

# GRAPEVINE APRIL 2022

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230

Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant

[www.greatbarringtonseniors.org](http://www.greatbarringtonseniors.org)

Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM

**Center:** 413-528-1881 **Dining Room:** 413-528-4118 **Transportation** (413) 528-1881 [www.townofgb.org](http://www.townofgb.org)



## Bee Keeping

Skip Del Vaglio of Wild Flower Honey will be speaking on Bee Keeping on Thursday, April 21st at 12:00 following a Roast Pork/w gravy and mashed potato lunch  
Call 528-1881 to reserve seat

## Geer Village :

Sponsoring **FREE Box Lunch** followed by a **30 min Balance Class**



**Where:** Claire Teague Senior Center

**When:** Tue; April 26th **Time:** 11:30 –12:30 am Call 528-1881 to make your reservation.

## Rockin' Robin is Back

He'll be performing for our cook out which will be held indoors (unless it is a sunny warm day) on:

Friday April 22<sup>nd</sup>,  
11:00-12:00.



Come enjoy:  
hamburgers, hot dogs, baked beans, chips and soda, rain or shine.

Please sign up by calling 528-1881.  
\$3.00 per person.

## Great Food, Fire Safety and Free Transportation!!

The Claire Teague Senior Center will be hosting an informational session with Chief Burger of the Great Barrington Fire Department on:

**April 12<sup>th</sup> 11:30 pm**

## Home Cooked Spaghetti Luncheon

by Chef Bob Avery

Only \$2.00!!



Transportation will be provided at no cost for this event. Please call 528-1881—48 hours in advance to secure a seat..

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**File for Life Magnet** ~ That holds your prescription medication list for emergency personnel is available at the senior center: Compliments of the GB Police Department.

## Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, **there are many reasons to join Prescription Advantage, including:**

It does not replace your existing coverage, it supplements it;

It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;

It allows you to change your Medicare plan outside of Medicare’s open enrollment;

At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by **calling 1-800-243-4636** or visiting [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

## Barbara’s Breakfast for Lunch

Join us for a delicious “brunch lunch” on **Wed April 20th**  
@ 11:30 am ~ \$2.00 / person.

Please call 413-528-1881  
for reservations.



### **BROWN BAG**

**April 13th**

- Do you own an i-phone?
- Are you still trying to figure out how to use it?

Doug Wilbur is an  
***i-phone wiz!***

Doug will be here every third  
Thu of the month at 1 pm  
~ When scheduling an appointment, please make sure you bring any and all passwords with you. For an appointment, please call us at (413) 528-1881.



## Card Games: (new players welcome)

- **Bridge (Tue. at 12 pm)**
- **Pitch (Wed. at 12 pm)**
- **BINGO (Tue. @ 12:30 pm)**  
~refreshments included



## Art Classes :

- **Drawing/Painting w Eunice Agar  
on Wed at 10:00 am**

Come and join Eunice as she teaches  
drawing and painting. \$ 5 / class

- **Decorative Painting w Liz Macchi ~2 pm-4 pm**  
\$ 5 / class plus supplies ~ call for updated times.

- **Vera’s Painting Class on Thursdays at 10:30 am**

- **All levels are welcome to join these groups!**



By Eunice Agar

**If you see these folks out in the community, wish them a Happy Birthday!**

<b>Carol Piontek</b>	<b>Carolyn Jones</b>
<b>Ellen Murtagh</b>	<b>Michael Houghlihan</b>
<b>Jeanne Holcomb</b>	<b>Charles Van Ausdall</b>
<b>Amy Rutstein</b>	<b>Judy Hearn</b>
<b>Michele Gilligan</b>	<b>Gail Heath</b>
<b>Linda Tornicelli</b>	<b>Ann Waldman</b>
<b>Kenneth Gurney</b>	<b>Pat Kinne</b>
<b>Martha Shaw</b>	<b>Karen Smith</b>
<b>Sandra Houle</b>	<b>Linda McMeekin</b>
<b>Kathy LaRose</b>	<b>David Rutstein</b>
<b>Margery Kirchner</b>	<b>Pete Hirbour</b>
<b>James Harris</b>	<b>Louise Briggs</b>
<b>Marlene Soudant</b>	<b>Jane Green</b>
<b>Carolyn Ellerbee</b>	<b>Theresa Matava</b>
<b>Caryl Lennon</b>	<b>Peg Dietemann</b>
<b>Sheila Anderson</b>	<b>Margaret Blackwell</b>

