

# GRAPEVINE

## September 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

### Accordion Music

Come join us on Friday, September 29th at 12:00 pm at the center to listen to Paul Ramunni, Director of the New England Accordion Connection & Museum Company in Canaan, play accordion. If you have an accordion, feel free to bring yours in as well. The museum has over 350 vintage accordions on display, new and used accordions for sale, tours of the museum by appointment, lessons for beginners, accordion playing services for events and onsite repairs. We're looking forward to him playing for us and we hope you can come check out this event!

### Memory Café

September's Memory Café will be led by the senior center's own Decorative Arts instructor, Liz Macchi! It will be held on Thursday, September 21st from 2:00 pm– 3:30 pm. She will be assisting the participants in folk art painting. All are welcome!



### Crafters Needed!

The senior center will be hosting a ***"Trick or Treat with the Senior's"*** Craft Fair on Saturday, October 28th from 10:00 am– 3:00 pm. Set up is the morning of from 7:30 am– 10:00 am. Vendor spaces are \$10 (\$12 if you need electricity hook up). The center will provide a table and 2 chairs per vendor space. Please contact the center for an application. All applications and fees are due no later than September 29th.

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### Healthy Incentive Program

What is it?? Healthy Incentive Program (HIP) is a program that can help you buy more locally grown fruits and vegetables. When you buy fruits and vegetables with SNAP Food Stamps at participating farmers markets, mobile markets, farm stands or Community Supported Agriculture (CSA) farm share programs, you will earn extra money on your SNAP/EBT card. Call or stop by the senior center for more information. We have SNAP applications available on site and we can assist you with the application if needed.





## BEWARE OF THE MEDICARE

### "BACK BRACE SCAM"

Scammers **may** pretend represent insurance or healthcare companies. **There is a new twist:** calls from "Medicare" claiming to have your new back brace.

**How the Scam Works:** You **answer** the phone, and a "Medicare representative" **con (scammer)** has two typical patterns: **An offer-** the scammer will offer you a back brace through Medicare **OR a claim-** that a caregiver previously called about receiving a back brace from Medicare. **If you show interest in the brace**, the scammer will start asking for personal information, such as your Social Security number or a Medicare number to access the benefits. **Don't fall for these phony claims, even if the calls are persistent!** The callers offer no company name and may even hang up on you if you ask for further company information.

### Protect Yourself from Healthcare Scams!

- **Medicare should already have your basic information:** *If Medicare or another governmental organization contacts you, they should already have your name, address and other basic info.* A call claiming you have been identified for an offer (but doesn't have your name or other information) is probably blasted out to thousands of phone numbers!
- **Never share your Medicare number with an unsolicited caller.** *Treat your Medicare number like your credit card info or other personal details. Do not share it with unsolicited callers.*
- **Check BBB Tips:** For more information about healthcare scams, check [bbb.org/healthcarescam](http://bbb.org/healthcarescam).

### For more information:

For more information about Medicare fraud, check out these [resources on Medicare.gov](http://resources.on.Medicare.gov). To learn more about scams, go to BBB Scam Tips ([bbb.org/scamtips](http://bbb.org/scamtips)). To report a scam, go to BBB Scam Tracker ([bbb.org/scamtracker](http://bbb.org/scamtracker)).

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



Sept. 5 Rita Valliere	Sept. 22 Linda Traficante
Sept. 7 Terence Coyle	Sept. 22 Maryanne Macy
Sept. 8 Mas Bachetti	Sept. 23 Kathy Plungis
Sept. 8 William Murray	Sept. 24 Margaret Buchte
Sept. 11 Mark Bachman	Sept. 25 Hugh Black
Sept. 12 Margaret Pothul	Sept. 29 Anne Stannard
Sept. 14 Jennifer Bailly	Sept. 30 Nellie Hudson
Sept. 20 Linda Warner	Sept. 30 Elinor Hamill

**HAPPY BIRTHDAY TO ALL!!**



## **"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](http://www.kingward.com) or by calling 413-593-3939.

### **Radio City Christmas Spectacular**

**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](http://www.kingward.com) or by calling 413-593-3939.

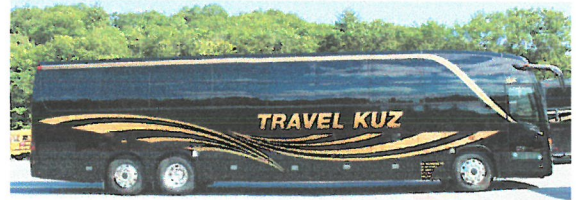
### **Fall Foliage and Art in Vermont!**

We will be headed to Bennington, VT on Wednesday, October 11th. We will leave the center at 9:00 am via an SBETC van. 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- Tuesday, September 19th**

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 1-888-863-8048, Monday-Friday from 8:00-5:00. SBETC will be providing transportation to Lee on the 19th, please see sign up sheet.



