



"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

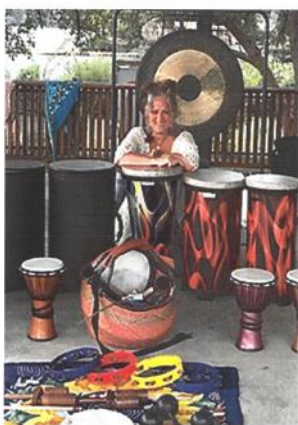
Sheri Gaherty - Chairperson  
Fran Sorrentino - Clerk  
Rose Fitzgerald-Casey - Shannon O'Brien  
Peggy Ammendola - Kristie Prew

Concettina Calder from Primal Reach  
Interactive Drumming and Sound Meditation  
Joins Us Again at the Lenox Community Center

**Friday April 19th at 1pm**

Please Join Us!

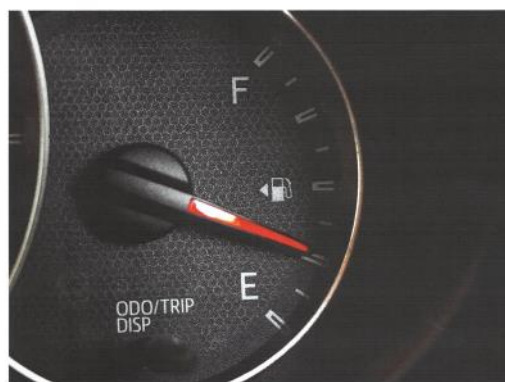
\$10 Per Person



## **KEEP ON DRIVING!**

Join Michele Ellicks Community Outreach  
Coordinator from the Registry of Motor Vehicles and  
Police Chief Stephen O'Brien for this informational  
presentation covering defensive driving, disability  
placards and plates, Real IDs, and any questions  
you may have.

**At the Lenox Community Center  
April 17<sup>th</sup> @ 1:30pm**



Michael Cohen is back for another round of  
Beginner's Acrylics!

\$30 for 6 Classes

All Supplies Included

Please RSVP 413-637-5535

**Beginning April 23rd**

**Tuesdays at 1pm**



## 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 April. 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

APRIL 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>1</b> Pork Chili* 518 Brown Rice 3 Asparagus 4 Corn Bread 179 Diced Pears 5 Cal 666 Carb 91 Sod 834	<b>2</b> Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 Cal 604 Carb 86 Sod 828	<b>3</b> Beef Cabbage Casserole 87 Green Beans 2 Squash & Red Peppers 6 Oatnut Bread 150 Mixed Fruit 10 Cal 578 Carb 73 Sod 380	<b>4</b> Turkey Sausage, Pep & Onions* 849 Buttered Noodles 8 California Veggie Blend 17 Grinder Roll 280 Dried Cranberries 2 Cal 695 Carb 109 Sod 1281	<b>5</b> Eggplant Parm w/marinara 584 Parmesan Risotto 45 Brussel Sprouts 14 Whole Wheat Bread 120 Orange 0 Cal 635 Carb 88 Sod 888
<b>8</b> Beef Stroganoff 79 Buttered Noodles 8 Coleslaw 169 Dinner Roll 210 Fruit Crisp 11 Cal 920 Carb 94 Sod 602	<b>9</b> Chicken Almondine 226 Boiled Potatoes 4 Peas & Onions 69 Oatnut Bread 150 Blueberry Yogurt ** 75 Cal 611 Carb 86 Sod 649	<b>10</b> COLD MEAL Tuna on Bed of Lettuce 259 Chickpea Tomato Salad 370 Cold Spiced Beets 179 Hot Dog Bun 180 Banana 1 Cal 602 Carb 88 Sod 1114	<b>11</b> Chix Meatballs w/Marinara 311 Rotini Pasta 3 Monaco Vegetable Blend 7 12 Grain Bread 200 Diced Mangoes 0 Cal 748 Carb 116 Sod 646	<b>12</b> Salmon w/ Newberg Sauce 391 Mashed Sweet Potatoes 30 Green Beans 2 Rye Bread 10 Fruit Cocktail 5 Cal 595 Carb 93 Sod 563
<b>15</b>  <b>No Meal Delivery Today</b>	<b>16</b> Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 0 2 Fortune Cookies 0 Pineapple & Mandarin 4 Cal 668 Carb 80 Sod 546	<b>17</b> Chicken Bruschetta 465 Buttered Noodles 8 Mixed Greens 149 Italian Bread 230 Applesauce 0 Cal 599 Carb 80 Sod 977	<b>18</b> Pork Roast w/Gravy 119 Sweet Potatoes 36 Mixed Veg 43 Whole Wheat Bread 160 Apricots 5 Cal 654 Carb 87 Sod 488	<b>19</b> Homemade Meatloaf 287 Mashed Potatoes 33 Broccoli Florets 22 Whole Wheat Bread 120 Sliced Peaches 6 Cal 761 Carb 87 Sod 593
<b>22</b> Chicken Curry 77 Coconut Rice 6 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 660 Carb 90 Sod 457	<b>23</b> Beef Stew 72 Warm Barley 5 Mixed Greens 149 Dinner Roll 210 Fresh Apple 2 Cal 739 Carb 95 Sod 563	<b>24</b> Salisbury Steak 410 Mashed Potato 33 Cauliflower w/ Pimientos 17 Rye Bread 193 Strawberry Cup 0 Cal 740 Carb 88 Sod 778	<b>25</b> Butternut Mac & Cheese 373 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Pears 5 Cal 643 Carb 86 Sod 917	<b>26</b> Chicken a la King 133 Brown Rice Pilaf 8 Summer Squash 0 Whole Wheat Bread 120 Tropical Fruit Mix 10 Cal 510 Carb 70 Sod 396
<b>29</b> Sloppy Joe 91 Parsley Buttered Potatoes 28 Lyonnaise Carrots 74 Hamburger Bun 320 Apricots 5 Cal 726 Carb 91 Sod 643	<b>30</b> Chicken w/gravy 227 Herbed Stuffing 485 Butternut Squash 34 Whole Wheat Bread 120 Melon Cup 15 Cal 492 Carb 68 Sod 1006	<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		

