

GRAPEVINE DECEMBER 2023



Claire W. Teague Senior Center * 917 Main Street * Great 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



**We will be closed on Mon.,
Dec 25th & Jan 1st ~ Happy
Holidays from all of us at the
Claire Teague Senior Center !**



**Happy
Hanukkah**

Join us: Tue., Dec. 5 at 11:30 am

When BRPC will be offering free



**“Winter Lunch and
Learn”
Soup, Wrap
and Dessert**

Presented by the Berkshire Regional
Planning Commission who will offer
attendees a free lunch while learning
about the income-eligible incentives
to keep your home warm
and save on energy bills.

Please **RSVP** by **Dec 1st**
by calling (413) 528- 1881.

Special Thank you to **Wheeler and Taylor** for
the Thanksgiving Meal Bags they provided
for our community. Your generosity was
greatly appreciated by our senior community.

Come and Enjoy Bob Avery's

**Spaghetti and Meatballs
On Wednesday**

Dec 13th at 11:30 am



Spaghetti and meatballs
Salad
Garlic Bread
Dessert

\$3 per person

Call 528-1881 to make your
reservation by December 11th.

Saturday; December 9th

12:00—2:00 pm

Earth Angels...are back!

Come and join us for our pot
luck lunch and Earth Angels
holiday music!

Call 528-1881 to make
your reservation and
let us know what you
will be bringing.



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Great Barrington Historical Society & Museum
presents

An Old Fashioned Christmas

*The home of Christmas Spirit
past and present!*

Free and open to the public
Opens November 24th thru January 7



817 South Main Street, Great Barrington



Trace the history
and traditions of Christmas
from the Colonial
to the Modern Era
Large Train & Village display
Shop in our gift area



Open Fridays 4:00-8:00

Saturdays 10:00-6:00

Sundays 10:00-2:00

A must-see experience for the young and young at heart



CLOSED ON CHRISTMAS and NEW YEARS DAY

Due to severe equipment and operator shortages, the TriTown Connector will be limiting ride requests until further notice, effective Monday, November 27. All pre-existing rides booked on or before Friday, November 24 will be honored. We hope to expand these services again soon. Please see below:

Local medical trips - all riders	
Monday - Sunday	Full service
Workforce trips - all riders	
Monday - Sunday	Full service
Non work/medical trips - seniors/ADA	
Tuesday, Thursday, Friday, Saturday, Sunday	Full service
Monday & Wednesday	4 PM - 8 PM
Non work/medical trips - all riders	
Tuesday, Saturday, Sunday	Full service
Mon, Wed, Thu, Fri	4 PM - 8 PM
Pittsfield medical - seniors/ADA	
Monday & Wednesday	8 AM - 4 PM
Sheffield Connector	
Tuesday - Friday	Full service
Monday	No service

The TriTown Connector has no wheelchair accessible vehicles available until further notice. You may call BRTA at (413) 499-2782 to inquire about complementary ADA and non-ADA door-to-door service, which is available in all our member communities.

All TriTown Connector rides will be provided at no cost for all in-town and multi-town rides (excluding Pittsfield trips) through December 31.

Thank you for your understanding and continued ridership as we build our capacity to serve you.

~ TriTown Connector

For transportation call: **413-591-3826**

JOIN US : Mahjong



Thursdays at 9:30 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.

Alzheimer Support Group

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

The meetings will be held monthly on the 3rd Monday at 3:00 pm

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

Foot Nurse by appointment only On Monday, Dec 11th

- 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 **at 1 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.

HEALTH, HOPE AND HEALING AROUND THE HOLIDAYS

Health Programs Offered to the Community

Fairview Hospital will offer Health, Hope and Healing Around the Holidays, a series of free health programs to support our community during the holiday season. All programs will take place in the Conference Room on the Main Floor at Fairview Hospital, 29 Lewis Avenue, Great Barrington. Reservations are accepted but not required.



