



GRAPEVINE APRIL 2020

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

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

www.greatbarringtonseniors.com

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

Center: 413-528-1881 **Dining Room:** 413-528-4118 www.townofgb.org **Transportation** (413) 528-4773

Greetings, Everyone!

We hope you are all staying healthy and getting the help you need to reduce your risk of exposure to COVID-19.

- The town has temporarily lifted its ban on the sale of single use plastic water bottles of one liter or less.
- To minimize the possible spread of COVID-19, the state has banned shoppers' use of re-usable shopping bags and is now allowing use of plastic bags in stores.

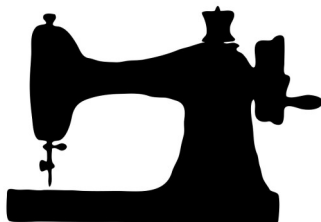
If you need assistance, please call our office (413) 528-1881 or email **Polly** ~ pmann@townofgb.org or **Joan** ~ jpeters@townofgb.org. WE MISS YOU!

Helping the Community

Are you handy with a sewing machine? Some people are at work making-----

home-made face masks for use by health care personnel and others.

An article about this effort can be found here, in The Berkshire Eagle. Some medical facilities are not yet accepting these homemade masks, but other organizations are. State guidelines may eventually be loosened to allow for homemade masks in medical settings, so when that happens we can say we contributed to the supply!



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Census

Despite the distraction of COVID-19, the U.S. Census is still under way and we ask all of you to participate! If you would like our help completing the census online, please call our office and we can assist you over the phone, 528-1881.

Senior (60 +) and Immunocompromised Safe Shopping Hour:

- 1) Big Y 7- 8:00AM Sun-Sat
- 2) Price Chopper 6-7:00AM Sun-Sat
- 3) Berkshire Co-Op Market 8-9:00AM Sun-Sat
- 4) Guido's Fresh Marketplace 9:10:00AM Monday- Saturday (Closed Sundays)
- 5) Shiro Asian Market 11-12 PM Monday- Saturday. Closed Sundays
- 6) El Puento de Encuentro Latin Market TBD
- 7) Gorham & Norton 8-9:00AM Monday- Saturday; Closed Sundays
- 8) Aberdale's TBD

Pharmacy safe Shopping Hour(s):

- 1) Walgreen's 8:-9:00 AM Mon- Fri 9:00-10:00AM Saturday & Sunday
- 2) Price Chopper Pharmacy TBD
- 3) Big Y Pharmacy TBD
- 4) CVS 8-9:00 AM Mon- Friday 9-10:00 AM Saturday & Sunday

Have you signed up for Code Red yet? If you haven't signed up, you can sign up on the town website (townofgb.org) or come to the senior center where we will help you to do so. If you attend the Claire Teague Senior Center (regardless of what town you live in); we would like you to sign up.

Meals

We are still providing daily pre-packed lunch meals for our seniors. Please call one day ahead to reserve yours and plan to pick up here at the senior center. Our lunch menu is enclosed. As you can see Polly is keeping in shape while handing out pre-packed meals at the center.





Carol Piontek	April 2
Jeanne Holcomb	April 3
Amy Rutstein	April 5
Michelle Gilligan	April 6
Linda Tornicelli	April 6
Sandra Houle	April 8
Kathy LaRose	April 8
Joe Lockwood	April 8
Margery Kirchner	April 9
James Harris	April 9
Marlene Soudant	April 10
Carolyn Zablotny	April 11
Carly Lennon	April 12
Mark Errichetto	April 13
Carolyn Jones	April 15
Marion Whitman	April 15
Michael Houghlihan	April 15
Charles Van Ausdall	April 15
Judy Hearn	April 16
Gail Heath	April 17
Ann Waldman	April 17
Pat Kinne	April 17
Harvey Kaminoff	April 18
Linda McMeekin	April 22
David Rutstein	April 24
Jane Greene	April 25
Theresa Matava	April 28
Josephine Elling	April 28
Margaret Blackwell	April 30

Elder Services of Berkshire County - Nutrition Program

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.

APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 MEALS ON WHEELS BERKSHIRE COUNTY	Sponsored in part by:  GREYLOCK MOUNTAIN STATE PARK	1 Beef Stew Boiled Red Potatoes Cauliflower 100% Whole Wheat Bread Diced Pears Calories: 644 Sodium: 335	2 EASTER DINNER Sliced Ham with Raisin Sauce Sweet Potatoes Cut Asparagus Snowflake Roll Butterscotch Pudding ** Calories: 700 Sodium: 997	3 Stuffed Shells w/Marinara Mixed Greens Oat Nut Bread Peach Crisp Calories: 630 Sodium: 927
6 Chicken Chili Steamed Brown Rice Sliced Carrots 100% Whole Wheat Bread Fresh Orange Calories: 548 Sodium: 733	7 Sliced Turkey w/Gravy Mashed Potatoes Butternut Squash Dinner Roll Sliced Pears Calories: 642 Sodium: 940	8 Beef & Cabbage Casserole Chicken Dumpling Soup 12 Grain Bread Warm Fruit Compote Calories: 754 Sodium: 668	9 Chicken Almondine Wild Rice Pilaf Peas & Carrots Oat Nut Bread Pineapple chunks Calories: 615 Sodium: 713	10 GOOD FRIDAY Baked Breaded Pollock O'Brien Potatoes Broccoli Florets 100% Whole Wheat Bread Mandarin Oranges Calories: 592 Sodium: 471
13 Beef Stroganoff Buttered Noodles Mixed Vegetables Dinner Roll Applesauce Calories: 765 Sodium: 472	14 Swedish Meatballs Steamed White Rice Lyonnaise Carrots Oat Nut Bread Fresh Orange Calories: 697 Sodium: 654	15 Chicken Cacciatore Sliced Gold Potatoes Spinach Italian Bread Apricots Calories: 591 Sodium: 977	16 Vegetable Pinwheels w/Marinara Dipping Sauce Cauliflower French Green Beans Sliced Pears Calories: 551 Sodium: 713	17 Curry Chicken Mashed Potatoes Brussels Sprouts Oat Nut Bread Fruit Cocktail Calories: 648 Sodium: 450
20 PATRIOT'S DAY CLOSED Calories: 765 Sodium: 472	21 Chicken Bruschetta * Sliced Red Potatoes Broccoli Florets 100% Whole Wheat Bread Fresh Apple Calories: 572 Sodium: 838	22 Macaroni & Cheese * Cream of Tomato Soup Peas and Carrots Oat Nut Bread Sliced Peaches (Higher sodium day) Calories: 659 Sodium: 1230	23 Veal Picatta * Buttered Noodles Spinach 12 Grain Bread Mandarin Oranges & Pineapple Calories: 812 Sodium: 924	24 Roast Pork w/Gravy Buttered Potatoes Diced Butternut Squash Dinner Roll Applesauce Calories: 600 Sodium: 500
27 Hawaiian Chicken Steamed White Rice Mixed Greens 12 Grain Bread Diced Pears Calories: 559 Sodium: 872	28 Tuna Noodle Casserole Green Beans Brussels Sprouts Oat Nut Bread Mixed Fruit Calories: 582 Sodium: 555	29 Chicken Divan Buttered Gold Potatoes Capri Blend Vegetables 100% Whole Wheat Bread Banana Calories: 517 Sodium: 322	30 Beef Teriyaki w/Broccoli * Rice w/Orzo Oriental Vegetables Oat Nut Bread Mandarin Oranges Fortune Cookie Calories: 633 Sodium: 1058	HOME DELIVERED MEALS: If you will not be home when your meal is delivered please CALL our NUTRITION HOTLINE at 1-800-981-5201

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

Calories and sodium from salad dressings, butter, crackers and condiments

are not included. *Higher Sodium **Modifications for restricted sugar available

Nutrition information provided is not exact but will help guide you.

Menu subject to change.

Music Word Search

See how many musical words you can find.

I F Q B R F I M E T R O N O M E Z Y Q A
G E E C E L L O U O H J W H G G S N L N
B L T B A S S C L E F J P D S C O O X C
D C R S C M Y O E S S A R B I I I S A W
F E O Y O V C D N C F L E A S V T T M O
A L F L Y C T H F E A R T S E H C R O O
M B O N I L O I V V C J U S K U B I O D
B E Z P H T K R E M G C Y B M Q O N E W
S R Z C Q U A R T E R N O T E R D G X I
T T E Z P R A H H E A J A H B K B F Y N
A L M G O K K T P C N S V A J D E T H D
C P R E Y P E J G C D D K H F V X W J S
C R O T S M I T H D S R H Y T H M J Z K
A A E R P C H A O O T B E T U L F M K T
T H S O J Y H C N N A W U S Y V F J N X
O S A F Q A D E L O F J K M U G N P T X
L A R U T A N G T E F L S U G R W M H E
B O H S C I M A N Y D I A T I P I T C H
J F P B O A K A F L A T Y H N F F A T S
Q K B Z X H N W H O L E N O T E F R B R

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| • QUARTERNOTE | • HALFNOTE | • WHOLENOTE |
| • TREBLECLEF | • BASSCLEF | • STAFF |
| • EGBDF | • FACE | • ACEG |
| • GBDFA | • TEMPO | • DYNAMICS |
| • PITCH | • RHYTHM | • GRANDSTAFF |
| • FLUTE | • HARP | • VIOLIN |
| • VIOLA | • CELLO | • BASS |
| • PICCOLO | • BRASS | • WOODWINDS |
| • STRING | • PERCUSSION | • METRONOME |
| • FORTE | • MEZZOFORTE | • MEZZOPIANO |
| • ORCHESTRA | • PHRASE | • STACCATO |
| • SHARP | • FLAT | • NATURAL |