#### **GRAPEVINE**

#### October 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

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As most of you know, Grace Zbell will no longer be our meal site manager, she has many more places and fun things to do, not that serving as your meal site manager wasn't great fun!! Grace has done a great job and will continue to be a part of our Wednesday meals and the many other hats she wears at the senior center but please give her a big THANK YOU for her dedication and hard work and most of all her bread pudding and turkey stuffing!! Don't worry she says she will continue to provide us with her stuffing.

On that note, we need some help in the kitchen. I will temporarily be overseeing the meal site until we can fill the position with volunteer help. We have very dedicated volunteers that will continue to help out and remember starting in October we will be preparing our own meals on site.

It is Medicare Open Enrollment time!!!

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☆ Starting October 15th you will have the opportunity to change your Part D prescription drug plans. Even if you are satisfied ☆ with your current plan there may be changes to the premiums or formulary's. You will be receiving lots of mail from different plans and it can be very confusing. We have four SHINE counselors available to assist you checking your current plan and comparing it to the new plans. We will be holding open enrollment hours in the months of October ,November 🜣 and up to December 7th when open enrollment ends. We have four SHINE counselors available this year. Joan Ury's hours are Monday's from 10:30-3:00 for in depth health insurance counseling. Polly Mann, Michele Gilligan and Jennifer Bailly will also be assisting this year so please call and make an appointment to make sure you have a good plan this year. 🌣

We are offering an Open Enrollment presentation by Joan Ury on Friday, October 14th from 1:00-2:00 PM.

Just a reminder, the center will be closed on Monday, October 10th for Columbus Day.

Have a great long weekend!

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#### Be Aware of Scams, Fraud & Identity Theft

Berkshire County Consumer Services Program, in cooperation with the MA Attorney General's Office, will present information and have a discussion on scams, fraud and identity theft. They will be at the center on Wednesday, October 12, 2016 at 2:00 PM during The A.G.E. TRIAD meeting.





#### **First Saturday Documentaries**

First Saturday Documentaries For Everyone has selected films for their three month pilot program of recent documentaries chosen to spark community discussion. The series, hosted by Friends of the

Gt. Barrington Libraries, will begin October 1st with a wine and cheese reception at 7pm, the film at 7:45 and a group discussion and more refreshments from 9 pm until 10 pm.

Saturday, October 1st screening is *Here Come The Vide-ofreex*. The 2015 film uses restored footage shot by an underground video collective in the sixties and seventies.

Saturday, November 5th, the film will be *Outermost Radio*, a documentary about the long running, free spirited community radio station WOMR in Provincetown, Massachusetts.

91% will be shown on Saturday, December 3rd. It uses individual testimonies on gun violence in America to show its devastating effects on individuals and communities.

All films will be shown at the Claire Teague Senior Center in Great Barrington and are open to people of all ages. The project is designed to provide outreach for the Great Barrington Libraries. The doors open at 7pm and the documentaries start at 7:45 pm. The films are not rated and some may contain strong language. The Center is fully accessible. All are welcome and everything is free.

#### **EXERCISE CLASSES**

#### Monday:

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

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

1PM- Balance and Movement with Misha (Chair) (\$3.00)

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

10 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 AM- Therapeutic Movement /Breathing Class with Suzanne (\$3.00)

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

#### Friday:

9 AM- Tai Chi with Christine (\$3.00)

10 AM -Chair exercises with Harriet (Free)

2 PM- Intermediate Tap (\$5.00)

KATHI CASEY & SEVERAL PARTICIPANTS FROM TUESDAY'S PILATES CLASS WILL BE INTER-VIEWED ON WSBS TUESDAY, OCTOBER 6TH AT 9:15 AM. Hope you can tune in!!

#### Job Fair

A representative from Home Instead will be here for a job fair on Wednesday, October 19th from 10:00 AM to 12:00 PM to recruit seniors to work as caregivers for Home Instead. Feel free to stop by and see them!

The Berkshire Community Action Council (BCAC) will be conducting site visits at the senior center to help with fuel assistance renewal applications. A representative will be here on Wednesday, October 19th from 10:30 AM-11:30 AM.



Oct. 5 Dorothy Heath
Oct. 24 Robert Farnum
Oct. 13 Augusta White
Oct. 25 Edmond Troccia
Oct. 14 Florence Sasso
Oct. 28 Bill Clark
Oct. 18 Bob Jones
Oct. 30 Richard Daris
Oct. 21 Barbara Davidson
Oct. 31 Mary Anne Murray

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.\*\*

#### 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 trip to Salem MA and the trip to the Robert Frost House in October are both full unless there is a cancellation. They both should be great trips and we're excited there was a lot of interest in them!