APPROACHING THE HOLIDAYS WITH BETTER HEALTH IN MIND:

Tuesday, November 28 4:00 -5:00 p.m.

The holidays can be a slippery slope when it comes to staying healthy and avoiding the overindulgence that accompanies the season. Emotions, stress and even exhaustion can lead us to let down our guard. Join Fairview nutritionist Meg McGonagle, RD, for a discussion about common challenges and smart strategies for approaching holiday eating and drinking events, common triggers, and getting back on track when you slip, in order to enter the new year on a healthy note.



FINDING THE JOY

Thursday, November 30 10:30-11:30 a.m.

There really is both physical and mental health benefits associated with laughter, fun and joyful activities. How do we find joy in our daily lives? During the holidays, it is especially important to find joy, even if there are moments of loneliness or sadness. BHS Director of Wellness, Maureen Daniels, M.Ed. will lead a discussion over a cup of tea. Together we will explore what brings you joy and create a plan for adding more joy in your life by recognizing the power of simple, small moments that bring joy if we see them.



COPING WITH THE HOLIDAYS

Tuesday December 5, 2:00-3:00 p.m.

Traditions and celebrations can spark feelings of loss or sadness for many people during the holiday season. Tricia Lewis, LICSW, a health counselor with BMC Healthworks, a member of BHS' Employee Assistance Program, will discuss the importance of recognizing and accepting these feelings and explore ways to navigate this sometimes very difficult time of year.



NEW YEARS RESOLUTIONS: A NEW YOU OR A BETTER YOU?

Thursday, December 7, 4:00 - 5:00 p.m.

It's the time of year we often commit to new goals only to find ourselves with a sense of failure just a few weeks into the new year. Let's explore and plan for success as you set your resolutions for the coming year. Join Rich Berry, RN, Coordinator of Fairview Hospital's Life Enhancement Program, for helpful tips and strategies for setting goals that you can achieve, and how to restart if you get off track.

For more information, call Fairview Hospital Community Relations at (413) 854-9609. The program is offered as part of the Berkshire Health Systems role as healthcare partner and community advocate for improving the region's overall quality of life.



Berkshire Health Systems

Caregivers Support Group

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

WED; Dec 20th ~ 9 am -11:30 am



At the Claire Teague Senior Center
Do you need to be seen for a sick visit, or well-ness 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; call
(413) 528-0457 ~ Walk-ins welcome

ANSWER TO CROSSWORD **27****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)

NEW PLAYERS WELCOME!!**Art Classes :**

- **Drawing/Painting w Eunice Agar**
10 am \$ 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!**Ron Terry's Tech Tips****Tuesdays 12-2 pm****No program on Dec. 26th**

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 other volunteers.

You can volunteer in-person or virtually.
Go to aarpfoundation.org/TaxaideVolunteer
or call 1-888-AARP-NOW (1-888-227-7669).

AARP Foundation
Tax-Aide

COME AND JOIN US**On DECEMBER 21st****At 12:30 pm**

Suggested donation of \$2 towards refreshments would be appreciated. (Hot cocoa and popcorn) Call to reserve your spot ~ (413) 528-1881.



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



Barbara Waller
 Fran O'Neill
 Mary Lou Dadak
 Sarah Hudson
 Michael Kerichenko
 Grace Zbell
 Peter Sweet
 Colleen Hall
 Marie Davis
 Diane Tatro
 Maureen McFarland

Pete Osterndorff
 Janis Bowersox
 Elizabeth Sermini
 Carolyn Estes
 Sheila Shephardson
 Peggy Lavalette
 Janice Fisher
 Carol Gage
 Mary Warford
 Babs Olszewski



BROWN BAG is **DEC. 13th**
 at the Claire Teague Senior Center.



