

## New Classes Alert!

Join us every other Wednesdays for Watercolor Painting with Suzanne Blackwell!

Annette McLeod leads us in fun crafts every other Thursdays!

(Materials are supplied for these classes.)

### **PICKLEBALL STARTS MONDAY, MAY 6<sup>th</sup> instructed by Linda Barbadoro!**

Beginners 9-10 am, non-beginners 10-11.

Sign-ups are required and space is limited.

Please call 413-298-4170 ext 263 to reserve a spot.

Gym shoes are required.

Sheri, a dietician from Elder Services will be hosting a quick and informative class on May 28<sup>th</sup> from 10:30-11:30 am Stop in to gather information, learn something new and enjoy a smoothie!

## May Holidays

Mother's Day- May 12<sup>th</sup>



Memorial Day- May 27<sup>th</sup>

Townhall and Senior Center will be closed.





### **Honor a Veteran in *your* Family**

Take a photo of your veteran to **KwikPrint** in Great Barrington by **May 18, 2024** and they will enlarge and print the photo and mount it on a board for **\$35**, which you can then carry in the parade.

## **Town of Stockbridge MEMORIAL DAY EVENTS**

**Monday, May 27, 2024**

### **Cemetery Ceremonies**

**11:00am** - Benediction & Taps for Veterans at both cemeteries, to include riverside ceremony for those who died at sea. Meet at the Congregational Church at 10:45am. Transportation to cemeteries available.

### **Parade**

**12:15pm** - Participants are asked to meet at the Town Offices at 12:00pm. **ALL VETERANS** regardless of residency, with or without uniform, are encouraged to march or ride.

### **Memorial Program**

**12:45pm** - At the Congregational Church at the conclusion of Parade. Guest Speakers, music by the Berkshire Hillsmen, & patriotic crafts **FOR KIDS**.

### **Community Activities**

**1:15pm - 2:15pm**

Complimentary hotdog, chips and beverage – quantities limited. Food also available for purchase. Children's tours of the Chimes Tower.

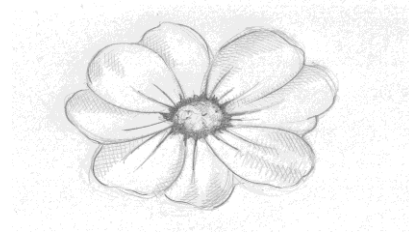
**5:30pm** - Concert featuring the renovated chimes of the Children's Chime Tower. First time since 2017!

## MAY NEWSLETTER

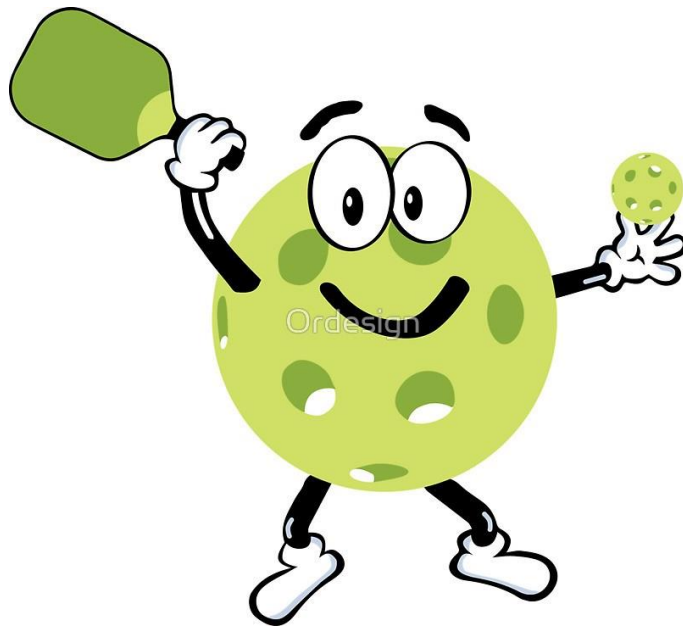
### Stockbridge Council on Aging 2024

Join us Tuesday, May 28<sup>th</sup> for a wellness check-in event hosted by ESBC! More information to come.

Pickleball starts on the 6<sup>th</sup>! Beginners 9-10am and non-beginners 10-11am! Call 413-298-4170 ext. 263 to sign up!