#### 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 fee is \$57.00 which includes lunch, Matinee Show and The Four Aces performance. Sign up sheet is in the dining room.



#### **UPDATE:**

The **Craft Fair** is being postponed until Spring. If you have a craft you would like to put out to sell, please let Polly or Jenn know.

Also, we will be having a **Holiday Sales Table**. We need donated items. If you have any, please bring them in to the center beginning in mid October. Thank you!



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.

#### **Ethnic Family Fair**

Come join us for a great afternoon of food and fun! On Sunday, October 23rd from 12:00 PM to 3:00 PM we will have the Andy Kelly band playing music from around the world. Please bring your favorite ethnic dish in a covered container. We will be serving glasses of wine for \$4.00. We will have kids games, face painting, 50/50 raffle and bingo at 2:00. We need decorations related to this event. If you have an item, table setting, flag or other knick knack to display on our tables, please call Polly or Jenn or bring it in. Sign up sheet to bring food will be in the dining room.



#### **Historical Society Event**

The Historical Society will be presenting a program on Wednesday, October 5th at 7:00 PM at the Senior Center. Jill Lipski will be presenting the history of the Jenif-

er House on Stockbridge Road (Route 7). It will be a great time to learn about some of Great Barrington's history. Hope you can join us!



#### Women to Women Discussion Group

Rita Dichele will be facilitating a new women's discussion group. It will be starting Tuesday, October 4th at 8:45 AM in the Library with coffee and refreshments followed by chosen women's topics. Hope you can join her!

#### **CodeRED** registration

Want to be notified of emergencies in Great Barrington & Housatonic? Sign up for CodeRED with Karen Smith on Thursday, October 6th from 10:30 AM-2:30 PM at the Senior Center. There is no charge to sign up for these notifications. If you would like to sign up before or after that date please see Jenn for assistance.

Polly will be away at a MCOA Conference in Falmouth, MA from Wednesday, October 26 to Friday, October 28. Jenn will be in every day to oversee the center's daily activities.

#### **Halloween Party**

We will be having a party on Monday, October 31st from 11:00 AM to 12:00 PM. There will be music, games and prizes for those dressed in costume.

We can't wait to see all those costumes!!

#### Lunch Menu Change

Starting in October, the senior center will be serving onsite prepared meals on Wednesday's. It will be a variety of meals and will be posted in the newsletter like usual. Cost is still \$2.00.

A Mass Rehab representative will host an event with a display of different assistive phones for both low vision and impaired hearing on Thursday, October 6th at 12:00 PM here at the center.

#### Early Voting at the Senior Center

Town Clerk Marie Ryan will be coming to the center on Wednesday, October 26th from 10:00 AM—2:00 PM so registered Great Barrington/Housatonic voters can vote early for November's election, should they chose not to vote on election day.



