



GRAPEVINE AUGUST 2023

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

Joan Peters, Director *** jpeters@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



A very special thank you to the Egremont Garden Club for the flower arrangements for our Meals on Wheels seniors.



Barbara's Breakfast for Lunch

Join us for a lunch on **Wed., August 16**
at 11:30 am ~ **\$ 3.00 / person**
Please call 413-528-1881 for
reservations at least 24 hrs in advance.



Bob Avery's **Spaghetti & Meatballs**

Join us on Wednesday,

August 23rd

at 11:30 am

Spaghetti and Meatballs

Salad and dessert

\$ 3.00 / person

Please call 413-528-1881 by
Monday, August 21st to
make your reservation.



Join us for a free lunch
provided by **The Landing**

Menu: **Broccoli cheddar quiche**
with **roasted potatoes**

Wednesday, Aug 30th at 11:30 am

Call to make your reservation:
413-528-1881

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We are excited to
welcome **Thomas**
Beasley, the new
District Director of
Southern Berkshire

Department of Veteran Services

Beginning on August 3rd at 11:30 am

Tom will be joining us on the **1st and 3rd**
Thursdays to have lunch with our
veterans and their spouses (their will be no
lunch fee for them on these days). You
need to call to make your lunch
reservations **at least 24 hrs in advance**
at 413-528-1881.



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

Where: Claire Teague Senior Center

When: Tuesday, August 22nd

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

JOIN US : Mahjong



- New Table
- New Tiles
- New Cards

Thursdays at 9 am

Beginners are welcome.

If you want to join –Call 528-1881
or email: jpeters@townofgb.org.

We will have 2 sets of tiles so we
can have 2 games going if need be.

WED; Aug 16th 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? 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; call
(413) 528-0457 ~ Walk-ins welcome

JOIN US ON

Wednesday
August 9th
At 12:30 pm
Popcorn and
Beverages
provided

Sign up by calling
(413) 528-1881
or emailing
plarkin@townofgb.org



Summer is here, so don't sit in the
heat of the day...you are welcome
to drop in and enjoy the air
conditioning at the senior center ~
come and visit with us and cool off.

We are open from
8 am to 3:30 Mon thru Fri.

If you'd like to join us for lunch,
please let us know **the day before by**
12 pm by calling the
Senior Center 528-1881.

WALKING FOR WELLNESS

Join us on

Thursdays; at 10 am

At the Claire Teague Senior Center

We have a group of our community that
gathers and walks together. Please invite
your friends to join us~
We'd love to have you walk with us.

Alzheimer Support Group

Cara Holcomb, Director of
Neighborhood at Wingate at Mel-
bourne Place will be
hosting a new Alzheimer's support
group here in
Great Barrington at the
Claire Teague Senior Center.

The group for August will be held
on Aug 14th

Monday - at 3:00 pm

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

- 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 of
each month **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.

5	3	4					9	
	9			6				
6	2		4				8	5
			6	1				
2		9	7		4	6		1
				5	2			
1	4				7		6	9
				9			7	
	7					1	2	3

Sudoku rules for beginners:

1. Only use the numbers 1 to 9,
2. Avoid trying to guess the solution to the puzzle,
3. Only use each number once in each row, column, & grid,
4. Use the process of elimination as a tactic,
Use cross-hatching and penciling in techniques.

Caregivers Support Group

Meets the 1st and 3rd Wednesday of each
month at 1:00 pm facilitated by
Elder Services of Berkshire County.

Great Barrington Seniors present.
"ATLANTIC CITY GETAWAY"
at **Caesars Hotel** in Atlantic City, New Jersey
3 Days/2 Nights - October 10-12, 2023
with amazing Live Shows...Mystery Show
and Kenny & Dolly Tribute. **TWO SHOWS!**

PACKAGE INCLUDES:

- Round Trip Deluxe Motor Coach
- 2 Nights Accommodations at the CAESARS
World Class Casino Resort Hotel
- \$50.00 in SLOT BONUS!
- \$50.00 in Meal Vouchers!
- 2 Fantastic SHOWS
- #1 Fantastic MYSTERY SHOW
- #2 Kenny & Dolly Tribute of the Legends
(Two evening Shows begin at 8pm)
- Occupancy Taxes
- Hotel Baggage Handling
- Driver's Gratuity



\$295 Double

Prices are Per Person
\$285 Triple \$395. Single

Travel Insurance available \$39 pp
(Form on Back of Flyer)

\$75 Deposit at SIGN UP
Final Payment is due: 9/8/23

For Reservations Call:

Polly Mann
(413) 528-1881
pmann@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
will be made along the way
at on/off service plazas

Please let me know if you want to be
added to the list of people that are going
- (413) 528-1881

Foot Nurse by appointment only
On Monday, Aug. 14th



Southern Berkshire
Public Health
Collaborative

WELLNESS SESSION

Will not be here

for August but will return
on September 21st 10 -11:00 am

- Blood Pressure
- Wellness Handouts

917 Main Street, Great Barrington



**You'd think that the part
of the brain that used to
remember phone
numbers would take over
remembering passwords!
But Noooo!!!**

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

Art Classes :

- Drawing/Painting w Eunice Agar
Is on break and will return in Sept.
- 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!



