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 goulash 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 413-528-1681

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

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.

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)

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.

Happy Birthday

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.

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

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

Dominoes, backgammon, 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!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>9:00-12:00 Genealogy by Appt.</th>
<th>9:15 Cross Training</th>
<th>10:00 LUNCH-Basque Trash</th>
<th>12:15 Stuffed Cabbage Casserole</th>
<th>12:45 Beginner’s Bridge</th>
<th>1:00 Intermediate Tap</th>
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<tbody>
<tr>
<td>TUESDAY</td>
<td>9:00-12:00 Genealogy by Appt.</td>
<td>9:15 Cross Training</td>
<td>10:00 BOCCE</td>
<td>11:30 LUNCH-Stuffed Cabbage w/Meat</td>
<td>12:45 Beginner’s Bridge</td>
<td>1:00 Intermediate Tap</td>
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<td>WEDNESDAY</td>
<td>9:00-12:00 Genealogy by Appt.</td>
<td>9:15 Cross Training</td>
<td>10:00 BOCCE</td>
<td>11:30 LUNCH-Stuffed Shells w/Meat</td>
<td>12:15 Beginner’s Bridge</td>
<td>12:45 Beginner’s Bridge</td>
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<td>THURSDAY</td>
<td>9:00-12:00 Genealogy by Appt.</td>
<td>9:15 Cross Training</td>
<td>10:00 BOCCE</td>
<td>11:30 LUNCH-Krabby Patty w/Newburg Sauce</td>
<td>12:15 Beginner’s Bridge</td>
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<tr>
<td>FRIDAY</td>
<td>9:00-12:00 Genealogy by Appt.</td>
<td>9:15 Cross Training</td>
<td>10:00 BOCCE</td>
<td>11:30 LUNCH-Krabby Patty w/Newburg Sauce</td>
<td>12:15 Beginner’s Bridge</td>
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*For more information or to schedule appointments call: 413-528-8181*

*AT LEAST 24 HOURS IN ADVANCE*
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<thead>
<tr>
<th>MONDAY</th>
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<th>THURSDAY</th>
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<tr>
<td>Stuffed Cabbage Casserole&lt;br&gt; Lentil Soup&lt;br&gt; Green Beans&lt;br&gt; 12 Grain Bread&lt;br&gt; Diced Peaches</td>
<td>New item!&lt;br&gt; Chicken Broccoli Pasta Alfredo&lt;br&gt; Carrots&lt;br&gt; Braised Cabbage&lt;br&gt; Whole Grain Biscuit&lt;br&gt; Diced Peaches</td>
<td>Baked Trout&lt;br&gt; Roasted Potatoes&lt;br&gt; Peas&lt;br&gt; Rye Bread&lt;br&gt; Snack Loaf **</td>
<td>Roast Turkey and Gravy&lt;br&gt; Sweet Potatoes&lt;br&gt; Cauliflower&lt;br&gt; Whole Wheat Dinner Roll&lt;br&gt; Spiced Apples</td>
<td>Meatloaf with Gravy&lt;br&gt; Mashed Potatoes&lt;br&gt; Winter Squash&lt;br&gt; Wheat Bread&lt;br&gt; Banana</td>
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<tr>
<td>9 COLUMBUS DAY</td>
<td>10</td>
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<td>CLOSED</td>
<td>Beef Stroganoff&lt;br&gt; Egg Noodles&lt;br&gt; Spinach&lt;br&gt; 100% Wheat Bread&lt;br&gt; Fresh Orange</td>
<td>Chicken Bruschetta&lt;br&gt; Brown Rice&lt;br&gt; Carrots&lt;br&gt; 12 Grain Bread&lt;br&gt; Tropical Fruit Mix</td>
<td>Eggplant Parmesan&lt;br&gt; Calico Bean Soup&lt;br&gt; Brussel Sprouts&lt;br&gt; Italian Bread&lt;br&gt; Chocolate Pudding **</td>
<td>Cheeseburger&lt;br&gt; Sliced Roasted Potatoes&lt;br&gt; Corn&lt;br&gt; Hamburg Bun&lt;br&gt; Apricots</td>
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<td>Stuffed Shells w/Meat Sauce&lt;br&gt; Wax Beans&lt;br&gt; Carrots&lt;br&gt; Italian Bread&lt;br&gt; Pineapple Chunks</td>
<td>Timberlyn East FREE Lunch&lt;br&gt; (To be announced)</td>
<td>Roast Pork with Gravy&lt;br&gt; Mashed Potatoes&lt;br&gt; Winter Squash&lt;br&gt; Oat Nut Bread&lt;br&gt; Applesauce</td>
<td>Laurel Lake FREE Lunch&lt;br&gt; Meatloaf, Scalloped Potatoes, Green Beans, Salad</td>
<td>BBQ Chicken Breast&lt;br&gt; Roasted Potatoes&lt;br&gt; Mixed Vegetables&lt;br&gt; Rye Bread&lt;br&gt; Fresh Apple</td>
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<td>Krabby Patty w/Newburg Sauce&lt;br&gt; Rice Pilaf&lt;br&gt; Broccoli&lt;br&gt; 100% Whole Wheat Bread&lt;br&gt; Spiced Apples</td>
<td>Chicken Salad&lt;br&gt; Cream of Cabbage Soup&lt;br&gt; Carrots and Peas&lt;br&gt; Hot Dog Roll&lt;br&gt; Peach Crisp</td>
<td>Beef Stew&lt;br&gt; Mashed Potatoes&lt;br&gt; Mixed Greens&lt;br&gt; Whole Wheat Dinner Roll&lt;br&gt; Fruited Jello **</td>
<td>Orange Chicken&lt;br&gt; Egg Noodles&lt;br&gt; Beets&lt;br&gt; Oat Nut Bread&lt;br&gt; Tropical Fruit Salad</td>
<td>New item!&lt;br&gt; Chorizo (Pork) Wrap&lt;br&gt; Roasted Potatoes&lt;br&gt; Zucchini &amp; Summer Squash Blend&lt;br&gt; Diced Peaches</td>
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<tr>
<td>Sage Stuffed Chicken with Gravy&lt;br&gt; Scalloped Potatoes&lt;br&gt; Winter Squash&lt;br&gt; 12 Grain Bread&lt;br&gt; Applesauce</td>
<td>HALLOWEEN&lt;br&gt; Goulash&lt;br&gt; Salad, Rolls, Pumpkin Pie&lt;br&gt; Timberlyn East FREE Lunch</td>
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**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

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

Name: _____________________________