

October 2016

Transportation: 413-528-4773



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 Videofreex***. 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 INTERVIEWED 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.



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|--------------------------|--------------------------|
| 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.****

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!



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!



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



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 knock 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 Jenifer 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!



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!!



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!

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.

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.

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.

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.



October 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt CANCELLED 11:30 LUNCH- Pork Roast w/ Gravy 12:30 Movie: Joy 1:00 Balance & Movement 1:30 Canasta 2:30 Intermediate Tap	4 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH-Grilled Chicken Cacciatore 12:00 Bridge 12:15 Computer Class 12:30 Bingo / Beginner Piano 3:30 Strength Training	5 9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Tomato Soup & Grilled Cheese 12:30 Pitch 4:00 Decorative Arts 7:00 Historical Society Presentation	6 9:30 Vera's Painting Class 10:00 News & Views 10:00 Dominos 10:00 Therapeutic breathing 11:30 LUNCH- Veal Patty w/Pepper Gravy 12:00 Crafty Hands 12:00 Bridge 12:30 Art Class-Eunice Agar/ Rummikub 4:00 Misha's Advanced Exercise	7 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Chili 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap
10 SENIOR CENTER CLOSED 	11 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi CANCELLED 11:30 LUNCH- Beef Stew 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training	12 9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- COOKOUT 12:30 Brown Bag 2:00 A.G.E. TRIAD 12:30 Pitch 4:00 Decorative Arts	13 VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Breaded Pollock 12:00 Crafty Hands 12:00 Bridge 12:30 Rummikub 12:30 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	14 9:00 Tai Chi 9:00 Foot Nurse by Appt. 10:00 Harriet's Chair Exercise 11:30 LUNCH- Grilled Chicken Piccata 12:00 Bridge 12:45 Beginner Tap 1:00-2:00 Medicare Open Enrollment Talk with Joan Ury 2:00 Intermediate Tap
17 TRIP TO SALEM 9:00 Foot Nurse by Appt. 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Tuna Noodle Casserole 12:00 Out to Lunch Bunch (See Flyer) 1:00 Balance & Movement 1:30 Canasta 2:30 Intermediate Tap	18 8:30 Breakfast (See Flyer) 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Pork Meatballs 12:00 Bridge 12:15 Computer Class 12:30 Bingo / Beginner Piano 3:30 Strength Training	19 9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 10:00-12:00 Home Instead Job Fair 10:30-11:30 BCAC Fuel Assistance 11:30 LUNCH- Hot Turkey Sandwich 12:30 Pitch 1:00 Caregiver Support Group 4:00 Decorative Arts	20 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 11:30 LUNCH- Meatloaf w/ Gravy 12:00 Crafty Hands 12:00 Bridge 12:30 Rummikub 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	21 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Rainbow Trout w/ Crumb Topping 12:00 Bridge 12:45 Beginner Tap 2:00 Intermediate Tap
24 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Shepherd's Pie 12:30 Ice Cream and Bingo 1:00 Balance & Movement 1:30 Canasta 2:30 Intermediate Tap 5:30 - 7:30 Grief Support Group	25 8:45 Women to Women Discussion Grp 9:30 Bingo 10:00 Crossword Puzzle 10:00 Pilates with Kathi 11:30 LUNCH- Macaroni & Cheese 12:00 Bridge 12:15 Computer Class 12:30 Bingo/ Beginner Piano 3:30 Strength Training	26 TOWN CLERK VISITS 9:00-12:00 Genealogy by Appt. 9:30 Easy Does it Yoga 11:30 LUNCH- Pizza 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts	27 VETERAN'S LUNCH 9:30 Vera's Painting Class 10:00 News & Views 10:00 Therapeutic breathing 10:00 Dominos 10:30 Blood Pressure Clinic 11:30 LUNCH- Grilled Chicken Marsala 12:00 Crafty Hands 12:00 Bridge 12:30 Rummikub 12:30 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Breast Cancer Support Group	28 9:00 Tai Chi 10:00 Harriet's Chair Exercise 11:30 LUNCH- Egg Salad 12:00 Bridge 2:00 Intermediate Tap 12:45 Beginner Tap 5:00 Gad Abouts (See Flyer)
31 9:15 Cross Training 10:00 Awareness through Movement 10:30 SHINE by Appt 11:30 LUNCH- Goulash 12:30 Ice Cream and Bingo 1:00 Balance & Movement 1:30 Canasta 2:30 Intermediate Tap	 Halloween Party at 11:00 on Oct. 31		*Coffee Hour every day at 8:30 AM*	For more information or to schedule appointments call: 413-528-1881 Lunch RSVP: 413-528-4118 *At least 1 day in advance*

