



GRAPEVINE DECEMBER 2021

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

*Polly Mann Salenovich, Director *** 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

CLOSED DEC. 24 & DEC. 31, 2021



Dixie's Mom, Eileen
will be baking her
special
Homemade Apple
Crisp

For dessert after our Congregate meal:
Chicken & gravy on:

Tue; Dec 7th

Time: 11:30-12:30 pm \$2/person

Call to reserve your seat @ 528-1881.

**Be on the lookout for
information about
AARP Tax help coming soon.**



**\$2 Breakfast for lunch
with Barbara Bailly!!**

Join us Thu; Dec 9th @ 11:30 am
Please RSVP to 528-1881.



Department of Registry of Motor Vehicles
will have a representative
here at the Claire Teague Senior Center on:
Thursday, December 9th At 11 am
To help w your online Department of RMV

Laurel Lakes

Will be providing lunch:

When: Dec 15th

Time: 11:30 am to 12:30 pm

Menu to be announced

Featuring music by: Willy Nininger

Call 528-1881 to make a reservation

The Egremont Garden Club arranges Cups of Cheer for meals on wheels recipients each year as well as providing the cups for our dining room tables. This year the Garden Club is offering anyone to make their own Cup of Cheer at no cost - just bring any trinkets that you want to decorate all other supplies will be provided. If you have a favorite cup, be sure to bring that as well. For reservations please call 528-1881
Where: Senior Center
When: Wed., December 1st @ 10:30 am

**To schedule your Covid
Booster shot; Call 211**

INSIDE THIS ISSUE...

Events/Exercise	Pages 1- 3
Birthdays	Page 3
Menu	Page 4
Calendar	Page 5
Word Search	Page 6

Geer Village

Sponsoring FREE Box Lunch

Followed by a **30 min Balance Class**

Where: Claire Teague Senior Center

When: Tue, Dec 21st **Time:** 11:30 am

Call 528-1881 to make your reservation

Earth Angels...are back!

It's the Earth Angels returning for another wonderful performance

Join us for a covered dish luncheon

Sunday December 19th at 12:00

followed by a performance the Earth Angels. Please let us know what dish or item you will be bringing. Family members are welcome to attend. Here is a list of ideas:

Chips, crackers, cheese, punch, fruit bowls, casseroles, baked beans, salads, desserts, cookies etc.

Please call if you plan on attending: 528-1881.

- 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 on
Thursday, Dec 16th
1 pm—3 pm (To offer his help)



BINGO

will be held every Tuesday
12:30-2:00

Refreshments will be served.

Get ready for the GB Historical Society's 2021 **Old-Fashioned Christmas** exhibit, which begins this Friday November 26 and runs through the 12th Day of Christmas. Hours this year are **Friday & Saturday evenings from 4 pm to 8 pm and during the day on Saturdays and Sundays from 10-2** for December.

Admission is **free** and light refreshments will be served. See it at the **GB Museum at the Wheeler Farmstead, 817 South Main Street (Route 7) in GB**, a few blocks south of the Fairgrounds—and right across the road from the VFW Headquarters.

Onsite handicap parking and ramp are available and the Museum itself is **fully handicap-accessible**, even including a wheelchair for use while visiting.



By Margaret Buchte

Art Classes :

- **Margaret Buchte's Art Class Thu at 12:15 pm**

Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them.

- **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.

- **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!

Fran O'Neill	Mary Ann Schur
Theresa Caldwell	Jane Iacobacci
Sarah Hudson	Peggy Lavalette
Madeline Lockwood	Charles Noyes
Grace Zbell	Helen Hall
Helen Nolan	William Drumm
Mary Rivers	Lester Ettlinger
Linda Kot	Calder Martin
Stanley Kot	Janice Fisher
Douglas McTavitch	Carol Gage
Joan Giummo	Tom Gage
Colleen Hall	Mary Warford
Marie Davis	Maria Oliver
Maureen Avery	Babs Olszewski
Donald Osterndorff	Olga Milligan

Blood Pressure Clinic

Every third Thursday

December 16th

10:00 am - 11:00 am

by the Southern Berkshire
Public Health Collaborative

Ron Terry's Tech Tips—

learn how to use: computers, i-pads,
cell phones on

TUESDAYS

12:00-2:00 pm



BROWN BAG

Dec 8th

at the Claire Teague
Senior Center.

