



GRAPEVINE DECEMBER 2022

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

Polly Mann Salenovich, Director *** pmann@townofgb.org

Joan Peters, Administrative Assistant ~ 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



**CLOSED ON: Dec 26th
For Christmas Holiday**

Chef Bob Avery's Spaghetti

Wednesday
Dec 7th

Spaghetti and meatballs
Garlic bread
Salad

RSVP by Monday, December 5th
to 413-528-1881



Elder Services will not be providing meals for the dining room for the first few days in December so we will be preparing and serving meals on site -right here at the Senior Center.

Fri, 12/2: Grilled Cheese Sandwich and Soup
Mon. 12/5: Barbara Bailly's Mac and Cheese
Tue, 12/6: Mild Chili, Salad and Corn Bread
Wed. 12/7: Bob Avery Spaghetti

All meals are \$3.00 per person—
please give 24 hours notice (528-1881).
Meals on Wheels will be as menu states.

Thursday, Dec. 22nd at 1:00 pm

Come and enjoy some
hot spiced cider & holiday
tunes with two violins.



**SPECIAL "PETS"
APPEARANCE**

Tuesday Dec. 20th
After lunch



Earth Angels...are back!

for a wonderful holiday event.

Sunday, December 18th
12:00-2:00 pm

Everyone is welcome to join
us for a covered dish luncheon followed by the
Earth Angels! Bring the grandkids!

Please RSVP (528-1881) by Friday,
December 16 and let us know what dish or item
you will be bringing.



Elder Services Holiday Meal

Roast Beef and Gravy
Special Music by **Mary Manetti**
Thursday, Dec 15th
at 11:30 am

Please RSVP by NOON on
Wednesday December 14th
413-528-1881



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WINTER POLICIES ARE IN PLACE

The Senior Center including
TRANSPORTATION and meals will be
closed on Snow Days.

Please listen to WSBS (860 am/94.1 FM)
for any winter closures.

If you attend classes, please be sure the in-
structor has your contact information in the
event of a winter closing. Typically if the
Berkshire Regional School District is
closed, the senior center will be as well.

Medicare open enrollment will be ending
December 7th so if you have not checked
your current plan you still have time.

You can go to www.Medicare.gov or
call a SHINE counselor for help.

New in 2023

Starting in 2023 Medicare will cover at
no cost to beneficiaries vaccines that
have been approved for adults by the
Centers for Disease Control and Preven-
tion (CDC) Advisory Committee for Im-
munization Practices. Among the shots to
be fully covered is the shingles vaccine,
which currently requires cost-sharing for
those on Part D.

Remember, you must have a
participating part D plan for this benefit.

Geer Village :

Sponsoring FREE Box Lunch

followed by a

30 min
Balance Class



Where: Claire Teague Senior Ctr

When: Tue; Dec. 27th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

Thank you to Wheeler and Taylor for
another year of providing bagged
Thanksgiving meals!!!



This year Wheeler and Taylor provided 50
meals with all the trimmings.

PLEASE JOIN
TRACEY STEADY HARDCASTLE
FOR A COMMUNITY
PRESENTATION

A Conversation About Childlessness & Grandchildlessness

Thursday, December 1, 5pm
Claire Teague Senior Center

THE HOLIDAY SEASON CAN BE HARD
- LET'S MAKE IT EASIER TOGETHER!

If you are struggling due to childlessness or
grandchildlessness, or want to know more about how
to support the childless and grandchildless in our
community, please join us on December 1st at 5pm.

FOR MORE INFORMATION:

(413)-429-5225 tracey@drsteadyhardcastle.com

Senta Rafaela offering weekly WORKSHOPS Mondays at 10 am



- Sage moves w a Pilates flavor ~
flexibility, strength and balance.
- drop ins welcome
- \$3.00 per person



Ron Terry's Tech Tips

Tuesdays 12-2 pm

Get individual help w/ smart phones, laptops, email, networks, Wi-fi, internet access/navigation and other tech issues. Appointments are required & can be made by calling the Senior Center. Usual scheduled time is 30 minutes, but longer can be scheduled if needed.

