American Indian Meditation and Movement!

On Wednesday, August 9th at 10:30 am we will have Fidel Moreno, co-producer of the 12th Annual Rock, Rattle & Roll Pow Wow, at the Senior Center to perform American Indian meditation and movement with American Indian drumming, chanting, song and dance.

Also, don’t miss the Annual Pow Wow at the Great Barrington Fairgrounds on Saturday, August 12th and Sunday, August 13th. There will be authentic American Indian Dancing, Drumming, Arts & Crafts and Demonstrations. Tickets are $10.00 per person. Seniors are $5.00, Youth 11-17 are $5.00 and children 10 and under are $1.00.

Health Fair

We will be holding another Health Fair at the senior center on Monday, August 14th from 1:00 pm-3:00 pm. Berkshire Health Systems will be here along with other agencies to hand out informational pamphlets and they will be performing the tug test, hypertension test and possibly others. Hope you can come by for lunch and then stay for the health fair! For lunch reservations call 528-4118.

August Picnic & Special Music

On Wednesday, August 16th at 11:30 am we will be having a cookout along with some special music. We will be serving hamburgers, hot dogs, potato salad, watermelon, corn on the cob and lemonade. If you would like to attend, please sign up by calling the dining room at 528-4118. The lunch is a $2.00 donation. It should be a good time and good food so we hope that can you can join us for lunch!

Stroke Awareness Program & Free Lunch

Come join us for an informative stroke awareness program at the senior center which is being hosted by Southern Berkshire Ambulance, Fairview Hospital, Timberlyn East Nursing and Rehabilitation Center/Fusion Therapy and Porchlight VNA/Home Care on Tuesday, August 8th from 10:00 am– 11:30 am. There will be a “stroke healthy lunch” served at 11:30. It will be honey lemon ginger chicken over brown rice, grilled zucchini and summer squash with olive oil and garlic and fresh berries with homemade whipped cream for dessert. Please RSVP by August 1st by calling the center at 528-1881. Hope to see you there!
**BINGO**

Come join us for a fun hour (or so) of Bingo at the center! The following is our Bingo schedule:

**Tuesday’s** at 9:30 with Linda McMeekin  
**Tuesday’s** at 12:30 with Sue Peisner  
**Last Monday** of every month (ice cream & bingo) at 12:30 w/ Sue Farnum or Linda  
*If you bring a friend, your name will be entered into a monthly Bingo raffle.*

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**Carpooling**

For those of you who have their own vehicles, please consider offering friends or neighbors a ride to enjoy lunch at the Senior Center. Please make reservations for lunch at 528-4118 or 528-1881 the day prior. Lunch is served Monday through Friday and starts at 11:30 am. You can find the menu in the center’s monthly newsletter and in the Berkshire Eagle senior menu section. This is a great way to help someone, make friends and even help the environment!

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**Tax Volunteer Opportunity**

Volunteers interested in assisting local seniors and others with the completion of federal and state income taxes are needed! The AARP Tax-Aide Program has assisted local residents with preparing their tax returns for many years and needs new volunteers in order to maintain this valuable service. There are 2 types of positions needed, tax preparer and client facilitator. Training will be provided for these positions between now and February 2018. Tax preparation activities will be conducted February through mid April 2018. Anyone interested in participating in this program should visit [http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html](http://www.aarp.org/money/taxes/info-2006/volunteer_aarp_tax_aide.html) and call the Berkshire District Coordinator for the Massachusetts AARP Tax-Aide Program at 413-243-3569.

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**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)

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**HAPPY BIRTHDAY TO ALL!!**

Aug. 3  Mary Ann Carter  Aug. 15  Robert Van Deusen  
Aug. 4  Art Martin  Aug. 15  Rose Wellauer  
Aug. 5  Claire O’Toole  Aug. 16  Ruth Champigny  
Aug. 5  Martha Eichstedt  Aug. 17  Bette Ann Stalker  
Aug. 6  Kathleen Purcell  Aug. 20  Geri Stefanacci  
Aug. 6  Joan Walker  Aug. 21  Dorothy Capasse  
Aug. 7  Sandra Sokul  Aug. 21  Gloria Yanez  
Aug. 9  Barbara Chamberlin  Aug. 23  Stephen Matava  
Aug. 9  Joan Clark  Aug. 28  Gloria Anthony  
Aug. 13  Doris Race  Aug. 28  Kate Basler  
Aug. 13  Anna Cruikshank  Aug. 31  Marie Kirchner  
Aug. 14  Norma Pothal  Aug. 31  Albert Butterworth