**Grief Support**

Fri; April 15th at 1 pm  
Facilitated by Collette Plaquet,  
Former Social Worker  
at Fairview Commons

**Move and Groove** is back

Starting on May 3rd  
Tuesdays & Thursdays  
9:30 am to 10:30 am  
\$3 per class



**Ron Terry's Tech Tips**



Will return on  
Tuesdays In May

**For Vaccination/Booster/  
Covid Testing Information**

Call (855) 262-5465

**Foot Nurse by appointment only  
On Monday, April 11th**

**EXERCISE CLASSES :**

- Gentle Chair Yoga w Crystal Sheehan on THURSDAYS at 12 pm \$ 2 /class
- Strength Training w Christine Faber on TUESDAYS at 3:30 pm \$ 3 /class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$ 3 /class

**For more information or to register for classes, please call 528-1881.**

**TAP CLASSES:** Starting Friday, April 29th Classes are \$5 / person

Fridays :

12:45 to 1:45 refresher for beginners with some tap experience

2:00 to 3:00 for intermediate/advanced



Mondays:

2:00 to 3:00 refresher for beginners with some tap experience

3:00 to 4:00 for intermediate/advanced






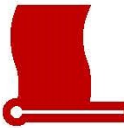
April 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 9:00 Tai Chi <b>11:30 LUNCH-Baked Breaded Pollock</b>
<b>4</b> <b>11:30 LUNCH-Pork Chili</b>	<b>5</b> <b>11:30 LUNCH- Sliced Turkey &amp; Gravy</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training	<b>BROWN BAG 6</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH –Beef Cabbage Casserole</b> 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	<b>7</b> 10:30 Vera's Painting Class <b>11:30 LUNCH- Lemon Herb Chicken</b> <b>12:00 NEW Gentle Chair Yoga with Crystal Sheehan</b>	<b>8</b> 9:00 Tai Chi <b>11:30 LUNCH-Stuffed Shells</b>
<b>11</b> 9:00 <b>Foot Nurse</b> by Appointment <b>11:30 LUNCH-Beef Stroganoff</b>	<b>12</b> <b>11:30 Lunch-Chef Avery's Spaghetti Lunch</b> <b>12:00 Fire Safety discussion w/ Chief Burger</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training	<b>13</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30- Tuna on a bed of Lettuce</b> 12:00 Pitch 1:00 Caregiver's Sup Group 2:00 Dec. Painting w/ Liz	<b>14</b> 10:00 Blood Pressure & Health Assessment Clinic 10:30 Vera's Painting Class <b>11:30 LUNCH- Italian Meatballs</b> <b>12:00 NEW Gentle Chair Yoga with Crystal Sheehan</b> 1:00 i-Phone -by appointment	<b>15</b> 9:00 Tai Chi <b>11:30 LUNCH- Cheese Omelet</b> 1:00 <b>Grief Support</b> facilitated by Collette Plaquet
<b>18</b>  <b>CLOSED FOR PATRIOT'S DAY</b>	<b>19</b> <b>11:30 Veal Picatta</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training	<b>20</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 Lunch-Barbara's Breakfast for Lunch</b> 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	<b>21</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Pork Roast w Gravy</b> <b>12:00 Bee Keeping</b> <b>12:00 NEW Gentle Chair Yoga with Crystal Sheehan</b>	<b>22</b> 9:00 Tai Chi <b>11:30 LUNCH- COOKOUT – Hamburgers, hotdogs, baked beans and chips</b> <b>Music w/ Rockin' Robin</b>
<b>25</b> <b>11:30 LUNCH-Hawaiian Chicken</b>	<b>26</b> <b>11:30 Lunch-Geer Village free Box lunch followed by Balance Class</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training	<b>27</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 Salisbury Steak</b> 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	<b>28</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Butternut Mac and Cheese</b> <b>12:00 NEW Gentle Chair Yoga with Crystal Sheehan</b>	<b>29</b> 9:00 Tai Chi <b>11:30 LUNCH- Chicken Divan</b> 12:45 Tap Refresher 2:00 Intermediate Tap

