



"Where Community Spirit Lives"

# LENOX SENIOR SENTRY

*Published and distributed by the Lenox Council on Aging*  
**65 Walker Street, Lenox, Massachusetts 01240**

Kim Graham, Interim Director  
Elizabeth Maturevich, Senior Services  
Coordinator  
Chuck McDarby, Senior Services Assistant  
Bruce Huber, Maintenance



Council on Aging / Lenox Community Center  
Board

Sheri Gaherty - Chairperson  
Fran Sorrentino - Clerk  
Rose Fitzgerald-Casey - Shannon O'Brien  
Peggy Ammendola - Kristie Prew



Please Join us for a Mother's Day  
Concert with

**The Eagles Trombone  
Ensemble!**

**Saturday May 11th at 1pm**

**Lenox Community Center  
Ballroom**

**413-637-5535**

Light refreshments will be provided



**We're Taking another Trip!**

Come with us to the Elizabeth Park  
Conservancy in West Hartford CT.

**May 23rd**

**Depart the LCC at 9am and  
return by 4pm**

**Please RSVP 413-637-5535**

**Space is Limited**

**HAPPY MOTHER'S DAY**





## Lenox Council on Aging Van

Mondays: Medical and Essential appointments 8:30am– 3pm  
 Tuesdays: Medical and Essential appointments 8:30am-3pm  
 Wednesdays: Local Shopping (Price Chopper, Stop and Shop, and Guido's  
 9:30am or 10:30am  
 Walmart/Target 1:00pm  
 Thursdays: Medical and Essential appointments 8:30am-3pm  
 Friday: Medical and Essential Appointments 8:30am-3pm

Call 637-5535 to reserve your ride  
 With as much notice as possible



The LCC will be providing pre-packaged Grab and Go lunches here at the Community Center, every day, **Monday through Friday** for the month of May. Vegetarian also available upon request. **Please call before 11am** at least 24 hours in advance to reserve your meal. 637-5535.

Elder Services of Berkshire County - Nutrition Program					MAY 2024				
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00					All contributions are returned to the community toward the cost of the Nutrition Program and Services.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>		<b>1</b> Moroccan Beef Stew 170 Warm Barley 5 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 Cal 694 Carb 93 Sod 520	<b>2</b> <b>Veal Parmesan*</b> 753 Pasta w/Marinara Sauce 52 Yellow & Green Beans 3 Whole Grain White Bread 120 Mixed Fruit 10 Cal 807 Carb 97 Sod 1063	<b>3</b> Sweet N Sour Pork 495 Brown Rice 3 Broccoli Florets 22 Oat Nut Bread 150 Dried Cranberries 2 Cal 672 Carb 102 Sod 797					
<b>6 COLD MEAL</b> Chicken Caesar Salad 149 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 Cal 550 Carb 57 Sod 561	<b>7</b> <b>Pasta Primavera*</b> 521 Chickpea Tomato Medley 176 Rye Bread 230 Warm Applesauce 0 Cal 741 Carb 115 Sod 1052	<b>8</b> Chicken Burger with Tomato Slice 338 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Pears 5 Cal 612 Carb 38 Sod 901	<b>9</b> <b>Mother's Day Meal</b> Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Asparagus Cuts 4 Dinner Roll 210 Choco Chip Brownie ** 117 Cal 881 Carb 89 Sod 891	<b>10</b> Lasagna w/Meat Sauce* 470 Wax Beans 2 Peas with Pimentos 79 Whole Wheat Bread 120 Sliced Peaches 6 Cal 734 Carb 103 Sod 802					
<b>13</b> Scrambled Egg Patty 266 Asparagus 4 Minestrone Soup 63 Croissant 199 Apricots 5 Cal 557 Carb 67 Sod 662	<b>14</b> Teriyaki Beef w/ Broccoli 411 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4 Cal 689 Carb 83 Sod 787	<b>15</b> Chicken Bruschetta 365 Butter Noodles 8 Lima Beans 59 Whole Wheat Bread 120 Fresh Apple 2 Cal 692 Carb 106 Sod 679	<b>16</b> Homemade Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt ** 75 Cal 839 Carb 98 Sod 743	<b>17</b> Chicken stuffed with Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Strawberry Cup 0 Cal 729 Carb 108 Sod 821					
<b>20</b> Chicken Marsala 272 Sour Cream Mashed 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 495 Carb 67 Sod 703	<b>21</b> Roast Pork w/Gravy 88 Rice Florentine 241 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0 Cal 651 Carb 87 Sod 666	<b>22</b> Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 Whole Wheat Bread 120 Diced Pears 10 Cal 673 Carb 71 Sod 430	<b>23</b> <b>Memorial Day Picnic</b> <b>Low Sodium Hot Dog*</b> 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Melon Cup 15 Cal 667 Carb 69 Sod 1136	<b>24 COLD MEAL</b> Chicken Salad 251 Ancient Grains Mix 214 New England Slaw 45 1/2 Pita 80 Fresh Orange 0 Cal 781 Carb 78 Sod 715					
<b>27</b>  <b>No Meal Delivery Today</b>	<b>28</b> Lexington BBQ Chicken 235 Confetti Rice 15 Summer Squash 2 Whole Wheat Bread 120 Sliced Peaches 6 Cal 515 Carb 76 Sod 503	<b>29 COLD MEAL</b> Salmon w/Soy Ginger 241 Green Bean Vinaigrette 113 Cold Spiced Beets 179 Oat Nut Bread 150 Pineapple 1 Cal 679 Carb 81 Sod 809	<b>30</b> <b>Breaded Chix Patty</b> 517 w/Tomato slice 2 Corn Chowder 173 Sliced Carrots 17 Hamburger Roll 320 Mangoes 0 Cal 778 Carb 102 Sod 637	<b>31</b> Philly Cheese Steak 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5 Cal 733 Carb 90 Sod 445					
Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium					*High Sodium **Modifications for restricted sugar available				
Calories and sodium from salad dressings, margarine, crackers and condiments are not included.									
Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.									