Monday	Tuesday	Wednesday	Thursday	Friday
		1 10am- Chair Yoga with Antoinette <b>1pm- Watercolors with Suzanne</b>	2 10am- Walking with Friends 4-5pm Yoga with Crystal	3
6 9-10/10-11 Pickleball 10:30am-noon Ukulele Players 4-5pm Yoga with Crystal	7 10am- Walking with Friends *11:30am Congregate Meal* <b>12:45-3pm Bingo</b>	8 10am- Chair Yoga with Antoinette	9 10am- Walking with Friends 4-5pm Yoga with Crystal	10
13 9-10/10-11 Pickleball 10:30am-noon Ukulele Players 4-5pm Yoga with Crystal	14 10am- Walking with Friends *11:30am Congregate Meal* <b>12:45-3pm Bingo</b>	15 10am- Chair Yoga with Antoinette <b>1pm- Watercolors with Suzanne</b>	16 10am- Walking with Friends <b>11am Crafts with Annette</b> 4-5pm Yoga with Crystal	17
20 <b>Annual Town Meeting</b>  <b>All Programs are Canceled Today</b>	21 <b>Town Elections</b>  <b>All Programs are Canceled Today</b>	22 10am- Chair Yoga with Antoinette	23 10am- Walking with Friends <b>12:45-3pm Bingo</b> 4-5pm Yoga with Crystal	24
27 <b>Memorial Day</b>  <b>All Programs are Canceled Today</b>  <b>12:15 Memorial Day Parade</b>	28 10am- Walking with Friends *11:30am Congregate Meal* <b>12:45-3 Bingo</b> 4-5pm Yoga with Crystal	29 10am- Chair Yoga with Antoinette <b>1pm- Watercolors with Suzanne</b>	30 10am- Walking with Friends 4-5pm Yoga with Crystal	31



# PICKLEBALL IS STARTING!

Join us on Mondays in the gym to learn  
and play Pickleball. Led by Linda  
Barbadoro.

Beginners- 9-10 am Non-beginners 10-11 am  
Call 413-298-4170 ext. 263 to sign up. Space is  
limited.

Gym shoes are highly recommended.

First class is May 6<sup>th</sup>. Lessons are not in session on May 20<sup>th</sup> (Town Meeting) and May 27<sup>th</sup> (Memorial Day).





## NUTRITION CHECK-UP



AVAILABLE AT THIS LOCATION—SEE DETAILS BELOW

Elder Services of Berkshire County is sponsoring a **FREE**  
**"Nutrition Check-up"** - No reservation needed.

Drop by our table on May 28th, 2024 from 10:30 am. to  
11:30 pm. Location: Heaton Court Community Room.

- Learn the signs of poor nutritional status and how to prevent it
- Get healthy diet information and new meal ideas
- Q&A with our Registered Dietitian



## MAY NEWSLETTER

### Stockbridge Council on Aging 2024



## THE BROWN BAG PROGRAM

First off, a huge shout out to Nancy Wilcox for heading this program. Every second Wednesday at 11:30am at Heaton Court, grab a Brown Bag and say hi to Nancy and her team!

## MEALS ON WHEELS

Come on down to the Senior Center (located in the Town Hall) for our weekly Congregate Lunch. Catch up with friends, enjoy a meal and stay for Bingo! Sign up at the Senior Center or call 413-298-4170 ext. 263 by Monday prior before 10 am.

## Meals on Wheels Menu for May

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 <i>Cal 694 Carb 93 Sod 520</i>	<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 <i>Cal 807 Carb 97 Sod 1063</i>	<b>3</b> Sweet N Sour Pork 495 Brown Rice 3 Broccoli Florets 22 Oat Nut Bread 150 Dried Cranberries 2 <i>Cal 672 Carb 102 Sod 797</i>					
<b>6 COLD MEAL</b> Chicken Caesar Salad 149 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 550 Carb 57 Sod 561</i>	<b>7</b> <b>Pasta Primavera*</b> 521 Chickpea Tomato Medley 176 Rye Bread 230 Warm Applesauce 0 <i>Cal 741 Carb 115 Sod 1052</i>	<b>8</b> Chicken Burger with Tomato Slice 338 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Pears 5 <i>Cal 612 Carb 38 Sod 901</i>	<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 <i>Cal 681 Carb 89 Sod 891</i>	<b>10</b> Lasagna w/Meat Sauce* 470 Wax Beans 2 Peas with Pimentos 79 Whole Wheat Bread 120 Sliced Peaches 6 <i>Cal 734 Carb 103 Sod 802</i>					
<b>13</b> Scrambled Egg Patty 266 Asparagus 4 Minestrone Soup 63 Croissant 199 Apricots 5 <i>Cal 557 Carb 67 Sod 662</i>	<b>14</b> Teriyaki Beef w/ Broccoli 411 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4 <i>Cal 689 Carb 83 Sod 787</i>	<b>15</b> Chicken Bruschetta 365 Butter Noodles 8 Lima Beans 59 Whole Wheat Bread 120 Fresh Apple 2 <i>Cal 692 Carb 106 Sod 679</i>	<b>16</b> Homemade Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt ** 75 <i>Cal 839 Carb 98 Sod 743</i>	<b>17</b> Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Strawberry Cup 0 <i>Cal 729 Carb 108 Sod 821</i>					
<b>20</b> Chicken Marsala 272 Sour Cream Mashed 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 495 Carb 67 Sod 703</i>	<b>21</b> Roast Pork w/Gravy 88 Rice Florentine 241 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0 <i>Cal 651 Carb 87 Sod 666</i>	<b>22</b> Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 Whole Wheat Bread 120 Diced Pears 10 <i>Cal 673 Carb 71 Sod 430</i>	<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 <i>Cal 667 Carb 69 Sod 1136</i>	<b>24</b> <b>COLD MEAL</b> Chicken Salad 251 Ancient Grains Mix 214 New England Slaw 45 1/2 Pita 80 Fresh Orange 0 <i>Cal 781 Carb 78 Sod 715</i>					
<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 <i>Cal 515 Carb 76 Sod 503</i>	<b>29</b> <b>COLD MEAL</b> Salmon w/Soy Ginger 241 Green Bean Vinaigrette 113 Cold Spiced Beets 179 Oat Nut Bread 150 Pineapple 1 <i>Cal 679 Carb 81 Sod 809</i>	<b>30</b> <b>Breaded Chix Patty</b> 517 w/Tomato slice 2 Corn Chowder 173 Sliced Carrots 17 Hamburger Roll 320 Mangoes 0 <i>Cal 778 Carb 102 Sod 637</i>	<b>31</b> Philly Cheese Steak 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5 <i>Cal 733 Carb 90 Sod 445</i>					
<b>Dietary Information:</b> All meals include 1% Milk 110 calories/125 mg sodium 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.					*High Sodium **Modifications for restricted sugar available				

