

# GRAPEVINE April 2024

Claire W. Teague Senior Center \* 917 Main Street \* Gt Barrington \* MA 01230  
Joan Peters, Director \*\*\* jpeters@townofgb.org  
Pamela Mulvey, Administrative Assistant \*\*pmulvey@townofgb.org  
Pat Larkin, Outreach Coordinator \*\* plarkin@townofgb.org  
Websites: www.townofgb.org and www.greatbarringtonseniors.org  
Open Monday through Friday \* (except holidays) \* 8:00 AM to 3:30 PM  
Center: 413-528-1881 TriTown Connector (Transportation) ( 413) 591-3826

## GUEST COOK LUNCHES

All lunches require a reservation **at least 24 hrs** in advance  
(for Mondays; please call by noon on the Friday before) by  
calling us at **413-528-1881**.

**Thursday, April 18th at 11:30 am**

Barbara's Breakfast for Lunch

Quiche,

Dessert



Please **RSVP before** Monday, April 15th

by calling (413) 528- 1881.

\$ 5 per person

### Geer Village :

**Sponsoring FREE Box Lunch**

followed by a **30 min Balance Class**

**Where:** Claire Teague Senior Center

917 Main St Gt Barrington

**When:** Tue., April 23rd

**Time:** 11:30 –12:30 pm



**On Wednesday, April 10th**

**at 11:30 am**

**Bob's Goulash**

**Caesar Salad, Garlic bread**

**Dessert**

Please **RSVP before** Monday, April 8th

by calling (413) 528- 1881.

\$ 5 per person



1

Claire Teague  
Senior Center will  
be closed on  
April 15th :



**SAVE THE DATE:**

**TRIAD EVENT HERE**

**April 17th at 1:00 pm**

**413 CARES**

How to access care; map  
of support systems

### SPECIAL POINTS OF INTEREST

#### GUEST COOK

LUNCHES..... cover

Art Classes/Games....2-3

Exercise Classes..... 2

OLLI.....3

Support groups ..... 4

Healthcare ..... 4

Birthdays ..... 5

Also inside this issue:

Calendar.....6

Menu.....7

Trips.....8

Save the date.....9

Water Wellness.....9

Cooking for One.....9

Word Search.....10

SAMPLE

## ART CLASSES

2

- **Drawing/Painting w Eunice Agar**  
At 10 am– 11:30 am \$ 5/class
- **Paula's Sea Glass Windows - on Tuesday**  
April 16th 10 am—12 pm (all supplies included)  
5 x 7 size \$20 and 8 x 10 size \$30  
Reservation required—call by April 12th (528-1881)
- **Vera's Painting Class : Thursdays at 10:30 -11:30 am**

NEW

JOIN US :

### MAHJONG

Thursdays at 10 am  
Beginners are welcome.

### BRIDGE

Tuesdays at 12 pm

### PITCH

Wednesdays at 12 pm

### BINGO \*

Tuesdays at 12:30 pm  
~\* refreshments  
included

**\*\*MORE PLAYERS  
NEEDED**

### BEGINNER'S BRIDGE

Fridays at 12:15 pm

NEW

### **Cooking for One**

Join us with Sheryl Iodice,  
RDN, LDN Dietitian  
from Elder Services  
Monday, April 29th  
At 12:15 pm

Join us for discussion and  
suggestions about cooking for  
one (taking leftovers from one  
meal and creating variations  
for another meal).

NEW

## EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays  
at 10 am \$ 3/ per class
- **Move and Groove w/ Dee Foster** on Tuesdays & Thursdays  
at 9:30 am \$ 5 /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 call 528-1881.**

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is an evidence based program designed to help people manage concerns about falls and increase physical activity.

Our senior center staff has been trained by Elder Services of Berkshire County, Inc.

**This program emphasizes  
practical strategies to  
manage falls.**

#### **Participants learn to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Classes are held in 8 sessions  
2 hours per session:**

**APRIL CLASS is filled. INFO  
ON NEXT SESSION WILL BE  
IN MAY'S NEWSLETTER**

At Claire Teague Senior Center  
917 Main Street Great Barrington  
(Only a couple slots left)

There is a suggested donation of  
\$10 for all 8 sessions.