Vacc./Booster/Covid Testing

For info:

Call (855) 262-5465

or

CHP (413) 528-0457

Card Games: new players welcome



- **Bridge (Tue. at 12 pm)**
* **Looking for more players**
- **Pitch (Wed. at 12 pm)**
- **BINGO (Tue. At 12:30 pm ~**
~refreshments included

- Do you own an i-phone?
An i-pad?
 - Are you still trying to figure out how to use it?
- Doug Wilber is an *i-phone wiz!*



Doug will be here on the
third Thursday Nov 17
at 1 pm.

~ When scheduling an appointment, please make sure you bring any and all passwords with you. For an appointment, call us at (413) 528-1881.

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**
3 pm-5 pm \$ 5 / class plus supplies
 - **Vera's Painting Class on**
Thursdays at 10:30 am
All levels are welcome to join
these groups!

Happy Holidays



HAPPY HANUKKAH



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

Fran O'Neill	Peggy Lavalette
Theresa Caldwell	Helen Hall
Mary Lou Dadak	William Drumm
Sarah Hudson	Lester Ettlinger
Madeline Lockwood	Calder Martin
Grace Zbell	Janice Fisher
Linda Kot	Carol Gage
Colleen Hall	Tom Gage
Marie Davis	Peggy Rose
John Deane	Mary Warford
Donald Osterndorff	Christina Root
Mary Ann Schur	Babs Olszewski
Jane Iacobacci	Philip Smerling

Grief Support

Friday, Dec 2nd & 16th
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet facilitates the group **twice a month** on the first and third Friday of each month.

Please let us know if you will be joining us. 528-1881



BROWN BAG is on

Dec 14th at the

Claire Teague Senior Center.



EXERCISE CLASSES :

- Sage Moves w/ Senta on Mondays at 10 am \$3/class
- Move and Groove w/ Dee Foster on TUE & THU at 9:30 am \$ 3/class
- Gentle Chair Yoga w/ Crystal Sheehan on THU at **2:30-3:15** \$ 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
- Yoga for the Young at Heart w/ Rainbow on FRIDAYS at 10 am \$ 3/class

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

TAP CLASSES with Carolyn Calandro (classes are \$ 5)

Mondays 2 pm—3 pm	Intermediate
Fridays 1 pm—2 pm	Beginners or people with
Fridays 2 pm—3 pm	Intermediate



Tax time is ahead.....Be prepared!
We will be scheduling
appointments in January.

Barbara's Breakfast is taking a break
for a few winter months— We will an-
nounce her return to lunches in one of
our upcoming newsletters.

**BLOOD PRESSURE CLINIC
IS RETURNING
Offering Booster Clinic (on Dec 15)**

Third Thursdays at 10—11 am
Beginning on Dec 15th
at the Claire Teague Senior Center
917 Main Street Great Barrington

Registration is required for Booster

[Vaccine Registration \(color.com\)](https://color.com)

If anyone needs help with registering, they
can call (413) 717-7209

**The COA Board will not be
meeting the month of December.**

**Foot Nurse by appointment only
On Monday, Dec 12th**

We will have
sand available
again this year
at the rear of the
building.

Please bring a
bucket to fill.



Caregivers Support Group

We meet 3rd Wednesday of each month
at 1:00 pm facilitated by
Elder Services of Berkshire County.

SENIORS NEED YOU !

Volunteer in your community

You've got just what it takes to help your neighbors in need. Many older, low income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax preparation and filing help to those who need it most. You can make a big difference in someone's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2022 tax season. Our volunteers receive training, IRS certification and continued support in a welcoming environment. And, as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at <https://www.aarp.org/volunteer/programs/tax-aide/> (select the SUBMIT
AN INTEREST FORM button)

Or call 1-888-227-7669

For local information call 1-413-446-7483

Recent volunteers include: Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired and more.

Sites include: Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

Press Release—November , 2022

Free AARP Tax-Aide Program returns in February

Free tax return preparation will be offered again at the Great Barrington Claire Teague Senior Center every week starting in February and continuing through April 14th. The service is available to all but is intended for middle and low-income taxpayers with special attention to those aged 60 and older. Volunteers trained in cooperation with the IRS will assist in filing returns, either electronically or on paper. Taxpayers do not need to be a member of AARP or a retiree to use this service.

