LENOX SENIOR SENTRY

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

LENOX COMMUNITY CENTER

"Where Community Spirit Lives"

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Council on Aging / Lenox Community Center Board
Tony Patella - Chairperson
Sheri Gaherty - Vice Chairperson
Fran Sorrentino - Clerk
Rose Fitzgerald-Casey - Jen Picard

The Lenox Town Beach is Open!
Lenox Residents Only

Regular Beach hours are as follows:
Gates open at 8am.
Lifeguards on duty everyday 10am until dusk.
Gate will be locked promptly at dusk.
(no later than 8:00pm)
Cars left in the parking lot after dusk will be locked in until the next morning.

Beach Passes Available at the Lenox Community Center Monday - Friday, 9am-4pm.

What would you like to see?

As restrictions begin to loosen and things start to re-open, what would you like to see at the LCC?

We want to hear from you!

Email Jenny at adlcc@townoflenox.com

Pickleball returns to Lenox!

The tennis / pickleball courts are not reserved for pickleball during these or any times - the courts are open to all (tennis, pickleball) to use
The courts are first come, first serve.
Play is FREE, All equipment provided, no sign-ups needed!

Suggested Meet Up Times to find other Pickle Ball Players:

Tuesday, Thursday, and Friday
4:30pm - 7:00pm - open play...all levels, all welcome

Saturdays and Sundays
9:30am - 12:00pm - open play, all levels welcome

Tennis courts behind the Community Center, 65 Walker St.
Parking available on Old Center St. off Housatonic St.

To receive this newsletter electronically, please call 637-5535 and have your email added to our mailing list!

Looking to get exercise and have some fun?!

Check out the Lenox Community Center's new Ping Pong Table!

Open to our Senior friends Monday through Friday, 9:00am-2:00pm.
Call up and book a time today! **413-637-5535**

The Farmer's Market coupons are in!
Please contact the Community Center for more information.
413-637-5530

BINGO IS BACK!

Your favorite game is coming back
to the Lenox Community Center!

Mondays and Fridays - 11:30am — 12:30pm
On the Back Porch—weather permitting

Take your Grab N' Go Lunch to stay while you play bingo

Space is limited and you must call to reserve your spot.

413-637-5535

The LCC will be providing pre-packaged lunches that you can sit and eat here at the Community Center or Grab and Go, every ***Monday and Friday*** *for the month of July, excluding July 5th. Please call to reserve your meal. 637-5535.*

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - $2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at *1-800-981-5201*				**2** Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200 cal 745 carb 85 Sod 932
5 Happy 4th of July				**9** Sweet N Sour Pork 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10 cal 590 carb 87 sod 764
12 Meatballs & Shells W/ Marinara sauce 313 Cauliflower 11 Italian Bread 230 Apricots 5 cal 629 carb 90 sod 684				**16** Shepherd's Pie 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 cal 691 carb 85 sod 483
19 Cod Pomadora 366 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6 cal 502 carb 92 sod 716				**23** Salad w/Chicken & Chee 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0 cal 851 carb 83 sod 884
26 Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0 cal 619 carb 82 sod 457				**30** Chicken with Broccoli & Cheese 410 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Fruited Gelatin ** 89 cal 767 carb 100 sod 910

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium
Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available
Nutrition information provided is not exact but will help guide you.

Elder Services of Berkshire County, Inc.

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 $2.00, cost for those under 60 is $7.00 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.

Ceramics Class with Deb Carter is Back!

Join us on

Tuesday, July 27th
1:00pm

For Ceramics Class with Deb!

Put your artistic brain to work!

Enjoy an hour of crafting with Deb, have your project fired and pick it up the following week!

$5 per person

Register with Jenny by July 19th

413-637-5535 or adlcc@townoflenox.com

Tuesday Topics

Please join us for morning Coffee Hour with
John Tinger
for
Reflections on Submarines
Tuesday, July 27th, 2021
10:00am
Lenox Community Center Living Room

Come and enjoy coffee, snacks, talking about submarines, and looking at memorabilia.

Movie Matinee

Brought to you by the Lenox COA

Come and enjoy a movie
and light refreshments
with your friends

Friday, July 30th, 2021

1:00pm — 3:00pm

Lenox Community Center

Free and open to all

Tuesday Chair Yoga Class with Dolores Mannix

Now ***IN PERSON!***

Tuesday's - 8:00am — 9:00am

LCC Ballroom

June 22nd – August 31st

Free class Sponsored by the Lenox Council on Aging

Chair yoga is a gentle, fun practice of yoga postures (exercises) that help stretch and strengthen the body while using a chair for a little extra support and balance.

* Lenox Beach on Laurel Lake Lee Road *

Sunday Morning Yoga on the Beach:

Stretch, Strengthen and Awaken your Senses

Sundays - 8 am - 9am - June 20th - August 22nd

Join us, in a supportive environment, as we welcome the sun and greet the new day amidst the serenity and beauty of Laurel lake. This is an all levels gentle class using breath, calming poses blended with segments of simple, energizing strength building poses. Taught by Dolores Mannix: Summit Center for Vibrant Living

$10 (seniors age 60 and up $5)
No need to preregister – pay at the beach
Sponsored by the Lenox Community

Center Questions – 413.637.5530
For practitioners of all ages and ability
Please bring your own mats and water bottles

Come ZOOM with us! Chair Yoga Class with Dolores Mannix

Thursday's - 11:30am- 12:30pm

Free class Sponsored by the Lenox Council on Aging

To join, use this link below in your browser and follow the prompts

https://zoom.us/meeting/register/tJYvcu6orz8pz4diCaESY6KRmFR1PT1Lug

Or join with the following information on your ZOOM app

Meeting ID — 922-570-143 -
Meeting password — 588922

Please note if it is your first time using ZOOM please sign in 15 minutes early. If you have difficulty joining, please feel free to contact Dolores before class at 518-441-6336.Chair yoga is a gentle, fun practice of yoga postures (exercises) that help stretch and strengthen the body while using a chair for a little extra support and balance.