**To register call us at:413-528-1881**

**OLLI** is the Osher Lifelong Learning Institute at  
Berkshire Community College.

OLLI is a dynamic learning community that provides a variety of free and affordable learning, social and volunteer opportunities designed especially by and for people 50+ (but anyone can join!) [berkshireolli.org](http://berkshireolli.org)  
Annual Membership is \$60 A discounted membership is also available.

## OLLI POETRY CLASS (W103)

### Poems That Might be Great | Don Barkin

Wednesdays 11:30 a.m. – 1:00 p.m.

In-person at the Claire Teague Center in Great Barrington

Limit: 15

Six Sessions; 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

Course Description: What makes a poem great? This spring we'll read some of the most famous poems in English, and along the way try to figure out what "great" means. **Instructor Bio: Don Barkin** has degrees from Harvard College and Cambridge University. He taught seminars for a number of years at Yale and Wesleyan Universities. The author of three books of poetry, he has also been a newspaper reporter and school teacher.

Registration will open March 5 at 9 a.m. - [berkshireolli.org](http://berkshireolli.org)

Class registration fees for OLLI members:

\$50 for 1 course ~ \$95 for 2 or 3 courses ~ \$125 for 4 +courses within a semester



Have you missed going to church? Do you need to find a ride there?

TriTown Connector is looking to see if there are people that would like to return to church on Sundays?

The fee is reasonable. If you have an interest, please call us at the senior center ~ 528-1881 so we can gather info and get it to TriTown.

### FOR FUN:

New Bridge Group  
On Fridays  
12:15 pm—2 pm

FUN-not competitive  
Beginnners are welcome.

We have someone with experience helping with instruction.



### BINGO a la MODE Scholarship Fundraiser

(for the students of Monument Mountain & Mount Everett)

Presented by: The Thursday Morning Club

Sat; April 27th at 2 pm at the

Claire Teague Senior Center

917 Main Street

Great Barrington, MA



**Bingo and great tasting pies. Donations \$ 15.00**  
(includes pie, beverage & bingo cards).



- **Foot Nurse by appointment only**

On Mon; April 8th



- **BROWN BAG**

is on Wednesday,  
April 10th  
at the Claire Teague  
Senior Center

**“There's power in  
allowing yourself  
to be known and  
heard, in owning  
your unique story,  
in using your  
authentic voice.  
And there's grace  
in being willing to  
know and  
hear others.” —  
Michelle Obama,  
"Becoming"**

## **SUPPORT AND HEALTHCARE:**

4

- **Caregivers Support Group**

Meets the **1st and 3rd Wednesday** monthly at  
1:00 pm and will be facilitated by Elder Services  
of Berkshire County.

- **Alzheimer Support Group**

Cara Holcomb, Director of Neighborhood at Wingate at Melbourne Place will be hosting a Alzheimer's support group here at the Claire Teague Senior Center.

**The meetings are monthly on the 3rd Mon at 3:00 pm**

For more information please call Cara at (413)717-2824

- **TriTown Health Wellness Clinics**

on **April 18th** from 10:00 am -11:00 am

- Blood Pressure
- Wellness Handouts
- Sign up required



- **GRIEF SUPPORT GROUP**

**On the third Friday of each month at 1 pm**

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Join Rachel Lively, Bereavement Coordinator with HospiceCare in The Berkshires, Inc. and the group to listen and share with others who are also on this journey.

- **CHP Mobile Unit**

?on **Friday April 12th** ~ 9 am -11:30 am

At the Claire Teague Senior Center

Do you need to be seen for a sick visit, or wellness check? Do you still need your COVID vaccine or booster or Flu vaccine. The MHU team is here to help with your medical needs. Our team can also assist with signing up for benefits, Mass Health, and more SNAP. To

Schedule an appointment by calling us at

(413) 528-0457 ~ Walk-ins welcome



- **SHINE COUNSELOR**

**On Tuesdays—10 am By appointment only**

**SHINE** (Serving the Health Insurance Needs of Everyone) provides free health insurance information & counseling to all Massachusetts residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available.

