

LIFE IN THE BERKSHIRES

BITS & BYTES: Children’s Podcast lecture; Thanks & Giving meal; Authentic Movement Workshop; Community Thanks Supper; The Seagull viewing; The Orchestra Now; Lenox Student Art Show

Emilia Clarke stars in *The Seagull*, filmed live in HD at London’s National Theatre, presented by The Mahaiwe Performing Arts Center.

BY SOLANGE BOUCHER
POSTED ON NOVEMBER 17, 2022

“Circle Round” Hosts talk at the
Lenox Library

Lenox— On Sunday, November 20, 2022 at 4 p.m., Rebecca Sheir and Eric Shimelonis, host and composer for the award-winning children’s podcast “Circle Round,” will explain how they came up with the idea for the podcast and how they make the programs at the Lenox Library.



Rebecca Sheir and Eric Shimelonis. Image courtesy of the Lenox Library.

Created and produced by parents of young children, WBUR's Circle Round podcast adapts folktales from around the world into sound- and music-rich radio plays for kids ages 3 to 103. Each episode explores universal themes like friendship, persistence, creativity, and generosity, and ends with an activity that inspires a deeper conversation between children and grown-ups.

Beloved voices from the stage, screen, and podcast/public-radio worlds bring these stories to life with the help of narrator, writer, and veteran public radio host/reporter Rebecca Sheir. Eric Shimelonis, composer for the stage and screen, creates original music for each story.

All programs in the Distinguished Lecture Series are free and open to the public. Children are welcome.

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Miraval Berkshires Thanksgiving Dinner

Lenox— Miraval Berkshires, the wellness resort in Lenox, Massachusetts, will host Thanks & Giving, a Thanksgiving Dinner at 1894, Wyndhurst Mansion's gourmet restaurant, from 5:30 to 8:30 p.m. on November 24.. Overnight guests and locals can enjoy a family-style prix fixe menu showcasing the bounty of the Berkshires. The menu will consist of butternut squash bisque, slow roast Misty Knoll Farms turkey, Berkshire mushroom farrotto and more. Traditional desserts will also be served including pumpkin pie, caramel apple tart and pecan pie. To make a reservation, please call 413-881-1234 or email sara.augustus@miravalresorts.com.

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Authentic Movement Workshop at The Berkshire Pulse

Housatonic— Paula Josa-
Jones will host an Authentic
Movement Workshop for
ages 18+ on **November 20,**
1 p.m. – 4:30 p.m.



Image courtesy of The Berkshire Pulse.

Authentic Movement is a
meditative, intuitive,

improvisational movement practice involving a mover and a witness. It is a practice of listening, attunement; slowing and opening to a deeper sensing of body and psyche. It was developed by dancer and psychotherapist Mary Starks Whitehouse, who, following her work with Carl Jung, became curious about moving without intention, or the practice of “waiting to be moved.”

Paula Josa-Jones is a dance and movement artist who has taught Authentic Movement, somatic movement studies, composition, and improvisation for the past 40 years at universities, colleges, and dance festivals nationally and internationally. She maintains a private practice in Kent, CT.

Each workshop is \$75, register here: <https://berkshirepulse.org/class/authentic-movement-workshop/>

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Great Barrington Community Thanks Supper

Great Barrington— Berkshire South Regional Community Center will host its 15th Annual Community Thanks Supper on **Tuesday, November 22** at 15 Crissey Road, Great Barrington. The meal is free and open to the public.

Berkshire South anticipates providing approximately 400 meals to the community this year in three seatings at **4 p.m., 5:15 p.m. and 6:30 p.m.** Reservations can be made by calling the community center at 413-528-2810 ext 0 or online at berkshiresouth.org/communitythanks.

The traditional Thanksgiving meal will be prepared collaboratively by local chefs, each volunteering to make a dish – cookbook author Janet Elsbach, nutrition coach and food educator Thais Harris, Momma Lo's BBQ, and chefs Hank Ferlauto and Scott Hansen. The meal is only possible through the generous sponsorship of local supermarkets: Stop & Shop, the Berkshire Food Co-op, Price Chopper, and Guido's Fresh Marketplace.