***New*** **Weekly Bereavement Group**

The group will meet at 1:00 pm on Wednesday’s starting Aug 9. Not just for recent loss but also for those with present or past loss. Hosted by Cynthia Casoff Henry, hospice nurse, midwife and author. All ages welcome to join!
**Informational Seminar about Therapy Dogs**

Bring your dog (on leash) with you and come and learn about testing, training & certification for your dog. This presentation will include information about the type of dog and skills needed to be a successful therapy dog, what a therapy dog does, demonstration of a working therapy dog and evaluation of each dog that attends this seminar.

It will be conducted on Wednesday, August 16th from 5:30- 7:00 pm at the center by Nora Hayes MSW, owner and trainer Hayes Happy Dog Boarding Day Care and Training Center. Nora is a dog trainer and behaviorist with over 20 years experience and her dogs are titled in obedience, tracking, field and agility. Please contact Nora to reserve your spot at 413-528-0877 or norahayes3@aol.com.

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**Blood Pressure Screenings**

Hospice of Western MA will be offering bimonthly blood pressure screenings on the 1st and 3rd Friday’s of the month at 11:00 am at the senior center. No sign up is required, you just show up. We will still have the blood pressure screenings on the last Thursday of the month at 10:30 as well.

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**Flushable Wipes**

Please be mindful that the flushable wipes are clogging Great Barrington’s sewer system and can be very costly for the Town to fix. It has been asked that you refrain from flushing these wipes in the sewer system. Thank you for your cooperation!

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**Timberlyn East Lunches**

On Tuesday, August 8th they will be serving Honey Lemon Ginger Chicken and on Tuesday, August 22nd they will be serving Spaghetti and Tossed Salad.

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**Saratoga Casino & Racetrack**

Off to Saratoga, NY on Sunday, August 20th. The first stop will be the casino about 10:15 am. You will receive $15.00 in perks. The bus will then leave for the flat track at Noon. For those who chose to stay at the casino the whole time, the bus will go back to pick them up after the last race (around 6:15 pm). The cost is $29.00 per person. The bus departs the Claire Teague Senior Center at 8:30 am. To reserve your spot, call Eldorado Tours at 413-499-4248.

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**Tanglewood on Parade**

Only 12 seats available on the van so sign up now for Tanglewood on Parade! Tuesday, August 1st we will be taking the SBETC van to the annual Tanglewood on Parade. The cost for a lawn seat is $24.00 plus $5.00 for a seat on the van. Bring your own folding chairs, picnic and “beverages” and snacks to share. Van leaves senior center at 4:00 pm returning at approximately at 9:30 pm. Sign up sheet for the trip is in the dining room.

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**Yankee Candle & Butterfly Conservatory— Sept 13**

Departs Railroad Street in Lee at 8:55 AM. $45.00 per person which includes admission to Magic Wings. You will start at Yankee Candle and then continue down the road to Magic Wings. Both places have flat floors and are easy to walk through. There will be a stop for dinner at the 99 Restaurant before heading home. Call Eldorado Tours at 413-499-4248 to book your spot. Sign up sheet is in the dining room.

**“Free Fun Fridays” Continues in August**

There are several museums and cultural venues that are offering free admission on various Friday’s throughout the summer. Listed are the local ones for August however there are more throughout the state (for more information go to www.highlandstreet.org or call 617-969-8900): August 11 – Jacob’s Pillow Dance and Naumkeag (The Trustees of Reservation); August 18 - Berkshire Museum.
Matter of Balance is back!

Another Matter of Balance class will be starting on Wednesday, September 6th. The classes will be on Wednesday’s and Friday’s from 1:00 pm–3:00 pm here at the center. To reserve your spot for this session, you will need to call Berkshire Health Systems at (413) 445-9232, option 1 to register. Spots are limited so make your call today!