## **\*TRIPS WITH FIRST CHOICE TOURS\***

### **New York City Have It Your Way– Sept. 16**

Spend the day in the Big Apple. Take in a Broadway Show, a museum or visit other famous landmarks. Enjoy lunch at one of NYC's finest eateries. First Choice can get you great tickets for a Broadway Show of your choice (call them for pricing). \$64 per person which is for the bus ride.

### **The Bronx Zoo– Sept. 17**

Join them for a trip to the famous Bronx Zoo. The package includes general zoo admission, one-way zoo shuttle, Bengali Express Monorail and Congo World. A fun day for the whole family. \$96 for adult tickets and \$91 for children under 12.

**FOR FURTHER INFORMATION OR RESERVATIONS,  
PLEASE CALL FIRST CHOICE TOURS AT 1-800-730-  
9091. BUS TOURS DEPART LEE, MA  
(CALL THEM FOR DETAILS).**



### **Want to join us for a *FREE* meal on Monday evenings?**

Looking for carpool volunteers for the Monday night Berkshire South Regional Community Center dinners. Please see the sign up sheet in the dining room to sign up for either drivers who can take a couple of people or for those of you need a ride. Plan on meeting at Berkshire South at 5:00 pm. The first Monday meal in September will be Monday, September 11th. Please call the center at 528-1881 for more information.

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### **New to Grief workshop**

On September 19th from 4-5 pm, HospiceCare in the Berkshires will host a New to Grief workshop at Fairview Hospital. This workshop is for anyone who has lost a loved one within the past 6-9 months. Common grief reactions and coping skills will be reviewed. Registration is preferred, please call 413-443-2994. This event is free and open to the public.

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Starting in September a representative from the senior center will be at the Ramsdell Library the last Friday of each month from 2:00 pm-3:30 pm to answer questions about the senior center, or to help with health insurance options for those on Medicare & other resources available. Please let your friends and neighbors who live in Housatonic know we will be there.

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### **Timberlyn East "FREE" Lunches**

On Tuesday, September 19th Timberlyn East will be serving Macaroni & Cheese, stewed tomatoes, a dinner roll and dessert.

### **Beginner Bridge**

The group will meet on Monday's at 12:15 pm starting September 11th. Very little experienced needed, just come and see!

### **Eunice Agar's Art Workshop**

After a break in August, Eunice Agar's Drawing and Painting Workshop will start up again on Thursday, September 7th, the usual time of 1:00-2:30 pm. All levels are welcome. New students should bring a 9x12 drawing pad (Dollar Store) and a #2B drawing pencil (JWS Art Supply on Railroad Street).

### **What's for Supper??**

On Thursday, September 21st at 11:15 am Nutritionist/Dietitian Bruce Homstead from Elder Services will be available for a short discussion about balancing your daily food intake. This a great opportunity to bring your questions or concerns about their meals we serve at the senior center or what you eat at home.

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### ***Dominoes is back!!!!***

Starting on Thursday, September 7th at 10:00 am and every Thursday thereafter. Hope you can join them!!

