

GRAPEVINE**October 2017**

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

Polly Mann, Director ... Jennifer Bailly, Assistant Director/Outreach Coordinator

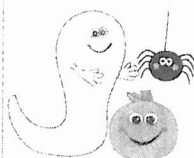
Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881**Dining Room:** 413-528-4118**Transportation:** 413-528-4773**Country & Craft Fair—Saturday October 28th 10:00-3:00**

The Claire Teague Senior Center Country and Great Barrington Historical Society are working together to bring a two-fold fall event. The Country Fair hosted by the GB Historical society will be held at their site featuring scarecrows, pumpkin pies, craft demonstrations and the senior center is holding a Halloween craft fair with over 20 vendors held at the senior center on Saturday, October 28th from starting at 10:00



We are hoping you can visit both of these fun events!

Halloween Party Tuesday October 31st 11:00

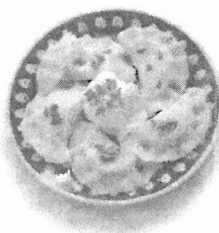
Come in costume and be entered in a raffle or just come for the free meal of ghoulish salad rolls and pumpkin pies hosted by Timberlyn East. Trick or Treat and a cake walk. Please see sign up sheet in the dining room or call for reservations 528-1881

Oktoberfest Open House Free event Saturday October 21st 12:00

Oompah band, cider, hamburgers, hot dogs, German/Polish foods, pretzels and even some free beer samples from Big Elm Brewery. Domaney's non-alcoholic Near Beer and wine will also be available. Devonshire Estates is providing some wonderful desserts, music, food, and fun. Bring your dancing shoes and dance along to the polka style band playing at 12:30-1:30

**INSIDE THIS ISSUE. . .**

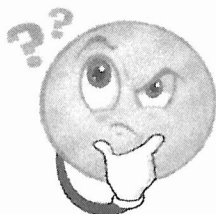
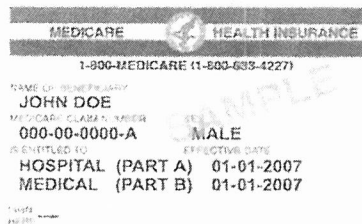
Special Events	Page 1
Exercises/ Birthdays	Page 2
Trips	Page 3
Announcements	Page 4
Calendar	Page 5
Menu	Page 6
Word Search	Page 7

All ages welcome! 10/21/2017 12:00-2:00**Oktoberfest Open House don't Miss it!!**

MEDICARE OPEN ENROLLMENT INFO

New to Medicare or just need a Medicare checkup? Having trouble understanding Mass Health? Need a different prescription plan or just want to know what is available for Medigap insurance? A SHINE counselor will be available to help you Thursday's by appointment by calling the senior center at 528-1881.

It is important to read the mail from your prescription plans prior to and during open enrollment (Oct. 15-Dec. 7). Your prescription plan may change premium prices or prescription plans may merge or even drop or add prescriptions to their formulary. Don't hesitate to come by during open enrollment to check your current plan. Be prepared and bring a list of your prescriptions and Medicare card.



Open Enrollment presentation

Tuesday Oct 17th 5:30pm

A Health New England Advantage Plan representative will be available to answer questions at the center on Wednesday, October 25th from 10:30 am- 5:30 pm.

A Fallon Health Insurance representative will be available to answer questions about their plans at the center on Friday, October 27th from 1:00 pm -3:00 pm.

EXERCISE CLASSES

Monday:

9:15 AM- Cross Training with Misha (\$3.50)
10:15 AM- Awareness Through Movement with Misha (floor) (\$3.50)
12:45 PM- Beginners Tap Dancing with Carolyn (\$5.00)
2:00 PM- Intermediate Tap Dancing with Carolyn (\$5.00)

Tuesday:

10:00 AM- Pilates with Kathi (\$5.00)
3:30 PM- Strength Training with Christine (\$3.00)

Wednesday:

9:30 AM- Easy Does it Yoga with Joanne (\$5.00)

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 Ann (Free)
12:45 PM- Beginners Tap Dancing (\$5.00)
2:00 PM- Intermediate Tap Dancing (\$5.00)



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

"Claire Teague Senior Center Trips"

King Ward Coach Lines has several trips planned that meet out of Pittsfield, these are large comfortable coach tour buses. We have listed a few of their trips they are offering.