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Tai Chi 9:15-10:15 Chair Yoga via Zoom 11:30-12:30 Van 8:30-3:30	2 Exercise 7:30-8:30 Countryside Foot Nurse 9:00-1:00 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
5 LCC Closed in Observance of Independence Day 	6 SHINE by Phone Apt Chair Yoga in person 8:00-9:00 Osteo Exercise 10-11:15 Van 8:30-3:30	7 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Target/Walmart 1:00 Bridge 1:30-4:00	8 Tai Chi 9:15-10:15 Chair Yoga via Zoom 11:30-12:30 Van 8:30-3:30	9 Exercise 7:30-8:30 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
12 Exercise 7:30-8:30 Line Dancing 11-12 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Yoga 12:30-1:45 Van 8:30-3:30	13 SHINE by Phone Apt Chair Yoga in person 8:00-9:00 Osteo Exercise 10-11:15 Van 8:30-3:30	14 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Brown Bag 11:30 Target/Walmart 1:00 Bridge 1:30-4:00	15 Tai Chi 9:15-10:15 Chair Yoga via Zoom 11:30-12:30 Van 8:30-3:30	16 Exercise 7:30-8:30 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30 Ice Cream Social 1:30
19 Exercise 7:30-8:30 Line Dancing 11-12 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Yoga 12:30-1:45 Van 8:30-3:30	20 SHINE by Phone Apt Chair Yoga in person 8:00-9:00 Osteo Exercise 10-11:15 Van 8:30-3:30	21 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Target/Walmart 1:00 Bridge 1:30-4:00	22 Tai Chi 9:15-10:15 Chair Yoga via Zoom 11:30-12:30 Van 8:30-3:30	23 Exercise 7:30-8:30 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Van 8:30-3:30
26 Exercise 7:30-8:30 Line Dancing 11-12 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Yoga 12:30-1:45 Van 8:30-3:30	27 SHINE by Phone Apt Chair Yoga in person 8:00-9:00 Tuesday Topics 10:00 Osteo Exercise 10-11:15 Van 8:30-3:30	28 Exercise 7:30-8:30 Local Shopping 9:30 & 10:30 Target/Walmart 1:00 Bridge 1:30-4:00	29 Tai Chi 9:15-10:15 Chair Yoga via Zoom 11:30-12:30 Van 8:30-3:30	30 Exercise 7:30-8:30 Bingo 11:30-12:30 Grab and Go Lunches 11:30-12:30 Movie Matinee 1:00-3:00 Van 8:30-3:30

Adams Community Bank
Call 413-743-0001
FDIC DIF

3 Tips to Avoid Elder Abuse
1: PLAN ahead to protect your assets
2: Get to KNOW your banker
3: INFORM your attorney of suspicious behavior
When in doubt check with your bank!
www.adamscommunity.com

Christine Faber Exercise Classes are back!
At the
Lenox Community Center

Line Dancing

Mondays, 11am-12pm

A variety of dances, slow, medium and fast, country and modern. No partner and lots of fun!

Yoga

Mondays 12:30pm-1:45pm

Hatha yoga designed for seniors. Still body postures, all gentle with concentration on breathing and relaxing our minds. All movements are done to one's comfort level to relaxing music.

Osteo Exercise

Tuesdays 10am-11:15am

Strength training class using hand weights and ankle weights (if desired). Abs, sides, back, legs, shoulders, triceps, biceps, lower arms and wrists are exercised to relaxing music. Tai Chi moves are used in between sets to relax one's mind and body.

Tai Chi

Thursdays 9:15am-10:15am

Slow, gentle, flowing movements while standing still and walking forwards and backwards. Lifting legs is incorporated to increase one's balance and stability. This looks like a dance under water. Very calming and relaxing with serene music.

$2 Per Person
Bring your Water Bottles, Weights, and Yoga Mats!
Enter by the ramp entrance.
Come join in and get moving,
get stronger and improve your balance!

Do You Need
Assistance with Transportation to
Medical Appointments and Shopping?

Lenox Council on Aging Van Schedule

Mondays: Medical and essential appointments 8:30am - 3:00pm

Tuesdays: Medical and essential appointments 8:30am - 3:00pm

Wednesdays: Local Shopping
(Price Chopper, Stop and Shop or Guido's)
9:30am or 10:30am
Walmart, Target 1:00pm

Thursdays: Medical and essential appointments 8:30am - 3:00pm

Fridays: Medical and essential appointments 8:30am - 3:00pm

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

When: Friday, July 16th, 2021
Where: Lenox Community Center Porch
Time: 1:30pm

Come and get the scoop...

It's been a while since we've really *SEEN* our friends. Let's get out and be social!
Come join us, have a snack,
and enjoy the company.

COA Cook's Corner

Looking for something to spice up dinner time?
Have a favorite recipe you want to share?
Welcome to COA Cook's Corner!
Check out the recipe of the month, or email one to share with everyone - adlcc@townoflenox.com.
This month's recipe is a great way to celebrate the holiday!
Email or call for the full recipe!

Ingredients:

- Granulated Sugar
- One Lemon
- Cream Cheese
- Large Eggs
- Heavy Cream
- Pure Vanilla Extract
- Fresh Berries

Red, White & Blue Cheesecake in a Jar

JULY NUMBERS

COA Quarantine

Challenge

Call to make every moment matter.

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