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***Mark your calendars!***

***Saturday, October 21st***


***German Food, 5 piece Oompah Band, Dancing, prizes and more!***







# September 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>For more information or to schedule appointments call:</b></p> <p>413-528-1881</p>	<p><b>Lunch RSVP:</b> 413-528-4118</p> <p><b>*AT LEAST 24 HOURS IN ADVANCE*</b></p>	<p><b>*Coffee Hour every day at 8:30 AM*</b></p>		<p><b>1</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 11:30 LUNCH- Macaroni &amp; Cheese 12:00 Bridge 2:00 Intermediate Tap</p>
<p><b>4</b></p> <p><b>SENIOR CENTER CLOSED</b></p> 	<p><b>5</b></p> <p>8:45 Women &amp; 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- Swedish Meatballs 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p><b>6</b></p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Roast Turkey with Gravy 12:30 Pitch 4:00 Decorative Arts</p>	<p><b>7</b></p> <p>9:30 Vera's Painting Class 10:00 News &amp; Views/ Dominoes 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) CANCELLED 11:30 LUNCH- Krabby Patty w/ Newburg Sauce 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>8</b></p> <p>9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:30 LUNCH- BBQ Chicken 12:00 Bridge 2:00 Intermediate Tap</p>
<p><b>11</b></p> <p>5:00 BERKSHIRE SOUTH DINNER 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- Italian Meatballs 12:15 Beginner's Bridge 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 - 7:30 Grief Support Group</p>	<p><b>12</b></p> <p>8:45 Women &amp; Men's Discussion Group 10:00 Bingo &amp; Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Ham Salad 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p><b>13</b></p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Marsala 12:30 Brown Bag 12:30 Pitch 2:00 A.G.E. TRIAD 4:00 Decorative Arts</p>	<p><b>14</b></p> <p><b>VETERAN'S LUNCH-FREE</b> 9:30 Vera's Painting Class 10:00 News &amp; Views/ Dominoes 10:00 Therapeutic Breathing 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Shepherd's Pie 12:00 Bridge 12:00 Crafty Hands 12:30 WORLD WAR I MUSIC EVENT 1:00 Art Class- Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>15</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:00 Blood Pressure Screenings 11:30 LUNCH- Roast Pork with Gravy 12:00 Bridge 2:00 Intermediate Tap</p>
<p><b>18</b></p> <p>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- Sage Stuffed Chicken w/ Gravy 12:15 Beginner's Bridge 12:30 Out to Lunch Bunch- Egremont 12:45 Beginner Tap 2:00 Intermediate Tap</p>	<p><b>19</b></p> <p><b>TIMBERLYN EAST-FREE LUNCH</b> <b>8:30 Breakfast (See Flyer)</b> 8:45 Women &amp; Men's Discussion Group 10:00 Bingo and Crossword 10:00 Jo's Simple Hand Crafts 10:00 Pilates with Kathi 11:30 LUNCH- Macaroni &amp; Cheese 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</p>	<p><b>20</b></p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Hot Dogs 12:30 Pitch 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts</p>	<p><b>21</b></p> <p><b>2:00 MEMORY CAFE</b> 9:30 Vera's Painting Class 10:00 News &amp; Views/ Dominoes 10:00 Therapeutic Breathing 11:15 "What's for Supper" Event 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Curry Chicken 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise 4:00 Women's Cancer Support Group</p>	<p><b>22</b></p> <p>9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:30 LUNCH- Salmon Boat w/ Newburg 12:00 Bridge 2:00 Intermediate Tap</p>
<p><b>25</b></p> <p>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 BOCCE 11:30 LUNCH- Beef Stew 12:15 Beginner's Bridge 12:30 Ice Cream &amp; Bingo 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</p>	<p><b>26</b></p> <p><b>8:30 Breakfast (See Flyer)</b> 8:45 Women &amp; Men's Discussion Group 10:00 Bingo and 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</p>	<p><b>27</b></p> <p>9:30 Easy Does it Yoga 11:30 LUNCH- Skillet Frittata w/ Sausage &amp; Cheese 12:30 Pitch 1:15 COA Meeting 4:00 Decorative Arts</p>	<p><b>28</b></p> <p><b>VETERAN'S LUNCH-FREE</b> 9:30 Vera's Painting Class 10:00 News &amp; Views/ Dominoes 10:00 Therapeutic Breathing 10:30 Blood Pressure Clinic 11:30- 3:15 SHINE (by Appt.) 11:30 LUNCH- Baked Pollock 12:00 Bridge and Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha's Advanced Exercise</p>	<p><b>29</b></p> <p><b>12:00 ACCORDION MUSIC</b> 9:00 Tai Chi 10:00 Ann's Chair Exercise 10:30 BOCCE 11:30 LUNCH- Chicken Cacciatore 12:00 Bridge 2:00-3:30 Senior Ctr Hours at Ramsdell 2:00 Intermediate Tap 5:00 Gad Abouts - Pleasant and Main</p>