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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	
3	Pork Roast w/ Gravy Mashed Potatoes Mixed Vegetables Whole Wheat Bread Banana Calories: 708 Sodium: 481	4	Grilled Chicken Cacciatore Egg Noodles Spinach Oatmeal Bread **Butterscotch Pudding w/ Topping Calories 761 Sodium: 1116	5	<i>Tomato Soup & Grilled Cheese</i>	6	Veal Patty w/ Pepper Gravy Sweet Potato Winter Blend Vegetables Italian Bread Pineapple Chunks Calories: 765 Sodium: 788	7	Chili Brown Rice Broccoli Dinner Roll Tropical Fruit Calories: 568 Sodium: 568
10	Columbus Day	11	Beef Stew Boiled Potatoes Brussels Sprouts Whole Wheat Dinner Roll Mixed Fruit Calories 762 Sodium: 655	12	<i>Cookout</i>	13	Cabbage Soup Breaded Pollock Green Beans Biscuit, Whole Grain Apricots Calories: 692 Sodium: 854	14	Grilled Chicken Piccata Rice Pilaf Broccoli 100% Whole Wheat Bread **Chocolate Pudding w/ Topping Calories: 802 Sodium: 1039
17	Tomato Soup Tuna Noodle Casserole Spinach Oatmeal Bread Peaches Calories: 664 Sodium: 820	18	Pork Meatballs Penne with Sauce Mixed Vegetables (MOW) Italian Bread Tossed Salad (Cong) Applesauce Calories: 703 Sodium: 914	19	<i>Hot Turkey Sandwich</i>	20	Meatloaf w/Gravy Roasted Potatoes Beets Dinner Roll Diced Pears Calories: 706 Sodium: 974	21	Rainbow Trout w/ Crumb Topping Cauliflower Corn © Whole Wheat Biscuit Orange Calories: 643 Sodium: 652
24	Shepherd's Pie Mashed Potatoes Wax Beans Dinner Roll Apple Calories: 674 Sodium: 468	25	Macaroni and Cheese Stewed Tomatoes Mixed Vegetables Whole Wheat Bread Apricots Calories: 645 Sodium: 629	26	<i>Pizza</i>	27	Grilled Chicken Marsala Roasted Potatoes Peas & Carrots Multigrain Bread Tropical Fruit Calories 660 Sodium: 438	28	Potato Leek Soup Egg Salad Hot Dog Roll Broccoli Apple Crisp w/ Whipped Topping Calories 777 Sodium: 544
31	Halloween Goulash Summer Squash Italian Mixed Vegetables (MOW) Italian Bread Orange Gelatin w/ Topping Tossed Salad (cong) Calories: 735 Sodium: 557								

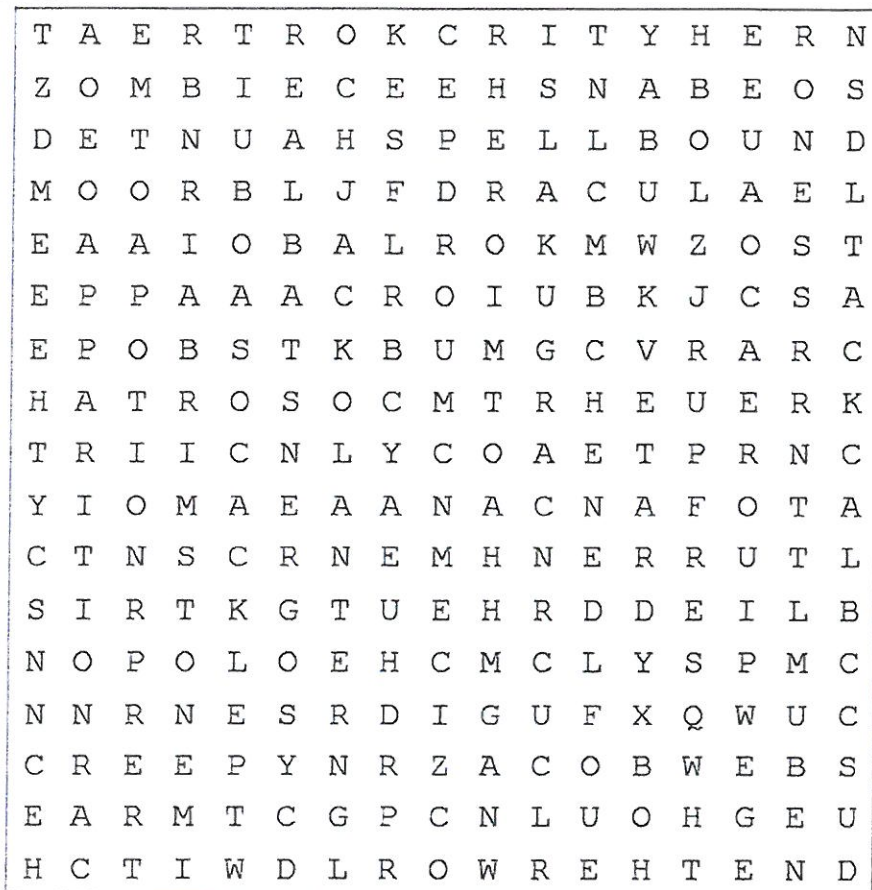
Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

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.



Halloween

October 31st



APPARITION
BATS
BANSHEE
BLACKCAT
BOO
BRIMSTONE
BROOM
CACKLE
CANDY
CAULDRON

COBWEBS
CREEPY
CRONE
DRACULA
FRIGHTFUL
GHOUL
GRIM REAPER
HAUNTED
JACKOLANTERN
MUMMY

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



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

Name: _____

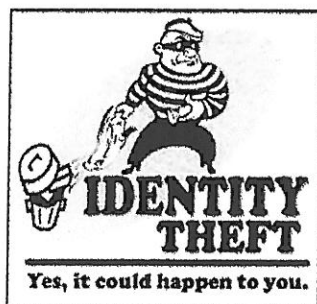
BERKSHIRE COUNTY CONSUMER SERVICES PROGRAM

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



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!