BOCCE is back!

Thanks to a community program, our BOCCE court has been revitalized and is ready for play! Each team player will be entered in a raffle for a gift certificate to an area restaurant. If you are interested in playing, please see the sign up sheet in dining room. We will start playing on Monday, August 7th from 10:30-11:30 and will continue on Monday’s and Friday’s, until weather permits.

VOLUNTEERS still needed!!

The center is looking for volunteer greeters between 10:00 am and 12:00 pm, Monday thru Friday. If you have time to help out, answer the phone, greet newcomers or just visit with our members, then we want you! You can also consider using this time towards the Senior Citizen Property Tax Work Off Abatement Program if you are a Great Barrington or Housatonic homeowner.

National Parks and Public Heritage

The last day to secure a lifetime membership at the current senior rate of $10 is Aug. 27. As of Aug. 28, a lifetime pass for those 62 and older will jump to $80. It covers entrance, day-use and vehicle fees and discounts for tours and campsites, among other fees.

World War I Show by Doug Schmolze

Our next Memory Café will be on Thursday, August 17th from 2:00 pm–3:30 pm. This month Doug Schmolze will be putting on a program about the history of World War I music. In this centennial retrospective, Doug, singer and guitarist, presents a variety of songs from the 1910’s, both patriotic and otherwise. With anecdotes and historical notes the program provides insight into the mood of the era that ushered in the “War to End all Wars”. Audiences will recognize (and sing along to) patriotic songs such as “Over There” and “You’re a Grand Old Flag” by George M. Cohan that remain popular, especially on civic occasions. But composers of the era also produced Ragtime, waltzes and romantic songs such as “The Land Where the Good Songs Go” by Jerome Kern and on the lighter side, “When I Had a Uniform On” by Cole Porter. Visuals and lyrics to sing-a-longs are provided by an accompanying power-point presentation. The program is suitable for families. Please let us know if you will be attending the café. Thanks!

Home Health Care Questions Answered

On Wednesday, August 23rd at 1:00 pm Peg Lederman from Kindred at Home will be giving a presentation here at the center on the “in’s and out’s” of home health care. There is a sign up sheet in the dining room for anyone who would like to attend.

Falls Prevention

Darlene Messier will be at the center on Wednesday, August 16th from 10:30 am-11:30 am for an informative session that will discuss the following topics: risk factors for falls (what are they?), how to prevent falls and how to get help for falls. There is a sign up sheet in the dining room. The event is free and open to all. Hope you can join us!