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

## 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



Appointments/Questions  
**413.528.0457**



For our most up-to-date clinic schedule  
and more mobile health information,  
scan the QR code or visit us at:

**chpberkshires.org/mobile**  
Community Health Programs, Inc.

CHP will be at the Lenox Community Center the 2nd Monday of every month! Call and schedule your appointment!

413-528-0457

**April 8th 1pm-3pm**

Cell Phone Help is Here!

Join LMMHS Students

**April 12th at 1pm**

At the Community Center  
for a comprehensive slide show  
followed by one on one tutoring

Be Sure to RSVP!

413-637-5535



## LENOX HALL WALKING IS BACK!!!

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



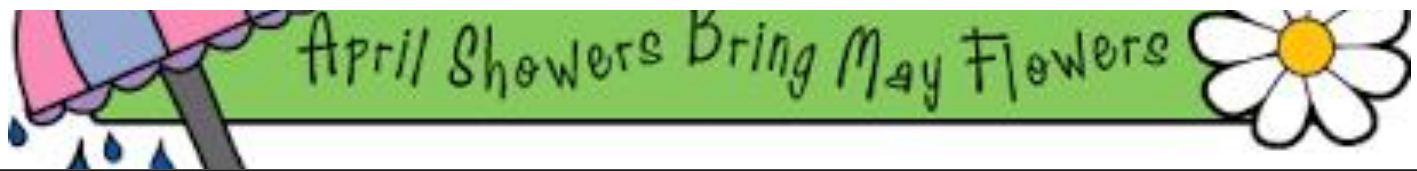
- Start Date: October 17, 2023
- Time: 3:00 to 5:30

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 [mjmattina@gmail.com](mailto:mjmattina@gmail.com); Dianne Romeo at [tjromeo@verizon.net](mailto:tjromeo@verizon.net)