# Elder Services of Berkshire County - Nutrition Program

## SEPTEMBER 2017

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00      contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Peas & Pearl Onions Whole Wheat Bread Applesauce
<b>4 LABOR DAY</b>  <b>CLOSED</b>	<b>5</b> <b>Swedish Meatballs</b> Brown Rice Spinach 12 Grain Bread Pineapple	<b>6</b> <b>Roast Turkey w/Gravy</b> Mashed Potatoes Winter Squash Dinner Roll Diced Peas	<b>7</b> <b>Krabby Patty w/ Newburg Sauce</b> Egg Noodles Carrots Oat Nut Bread Orange	<b>8</b> <b>BBQ Chicken</b> Sliced Roasted Potatoes Corn Rye Bread Vanilla Pudding **
<b>11</b> <b>Italian Meatballs</b> Penne w/ Sauce Broccoli Italian Bread Diced Peas	<b>12</b> <b>Ham Salad *</b> Tossed Salad Potato Salad Hot Dog Roll Mixed Fruit	<b>13</b> <b>Chicken Marsala</b> Roasted Potatoes Mixed Vegetables 100% Whole Wheat Bread Banana	<b>14</b> <b>Shepherd's Pie</b> Mashed Potatoes Green Beans 12 Grain Bread Fruited Gelatin*	<b>15</b> <b>Roast Pork w/Gravy</b> Sweet Potatoes Brussels Sprouts w/Cheese Sauce Wheat Bread Spiced Sliced Apples
<b>18</b> <b>Sage Stuffed Chicken w/Gravy</b> Mashed Potatoes Diced Carrots Dinner Rolls Vanilla Yogurt **	<b>19</b> <i>Timberlyn East</i> <i>"Free" Lunch</i> <i>Macaroni &amp; Cheese</i>	<b>20</b> <b>Hot Dogs *</b> Vegetarian Baked Beans Cole Slaw Hot Dog Bun Fruit Crisp	<b>21</b> <b>Curry Chicken</b> Augratin Potatoes Peas & Carrots Wheat Bread Spiced Sliced Apples	<b>22</b> <b>Salmon Boat w/Newburg</b> Rice Pilaf Spinach Oat Nut Bread Tropical Fruit Mix
<b>25</b> <b>Beef Stew</b> Mashed Potatoes Broccoli Whole Grain Biscuit Pineapple Chunks	<b>26</b> <b>Chicken Salad</b> Corn Chowder Cauliflower Hot Dog Roll Apple Crisp	<b>27</b> <b>Skillet Frittata w/ Sausage &amp; Cheese</b> Sliced Roasted Potatoes Green Beans Wheat Bread Fruit Cocktail	<b>28</b> <b>Baked Pollock</b> Scalloped Potatoes Carrots Rye Bread Apple Tossed Salad (Congregate)	<b>29</b> <b>Chicken Cacciatore</b> Egg Noodles Snap Peas Oat Nut Bread Apricots

**Dietary Information:** All meals include 1% Milk 100 calories/107 mg sodium  
\*High Sodium    \*\*Modifications for restricted sugar available

### 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.



## Autumn Word Search

See if you can find the hidden words associated with the fall season.

O	C	L	Y	X	E	G	A	I	L	O	F	A	O	W	X	J	AUTUMN
R	P	L	B	S	G	Z	P	Z	B	E	D	Q	E	B	Q	Q	BACKTOSCHOOL
A	D	O	Y	A	E	S	R	A	E	J	X	H	F	V	G	J	BEAUTY
N	E	O	Y	A	C	E	E	T	A	Y	T	N	U	O	B	L	BOUNTY
G	C	C	N	C	B	K	R	P	U	U	Z	E	K	S	T	A	CHANGE
E	I	J	I	O	Z	R	T	T	T	A	X	K	J	R	H	E	COLORS
M	D	T	T	H	Z	S	E	O	Y	E	M	P	G	O	A	Z	COOL
V	U	C	Y	V	E	X	A	B	S	A	M	O	P	L	N	S	DECIDUOUS
X	O	T	Y	A	E	J	R	N	M	C	B	B	D	O	K	E	FALL
X	U	Z	S	E	S	G	M	F	L	E	H	X	E	C	S	V	FOLIAGE
C	S	O	K	V	L	U	N	L	R	S	V	O	I	R	G	A	FROST
I	N	J	L	F	T	L	A	A	D	O	M	O	O	X	I	E	HALLOWEEN
N	L	Y	Q	U	B	F	O	O	H	U	S	R	N	L	V	L	HARVEST
E	N	F	A	L	U	T	O	W	R	C	A	T	A	N	I	Z	LEAVES
C	H	A	L	L	O	W	E	E	N	R	A	T	U	R	N	Z	NOVEMBER
S	U	X	I	W	S	G	D	B	U	U	X	M	O	T	G	G	OCTOBER
X	T	S	E	V	R	A	H	Z	T	R	A	K	E	I	T	G	ORANGE
																	RAKE
																	RED
																	SCENIC
																	SEASON
																	SEPTEMBER
																	THANKSGIVING
																	TREES
																	TURN
																	WOODS
																	YELLOW

**All About Puzzles**  
puzzles.about.com

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

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