Clients must be 65 or over (or very close to 65) · Please bring: current financial information, current prescriptions, Medicare and insurance cards.

## INSTRUCTIONAL ASSISTANCE

5

### Carlos' Tech Tips Tuesdays 12-2 pm

Get individual help w/ smart phones, laptops, email, networks, Wi-fi, internet access/navigation & other tech issues. Appointments are required so call the Senior Center. Usual scheduled time is 30 minutes, but longer can be scheduled if needed. Call to schedule 528-1881.

### Doug's i-phone Help

- 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 **first and third Thursday** of each month **1—3 pm**.

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



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

**Diane Wilson**

**Carol Piontek**

**Jeanne Holcomb**

**Ken Otsuka**

**Amy Rutstein**

**Michelle Gilligan**

**Linda Tornicelli**

**Kenneth Gurney**

**Kathy LaRose**

**Margery Kirchner**

**James Harris**

**Marlene Soudant**

**Peter Spadacini**

**Liz Gore**

**Caryl Lennon**

**Carolyn Jones**

**Charles Van Ausdall**

**Judy Hearn**

**Gail Heath**

**Pat Kinne**

**Elizabeth Rockefeller**

**Linda McMeekin**

**Claudette Callahan**

**David Rutstein**

**Pete Hirbour**

**Louise Briggs**

**Jane Green**

**Carol Purcell**

**Theresa Matava**

**Katie McTeigue**

**Margaret Blackwell**

**Bev Race**

**"So many  
books,  
so little time."**

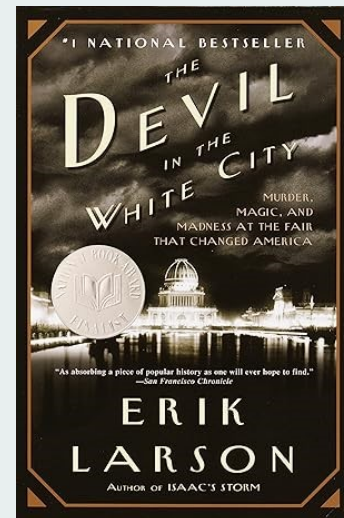


**Frank Zappa**


### BOOK CLUB

**Please join us on  
Tuesday, April 30th  
10 am - 11 am**

When we will discuss:



You can get a copy of the book by borrowing from us (courtesy of the Mason Library) or you can purchase your own copy. You can 528-1881 or can Email: [jpeters@townofgb.org](mailto:jpeters@townofgb.org) if you want a copy.