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Exercise 7:30-8:30 Tai Chi 11-12 Bingo Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm Yoga 12:30-1:45 Van 8:30-3:00	<b>2</b> Shine by Phone Appt. Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Van 8:30-3pm</b>	<b>3</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>4</b> Osteo Exercise 9:15-10:15 <b>Van 8:30-3pm</b> <b>Selectmen and Lunch 11am</b> Grab and Go Lunches 11:30-12:30 <b>Mindful Art 1pm</b> <b>Canasta 1pm</b>	<b>5</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>8</b> Exercise 7:30-8:30 Tai Chi 11-12 Bingo Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm <b>CHP 1-3pm</b> Yoga 12:30-1:45 Van 8:30-3:00	<b>9</b> Shine by Phone Appt. Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Van 8:30-3pm</b>	<b>10</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>11</b> Osteo Exercise 9:15-10:15 <b>Van 8:30-3pm</b> Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm <b>Mindful Art 1pm</b> <b>Canasta 1pm</b>	<b>12</b> Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 <b>Tech help w/Teens 1pm</b> Chair Yoga 1pm-2pm
<b>15</b> <b>Closed in Observance of Patriot Day</b> 	<b>16</b> Shine by Phone Appt Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Van 8:30-3pm</b>	<b>17</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>RMV 1:30pm</b>	<b>18</b> Osteo Exercise 9:15-10:15 <b>Van 8:30-3pm</b> Grab and Go Lunches 11:30-12:30 <b>Mindful Art 1pm</b> <b>Canasta 1pm</b>	<b>19</b> Exercise 7:30-8:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm <b>Bingo &amp; Pizza 11:30am</b> <b>Drum Circle w/Connie 1pm</b>
<b>22</b> Exercise 7:30 Tai Chi 11-12 Bingo Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm Yoga 12:30-1:45 <b>Stephen Page 1:30pm</b> Van 8:30-3:00	<b>23</b> SHINE by Phone Apt Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Art with Mike 1pm</b> <b>Van 8:30-3pm</b>	<b>24</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>25</b> Osteo Exercise 9:15-10:15 Grab and Go Lunches 11:30-12:30 Knitting 12:30-2pm <b>Mindful Art 1pm</b> <b>Canasta 1pm</b> <b>Van 8:30-3pm</b>	<b>26</b> Exercise 7:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:00 Chair Yoga 1pm-2pm
<b>29</b> Exercise 7:30 Tai Chi 11-12 Bingo Grab and Go Lunches 11:30-12:30 Yoga 12:30-1:45 Van 8:30-3:00	<b>30</b> Osteo Exercise 10-11:15 Grab and Go Lunches 11:30-12:30 <b>Art with Mike 1pm</b> <b>Van 8:30-3pm</b>			



IN BETWEEN STITCHES  
Friendships are Made

Join us from 12:30-2pm  
1<sup>st</sup> & 3<sup>rd</sup> Monday of each month  
2<sup>nd</sup> & 4<sup>th</sup> Thursday of each month

- Strengthen social bonds
- Develop fine motor skills, eye-hand coordination
- Develop imagination and creativity, strengthen memory
- Promote relaxation, meditation and relaxation

*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



**TRITOWN**  
HEALTH DEPARTMENT

100 • 10000 • 1000000000

**Monthly Blood Pressure Clinic  
Wednesday**

**April 10th 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

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www.glasbergen.com



"You seem like a nice gentleman, but I'm not sure  
I could ever get serious about a man who has  
a laxative jingle for his ring tone."

INTERGENERATIONAL BINGO  
AND PIZZA

FRIDAY APRIL 19<sup>TH</sup> AT 11:30AM

PLEASE RSVP 413-637-5535



**BINGO**

1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65



**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 excitement 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.



April 22nd, and May 13th  
 1:30pm-2:30pm at the Lenox Community Center

**Mindful Art Journaling**  
 Learn Mixed Media Techniques and Mindful Art Exercises. Bring your own sketchbook/journal and any art supplies you love.

No experience? No problem!  
 Art for All with Carolyn Abrams!  
 Thursdays at 12:45pm  
 \$5 per class



**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 April 10th & 24th**  
**1:00-2:00 PM**

**SPONSORED BY THE LENOX COA**

**GOT SOMETHING THAT NEEDS REPAIR?**



Bring it to the



**FIX-IT FAIR!**

**LENOX TOWN HALL**

**Saturday, April 20<sup>th</sup>**

**1 to 4 pm**

*Broken small appliances? Clothing?*

**Questions? Volunteer?**

Kate, 413-637-0233 katem-v@hotmail.com

Ellen, 413-441-0686 ellenjay@yahoo.com



**FREE**

**Meet the Candidates!**

Stop by and hear from incumbent Selectmen Ed Lane, Neal Maximillian, and challenger Jared Weber

**Thursday April 4th at 11:00am**

Lenox Community Center

Followed by Elder Services Lunch

Turkey Sausage, Peppers, and Onions

RSVP 413-637-5535