After contacting the Senior Center for an appointment a document package will be available for pickup by the taxpayer. The document package will contain a multi page Tax-Aide question form (13614-C). The package will also contain a checklist of required documentation to be supplied on the day of the appointment. **All data pages in the document package must be completed before the first appointment .** Tax returns may not be completed on the appointment day as in prior years.

Taxpayers are required to have the below listed documents when they arrive to get their returns started. If they don't have all applicable the documents the return can't be completed and a follow-up appointment may be scheduled. **Taxpayers must provide their phone number so the tax team can discuss the return and resolve questions as needed.**

Appointment scheduling will begin **January 16th, 2023.**

You can call the Clair Teague Senior Center starting January 16th at **413-528-1881** for an appointment.

Taxpayers must have an appointment.

REQUIRED DOCUMENTATION FOR EACH TAX RETURN

Completed intake booklet 13614-C form (all pages) provided in the taxpayer document package

A Social Security card (or SSA-1099 Social Security statement) and government issued ID for the taxpayer and all dependents to be claimed;

NOTE—Medicare cards will not be allowed for identification

If filing a Massachusetts return and the taxpayer is over 65 also bring receipts for property tax **paid** in 2022 and water and sewer bills (homeowners) or rent (renters) **paid** in 2022.

- copies of your 2021 Federal and State tax returns;
- all documents showing 2022 wages, interest, dividends, and other income (W2s, 1099s, brokerage reports, Social Security, unemployment, self-employment, federal stimulus payments, etc.);
- records of any estimated tax paid;
- records of the original cost and date of purchase of any assets, such as stocks or a house, **sold** in 2022;
- records of the original cost, sales tax, and date of purchase of a new car or purchase of a first home in 2022;
- records of a foreclosure or cancellation of mortgage debt;
- records of educational costs or student loan payments;
- documentation of expenses if you wish to itemize deductions;
- records of child care expenses (provider's name, address, SSN/EIN);
- proof of health insurance;
- health insurance coverage information for taxpayer, spouse and all dependents.




DECEMBER 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>EARTH ANGELS ARE BACK!</u> SUNDAY, Dec 18th 12:00 – 2:00 PM Covered dish lunch – call 413-528-1881 to make reservation and let us know what you are bringing.	Elder Services will not be providing meals for the dining room for the first few days in December so we will be preparing & serving meals on site -right here at the Senior Center on Dec 2, 5, 6 & 7 th .			
5 10:00 Sage Moves w Senta 11:30 LUNCH- Barbara B's Mac and Cheese 2:00 TAP MIXED – Beginner & Intermediate	6 11:30 LUNCH- Mild Chili, Salad and Corn Bread 12:00 Bridge 12:30 Bingo 3:30 Strength Training	7 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chef Bob Avery's Spaghetti 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	8 10:30 Vera's Painting Class 11:30 LUNCH- Baked Pollock Loin 2:30 Gentle Chair Yoga with Crystal Sheehan	9 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH-Greek Chicken Casserole 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
12 FOOT NURSE 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken Cacciatore 2:00 TAP MIXED – Beginner & Intermediate	13 9:30 Move & Groove 11:30 LUNCH-Shepherd's Pie 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	14 BROWN BAG 10:00 Drawing/Painting w/Eunice Agar 11:30- Turkey Sausage 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	15 9:30 Move & Groove 10:30 Vera's Painting Class 10:00 Blood Pressure Clinic 11:30 LUNCH-Roast Beef /Gravy SPECIAL MUSIC: MARY MANETTI 2:30 Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appt.	16 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH Ravioli with Meat Sauce 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
19 10:00 Sage Moves w Senta 11:30 LUNCH-Baked Breaded Pollock 2:00 TAP MIXED – Beginner & Intermediate	20 9:30 Move & Groove 11:30 LUNCH- Beef Stew and Special "PET" appearances 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	21 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Butternut Mac and Cheese 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	22 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-Roast Pork with Gravy 1:00 Hot Cider /Holiday Tunes 1:00 i-Phone -by appt. 2:30 Gentle Chair Yoga with Crystal Sheehan	23 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- BBQ Chicken Breast 1:00 TAP Beginner 2:00 TAP inter/advanced
26 CLOSED For Christmas Holiday	27 9:30 Move & Groove 11:30 Lunch- Geer Village free box lunch/ Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	28 10:00 Drawing/Painting w/Eunice Agar 11:30 LUNCH-Turkey with Cranberry Orange Glaze 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	29 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Veal with Pepper and Onion 2:30 Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appt.	30 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Yankee Pot Roast 1:00 TAP Beginner 2:00 TAP inter/advanced