		October 2016		
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ROBERT FROST TRIP 3		5	9	7
9:15 Cross Iraining	8:45 Women to Women Discussion Grp	9:00 -12:00 Genealogy by Appt.	9:30 Vera's Painting Class	9:00 Tai Chi
10:30 SUINE his Apple CANCELLED	9:30 bingo	9:30 Easy Does It Yoga	10:00 News & Views	10:00 Harriet's Chair Exercise
11:30 HINCH, Book Book W. Com	10:00 Dilator with Koth:	11:30 LUNCH- Tomato Soup & Grilled	10:00 Dominos	11:30 LUNCH- Chili
12:30 Movie: fou	11.50 FIRES WITH NATH	Cheese	10:00 Therapeutic breathing	12:00 Bridge
1:00 Balance & Movement	Carciatoro	4:00 Personalise & te	11:30 LUNCH- Veal Patty W/Pepper	12:45 Beginner Tap
1:30 Canasta	12:00 Bridge	7:00 Historical Cociety Descentation	12:00 Conferenced	2:00 Intermediate Tap
2:30 Intermediate Tap	12:15 Computer Class	ייסס ווופרסובים פסרוביל ביביבוון מווחוו	12:00 Crafty hands	
	12:30 Bingo / Beginner Piano		12:30 Art Class-Finice Agar/ Rimmikiih	
	3:30 Strength Training		4:00 Misha's Advanced Exercise	
10		12	VETERAN'S LUNCH 13	14
SENIOR CENTER CLOSED	8:45 Women to Women Discussion Grp	9:00-12:00 Genealogy by Appt.	9:30 Vera's Painting Class	9:00 Tai Chi
	9:30 Bingo	9:30 Easy Does it Yoga	10:00 News & Views	9:00 Foot Nurse by Appt.
(	10:00 Crossword Puzzle	11:30 LUNCH- COOKOUT	10:00 Therapeutic breathing	10:00 Harriet's Chair Exercise
- Warden	40:00 Pilates with Kathi CANCELLED	12:30 Brown Bag	10:00 Dominos	11:30 LUNCH- Grilled Chicken Piccata
	11:30 LUNCH- Beef Stew	2:00 A.G.E. TRIAD	11:30 LUNCH- Breaded Pollock	12:00 Bridge
	12:00 Bridge	12:30 Pitch	12:00 Crafty Hands	12:45 Beginner Tap
	12:15 Computer Class	4:00 Decorative Arts	12:00 Bridge	1:00-2:00 Medicare Open Enrollment
	12:30 Bingo/ Beginner Piano		12:30 Rummikub	Talk with Joan Ury
	3:30 Strength Training		12:30 Art Class-Eunice Agar	2:00 Intermediate Tap
			4:00 Misha's Advanced Exercise	
The saling	4		4:00 Breast Cancer Support Group	
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5:00 FOOL RUISE BY Appt.		9:00-12:00 Genealogy by Appt.	9:30 Vera's Painting Class	9:00 Tai Chi
10:00 Augropes through Manager	8:45 Women to Women Discussion Grp	9:30 Easy Does it Yoga	10:00 News & Views	10:00 Harriet's Chair Exercise
10:30 CUINE by Apart	4.30 bingo	10:00-12:00 Home instead Job Fair	10:00 Therapeutic breathing	11:30 LUNCH- Rainbow Trout w/
10:30 SHINE BY Appt	10:00 Crassword Puzzle	10:30-11:30 BCAC Fuel Assistance	10:00 Dominos	Crumb Topping
12:50 Cutter Tuna Noodle Casserole	10:00 Pilates with Kathi	11:30 LUNCH- Hot Turkey Sandwich	11:30 LUNCH- Meatloaf w/ Gravy	12:00 Bridge
1.00 Colour to Lunch Bunch (See Flyer)	11:30 LUNCH- Pork Meatballs	12:30 Pitch	12:00 Crafty Hands	12:45 Beginner Tap
1:00 Balance & Movement	12:00 Bridge	1:00 Caregiver Support Group	12:00 Bridge	2:00 Intermediate Tap
2.20 Canasta	12:15 Computer Class	4:00 Decorative Arts	12:30 Rummikub	
2:30 Intermediate Tap	12:30 Bingo / Beginner Piano		12:30 Art Class- Eunice Agar	
24	20	TOWN CLEBY VISITS		
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5:30 - 7:30 Grief Support Group	3:30 Strength Training		12:30 Rummikub	
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			4:00 Misha's Advanced Exercise	21.21
9:15 Cross Training 31			4:00 Breast Cancer Support Group	
gh Movement				For more information or to
10:30 SHINE by Appt				schedule appointments call:
11:30 LUNCH- Goulash			"Coffee Hour	413-528-1881
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1:30 balance & Movement	)		at 8:30 AM*	THE PARTY OF THE P
2:30 Intermediate Tan	Halloween Party at 11:00 on Oct 31			"At least I day in advance"
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## OCTOBER 2016

# Elder Services of Berkshire County - Nutrition Program

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.

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		WEDNESDAY	THURSDAY	FRIDAY	
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31 Halloween			SOUINIT:	430 Calories 111 Sodium:	544
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	9				
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Italian Bread 230	0				
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Carolles. 130 Sodium: 357					

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.

October 2016 GRAPEVINE



#### Halloween

October 31st

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FRIGHTFUL
GHOUL
GRIM REAPER
HAUNTED
JACKOLANTERN
MUMMY

NETHERWORLD
OGRE
POTION
SCREECH
SCYTHE
SPELLBOUND
SUPERNATURAL
TIRCK OR TREAT
WITCH
ZOMBIE



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

#### BERKSHIRE COUNTY CONSUMER SERVICES PROGRAM

Local Consumer Program funded by and working in cooperation with The Massachusetts Attorney General's Office

### Will Present Information and Discussion On SCAMS — FRAUD — IDENTITY THEFT

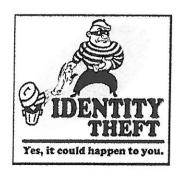
Wednesday, October 12, 2016 At 2:00 PM







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#### Speaker

Kate Alexander, Consumer Counselor/Mediator Berkshire Consumer Services Program Presented By:

The AGE TRIAD

At the Claire Teague Senior Center 917 South Main St Great Barrington

#### You'll learn:

What is a scam? A fraud? What is Identity Theft? Can they be prevented?

How do thieves get your personal information?

How to protect yourself from becoming a victim.

What to do if you become a victim.

Q & A session!