Salem, MA– October 22nd

Travel along with **King Ward Coach Lines** for a trip to Salem! Spend a day in the city exploring its rich history without the hassle of driving. The bus will depart Edwin Street in Pittsfield (behind Crowne Plaza) at 7:15 am and return back to Pittsfield at 11:00 pm. The cost per person is \$60 (includes roundtrip motor coach, King Ward escort and all taxes & gratuities). Reservations can be made at www.kingward.com or by calling 413-593-3939.

Radio City Christmas Spectacular- Dec. 17 & Dec. 29

King Ward Coach Lines is offering 2 different dates to see the Radio City Rockettes and time to explore NYC. December 17th tickets cost \$155 per person for orchestra seats and December 29th tickets cost \$130 per person for 2nd mezzanine seats. Tickets include roundtrip motor coach, ticket, a King Ward escort and taxes & gratuities. The bus departs Edwin Street in Pittsfield at 5:45 am and will return at Midnight. Reservations can be made at www.kingward.com or by calling 413-593-3939.

Fall Foliage & Art in Vermont! *WAITLIST ONLY*

We're headed to Bennington, VT on Wednesday, October 11th. We will leave the center at 9:00 am via an SBETC van. \$9.00 for admission to museum & \$5.00 for van ride. First will be a brief stop at the pumpkin patch just south of Bennington. From there we will head to the Bennington Museum to view Grandma Moses American Modern exhibition which is a special exhibition including 60 works of art, the largest group assembled in decades. Dine at the Bennington Station for lunch and a stop at Bennington Pottery before heading home around 3:30 pm.

Rivers Casino– Weekly Trips

Join **Travel Kuz** on one of their regular scheduled days (Sunday's & Tuesday's) to the Rivers Casino! Cost per person is \$15 which is the fare for transportation only. They will give you \$15 players choice (slots or match play) and \$10 food. The bus departs at 7:55 am and returns at 5:05 pm to the public parking lot off of Railroad Street in Lee. To make reservations call Travel Kuz at 1-888-863-8048, Monday-Friday from 8:00-5:00.

NEW!!

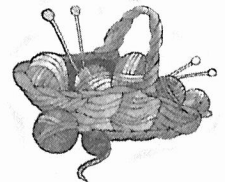


Sewing Circle- Wednesday's 9:30-11:30 AM

Bring your scissors, we provide the instructor and the plans for a simple sewing project. We have 4 machines and are looking for fabric to donate if possible. Mary Warford is the instructor.

Knitters Niche

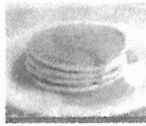
We need knitters!! Looking for knitters and/or those who crochet to join us at our Thursday afternoon



group starting at 12:00. We are also looking for special project plans to donate winter hats, gloves and scarves to organizations like Christmas Child and other humanitarian organizations. Whether you want to knit yourself an afghan or want to knit for a cause, teach a newbie, enjoy others company...then we need YOU! Bring your own knitting needles, crochet hooks & yarn. We also typically have some for sale at a very low cost.

"NEW" - Breakfast & Bingo

Starting in October, we will be offering a \$2.00 pancake breakfast on Thursday's from 8:30-9:00. Bingo will then follow at 9:00 in the dining room. Sign up sheets will be in the dining room.



SNAP/ Food Stamps

Your benefits may be changing slightly as of **October 1st**. If you have any questions, please call the Food Source Hotline at 1-800-645-8333.

Questions about Power of Attorney's?

Tuesday, October 17th 11:00 am-12:00 pm

Timberlyn East has generously offered a **free lunch** on Tuesday, October 17th. ~~They will be serving ?????~~ Following lunch a qualified representative from there will be here to answer many of your questions about the importance of having a Power of Attorney and the "In's and Out's" of what it means to have a POA. This is a free lunch and a free presentation with some VERY valuable information you won't want to miss.

Timberlyn East FREE Lunches

On **Tuesday, October 17th** they will be providing a free meal **to be announced** for lunch and on **Tuesday, October 31st** they will be providing goulash, salad, rolls and pumpkin pie.

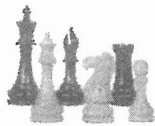
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☆☆ **MANY THANKS** to Timberlyn East ☆☆☆
☆☆ for the Free Lunch on ☆☆☆
☆☆ **September 19th!** ☆☆☆

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NEW!!! Thursday Game Day 1:00-3:30

Dominos,
Wii, poker, Mexican Train,
Chess, checkers, beginner
bridge

**Free Lunch and Performance !!**

Thursday October 19th 11:00-12:00



One of your favorites Bill Shontz is back to perform on his saxophone some wonderful old tunes!!