Join **Veterans Agent Laurie Hils**
for lunch every 2nd Tuesday of the
month.

At the Claire Teague Senior Cen-
ter at 11:30 am

Cost: **FREE** for veterans &
their spouses

EXERCISE CLASSES :

- Pilates for Osteoporosis Prevention w Kathi Casey on TUESDAYS at 9:45 am on **zoom** only at this time. If you are interested in attending; please call the senior center for zoom info & to register
 - Strength Training w Christine Faber on TUESDAYS
at 3:30 —4:30 pm \$3 per person per class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$3 per person/class
- Bridge TUESDAYS at 12:00 pm
- Pitch WEDNESDAYS at 12:00 pm

Tap Classes MONDAYS & FRIDAYS

- * Join Carolyn Calandro
at 2:00 pm \$ 5 /class


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

Elder Services of Berkshire County - Nutrition Program

DECEMBER 2021



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
EARTH ANGELS return to Center!! Please join us for a covered dish luncheon on Sunday; December 19th at 12:00 pm. Please call to make your reservation and will be bringing, (413) 528 - 1881	1 the Claire Teague Senior Center!! Covered dish luncheon on Sunday; December 19th at 12:00 pm. Please call to make your reservation and will be bringing, (413) 528 - 1881	1 Chicken Marsala Mashed Sweet Potatoes Cauliflower w/pimento 12 Grain Bread Diced Pears Cal 536 Carb 83 Sod 669	2 Veal Parmesan* Penne w/Marinara Peas and Pearl Onions Whole Wheat Bread Mandarin Oranges Cal 880 Carb 107 Sod 1100	3 Oriental Pork Casserole Steamed Rice Asparagus Cuts Italian Bread Applesauce Cal 618 Carb 77 Sod 594
6 Beef Burgundy Mashed Potatoes Broccoli Florets 12 Grain Bread Apricots Cal 759 Carb 83 Sod 453	7 Chicken & Gravy* Boiled Red Potatoes Steamed Cabbage Whole Wheat Bread Fruit Cocktail Plus Eileen's Apple Crisp Cal 563 Carb 63 Sod 774	8 Beef Chili Steamed Rice Mixed Greens Corn bread Peaches Cal 796 Carb 110 Sod 730	9 Breakfast for Lunch with Barbara Bailly	10 Greek Chicken Casserole Boiled Gold Potatoes Harvard Beets 12 Grain Bread Clementines Cal 563 Carb 81 Sod 896
13 Chicken Cacciatore Brown Rice Tuscan Vegetables Whole Wheat Bread Sliced Pears Cal 490 Carb 73 Sod 534	14 Register by today for Thursday's Holiday Dinner Shepherd's Pie Mashed Potatoes Peas and Carrots Oat Nut Bread Applesauce Cal 717 Carb 89 Sod 452	15 Laurel Lakes providing lunch today Music: Willie Niningner	16 HOLIDAY DINNER Roast Beef w/Gravy Mashed Potatoes Mixed Root Vegetables Snowflake Roll Cheesecake ** Cal 850 Carb 99 Sod 833	17 Ravioli w/Meat Sauce Spinach Brussel Sprouts Italian Bread Sliced Peaches Cal 522 Carb 79 Sod 723
20 Baked Breaded Pollock Scalloped Potatoes Mixed Vegetables 12 Grain Bread Tropical Fruit Mix Cal 654 Carb 99 Sod 588	21 Gear Village FREE Boxed Lunch Followed by Balance class	22 Butternut Mac & Cheese Cream of Tomato Soup Green Beans Oat Nut Bread Caramel Bavarian** Cal 662 Carb 82 Sod 1023	23 Roast Pork w/Gravy Mashed Sweet Potatoe Mixed Greens Whole Wheat Bread Fresh Apple Cal 649 Carb Sod 494	24 CHRISTMAS EVE  Happy Holidays Closed
27 BBQ Chicken Breast Mashed Potatoes Lyonnaise Carrots Oat Nut Bread Sliced Peaches Cal 663 Carb 88 Sod 849	28 Beef Spanish Rice Beef Taco Soup Cauliflower Tortilla Shell Tropical Fruit Mix Cal 735 Carb 86 Sod 466	29 Chicken Salad Sandwich Italian Wedding Soup Capri Blend Vegetables Hot Dog Roll Fruit Crisp Cal 816 Carb 71 Sod 892	30 Turkey with Cran-Orange Glaze* Red Potatoes Asparagus Cuts 12 Grain Bread Spiced Apples Cal 629 Carb 103 Sod 809	31 NEW YEAR'S EVE  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.