# Elder Services of Berkshire County - Nutrition Program

## APRIL 2022

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>Skip Del Vaglio of Wild Flower Honey</b> speaking about bee keeping on <b>April 21st</b> after lunch Call to reserve a spot		<b>31 SPRING DINNER</b> LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 180 Key Lime Bavarian ** 60 Cal 563 Carb 86 Sod 850	<b>1</b> Baked Breaded Pollock 220 O'Brien Potatoes 7 Broccoli Florets 22 Oat Nut Bread 150 Applesauce 0 Cal 654 Carb 91 Sod 524
<b>4</b> <b>Pork Chili*</b> White Rice w/lentils 518 Asparagus 7 Corn Bread 4 Diced Peas 210 Cal 704 Carb 95 Sod 869	<b>5</b> Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 Cal 604 Carb 86 Sod 828	<b>6</b> Beef Cabbage Casserole 87 Green Beans 2 Cauliflower w/Pimento 17 Oat Nut Bread 150 Mixed Fruit 10 Cal 580 Carb 72 Sod 391	<b>7</b> Lemon Herb Chicken 233 Parmesan Risotto 79 Brussel Sprouts 14 12 Grain Bread 200 Banana 1 Cal 655 Carb 98 Sod 652	<b>8</b> Stuffed Shells 491 Spinach 76 3 bean salad 118 Italian Bread 230 Peach Crisp 6 Cal 599 Carb 99 Sod 1046
<b>11</b> Beef Stroganoff 88 Buttered Noodles 8 Winter Blend Vegetables 10 Dinner Roll 210 Fruit Cocktail 5 Cal 728 Carb 81 Sod 446	<b>12</b> <b>Chef Avery's "Spaghetti Lunch"</b> followed by <b>Fire Safety discussion with Chief Burger</b>	<b>13</b> Tuna on Bed of Lettuce 258 3 Bean Salad 150 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 Cal 531 Carb 75 Sod 912	<b>14</b> Italian Meatballs 311 Rotini Pasta 3 Monaco Vegetables 7 Whole Wheat Bread 120 Diced Mangoes 0 Cal 703 Carb 107 Sod 566	<b>15</b> Cheese Omelet 420 Sliced Potatoes 4 Italian Blend Vegetables 40 1/2 Biscuit 220 Bananas 1 Cal 686 Carb 80 Sod 810
<b>18 PATRIOT'S DAY</b>  <b>Closed</b>	<b>19</b> <b>Veal Picatta*</b> Mashed Potatoes 502 Green Beans 33 Whole Wheat Bread 2 Sliced Peaches 120 Cal 743 Carb 92 Sod 788	<b>20</b> <b>Barbara's Breakfast for Lunch</b>	<b>21</b> Pork Roast w/Gravy 119 Mashed Potatoes 33 Mixed Vegetables 43 12 Grain Bread 200 Applesauce 0 Cal 717 Carb 85 Sod 520	<b>22</b> <b>Cookout- Hamburgers, hot dogs, baked beans, chips Rain or shine Music by Rockin' Robin</b>
<b>25</b> Hawaiian Chicken 392 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 635 Carb 91 Sod 799	<b>26</b> <b>Geer Village Free Box Lunch followed by Balanace Class</b>	<b>27</b> Salisbury Steak 410 Rice Pilaf 11 Butternut Squash 22 12 Grain Bread 200 Strawberry Cup 0 Cal 688 Carb 88 Sod 768	<b>28</b> Butternut Mac & Cheese 373 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Peas 5 Cal 643 Carb 85 Sod 917	<b>29</b> Chicken Divan 379 Buttered Noodles 8 Peas and Mushrooms 65 Whole Wheat Bread 120 Tropical Fruit Mix 10 Cal 671 Carb 92 Sod 707

**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.

# BOARD GAMES WORD SEARCH PUZZLE



BACKGAMMON

CHESS

MOUSETRAP

RISK

BALDERDASH

CLUE

OPERATION

SCRABBLE

BATTLESHIP

CONNECT FOUR

OTHELLO

SORRY

CANDYLAND

CRANIUM

PARCHESI

STRATEGO

CHECKERS

MONOPOLY

PICTIONARY

TRIVIAL PURSUIT