MANY THANKS to Timberlyn East for the FREE lunches on July 11 and July 25!
# August 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td><strong>For more information or to schedule appointments call:</strong> 413-528-1881</td>
<td><strong>Lunch RSVP:</strong> 413-528-4118 <strong>*AT LEAST 24 HOURS IN ADVANCE</strong></td>
<td><strong>1</strong> 9:30 Easy Does it Yoga 11:30 LUNCH- Tuna Salad 12:30 Pitch 4:00 Decorative Arts</td>
<td><strong>2</strong> 9:30 Vera’s Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) Cancelled 11:30 LUNCH- Italian Meatballs 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha’s Advanced Exercise</td>
<td><strong>3</strong> TANGLEWOOD REHEARSAL TRIP 9:00 Tai Chi 10:00 Ann’s Chair Exercise 11:00 Blood Pressure Screenings 11:30 LUNCH- Chicken with Gravy 12:00 Bridge 2:00 Intermediate Tap</td>
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<td>9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 10:30 BOCCCE 11:30 LUNCH- Chicken Chili 12:15 Movie: Mouse Hunt 12:45 Beginner Tap 2:00 Intermediate Tap</td>
<td><strong>7</strong> 10:00 STROKE AWARENESS PROG. 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- Calico Beans w/ Sausage 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</td>
<td><strong>10</strong> 10:30 POW WOW 9:30 Easy Does it Yoga 11:30 LUNCH- Pepper Casserole 12:30 Brown Bag 12:30 Pitch 1:00 Bereavement Group 2:00 A.G.E. TRIAD 4:00 Decorative Arts</td>
<td><strong>9</strong> VETERAN’S LUNCH-FREE 9:30 Vera’s Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Chicken Almondine 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</td>
<td><strong>11</strong> TANGLEWOOD REHEARSAL TRIP 9:00-12:00 Foot Nurse by Appt. 9:00 Tai Chi 10:00 Ann’s Chair Exercise 10:30 BOCCCE 11:30 LUNCH- Hot Dog 12:00 Bridge 2:00 Intermediate Tap</td>
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<tr>
<td><strong>14</strong> 1:00-3:00 HEALTH FAIR 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 BOCCCE 11:30 LUNCH- Roast Turkey with Gravy 12:30 Out to Lunch Bunch (See Flyer) 12:45 Beginner Tap 2:00 Intermediate Tap 5:30 – 7:30 Grief Support Group</td>
<td><strong>15</strong> 8:30 Breakfast (See Flyer) 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- Chicken w/ Orange Sauce 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</td>
<td><strong>16</strong> 10:30 FALLS PREVENTION 9:30 Easy Does it Yoga 11:30 LUNCH- Picnic (Hamburgers &amp; Hot Dogs) 12:30 Pitch 1:00 Bereavement Group 1:00-2:30 Caregiver Support Group 4:00 Decorative Arts 5:30- 7:00 THERAPY DOG SEMINAR</td>
<td><strong>17</strong> 2:00 MEMORY CAFE 9:30 Vera’s Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Chef Salad 12:00 Bridge 12:00 Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha’s Advanced Exercise</td>
<td><strong>18</strong> 9:00 Tai Chi 10:00 Ann’s Chair Exercise 10:30 BOCCCE 11:00 Blood Pressure Screenings 11:30 LUNCH- Pepper Steak 12:00 Bridge 2:00 Intermediate Tap</td>
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<td><strong>21</strong> 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 Acupuncture 10:30 BOCCCE 11:30 LUNCH- Oriental Pork Casserole 12:45 Beginner Tap 2:00 Intermediate Tap</td>
<td><strong>22</strong> TIMBERLYN EAST-FREE LUNCH 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- Spaghetti &amp; Tossed Salad 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</td>
<td><strong>23</strong> 1:00 HOME HEALTH CARE 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Parmesan 12:30 Pitch 1:00 Bereavement Group 4:00 Decorative Arts 4:00-5:00 MUSIC ON THE LAWN</td>
<td><strong>24</strong> VETERAN’S LUNCH-FREE 9:30 Vera’s Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- BBQ Pork Riblet 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</td>
<td><strong>25</strong> TANGLEWOOD REHEARSAL TRIP 9:00 Tai Chi 10:00 Ann’s Chair Exercise 10:30 BOCCCE 11:30 LUNCH- Egg Salad 12:00 Bridge 2:00 Intermediate Tap 5:00 Gad Abouts (See Flyer)</td>
