Accordian 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 Accordian Connection & Museum Company in Canaan, play accordian. If you have an accordian, feel free to bring yours in as well. The museum has over 350 vintage accordians on display, new and used accordians for sale, tours of the museum by appointment, lessons for beginners, accordian 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.

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.

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

HAPPY BIRTHDAY TO ALL!!

Sept. 5 Rita Valliere
Sept. 7 Terence Coyle
Sept. 8 Mas Bachetti
Sept. 8 William Murray
Sept. 11 Mark Bachman
Sept. 12 Margaret Pothul
Sept. 14 Jennifer Bailly
Sept. 20 Linda Warner

Sept. 22 Linda Traficante
Sept. 22 Maryanne Macy
Sept. 23 Kathy Plungis
Sept. 24 Margaret Buchte
Sept. 25 Hugh Black
Sept. 29 Anne Stannard
Sept. 30 Nellie Hudson
Sept. 30 Elinor Hamill
“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

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 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.

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.

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.

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 Homestead 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.

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

Mark your calendars!
Saturday, October 21st
German Food, 5 piece Oompah Band, Dancing, prizes and more!
Polly will be on vacation from **Tuesday, September 19th** through **Tuesday, September 26th**.

She will be visiting her sister near Mt. Lassen, California, Napa Wine Country and heading up the coast of Oregon to visit more family. I am sure she will have lots of pictures to share when she returns!

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**Sewing Classes**
Mary Warford has generously offered free sewing instructions Tuesday mornings from 9:30 am-11:30 am. The center has three sewing machines available. Please see sign up sheet if you plan on attending.

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**Many Thanks** to Timberlyn East for the FREE lunches on August 8 and August 22!

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We would like to give a big **THANK YOU** to **Backyard Bounty of the Berkshires** for their generous donation of fresh farm vegetables.

*Backyard Bounty of the Berkshires is a community-based project that supplies food to people in need by gathering and distributing ripe, fresh vegetables and fruit from Berkshire farms and local residents' backyards—food that would otherwise go to waste, and delivering it to food distribution sites such as food pantries.

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**World War I Show (by Doug Schmolze)**
Doug Schmolze has been **rescheduled** to Thursday, September 14th following lunch at 12:30 to put on his 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. A sign up sheet for this event is in the dining room.

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**Piano Lessons are back!**
Want to learn how to play the piano or just need a refresher? Come learn with instructor Mary Warford. She will be teaching basic piano lessons. Please let us know if you are interested! Date to be announced. One on one instruction.

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**Coming Up at Rainbow Seniors**
On Saturday, September 2nd from 2:00 pm-5:00 pm there will be an **OPEN MEETING FOR MEN AND WOMEN** at the Berkshire Athenaeum in Pittsfield (2nd floor conference room). For more info about this meeting or to find out more about Rainbow Seniors, call Ed at 413-441-6006 or email at Ed@rainbowseniors.org.