Elder Services meals include 1% milk and a bread product with butter, and coffee if you wish. Suggested confidential donation for the meal for those 60 and older is \$3.00, cost for those under 60 is \$8.00 per meal.

To reserve a meal call 637-5535. Please call at least 24 hours in advance to reserve a meal or to cancel a meal you have already ordered.



## Christine Faber's

Exercise  
class schedule

**Monday**

11:00am - Tai Chi

12:30pm - Yoga

**Tuesday**

10:00am - Osteo

**Thursday**

9:15am - Osteo

Please Note That Hall Walking Ends on May 16th

## LENOX HALL WALKING IS BACK!!!

For **ALL** Lenox residents on Tuesdays, Wednesdays, Thursdays at LMMHS  
when school is in session



- Start Date: October 17, 2023
- Time: 3:00 to 5:30

Some Berkshire days in the fall, winter and spring will be cold, rainy or windy. Hall Walking is an alternative available when the weather does not cooperate.

Please wear rubber soled shoes. Please sign-in on the sheets available at the podium in the front hallway at LMMHS.

Feedback and comments: Mary Jane Incorvia Mattina at [mimattina@gmail.com](mailto:mimattina@gmail.com); Dianne Romeo at [tjromeo@verizon.net](mailto:tjromeo@verizon.net)

## CHAIR YOGA BASICS

*Stretch, Strengthen & Enhance Balance*



**Wed & Fri, 1-2pm**

**IN PERSON & ZOOM LIVE**

zoom link is:

**Meeting ID: 893 4465 2973**

**Passcode: 783051**

Sponsored by Lenox Council on Aging

1st Floor Lenox Community Center "Lunchroom"

With Dolores Mannix

For all people of all abilities

## CHAIR YOGA DANCE

Join Pam Levin, RN for this weekly  
therapeutic Yoga Dance class!



**THURSDAYS**

**\$2 per class**

**10:15am – 11:00am**

**At the Lenox Community Center**

**Sponsored by the Lenox COA**

**[YogaByPamRN.com](http://YogaByPamRN.com)**

**Pam Levin is Back!**

## CHAIR PILATES

Join Pam Levin, RN for this new Pilates Class!

Remain seated while you strengthen your muscles  
improve your posture, flexibility, and build up your core!