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<td><strong>28</strong> 9:00-12:00 Genealogy by Appt. 9:15 Cross Training 10:15 Awareness through Movement 10:30 BOCCCE 11:30 LUNCH- Chicken Piccata 12:30 Ice Cream &amp; Bingo 12:45 Beginner Tap 2:00 Intermediate Tap 5:30- 7:30 Grief Support Group</td>
<td><strong>29</strong> 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- Baked Trout 12:00 Bridge 12:15 Computer Class by Appt. 12:30 Bingo 3:30 Strength Training</td>
<td><strong>30</strong> 9:30 Easy Does it Yoga 11:30 LUNCH- Chicken Salad 12:30 Pitch 1:00 Bereavement Group 8:45-6:00A Meeting CANCELLED 4:00 Decorative Arts</td>
<td><strong>31</strong> 9:30 Vera’s Painting Class 10:00 News &amp; Views 10:00 Therapeutic Breathing 10:30 Blood Pressure Clinic 11:30-3:15 SHINE (by Appt.) 11:30 LUNCH- Cheeseburger 12:00 Bridge and Crafty Hands 1:00 Art Class-Eunice Agar 4:00 Misha’s Advanced Exercise</td>
<td><strong>31</strong> <em>Coffee Hour every day at 8:30 AM</em></td>
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<tr>
<td>MONDAY</td>
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| 1      | Calico Beans and Sausage  
Brown Wild Rice  
Sugar Snap Peas  
12 Grain Bread  
Fresh Orange | Tuna Salad  
Carrot Kaisin Salad  
3 Bean Salad  
Hot Dog Bun  
Tropical Fruit Mix | Italian Meatballs  
Penne w/Sauce  
Wax Beans  
Tossed Salad  
Italian Bread  
Spiced Apples | Chicken w/Gravy  
Mashed Potatoes  
Broccoli  
100% Whole Wheat Bread  
Diced Peaches |
| 2      | **NEW ITEM**  
Chicken Chili  
Peas and Carrots  
Brown Rice  
Corn Muffins  
Tropical Fruit Mix | **NEW ITEM**  
**FREE LUNCH**  
Honey Lemon Ginger Chicken | Pepper Casserole  
Roasted Potatoes  
Mixed Vegetables  
12 Grain Bread  
Fresh Orange | Chicken Almondine  
Egg Noodles  
Broccoli  
100% Whole Wheat Bread  
Fruited Yogurt** | Hot Dog  
Vegetarian Baked Beans  
Cole Slaw  
Hot Dog Roll  
Fruit Crisp |
| 3      | **NEW ITEM**  
**FREE LUNCH**  
Spaghetti & Tossed Salad | **NEW ITEM**  
**FREE LUNCH**  
Hamburgers & Hot Dogs | **NEW ITEM**  
**FREE LUNCH**  
Sushi | **NEW ITEM**  
**FREE LUNCH**  
Deli | **NEW ITEM**  
**FREE LUNCH**  
Fruit Salad |
| 4      | **NEW ITEM**  
Oriental Pork Casserole  
Brown Rice  
Spinach  
Rye Bread  
Fruit Cocktail  
Orange | **NEW ITEM**  
**FREE LUNCH**  
Spaghetti & Tossed Salad | Chicken Parmesan  
Shells with Sauce  
Winter Blend  
Italian Bread  
Tropical Fruit Mix | **NEW ITEM**  
**FREE LUNCH**  
Sushi | **NEW ITEM**  
**FREE LUNCH**  
Fruit Salad |
| 5      | **NEW ITEM**  
Oriental Pork Casserole  
Brown Rice  
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Rye Bread  
Fruit Cocktail  
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Spaghetti & Tossed Salad | Chicken Parmesan  
Shells with Sauce  
Winter Blend  
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**FREE LUNCH**  
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Brown Rice  
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**FREE LUNCH**  
Sushi | **NEW ITEM**  
**FREE LUNCH**  
Fruit Salad |
| 7      | **NEW ITEM**  
Oriental Pork Casserole  
Brown Rice  
Spinach  
Rye Bread  
Fruit Cocktail  
Orange | **NEW ITEM**  
**FREE LUNCH**  
Spaghetti & Tossed Salad | Chicken Parmesan  
Shells with Sauce  
Winter Blend  
Italian Bread  
Tropical Fruit Mix | **NEW ITEM**  
**FREE LUNCH**  
Sushi | **NEW ITEM**  
**FREE LUNCH**  
Fruit Salad |

**Dietary Information:** All meals include 1% Milk = 100 calories  
**Modifications for restricted sugar available**
WELCOME SUMMER

AUGUST
BEACH
BIKES
CAMPING
CARNIVAL
COOKOUTS
FIREFLIES
FIREWORKS
FISHING
FLIPFLOPS
FUN
HULA HOOPS
ICE CREAM
JULY
JUMPROPE
JUNE
MOVIES
PARADES
PARTIES
PICNICS
POOL
POPSICLES
ROLLERCOASTER
SANDALS
SPLASH
SPRINKLER
SNOWCONES
SUNGLASSES
SUNSCREEN
SWIMMING
THEME PARK
VACATION

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

Name: _______________________________
Come join us...

for

“Music on the Lawn”

with Ron Baker.

Wednesday, August 23rd 4:00 pm– 5:00 pm

*********************************************************

MUSIC & FOOD

on the back lawn at the

senior center.

FREE grilled hot dogs

and lemonade!

Feel free to bring your family & friends.