Ron Terry's 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.

413-528-1881



AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

Volunteers fill a variety of roles:

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist

For more information or to volunteer go to:

[HTTPS://MATAXAIDE.ORG](https://mataxaide.org)

Or call 413-446-7483 for Berkshire County information

AARP Foundation
Tax-Aide

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

Donna MacDowell	Doris Race
Ed Kay	Ruth Champigny
Amelia Sydlosky	Bette Ann Stalker
Claire O'Toole	Martha Roarbagh
Kathleen Purcell	Stephen Matava
Sandra Sokul	Mary Machia
Barbara Syer	Marge Gillette
Sharon Rosenberg	Gloria Casey
Chuck Hamilton	Barbara Touhey
Larry Zingale	Bob Lagowski
	Marie Kirchner



BROWN BAG is **Aug 9th**
at the Claire Teague Senior Center.

The COA Board
will meet on **Wednesday,**
August 30th at 1:15 pm

Grief Support

First and Third Fridays at 1:00 pm
All ages and circumstances
are welcome. Collette Plaquet
facilitates the group
twice a month.
Please let us know if you will be
joining us by calling
(413) 528-1881.

EXERCISE CLASSES :

- Sage Moves w/ Senta on Mondays at 10 am \$ 3/class **(no class Aug 7 & 14)**
- Move and Groove w/ Dee Foster on TUE & THU 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,
please call 528-1881.**



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

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

AUGUST 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Veterans and their spouses Eat for Free ~ Come & meet our new Veteran Services District Director, Thomas Beasley - reservations required-24 hrs in advance 1st & 3rd Thursdays</p>	<p>9:30 Move & Groove 11:30 LUNCH-Pulled Pork 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>10:00-Drawing/Painting- w/ Eunice Agar- ON BREAK 11:30 LUNCH- Turkey Skillet 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting</p>	<p>9:30 Move & Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Chicken Bruschetta</p>	<p>9:00 Tai Chi 11:30 LUNCH-Pot Roast w Gravy 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced</p>
<p>7 10:00 Sage Moves NO CLASS 11:30 LUNCH-Meatballs & Penne 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate</p>	<p>8 9:30 Move & Groove 11:30 LUNCH-Beef Fajita 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>9 BROWN BAG 10:00-Drawing/Painting w/ Eunice Agar-ON BREAK 11:30 LUNCH- Chicken Cauliflower Curry 12:00 Pitch 12:30 MOVIE- Book Club: Next Chapter 3:00 Decorative Painting</p>	<p>10 9:30 Move & Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Pork Roast w Gravy</p>	<p>11 9:00 Tai Chi 11:30 LUNCH-COLD MEAL – Soy Ginger Salmon Filet 1:00 TAP Beginner 2:00 TAP inter/advanced</p>
<p>14 FOOT NURSE 10:00 Sage Moves NO CLASS 11:30 LUNCH-Chicken Nuggets 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate 3:00 Alzheimer's Supp Group</p>	<p>15 9:30 Move & Groove 11:30 LUNCH-Tuna Noodle Casserole 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>16 10:00-Drawing— w/ Eunice Agar-ON BREAK 10 -12 CHP Mobile Unit 11:30 LUNCH- Barbara's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz</p>	<p>17 9:30 Move & Groove 9:00 Mahjong 10:00 Walking for Wellness 10:00 Wellness Session 10:30 Vera's Painting Class 11:30 LUNCH-COLD MEAL- Southwestern Salad 1:00 i-Phone -by appt.</p>	<p>18 9:00 Tai Chi 11:30 LUNCH –Low Sodium Hot Dog 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced</p>
<p>21 10:00 Sage Moves w Senta 11:30 LUNCH-Turkey, Gravy and Stuffing 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate</p>	<p>22 9:30 Move & Groove 11:30 Geer Village free box lunch/ Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>23 10:00-Drawing/Painting- w/ Eunice Agar- ON BREAK 11:30 LUNCH –Bob Avery's Spaghetti and Meatballs 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi</p>	<p>24 9:30 Move & Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Veal with Pepper and Onion</p>	<p>25 9:00 Tai Chi 11:30 LUNCH- Homemade Meatloaf with Gravy 1:00 TAP Beginner 2:00 TAP inter/advanced</p>
<p>28 10:00 Sage Moves w Senta 11:30 LUNCH – Chicken with Barbecue Sauce 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate</p>	<p>29 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</p>	<p>30 10:00-Drawing/Painting- w/ Eunice Agar- ON BREAK 11:30 LUNCH- Oriental Beef 12:00 Pitch 1:15 COA Board Mtg 3:00 Decorative Painting</p>	<p>31 9:30 Move & Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-The Landing FREE Broccoli Cheddar Quiche</p>	<p>Lunch reservations are required at least 24 hours in advance by calling 528-1881. We are not here on the weekends/holidays to receive your reservation, so please plan accordingly.</p>