**Tuesdays**



**Lenox Community Center**

**11:15am-12:15 pm**

**\$2**

**Sponsored by the Lenox  
COA**



**[YogaByPamRN.com](http://YogaByPamRN.com)**





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Mahjong 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1pm Chair Yoga 1:00-2:00 Bridge 1:30-4:00	<b>2</b> Osteo Exercise 9:15-10:15 <b>Chair Yoga Dance 10:15am-11am</b> <b>Van 8:30-3pm</b> Grab and Go Lunches 11:30-12:30 <b>Knitting 12:30-2pm</b> Canasta 1pm	<b>3</b> Exercise 7:30-8:30 Foot Care by Nurses 9:00-3:00pm Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm
<b>6</b> Exercise 7:30-8:30 Tai Chi 11-12 Bingo 11:30 Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm Yoga 12:30-1:45 Van 8:30-3:00	<b>7</b> Shine by Phone Appt. Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Chair Pilates 11:15am</b> <b>Art w/Mike 1pm</b> <b>Van 8:30-3pm</b>	<b>8</b> Exercise 7:30-8:30 <b>BP Clinic 9am-10am</b> Local Shopping 9:30 & 10:30 Mahjong 10:30 <b>Brown Bag 11:30</b> Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00 Chair Yoga 1:00-2:00 Bridge 1:30-4:00 Grief Support 1-2pm	<b>9</b> Osteo Exercise 9:15-10:15 <b>Chair Yoga Dance 10:15am-11am</b> Grab and Go Lunches 11:30-12:30 <b>Luncheon 12pm</b> Knitting 12:30-2pm Canasta 1pm <b>Van 8:30-3pm</b>	<b>10</b> Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm
<b>13</b> Exercise 7:30-8:30 Tai Chi 11-12 Bingo 11:30 Grab and Go Lunches 11:30-12:30 Yoga 12:30-1:45 <b>Stephen Page 1:30pm</b> Van 8:30-3:00	<b>14</b> Shine by Phone Appt Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Art w/Mike 1pm</b> <b>Chair Pilates 11:15am</b> <b>Van 8:30-3pm</b>	<b>15</b> Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Mahjong 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1pm Chair Yoga 1:00-2:00 Bridge 1:30-4:00	<b>16</b> Osteo Exercise 9:15-10:15 <b>Chair Yoga Dance 10:15am-11am</b> <b>Van 8:30-3pm</b> Grab and Go Lunches 11:30-12:30 <b>Luncheon 12pm</b> <b>Knitting 12:30-2pm</b> Canasta 1pm <b>Hall Walking Ends</b>	<b>17</b> Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 <b>Movie Matinee 12:30pm</b> Chair Yoga 1pm-2pm
<b>20</b> Exercise 7:30 Tai Chi 11-12 Bingo 11:30 Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm Yoga 12:30-1:45 Van 8:30-3:00	<b>21</b> SHINE by Phone Apt Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Art w/Mike 1pm</b> <b>Chair Pilates 11:15am</b> <b>Van 8:30-3pm</b>	<b>22</b> Exercise 7:30 Local Shopping 9:30 & 10:30 Mahjong 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00 Chair Yoga 1:00-2:00 Bridge 1:30-4:00 Grief Support 1-2pm	<b>23</b> Osteo Exercise 9:15-10:15 <b>Chair Yoga Dance 10:15am-11am</b> <b>Van Trip 9am-4pm</b> Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm Canasta 1pm	<b>24</b> Exercise 7:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm
<b>27</b> <b>Closed in Observance of Memorial Day</b>	<b>28</b> Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Luncheon 12pm</b> <b>Art w/Mike 1pm</b> <b>Chair Pilates 11:15am</b> <b>Van 8:30-3pm</b>	<b>29</b> Exercise 7:30 Local Shopping 9:30 & 10:30 Mahjong 10:30 Grab and Go Lunches 11:30-12:30 Target/Walmart 1:00 Chair Yoga 1:00-2:00 Bridge 1:30-4:00	<b>30</b> Osteo Exercise 9:15-10:15 <b>Chair Yoga Dance 10:15am-11am</b> <b>Art w/Liz 11am</b> Grab and Go Lunches 11:30-12:30 <b>Knitting 12:30-2pm</b> Canasta 1pm <b>Van 8:30-3pm</b>	<b>31</b> Exercise 7:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm



**Join Us for Knitting From 12:30-2pm  
1st and 3rd Monday of each month  
& Every Thursday**

Strengthen social bonds  
Develop fine motor skills, eye-hand coordination, imagination,  
and creativity.  
Promote relaxation, meditation, and strengthen memory.  
  