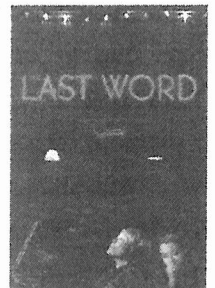
And Laurel Lake will be hosting a free lunch Meatloaf, Scalloped Potatoes, tossed salad, green beans and cheesecake brownies!!

Movie and Popcorn

Friday October 6th 12:15 in Library Room

Shirley Mc Laine is outstanding in this great movie.

Harriet is a retired business woman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth, resulting in a life altering friendship.

**Senior Center Spotlight WSBS Radio**

Polly and Jane Green will be interviewed live on WSBS by Jennifer Tabakin, the Great Barrington Town Manager, during her monthly Talk Show. Tune in on Wednesday, October 18th at 9:00 am to hear their interview and discussions about our wonderful center!

October 2017				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 10:30 BOCCE 11:30 LUNCH- Stuffed Cabbage Casserole 12:15 Beginner's Bridge 12:45 Beginner Tap 2:00 Intermediate Tap	9:00 Women & Men's Discussion Group 10:00 Bingo 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Chicken Broccoli Pasta Alfredo 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:30-11:30 Sewing Circle 11:30 LUNCH- Baked Trout 12:30 Pitch 4:00 Decorative Arts 6:00 Dog Therapy Class	8:30 Pancake Breakfast & Bingo 9:30 Vera's Painting Class 10:00 News & Views & Dominoes 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Roast Turkey & Gravy 12:00 Bridge & Crafty Hands 12:00-3:30 Game Day 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Meatloaf w/ Gravy 12:00 Bridge 12:30 Movie- The Last Word 2:00 Intermediate Tap
9 SENIOR CENTER CLOSED 	9:00 Women & Men's Discussion Group 10:00 Bingo 10:00 Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:30-11:30 Sewing Circle 11:30 LUNCH- Chicken Bruschetta 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts 6:00 Dog Therapy Class	VETERAN'S LUNCH-FREE 8:30 Pancake Breakfast & Bingo 9:30 Vera's Painting Class 10:00 News & Views & Dominoes 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Eggplant Parmesan 12:00 Bridge & Crafty Hands 12:00- 3:30 Game Day 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:00 Blood Pressure Screenings 11:30 LUNCH- Cheeseburger 12:00 Bridge 2:00 Intermediate Tap
16 9:00-12:00 Genealogy by Appt. 9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 BOCCE 11:30 LUNCH- Stuffed Shells w/Meat Sauce 12:15 Beginner's Bridge 12:30 Out to Lunch Bunch- Egremont Country Club 12:45 Beginner Tap 2:00 Intermediate Tap	TIMBERLYN EAST-FREE LUNCH 8:30 Breakfast (See Flyer) 9:00 Women & Men's Discussion Group 10:00 Pilates with Kathi,Bingo, Crossword 10:00 Jo's Simple Hand Crafts 11:30 LUNCH- (TO BE ANNOUNCED) 12:00 Power of Attorney Presentation 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:30-11:30 Sewing Circle 11:30 LUNCH- Roast Pork w/ Gravy 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 6:00 Dog Therapy Class	LAUREL LAKE- FREE LUNCH 8:30 Pancake Breakfast & Bingo 9:30 Vera's Painting Class 10:00 News & Views & Dominoes 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Meatloaf 12:00 Bridge & Crafty Hands 12:00-3:30 Game Day 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise	9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:30 LUNCH- BBQ Chicken Breast 12:00 Bridge 2:00 Intermediate Tap
23 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 10:30 BOCCE 11:30 LUNCH-Krabby Patty w/ Newburg Sauce 12:15 Beginner's Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group	9:00 Women & Men's Discussion Group 10:00 Bingo & Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Chicken Salad 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	9:30 Easy Does it Yoga 9:30-11:30 Sewing Circle 11:30 LUNCH- Beef Stew 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts 6:00 Dog Therapy Class	VETERAN'S LUNCH-FREE 8:30 Pancake Breakfast & Bingo 9:30 Vera's Painting Class 10:00 News & Views & Dominoes 10:00 Therapeutic Breathing 10:30 Blood Pressure Clinic 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Orange Chicken 12:00 Bridge & Crafty Hands 12:00-3:30 Game Day 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group	9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:00 Blood Pressure Screenings 11:30 LUNCH- Chorizo Wrap 12:00 Bridge 2:00 Intermediate Tap 2:00-3:30 Senior Ctr Hours at Ramsdell 5:00 Gad Abouts- Aroma Bar and Grill
30 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 11:30 LUNCH- Sage Stuffed Chicken 12:15 Beginner's Bridge 12:30 Ice Cream & Bingo 12:45 Beginner Tap 2:00 Intermediate Tap	TIMBERLYN EAST-FREE LUNCH 31 9:00 Women & Men's Discussion Group 10:00 Bingo & Crossword 10:00 Jo's Simple Hand Crafts, Pilates w/ Kathi 11:30 HALLOWEEN PARTY 11:30 LUNCH- Goulash 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training	Lunch RSVP: 413-528-4118 *AT LEAST 24 HOURS IN ADVANCE*	For more information or to schedule appointments call: 413-528-1881	*Coffee Hour every day at 8:30 AM*