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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 & 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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<th>MONDAY</th>
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<td><strong>For more information or to schedule appointments call:</strong>&lt;br&gt;413-528-1881</td>
<td><strong>Lunch RSVP:</strong>&lt;br&gt;413-528-4118&lt;br&gt;<em>AT LEAST 24 HOURS IN ADVANCE</em></td>
<td><strong>Coffee Hour every day at 8:30 AM</strong>*</td>
<td><strong>9:00 Tai Chi</strong>&lt;br&gt;10:00 Ann’s Chair Exercise&lt;br&gt;11:00 Blood Pressure Screenings&lt;br&gt;11:30 LUNCH- Macaroni &amp; Cheese&lt;br&gt;12:00 Bridge&lt;br&gt;2:00 Intermediate Tap</td>
<td><strong>9:00-12:00 Foot Nurse by Appt.</strong>&lt;br&gt;9:00 Tai Chi&lt;br&gt;10:00 Ann’s Chair Exercise&lt;br&gt;10:30 BOCCCE&lt;br&gt;11:30 LUNCH- BBQ Chicken&lt;br&gt;12:00 Bridge&lt;br&gt;2:00 Intermediate Tap</td>
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<td><strong>SENIOR CENTER CLOSED</strong></td>
<td><strong>5:00 BERKSHIRE SOUTH DINNER</strong></td>
<td><strong>9:00-12:00 Genealogy by Appt.</strong>&lt;br&gt;9:00-12:00 Foot Nurse by Appt. 9:15 Cross Training&lt;br&gt;10:15 Awareness through Movement&lt;br&gt;10:30 BOCCCE&lt;br&gt;11:30 LUNCH- Italian Meatballs&lt;br&gt;12:15 Beginner’s Bridge&lt;br&gt;12:45 Beginner Tap&lt;br&gt;2:00 Intermediate Tap&lt;br&gt;5:30 – 7:30 Grief Support Group</td>
<td><strong>8:45 Women &amp; Men’s Discussion Group</strong>&lt;br&gt;10:00 Bingo&lt;br&gt;10:00 Crossword&lt;br&gt;10:00 Jo’s Simple Hand Crafts&lt;br&gt;10:00 Pilates with Kathi&lt;br&gt;11:30 LUNCH- Swedish Meatballs&lt;br&gt;12:00 Bridge&lt;br&gt;12:15 Computer Class by Appt.&lt;br&gt;12:30 Bingo&lt;br&gt;3:30 Strength Training</td>
<td><strong>9:30 Easy Does it Yoga</strong>&lt;br&gt;11:30 LUNCH- Roast Turkey with Gravy&lt;br&gt;12:30 Pitch&lt;br&gt;4:00 Decorative Arts</td>
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<td><strong>11:30 LUNCH- Ham Salad</strong>&lt;br&gt;12:00 Bridge&lt;br&gt;12:15 Computer Class by Appt.&lt;br&gt;12:30 Bingo&lt;br&gt;3:30 Strength Training</td>
<td><strong>9:30 Easy Does it Yoga</strong>&lt;br&gt;11:30 LUNCH- Chicken Marsala&lt;br&gt;12:30 Brown Bag&lt;br&gt;12:30 Pitch&lt;br&gt;2:00 A.G.E. TRIAD&lt;br&gt;4:00 Decorative Arts</td>
<td><strong>9:30 Vera’s Painting Class</strong>&lt;br&gt;10:00 News Views/ Dominoes&lt;br&gt;10:00 Therapeutic Breathing&lt;br&gt;11:30-3:15 SHINE (by Appt.)&lt;br&gt;11:30 LUNCH- Krabby Patty w/ Bridge Newburg Sauce&lt;br&gt;12:00 Crafty Hands&lt;br&gt;1:00 Art Class-Eunice Agar&lt;br&gt;4:00 Mishá’s Advanced Exercise&lt;br&gt;4:00 Women’s Cancer Support Group</td>
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<td><strong>TIMBERLYN EAST-FREE LUNCH</strong>&lt;br&gt;8:30 - Breakfast (See Flyer)</td>
<td><strong>9:30 Easy Does it Yoga</strong>&lt;br&gt;11:30 LUNCH- Hot Dogs&lt;br&gt;12:30 Pitch&lt;br&gt;1:00-2:30 Caregiver Support Group&lt;br&gt;4:00 Decorative Arts</td>
<td><strong>9:30 Vera’s Painting Class</strong>&lt;br&gt;10:00 News Views/ Dominoes&lt;br&gt;10:00 Therapeutic Breathing&lt;br&gt;11:15 “What’s for Supper” Event&lt;br&gt;11:30-3:15 SHINE (by Appt.)&lt;br&gt;11:30 LUNCH- Curry Chicken&lt;br&gt;12:00 Bridge&lt;br&gt;12:00 Crafty Hands&lt;br&gt;1:00 Art Class-Eunice Agar&lt;br&gt;4:00 Mishá’s Advanced Exercise&lt;br&gt;4:00 Women’s Cancer Support Group</td>
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<td><strong>9:00-12:00 Genealogy by Appt.</strong>&lt;br&gt;9:15 Cross Training&lt;br&gt;10:15 Awareness through Movement&lt;br&gt;10:30 Acupuncture&lt;br&gt;10:30 BOCCCE&lt;br&gt;11:30 LUNCH- Sage Stuffed Chicken w/ Gravy&lt;br&gt;12:30 Out to Lunch Bunch- Egremont&lt;br&gt;12:45 Beginner Tap Country Club&lt;br&gt;2:00 Intermediate Tap</td>
<td><strong>2:00 MEMORY CAFE</strong>&lt;br&gt;8:30 Breakfast (See Flyer)&lt;br&gt;8:45 Women &amp; Men’s Discussion Group&lt;br&gt;10:00 Bingo and Crossword&lt;br&gt;10:00 Jo’s Simple Hand Crafts&lt;br&gt;10:00 Pilates with Kathi&lt;br&gt;11:30 LUNCH- Macaroni &amp; Cheese&lt;br&gt;12:00 Bridge&lt;br&gt;12:15 Computer Class by Appt.&lt;br&gt;12:30 Bingo&lt;br&gt;3:30 Strength Training</td>
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<td><strong>9:30 Easy Does it Yoga</strong>&lt;br&gt;11:30 LUNCH- Skillet Frittata w/ Sausage &amp; Cheese&lt;br&gt;12:30 Pitch&lt;br&gt;1:15 COA Meeting&lt;br&gt;4:00 Decorative Arts</td>
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<td>4 LABOR DAY</td>
<td>5 Swedish Meatballs</td>
<td>6 Roast Turkey w/Gravy</td>
<td>7 Krabby Patty w/ Newburg Sauce</td>
<td>1 Macaroni &amp; Cheese</td>
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<td>Brown Rice</td>
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<td>11 Italian Meatballs</td>
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<td>Hot Dog Roll</td>
<td>100% Whole Wheat Bread</td>
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<td>Diced Pears</td>
<td>Mixed Fruit</td>
<td>Banana</td>
<td>Fruited Gelatin*</td>
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<td>Vanilla Pudding **</td>
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<td>&quot;Free&quot; Lunch</td>
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<td>25 Beef Stew</td>
<td>26 Chicken Salad</td>
<td>27 Skillet Frittata w/</td>
<td>28 Baked Pollock</td>
<td>29 Chicken Cacciatore</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Corn Chowder</td>
<td>Sausage &amp; Cheese</td>
<td>Scalloped Potatoes</td>
<td>Egg Noodles</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cauliflower</td>
<td>Sliced Roasted</td>
<td>Carrots</td>
<td>Snap Peas</td>
</tr>
<tr>
<td>Whole Grain Biscuit</td>
<td>Hot Dog Roll</td>
<td>Potatoes</td>
<td>Rye Bread</td>
<td>Oat Nut Bread</td>
</tr>
<tr>
<td>Pineapple Chunks</td>
<td>Apple Crisp</td>
<td>Green Beans</td>
<td>Apple</td>
<td>Apricots</td>
</tr>
</tbody>
</table>

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.

AUTUMN
BACKtosCHOOL
BEAUTY
BOUNTY
CHANGE
COLORS
COOL
DECIDUOUS
FALL
FOLIAGE
FROST
HALLOWEEN
HARVEST
LEAVES
NOVEMBER
OCTOBER
ORANGE
RAKE
RED
SCENIC
SEASON
SEPTEMBER
THANKSGIVING
TREES
TURN
WOODS
YELLOW

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

Name: ___________________________