April 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9:30 Matter of Balance</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Pork Chili</b> 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove 10:00 Shine by Appt. <b>11:30 LUNCH- Turkey &amp; Gravy</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Beef Cabbage Casserole</b> 12:00 Pitch <b>1:00 Caregiver's Support Group</b>	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Turkey Sausage w/ Peppers &amp; Onions</b> 1:00 I-Phone w/Doug by appt.	9:00 Tai Chi <b>9:30 Matter of Balance</b> <b>11:30 LUNCH- Eggplant Parm</b> <b>12:15 Beginners Bridge</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>FOOT NURSE-Beverly Dunn</b> <u>By Appointment Only</u> <b>9:30 Matter of Balance</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Beef Stroganoff</b> 1:00 TAP Beginner 2:00 TAP inter/advanced <b>3:00 Alzheimer's Support Grp</b>	9:30 Move & Groove <b>11:30 LUNCH- Chicken Almondine</b> 10:00 Shine by Appt. 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	<b>BROWN BAG</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Bob's Goulash</b> 12:00 Pitch	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Chx Meatballs w/ Pasta</b>	9:00 Tai Chi <b>9:00-11:30 CHP Mobile Unit</b> <b>9:30 Matter of Balance</b> <b>11:30 LUNCH- Salmon w/ Newberg Sauce</b> <b>12:15 Beginners Bridge</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
CLOSED IN OBSERVANCE OF 	9:30 Move & Groove 10:00 Sage Moves w Senta 10:00 Sea Glass Window 10:00 Shine by Appt. <b>11:30 LUNCH- Beef Teriyaki</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chx Bruschetta</b> <b>11:30 OLLI Poetry class – Pre-registered event</b> 12:00 Pitch <b>1:00 Caregiver's Support Group</b> <b>1:00- Triad 413 CARES</b>	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:00 Wellness Clinic 10:30 Vera's Painting Class <b>11:30 LUNCH-Barbara's Quiche</b> 1:00 I-Phone w/Doug appt	9:00 Tai Chi <b>9:30 Matter of Balance</b> <b>11:30 LUNCH – Meatloaf</b> <b>12:15 Beginners Bridge</b> <b>1:00 Grief Support Group</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>9:30 Matter of Balance</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Chx Curry</b> 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove 10:00 Shine by Appt. <b>11:30 LUNCH - Free Box Lunch ~ Balance Class</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Salisbury Steak</b> 12:00 Pitch 1:00 COA Board Meeting	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Butternut Mac &amp; Cheese</b>	9:00 Tai Chi <b>9:30 Matter of Balance</b> <b>11:30 LUNCH- Chx a la King</b> <b>12:15 Beginners Bridge</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>9:30 Matter of Balance</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Sloppy Joe</b> 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove 10:00 Shine by Appt. 10:00 Book Club <b>11:30 LUNCH-Chx w/ gravy</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	<b>BINGO ALA MODE</b> <b>Scholarship Fundraiser</b> Presented by Thu Morning Club Sat; April 27 <sup>th</sup> at 2 pm Claire Teague Senior Center, 917 Main St \$15 donation includes Pie, beverage and bingo card		






# Elder Services of Berkshire County - Nutrition Program

APRIL 2024

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	
1		2		3		4		5	
<b>Pork Chili*</b> 518 Brown Rice 3 Asparagus 4 Corn Bread 179 Diced Peas 5 Cal 666 Carb 91 Sod 834		Sliced Turkey & Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11 Cal 604 Carb 86 Sod 828		Beef Cabbage Casserole 87 Green Beans 2 Squash & Red Peppers 6 Oatnut Bread 150 Mixed Fruit 10 Cal 578 Carb 73 Sod 380		<b>Turkey Sausage, Pep &amp; Onions*</b> 849 Buttered Noodles 8 California Veggie Blend 17 Grinder Roll 280 Dried Cranberries 2 Cal 695 Carb 109 Sod 1281		<b>Eggplant Parm w/marinara</b> 584 Parmesan Risotto 45 Brussel Sprouts 14 Whole Wheat Bread 120 Orange 0 Cal 635 Carb 88 Sod 888	
8		9		10		11		12	
Beef Stroganoff 79 Buttered Noodles 8 Coleslaw 169 Dinner Roll 210 Fruit Crisp 11 Cal 920 Carb 94 Sod 602		Chicken Almondine 226 Boiled Potatoes 4 Peas & Onions 69 Oatnut Bread 150 <b>Blueberry Yogurt**</b> 75 Cal 611 Carb 86 Sod 649		<b>Bob's Goulash</b> <b>Caesar Salad</b> <b>Garlic Bread</b> <b>Dessert</b> Cal 578 Carb 73 Sod 380		Chix Meatballs w/Marinara 311 Rotini Pasta 3 Monaco Vegetable Blend 7 12 Grain Bread 200 Diced Mangoes 0 Cal 748 Carb 116 Sod 646		Salmon w/ Newberg Sauce 391 Mashed Sweet Potatoes 30 Green Beans 2 Rye Bread 10 Fruit Cocktail 5 Cal 595 Carb 93 Sod 563	
15		16		17		18		19	
 <b>Patriot Day</b>		Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 0 2 Fortune Cookies 0 Pineapple & Mandarin 4 Cal 668 Carb 80 Sod 546		Chicken Bruschetta 465 Buttered Noodles 8 Mixed Greens 149 Italian Bread 230 Applesauce 0 Cal 599 Carb 80 Sod 977		<b>Barbara's Breakfast for Lunch</b> <b>Quiche</b> <b>Salad</b> <b>Dessert</b> Cal 761 Carb 87 Sod 593		Homemade Meatloaf 287 Mashed Potatoes 33 Broccoli Florets 22 Whole Wheat Bread 120 Sliced Peaches 6 Cal 761 Carb 87 Sod 593	
22		23		24		25		26	
<b>No Meal Delivery Today</b> Chicken Curry 77 Coconut Rice 6 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 660 Carb 90 Sod 457		<b>Geer Village Free Box Lunch followed by Balance Class</b> Cal 668 Carb 80 Sod 546		Salisbury Steak 410 Mashed Potato 33 Cauliflower w/ Pimientos 17 Rye Bread 193 Strawberry Cup 0 Cal 740 Carb 88 Sod 778		Butternut Mac & Cheese 373 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Pears 5 Cal 643 Carb 86 Sod 917		Chicken a la King 133 Brown Rice Pilaf 8 Summer Squash 0 Whole Wheat Bread 120 Tropical Fruit Mix 10 Cal 510 Carb 70 Sod 396	
29		30							
Slopmy Joe 91 Parsley Buttered Potatoes 28 Lyonaise Carrots 74 Hamburger Bun 320 Apricots 5 Cal 726 Carb 91 Sod 643		Chicken w/gravy 227 Herbed Stuffing 485 Butternut Squash 34 Whole Wheat Bread 120 Melon Cup 15 Cal 492 Carb 68 Sod 1006		<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>					

**Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium** **\*High Sodium** **\*\*Modifications for restricted sugar available**

Calories and sodium from salad dressings, margarine, crackers and condiments are not included.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.

Great Barrington Seniors presents .....

## "Daniel" is coming to Lancaster, PA

From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most hope-filled stories as it comes to life in this brand-new original stage production from Sight & Sound Theatres!

**3 Day Tour - May 21-23, 2024**



**KITCHEN  
KETTLE  
VILLAGE**

### PACKAGE INCLUDES:

- Roundtrip Deluxe Motor Coach
- 2 Nights at the lovely 4 Star Eden Resort
- 2 Breakfast Buffets at the Hotel
- \$30 Bonus at SANDS Casino
- Dinner at Shady Maple Smorgasbord
- Dinner in a real Amish Home Family Style
- "DANIEL" at the Sight Sound Theater
- \*RESERVED Orchestra Seats up Front!
- Guided Amish Country Farmland Tour
- Pretzel & Home Made Root Beer stand
- Kitchen Kettle Village
- Hershey Chocolate World
- Baggage Handling & All Taxes
- Driver's Gratuity

**\$575.** Double

Prices are Per Person

**\$545. Triple \$725. Single**

Travel Insurance available \$49 pp

**\$75 Deposit at SIGN UP**

**Final Payment is due: 4/29/24**



### For Reservations Call:

**Joan Peters**

**(413) 528-1881 ext. 7002**

**jpeters@townofgb.org**

**Bus Departs 8:00 am**

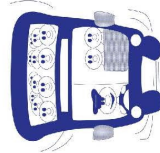
**Great Barrington**

**Senior Center**

**917 Main St.**

**Great Barrington, MA**

**Returns Approx.. 7:00 pm**



Rest Stops and Lunch on your  
won will be made along the way  
at on/off service plazas

Great Barrington Seniors Presents ...

## BASEBALL HALL OF FAME



**Cooperstown, NY**

**Sunday June 30, 2024**

**\$99**

PER PERSON



### PACKAGE INCLUDES:

- **Roundtrip Transportation**
- **Tour Director on board the coach**
- **General Admission to Baseball Hall of Fame**
- **Lunch on own - They have many eateries with different restaurants throughout the park OR bring a picnic lunch**
- **Driver Gratuity and all Tax**

