip is \$10 per person (plus dinner). The money is due no later than November 28th. The sign up is in the dining room.



### UPDATES:

We are still accepting donated items for the **Holiday Sales Table**. If you have any holiday items you no longer want or would like to donate, please bring them in to the center to Polly or Jenn as soon as possible. We will be setting up the table in the beginning of November. All holiday crafters are welcome to place their items on our holiday table this year too. Please call Polly or Jenn for more information. Thank you!

## FUTURE TRIPS

If you are interested in going on any of these trips please let Grace know so she can work her magic getting all the details together.

### The Aqua Turf Club

Plantsville Connecticut Jimmy Sturr Christmas Show starring Jimmy Sturr and his Orchestra and special guest "The Four Aces" Thursday, December 8. The cost is \$57.00 which includes lunch, Matinee Show and The Four Aces performance. There is room for 12 people. Sign up sheet is in the dining room. Money needs to be paid no later than November 17th.



**Please remember to check in with your senior center card when you arrive every day. If you need to sign up for a card, please see Jenn or Polly. We will enter your information into the My Senior Center system and show you how and when to use your card.**

**By signing in each day you use the Senior Center, it will help us get grant monies to continue the center's multiple activities.**



**A Little Q&A**

Ever wonder the difference between "Sell-by", "Best if Used by" and "Use by"? And is the product still good after these dates that are listed?

Here is the answer:

"Sell-by" indicates how long a store can display a product. Purchase of the product before this date is advisable. "Best if used by" or "Best before" is the date suggested for best flavor or quality. "Use by" is the end of the product's shelf-life as determined by the manufacturer. The product will no longer be at peak quality beyond this date. Typically, consumers should discard the product very soon, if not immediately, after the "Use by" date. If properly refrigerated, products labeled with a "Sell-by" or "Best before" date should hold their quality for a short length of time after the date.

**Exercise Class Returns!**

Matter of Balance classes will be offered at the Senior Center this coming Spring. Be on the lookout for information on the class in the near future!



A big thank you to Polly and Jenn for the wonderful dinner they put together for the senior center volunteers in September. It was a great time and the food was delicious!



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**REMINDER:**

During the winter months you can check the senior center closings with WSBS radio by tuning in to their station at 860 AM/ 94.1 FM or by calling them at 528-0860. Typically, if Berkshire Hills Regional School District is closed, so will the senior center, the meal sites and Southern Berkshire Elderly Transportation Corporation (SBETC).



ALL of those announcements will be made on the radio so stay tuned!

People have donated packages of mattress pads and Depends in various sizes that are free to anyone, while supplies last. Please see Polly or Jenn to get these items or for further questions. Thank you!

Ron Baker will be performing during our lunch on Tuesday, November 22nd. Hope you can stop in for lunch and hear him play.

**First Saturday Documentary Series continues**

On Saturday, November 5 at 7:45 PM (doors open at 7:00), the Library will be showing **Outermost Radio** at the senior center. It is about a long running, free spirited community radio station WOMR in Provincetown, Massachusetts. All are welcome and everything is free!

**New Class for Spring?**

Is there any interest in starting a plastic canvas needlepoint class this Spring?? Please sign up in the dining room if you think you would be interested. Thank you!

On Wednesday, November 23rd at 11:50 AM, our tap instructor Carolyn Calandro and the Teague Tappers will be performing "Uptown Funk" and "The Blues Machine" in the dining room during lunch. It will be a great performance. Come watch them perform!



# November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*Coffee Hour every day at 8:30 AM*</b></p> <p>7</p> <p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Beef Stew 12:30 Movie: "Rainman" 1:00 Balance &amp; Movement 2:30 Intermediate Tap</p>	<p>1</p> <p>8:45 Women to Women Discussion Grp 9:00 Avada (by appointment) 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 12:30 Bingo / Beginner Piano 3:30 Strength Training</p>	<p>2</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Soup &amp; Sandwich 11:45 BERKSHIRE SCHOOL DANCE CLASS 12:30 Pitch 4:00 Decorative Arts</p>	<p>3</p> <p>9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Dominos 11:30 LUNCH- Corn Chowder &amp; Tuna Salad 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class-Eunice Agar/ Rummikub 4:00 Misha's Advanced Exercise</p>	<p>4</p> <p>9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chicken Breast Filet w/ Gravy 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap</p>
<p>14</p> <p>9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Chicken w/ Bruschetta Sauce 12:00 Out to Lunch Bunch (Barrington Bagel) 1:00 Balance &amp; Movement 2:30 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p>8</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Veal Parmesan 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>9</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Meatball Stroganoff 12:30 Brown Bag 2:00 A.G.E. TRIAD 12:30 Pitch 4:00 Decorative Arts</p>	<p>10</p> <p>VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News &amp; Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Chicken w/Hawaiian Sauce 12:00 Bridge/ Crafty Hands 12:30 Rummikub 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group</p>	<p>11</p> <p><b>SENIOR CENTER CLOSED</b></p> <p><b>Veterans Day</b></p>
<p>21</p> <p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Salmon Boat w/ Newburg Sauce 1:00 Balance &amp; Movement 2:30 Intermediate Tap</p>	<p>22</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Chicken Parmesan 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>23</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Cookout (Hamburgers &amp; Hot Dogs) 12:30 Pitch 4:00 Decorative Arts</p>	<p>24</p> <p><b>SENIOR CENTER CLOSED</b></p>	<p>25</p> <p><b>SENIOR CENTER CLOSED</b></p>
<p>28</p> <p>9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Hot Dog 12:30 Ice Cream and Bingo 1:00 Balance &amp; Movement 2:30 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p>29</p> <p>8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Sloppy Joe on a Bun 12:00 Bridge 12:30 Bingo/ Beginner Piano 3:30 Strength Training</p>	<p>30</p> <p>9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Tex Mex (mild) by Chef Avery 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>		<p>For more information or to schedule appointments call: 413-528-1881  Lunch RSVP: 413-528-4118 *At least 1 day in advance*</p>