## MAY NEWSLETTER

Stockbridge Council on Aging  
2024

### Ukuleles Music

Make Mondays more enjoyable by listening to great music! Our Senior Center hosts uplifting music from 10:30am-12 noon. No reservations or signing up required– just drop by!

### Bingo!

Our beloved Bingo afternoon is in full swing. Drop in at 12:45pm or join us before for Congregate Meal (sign up is required for lunch) and have the chance to scream “BINGO!”

### Walking with Friends

Rain or Shine, the gym is the perfect place to do laps with your friends! Every Tuesday and Thursday from 10am-11am the gym is all ours! Get some steps in, chat with your friends and enjoy a stress-free hour with cardio.

### ELDER SERVICES OPPORTUNITIES

Elder Services is a great program offering all types of service. If you are in need of any assistance, help or advice, Elder Services offers an array of opportunities.

- Mental Health Outreach
- In-Home Supports
- Health Insurance Programs
- Money Management
- Nutritional Assistance
- And so much more.

Location: 877 South Street, Suite 4E, Pittsfield, MA 01201

Email: [esbc@esbci.org](mailto:esbc@esbci.org) There is a form to fill out online as well

Phone Number: (413) 499-0524

### Foot Care Clinic

Nurse Laurie Ann is at the Town Hall (first floor) on the Third Wednesday of each month. Each appointment is \$30.00 payment and to book an appointment please call Laurie Anne at (413) 770- 0653  
[PLEASE ONLY CALL ON TUESDAYS, WEDNESDAYS AND THURSAYS BETWEEN 10am-4pm.](#)

**\*\*Please note, Laurie Ann will be in office the second week for May\*\***

### Yoga with Crystal

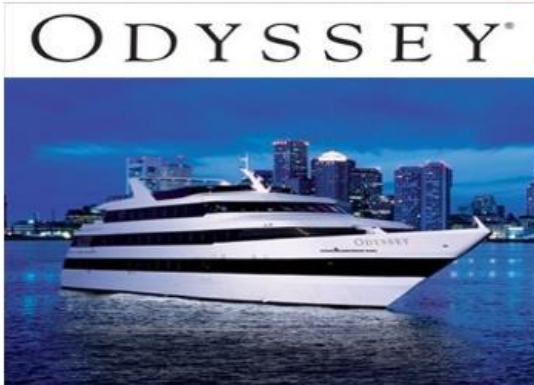
Join Crystal, in the gymnasium, for an hour of stretching, relaxation and mobility!

### Chair Yoga

Annette leads this class for sitting down yoga!

The Stockbridge COA presents.....

**Odyssey Luncheon Cruise**  
**on the BOSTON HARBOR**  
**Wednesday July 24, 2024**



**Boston's #1 Rated Vessel**

**PACKAGE INCLUDES:**

- Scenic 2 hour Boston Harbor Cruise aboard the beautiful Odyssey
- Roundtrip Motorcoach Transportation
- Narrated Tour of Harbor
- Elegant Buffet Luncheon
- DJ playing Music
- Meal Taxes and Gratuities



**Departs 8:00 a.m.**

**Stockbridge Town Offices**  
**50 Main Street**  
**Stockbridge, MA**  
*Returns at Approx. 5:00pm*

**Buffet Luncheon**

**Roasted Summer Vegetable Salad**

*(Choose on the boat)*

**Maple & Mustard Glazed Chicken**

**Romesco Crusted Salmon**

**Braised Short Ribs**

**Crab & Mussel Gratin**

**Cauliflower Steak (V)**

**Cakes / Pastries / Seasonal Fruit**

**Coffee or Tea**

*(Menu is subject to changes)*

**\$155 pp**

**\$25.00 Deposit**

**due at Sign Up**

**Final Payment Due:**

**June 21, 2024**

**Make Checks Payable To:**  
**The Town of Stockbridge**

**Mail check to:**

**Stockbridge COA**

**PO BOX 417**

**Stockbridge, MA 01262**

**\*Please note on check:**

**"COA" Trip\***

**For more information:**

**Nancy Wilcox**

**(413) 298-4603**

**nwilcox@stockbridge-ma.gov**