### For Reservations Call:

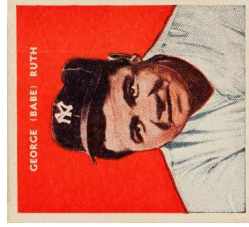
**Joan Peters**

**(413) 528-1881 ext. 7002**

**jpeters@townofgb.org**



SPORTS DIVISION  
OF THE TRAVEL GROUP



**Bus Departs 8:00 am**

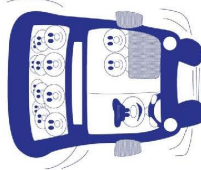
**Great Barrington**

**Senior Center**

**917 Main St.**

**Great Barrington, MA**

**Returns Approx.. 7:00 pm**





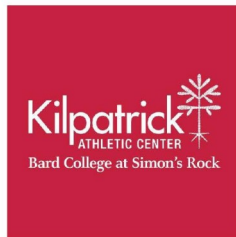
## Community Wellness Program at the Kilpatrick Athletic Center Simon's Rock at Bard College

**Walking Wellness** led by Susan Beckert, ACSM-EP, Fitness Director  
Monday, Wednesday, and Friday 10:00am-11:00am \$5 per visit

Join the group on Monday, Wednesday, and Fridays for a walk on our safe, handicap accessible, climate controlled indoor track. On Monday's, join Susan as she leads the walk with a light stretching routine, gentle strength training and support to be physically active and socially connected to other local community members. Begins Wednesday Jan 10th

**Water Wellness** led by Aqua Fitness Instructor, Colleen Cox  
Monday and Friday 11:00am-12:00pm \$5 per visit

Join us in the water for a strengthening and stretching water fitness workout. Appreciate the benefits of the water with a no/low impact workout to increase flexibility, improve heart and lung function and build strength around the bones and joints!



For more information contact  
The KAC 413-528-7777

If you are interested, we are hoping to create a run with TriTown for those seniors who would like to take advantage of the Water Fitness Class especially!! Call Joan at 528-1881 or [jpeters@townofgb.org](mailto:jpeters@townofgb.org)



Come and join us -  
Have a cup of  
coffee and  
get to know  
us....we would  
love to have you!

Another Hold the Date! Coming in MAY  
**Nutrition check ups**—to learn what contributes to malnutrition, its consequences and what to do about it!  
This session includes a three-question quiz to check your own nutrition status. Led by Tara Hammes, RD of the Massachusetts Councils on Aging, this lively session will share resources and ideas for next steps.

## TRITOWN CONNECTOR

9

### Sheffield Transit Expansion

**Weekdays, 6:30 AM - 4:30 PM:**

**Starting April 1** and running until June 30, Sheffield residents can access on-demand transit service from 6:30 AM - 7:30 AM & 8:30 AM - 3:30 PM. This service covers areas within 2 miles of the Route 7 corridor. It replaces the 10:30 AM + 12:30 PM Sheffield Connector trips, providing improved access for seniors, ADA riders, and the public. The 7:38 AM + 3:25 PM Sheffield Connector trips remain unchanged.  
**Starting July 1**, residents will enjoy full 7-day per week on-demand transit service from the TriTown Connector. Weekday service will run from 6:30 AM - 9 PM, and weekend service from 8 AM - 8 PM.  
Call 413-591-3826 to book your ride.

**ITS BACK**  
**Gt Barrington's**  
**Memorial Day**  
**Parade!**  
**May 27th**  
**11:00 am**  
**Let's Come**  
**Together**  
**To**  
**Honor**  
**Our**  
**Fallen Heroes**



**Community**  
**Picnic**  
**To Follow**  
**Gt Barrington's**  
**VFW**  
**1:00 pm**

**Attention**  
**all**  
**Veterans!**  
**Would you like to**  
**be in or part of**  
**Gt Barrington's**  
**Memorial Day**  
**Parade?**



**Ask Me How**  
**to**  
**Sponsor a**  
**Veteran**  
**During the**  
**Parade**

# FLOWER NAMES WORD SEARCH PUZZLE



ALSTROEMERIA

AMARYLLIS

ANEMONE

CARNATION

DAFFODIL

DELPHINIUM

FREESIA

GARDENIA

GLADIOLUS

HYACINTH

LARKSPUR

LIATRIS

LISIANTHUS

ORCHID

RANUNCULUS

SNAPDRAGON

SOLIDASTER

SUNFLOWER

SWEET PEA

TIGER LILY