Get Hooked on Lenox COA's Social Needlework Group

## Puzzle Swap

**Looking for a new puzzle?  
Done with a puzzle and want to pass it  
on?**

**Stop by the Community Center  
Living Room any time and take or leave  
a puzzle.**

**(Please make sure all pieces are there.)**

## Mahjong Anyone?

**Please join us whether you love the game or always  
wanted to learn how to play! Meet new friends!**

**Wednesdays from 10:30 am to noon  
At Lenox Community Center**

## Do You Play Canasta?

Beginners welcome!

**Thursdays at 1pm**

Please RSVP the Lenox Council on Aging the  
Wednesday before  
413-637-5535



**Monthly Blood Pressure Clinic  
Wednesday**

**May 8th 9am-10am Lenox  
Community Center**

Stop in and have your blood pressure taken by  
our local Board of Health. This will be offered  
monthly, so be sure to mark your calendar!  
For more information or if you have questions,  
call the Lenox COA 413-637-5535

**“Age is something  
that doesn’t  
matter, unless you  
are a cheese.”**

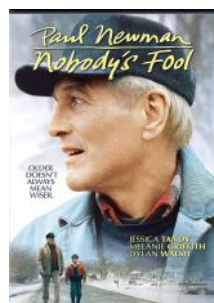
**LUIS BUÑUEL**

## Movie Matinee

**Brought to you by the Lenox COA**

## Nobody's Fool

Please join us for this touching film starring  
Paul Newman as Sully a 60 year old self  
indulgent scamp. Filmed in the Hudson  
Valley this character driven film is a must  
see!



**Friday May 17th  
12:30-2pm**

**Lenox Community Center  
Free and open to all.**





# Lose Your Blues

## JAZZ PIANO

A Series of Good-mood Concerts for Seniors\* with Noted Jazz Pianist Stephen Page



**Jazz Piano in the Hands of a Master Can Move and Groove Your Mood!**  
There are pianists and there are pianists... Welcome to this rare opportunity to listen in depth, learn about the evolution of jazz piano as demonstrated by the brilliant Stephen Page. He's performed up and down the eastern seaboard, with top names in the business.

You'll experience the delight of the music, the exhilaration of his playing, and the art of jazz playing from the 1920s to today. Boogie Woogie, ragtime, blues, swing... cool jazz. Immerse yourself in this fascinating American cultural phenomenon on the instrument that does it all. You won't believe your ears. *And you won't believe how good it feels to listen to great, live music—He may play the blues, but you'll feel fine, in good company at*


*the lovely Lenox Community Center. Please join us! Take off your shoes and lose your blues!*

**Dates:**  
Feb. 12, March 11, April 22, May 13, 2024

**Time:** 1:30 - 2:30 pm, with refreshments courtesy of the community center following each concert

**Lenox Community Center, 65 Walker St.**

\*Free and open to the general public. The Lenox Community Center is committed to full access to its programs. If you need assistance in attending, please ask.



May 13th  
1:30pm-2:30pm at the Lenox Community Center

## Spouse/Partner Loss Support Group

*Free and open to the public*

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden.

Come join Jane Salata, MSW, LICSW, from HospiceCare in The Berkshires and talk with people who are also on this journey.

**Lenox Community Center- 65 Walker Street**  
**Wednesday May 8th & 22nd**  
**1:00-2:00 PM**

**SPONSORED BY THE LENOX COA**



## Free Watercolor Art with Liz

**May 30th at 11am**

Please RSVP 413-637-5535



For the summer months, our programs will be limited, as we will be undergoing renovations. Please know that this is temporary. We will be full speed ahead by Mid-August.

### YOU CAN STILL FIND:

- Exercise Classes
- Shine and Footcare
- Bridge and Canasta
- Mahjong
- Grab and Go Lunches
- Transportation 5 days a week (Wed. Shopping Day)

**\*\* For the week of June 24th only** Grab and Go lunches will be distributed at the back of the building by the tennis courts. Please drive up Center St. off of Housatonic St. Call when you have arrived and we will bring it out to you. \*\*

Liz, our wonderful Senior Services Coordinator is still available to answer any questions and help you in any way.

(413) 637-5535

Let's Do Lunch!

We're holding 3 Elder Service Luncheons this month and we'd love to see you!

**May 9th 12pm**

**May 16th at 12pm**

**May 28th at 12pm**

**Please be sure to RSVP 413-637-5535**