Elder Services of Berkshire County - Nutrition Program

AUGUST 2023

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
Summer Health Tip Throughout the day, drink water to maintain hydration.	1 Pulled Pork 307 Vegetarian Baked Beans 140 Sliced Beets 185 Hamburger Bun 320 Fresh Peach 0 Cal 618 Carb 86 Sod 1092	2 Turkey Skillet 387 Broccoli Florets 22 Yellow Squash 3 Oat Nut Bread 150 Sliced Pears 5 Cal 540 Carb 81 Sod 692	3 Chicken Bruschetta 365 Gold Potatoes 4 Spinach 76 Whole Wheat Bread 120 Mangoes 0 Cal 506 Carb 68 Sod 690	4 Pot Roast w/Gravy 386 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Sliced Peaches 6 Cal 770 Carb 97 Sod 803
7 Meatballs & Penne w/Marinara sauce 263 Cauliflower 14 Italian Bread 230 Fruit Cocktail 5 Cal 632 Carb 87 Sod 637	8 Beef Fajita 417 Black Beans and Rice 28 Corn w/pimientos 52 Flour Tortilla 220 Apple Cinnamon Muffin 190 Cal 854 Carb 103 Sod 1032	9 Chicken Cauliflower Curry 340 Minted Green Beans 6 Carrots 43 Oat Nut Bread 150 Banana 1 Cal 707 Carb 89 Sod 665	10 Pork Roast w/gravy 119 Mashed Sweet Potatoes 30 Brussel Sprouts w/cheese 74 12 Grain Bread 200 Applesauce 0 Cal 668 Carb 82 Sod 548	11 Cold Meal Soy Ginger Salmon Filet 242 Coleslaw 169 Chic Pea & Tomatoes 280 Whole Wheat Bread 120 Apricots 5 Cal 778 Carb 80 Sod 941
14 Chicken Nuggets 456 Mashed Potatoes 33 Broccoli Florets 22 12 Grain Bread 200 Diced Pears 10 Cal 639 Carb 91 Sod 846	15 Tuna Noodle Casserole 264 Zucchini & Squash 0 Prince Edward Blend 22 Oat Nut Bread 150 Mandarin Oranges 7 Cal 574 Carb 91 Sod 568	16 Barbara's Breakfast for Lunch	17 Cold Meal Southwestern Salad 327 Carrot Raisin Salad 160 Pasta Salad 235 Dinner Roll 210 Applesauce 0 Cal 878 Carb 100 Sod 1057	18 Low Sod Hot Dog * 540 Sauerkraut 136 Vegetarian Baked Beans 140 Hot Dog Bun 320 Fruit Cocktail 5 Cal 731 Carb 83 Sod 1266
21 Turkey & Gravy Stuffing 468 California Blend 247 Dinner Roll 17 Blueberry Yogurt ** 210 Cal 656 Carb 91 Sod 1142	22 Geer Village FREE Box Lunch followed by Balance class	23 Bob Avery's Spaghetti and Meatballs Salad Dessert	24 Veal w/Pepper & Onion* 479 Buttered Egg Noodles 11 Peas and Carrots 69 Oat Nut Bread 150 Fresh Plum 0 Cal 850 Carb 112 Sod 834	25 Homemade Meatloaf w/ gravy 253 Mashed Potatoes 33 Capri Blend Vegetables 22 Whole Wheat Bread 120 Diced Mangoes 0 Cal 566 Carb 81 Sod 553
28 Chicken w/BBQ Sauce 225 Buttered Noodles 8 Ratatouille 55 Whole Wheat Bread 120 Mixed Fruit 10 Cal 549 Carb 80 Sod 543	29 Shepherd's Pie 75 Mashed Potatoes 33 Asparagus Cuts 4 Oat Nut Bread 150 Fresh Pear 2 Cal 669 Carb 89 Sod 389	30 The Landing FREE Luncheon Broccoli cheddar quiche w roasted potatoes	31 LABOR DAY LUNCH Cheeseburger 401 German Potato Salad 180 Fiesta Corn 11 Hamburger Bun 320 Chocolate Chip Cookie ** 100 Cal 1001 Carb 110 Sod 1137	HOT LINE 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, 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.

WORLD WAR II AIRCRAFT WORD SEARCH PUZZLE



AIRACUDA	LIBERATOR	SEA WOLF	THUNDERBOLT
BLACK BULLET	MARAUDER	SHOOTING STAR	TIGERCAT
BLACK WIDOW	MIXMASTER	SKYRAIDER	TWIN MUSTANG
FIREBALL	NEPTUNE	STRATOJET	WARHAWK
FLYING FLAPJACK	PEASHOOTER	SWOOSE GOOSE	WILD CATFISH

www.WordSearchAddict.com