Elder Services
 of Berkshire County, Inc.

December 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH – Chicken Marsala 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Veal Parmesan 12:15 Margaret Buchte's Art Class	9:00 Tai Chi 11:30 LUNCH-Oriental Pork Casserole 2:00 TAP
6 11:30 LUNCH-Beef Burgandy 2:00 TAP	9:45 Pilates on ZOOM 11:30 LUNCH- Chicken & Gravy (plus Dixie's mom Eileen's famous apple crisp) 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Beef Chili 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	10:00 Blood Pressure Clinic 10:30 Vera's Painting Class 11:00 Rep from Dept of RMV 11:30 LUNCH- Barbara's Breakfast for Lunch 12:15 Margaret Buchte's Art Class 1:00-3:00 i-phone help	10 9:00 Tai Chi 11:30 LUNCH- Greek Chicken Casserole 2:00 TAP
13 9:00 Foot Nurse by Appointment 11:30 LUNCH –Chicken Cacciatore 2:00 TAP	14 9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 Lunch- Shepherd's Pie 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30- Lunch- LAUREL LAKES Music: Willie Nining 12:00 Pitch 1:00 Caregiver's Sup Group 2:00 Dec. Painting w/ Liz	9:30 Move & Groove 10:00 Blood Pressure Clinic 10:30 Vera's Painting Class 11:30 LUNCH- HOLIDAY MEAL-Roast Beef w/ Gravy 12:15 Margaret Buchte's Art Class	17 9:00 Tai Chi 11:30 LUNCH- Ravioli with Meat Sauce 2:00 TAP
20 11:30 LUNCH-Baked Breaded Pollock 2:00 TAP	9:45 Pilates on ZOOM 21 11:30 LUNCH – FREE- Geer Village Boxed Lunch w/Balance class afterwards 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Butternut Mac and Cheese 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:00 Blood Pressure Clinic 10:30 Vera's Painting Class 11:30 LUNCH- Roast Pork with Gravy 12:15 Margaret Buchte's Art Class	24 CLOSED 
27 11:30 LUNCH –Barbecued Chicken Breast 2:00 TAP	9:45 Pilates on ZOOM 28 11:30 LUNCH–Beef Spanish Rice 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Chicken Salad Sandwich 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	30 10:00 Blood Pressure Clinic 10:30 Vera's Painting Class 11:30 LUNCH- Turkey with Cran-Orange Glaze 12:15 Margaret Buchte's Art Class	31 CLOSED 

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

ANGEL
 BELLS
 CANDLE
 CANDY
 CAROLS
 DRUM
 EGGNOG
 ELF
 GRINCH
 HOLLY
 IVY

JINGLE
 JOY
 LIGHTS
 LOVE
 MAIL
 MANGER
 MISTLETOE
 MERRY
 MURR
 NATIVITY
 NOEL

ORNAMENTS
 PARTY
 PEACE
 PINE
 PRESENTS
 RED
 REINDEER
 RIBBON
 SANTA
 SHEPHERD
 SLEIGH

SNOW
 SNOWFLAKES
 SNOWMAN
 STAR
 STOCKING
 SUGARPLUMS
 TIDINGS
 TINSEL
 TREE
 WREATH
 YULETIDE