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The *Seagull* cast. Photo by Marc Brennar. Image courtesy of The Mahaiwe Performing Arts Center.

London National Theatre's *The Seagull* in HD

Great Barrington— The Mahaiwe Performing Arts Center presents a showing of *The Seagull*, filmed live in HD at London's National Theatre on **Saturday, November 19 at 7 p.m.**

In *The Seagull*, a young woman is desperate for fame and a way out. A young man is pining after the woman of his dreams. A successful writer longs for a sense of achievement. An actress wants to fight the changing of the times. In an isolated home in the countryside, dreams lie in tatters, hopes are dashed, and hearts broken. With nowhere left to turn, the only option is to turn on each other.

Emilia Clarke makes her West End debut in this 21st century retelling of Anton Chekhov's tale of love and loneliness.

Tickets are \$17 or \$10 for 21 and under, available here. This play is rated R.

<https://themahaiwe.secure.force.com/ticket/#/instances/a0F3w00000td4qFEAQ>

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The Orchestra Now Presents Shostakovich & Ives

Great Barrington— The Orchestra Now will perform at Daniel Arts Center at Bard College at Simon's Rock in Great Barrington, MA on **November 20 at 3 p.m.**, conducted by **Andrés Rivas**.



The concert opens with Ukrainian composer Fiodor Yakimenko's Lyric Poem dedicated to Rimsky-Korsakov; followed by Pulitzer Prize-winning composer Jacob Druckman's Prism, in which he explored the possibilities of orchestral color and sound; and Ives' overture to his never-written opera "1776." The concert will conclude with Shostakovich's Ninth Symphony.

Tickets for this concert are free, advance RSVP suggested at [eventbrite.com](https://www.eventbrite.com). Masking for the audience is recommended, but not required.

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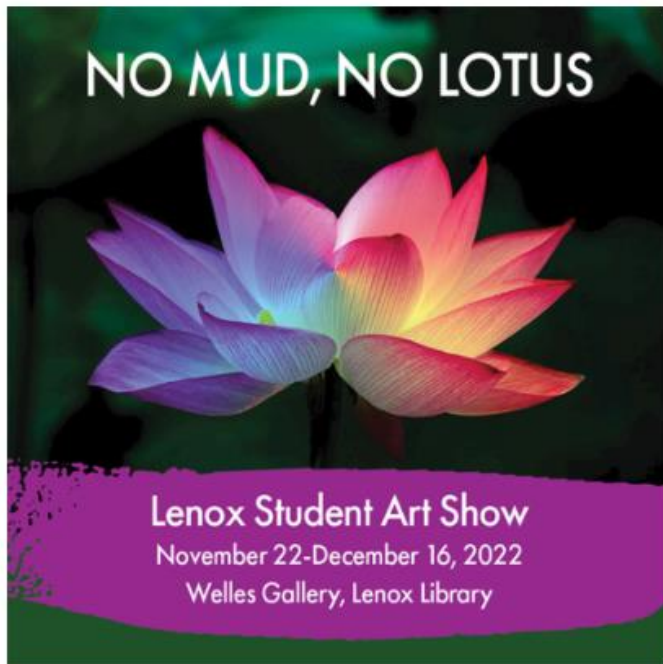


Image courtesy of the Lenox Library.

Middle and High School “No Mud, No Lotus” Art Show

Lenox— The Lenox Student Art Show, at Lenox Library’s Welles Gallery, **opens November 22** and runs through December 16. The Theme is “No Mud, No Lotus.” Through a variety of mediums, students from Lenox Memorial Middle and High School reflect on how challenging experiences can often be a resource to discover their own unique insights and gifts. This program is

supported by the Lenox Chamber, The Lenox Cultural District, and Trinity Church. Three scholarship awards will be given to Senior students, chosen by a panel of jurors, for works that demonstrate artistic excellence.

For more information visit: <https://lenoxlib.org/event/no-mud-no-lotus-lenox-student-art-show/>