Elder Services of Berkshire County - Nutrition Program

OCTOBER 2017

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
2 Stuffed Cabbage Casserole Lentil Soup Green Beans 12 Grain Bread Diced Peaches	3 New item! Chicken Broccoli Pasta Alfredo Carrots Braised Cabbage Whole Grain Biscuit Diced Pears	4 Baked Trout Roasted Potatoes Peas Rye Bread Snack Loaf **	5 Roast Turkey and Gravy Sweet Potatoes Cauliflower Whole Wheat Dinner Roll Spiced Apples	6 Meatloaf with Gravy Mashed Potatoes Winter Squash Wheat Bread Banana
9 COLUMBUS DAY CLOSED	10 Beef Stroganoff Egg Noodles Spinach 100% Wheat Bread Fresh Orange	11 Chicken Bruschetta Brown Rice Carrots 12 Grain Bread Tropical Fruit Mix	12 Eggplant Parmesan Calico Bean Soup Brussel Sprouts Italian Bread Chocolate Pudding **	13 Cheeseburger Sliced Roasted Potatoes Corn Hamburg Bun Apricots
16 Stuffed Shells w/Meat Sauce Wax Beans Carrots Italian Bread Pineapple Chunks	17 Timberlyn East FREE Lunch (To be announced)	18 Roast Pork with Gravy Mashed Potatoes Winter Squash Oat Nut Bread Applesauce	19 Laurel Lake FREE Lunch Meatloaf, Scalloped Potatoes, Green Beans, Salad	20 BBQ Chicken Breast Roasted Potatoes Mixed Vegetables Rye Bread Fresh Apple
23 Krabby Patty w/Newburg Sauce Rice Pilaf Broccoli 100% Whole Wheat Bread Spiced Apples	24 Chicken Salad Cream of Cabbage Soup Carrots and Peas Hot Dog Roll Peach Crisp	25 Beef Stew Mashed Potatoes Mixed Greens Whole Wheat Dinner Roll Fruited Jello **	26 Orange Chicken Egg Noodles Beets Oat Nut Bread Tropical Fruit Salad	27 New item! Chorizo (Pork) Wrap Roasted Potatoes Zucchini & Summer Squash Blend Diced Peaches
30 Sage Stuffed Chicken with Gravy Scalloped Potatoes Winter Squash 12 Grain Bread Applesauce	31 HALLOWEEN Goulash Salad, Rolls, Pumpkin Pie Timberlyn East FREE Lunch			

Dietary Information: All meals include 1% Milk 100 calories/107 mg sodium

*High Sodium **Modifications for restricted sugar available

HOME DELIVERED MEAL RECIPIENTS: If you will not be home when your meal is delivered, please tell your MOW Driver in advance or call Nutrition at 1-800-981-5201.



Happy Halloween



AMULET
APPARITION
BATS
BLACK CAT
BOO
BRIMSTONE
CACKLE
CAULDRON
COBWEB

CONJURE
EERIE
FRIGHTFUL
GHOST
GOOSE BUMPS
JACK-O-LANTERN
MOON
MYSTERIOUS
PHANTOM

POTION
PUMPKIN
SKELETON
SPELL
SPOOKY
TRICK OR TREAT
TWILIGHT
WITCH



a puzzle-to-print.com

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

Name: _____