# Elder Services of Berkshire County - Nutrition Program

**NOVEMBER 2016**

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> Roast Pork with Gravy Mashed Potatoes Green Beans Whole Wheat Dinner Roll Blueberry Snack Loaf** Calories: 733 Sodium: 719	<b>2</b> <i>Soup and Sandwich</i>	<b>3</b> Corn Chowder (c) Tuna Salad Broccoli Hot Dog Roll Peach Crisp w/ Whipped Topping Calories: 799 Sodium: 813	<b>4</b> Chicken Breast Filet w/Gravy* Rice Pilaf Carrots 100% Whole Wheat Bread Orange Calories: 698 Sodium: 1039	
<b>7</b> Beef Stew Boiled Potato Beets Whole Wheat Biscuit Applesauce Calories: 838 Sodium: 1088	<b>8</b> Veal Parmesan Whole Wheat Penne w/Sauce Mixed Vegetables Italian Bread Pineapple Calories: 921 Sodium: 814	<b>9</b> <i>Meatball Stroganoff</i>	<b>10</b> Chicken w/ Hawaiian Sauce* Coconut Rice Spinach Oatmeal Bread Peaches Whipped Topping Calories: 732 Sodium: 1194	<b>11</b> VETERAN'S DAY
<b>14</b> Chicken w/Bruschetta Sauce* Noodles Carrots (MOW) Italian Bread Pineapple Tossed Salad (cong) Calories: 556 Sodium: 1020	<b>15</b> Breaded Pollock Au gratin Potatoes Peas w/Mushrooms Rye Bread Pears Calories: 597 Sodium: 641	<b>16</b> <i>Pasta</i>	<b>17</b> THANKSGIVING DINNER Roast Turkey w/Gravy* Mashed Potatoes Winter Root Vegetables Snowflake Dinner Roll Pumpkin Pie** Calories: 1004 Sodium: 1497	<b>18</b> Macaroni and Cheese Stewed Tomatoes Mixed Vegetables Multigrain Bread Applesauce Calories: 621 Sodium: 810
<b>21</b> Salmon Boat w/Newburg Sauce Newburg Sauce Brown Rice Pilaf Corn Rye Bread Pineapple Calories: 699 Sodium: 954	<b>22</b> Chicken Parmesan* Ziti w/ Sauce Spinach (MOW) Multigrain Bread Apple Tossed Salad (cong) Calories: 823 Sodium: 982	<b>23</b> <i>Cookout (Hamburgers &amp; Hot Dogs)</i>	<b>24</b> THANKSGIVING DAY	<b>25</b> Closed
<b>28</b> Hot Dog* Hot Dog Roll Baked Beans Coleslaw Warm Spiced Apples Calories: 855 Sodium: 1174	<b>29</b> Sloppy Joe on a Bun Au gratin Potatoes Corn Hamburger Roll Peaches Calories: 678 Sodium: 596	<b>30</b> <i>Tex Mex (mild) by Chef Avery</i>		

**Dietary Information:** All meals include 1% Milk 100 calories/107 mg sodium  
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. \*High Sodium \*\*Modifications for restricted sugar available  
Nutrition information provided is not exact but will help guide you.

**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.

# Thanksgiving Word Search



ALGONQUIN  
AMERICA  
CANOE  
COLONY  
COOK  
CORN  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRAVY  
HARVEST  
INDIANS  
JOHN CARVER  
LONGHOUSE  
MAIZE  
MASSASOIT  
MAYFLOWER  
MILES STANDISH  
NEW WORLD  
PATUXET  
PIE  
PILGRIMS  
PLYMOUTH  
PUMPKIN  
PURITANS  
SAIL  
SAMOSET  
SETTLERS  
SICKNESS  
SQUANTO  
SQUASH  
STUFFING  
THANKSGIVING  
TREATY  
TURKEY  
VOYAGE  
YAMS

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



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

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