Elder Services of Berkshire County - Nutrition Program

DECEMBER 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
		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	1 Veal Parmesan* Penne w/Marinara Peas and Pearl Onions Whole Wheat Bread Mandarin Oranges Cal 880 Carb 107 Sod 1100	2 Grilled Cheese and Tomato Soup
5 Barbara B's Mac and Cheese	6 Mild Chili Salad Corn Bread	7 Chef Bob Avery's Spaghetti	8 Baked Pollock Loin Garlic Mashed Potatoes Sliced Carrots Oat Nut Bread Tropical Fruit Mix Cal 535 Carb 75 Sod 458	9 Greek Chicken Casserole Boiled Gold Potatoes Harvard Beets 12 Grain Bread Clementines Cal 563 Carb 81 Sod 896
12 Chicken Cacciatore Brown Rice Tuscan Vegetables Whole Wheat Bread Sliced Pears Cal 479 Carb 70 Sod 531	13 Shepherd's Pie Mashed Potatoes Peas and Carrots Oat Nut Bread Applesauce Cal 717 Carb 89 Sod 452	14 Turkey Sausage & Cheese Taco O'Brien Potatoes Broccoli Florets 12 Grain Bread Banana Cal 684 Carb 104 Sod 765	15 HOLIDAY DINNER Roast Beef w/Gravy Mashed Potatoes Mixed Root Vegetables Snowflake Roll Cherry Pie* Cal 925 Carb 116 Sod 1095	16 Ravioli w/Meat Sauce Sliced Carrots Brussel Sprouts Italian Bread Sliced Peaches Cal 523 Carb 81 Sod 690
19 Baked Breaded Pollock Scalloped Potatoes Mixed Vegetables 12 Grain Bread Tropical Fruit Mix Cal 654 Carb 99 Sod 588	20 Beef Stew Boiled Gold Potatoes California Blend Veg Biscuit Diced Pears Cal 697 Carb 75 Sod 448	21 Butternut Mac & Cheese Cream of Tomato Soup Green Beans Oat Nut Bread Caramel Bavarian** Cal 662 Carb 82 Sod 1023	22 Roast Pork w/Gravy Mashed Sweet Potatoes Mixed Greens Whole Wheat Bread Fresh Apple Cal 649 Carb 86 Sod 494	23 BBQ Chicken Breast Mashed Potatoes Lyonnise Carrots Oat Nut Bread Sliced Peaches Cal 663 Carb 88 Sod 849
26 CHRISTMAS 	27 Geer Village FREE Box Lunch w Balance Class Afterwards	28 Turkey with Cranberry Orange Glaze Red Potatoes Asparagus Cuts 12 Grain Bread Spiced Apples Cal 655 Carb 103 Sod 743	29 Veal w/ Pepper & Onion Buttered Noodles Capri Blend Vegetables Oat Nut Bread Fresh Orange Cal 862 Carb 99 Sod 783	30 Yankee Pot Roast Mashed Potatoes Italian Blend Vegetable Oatnut Bread Applesauce Cal 866 Carb 95 Sod 806
Happy Holidays Closed				

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.

CLASSIC MOVIES WORD SEARCH PUZZLE



CASABLANCA	STAGECOACH	THE BIG SLEEP	REAR WINDOW
SOUTH PACIFIC	KING KONG	HIGH NOON	PSYCHO
ALL ABOUT EVE	BEN-HUR	NOTORIOUS	MRS MINIVER
ROMAN HOLIDAY	CITIZEN KANE	A STAR IS BORN	THE QUIET MAN
REBECCA	THE AFRICAN QUEEN	RED RIVER	MY FAIR LADY

www.WordSearchAddict.com