The COA Board
 will meet on Wednesday,
 Dec. 27th at 1:00 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 and Thursday at 10 am \$ 3/ per class
- 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



DEC 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dec 9th 12-2 pm Earth Angels...are back! Pot luck lunch and music! Call if you are attending and what you will be bringing. 				1 9:00 Tai Chi 11:30 LUNCH- Oriental Pork Casserole 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta 11:30 LUNCH- Beef Burgundy 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	4 9:30 Move & Groove 11:30 LUNCH- Lunch & Learn: Soup & Wraps 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	5 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH – Beef Chili 12:00 Pitch 1:00 Caregiver's Support Group 3:00 Decorative Painting w/ Liz	6 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Salisbury Steak 1:00 I-Phone w/Doug by appt.	7 9:00 Tai Chi 11:30 LUNCH- Greek Chicken Casserole 1:00 TAP Beginner 2:00 TAP inter/advanced
Foot Nurse 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken Cacciatore 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	11 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	12 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Bob Avery's Spaghetti & Meatballs 12:00 Pitch 3:00 Dec. Painting w/ Liz	13 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Roast Beef w/ Gravy	14 9:00 Tai Chi 11:30 LUNCH – Ravioli w/ Meat Sauce 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta 11:30 LUNCH- Lemmon Pepper Salmon 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate 3:00 Alzheimer's Supp Group	18 9:30 Move & Groove 11:30 LUNCH- Beef Stew 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	19 10:00 Drawing/Painting w/ Eunice Agar 9:00-11:30 CHP Mobile Unit 11:30 LUNCH – Butternut Mac & Cheese 12:00 Pitch 1:00 Caregiver's Support Group 3:00 Decorative Painting w/ Liz	20 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Roast Pork w/ Gravy 12:30 MOVIE: ELF 1:00 I-Phone w/Doug by appt.	21 9:00 Tai Chi 11:30 LUNCH- BBQ Chicken 1:00 TAP Beginner 2:00 TAP inter/advanced
CLOSED IN OBSERVANCE OF 	26 9:30 Move & Groove 11:30 LUNCH- Beef Spanish Rice 12:00 Bridge 12:30 Bingo 3:30 Strength Training	27 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Turkey w/ Cranberry 12:00 Pitch 1:00 COA Board Meeting 3:00 Decorative Painting w/ Liz	28 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Broc & Cheese Stuffed Chicken	29 9:00 Tai Chi 11:30 LUNCH- French Toast 1:00 TAP Beginner 2:00 TAP inter/advanced

Elder Services of Berkshire County - Nutrition Program

DECEMBER 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
 Elder Services of Berkshire County, Inc. Menu subject to change without notice.	Happy Holidays to You and Yours!!!	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		1 Oriental Pork Casserole 230 Brown Rice 3 Asparagus Cuts 4 Italian Bread 230 Applesauce 0 Cal 606 Carb 75 Sod 592
4 Beef Burgundy 68 Buttered Noodles 8 Broccoli Florets 22 12 Grain Bread 200 Apricots 5 Cal 741 Carb 85 Sod 428	5 FREE BRPC LUNCH & LEARN Soup, Wraps and Dessert	6 Beef Chili 234 Steamed Rice 6 Mixed Greens 149 Corn bread 210 Peaches 6 Cal 796 Carb 110 Sod 730	7 Salisbury Steak 370 Garlic Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 561 Carb 80 Sod 731	8 Global Table Greek Chicken Casserole 388 Boiled Gold Potatoes 4 Harvard Beets 178 12 Grain Bread 200 Clementines 1 Cal 563 Carb 81 Sod 896
11 Chicken Cacciatore 230 Brown Rice 3 Tuscan Vegetables 48 Whole Wheat Bread 120 Sliced Pears 5 Cal 479 Carb 70 Sod 531	12 Shepherd's Pie 75 Mashed Potatoes 33 Peas and Carrots 69 Oat Nut Bread 150 Applesauce 0 Cal 717 Carb 89 Sod 452	13 Bob Avery's Spaghetti & Meatballs Salad Garlic Bread Dessert	14 HOLIDAY DINNER Roast Beef w/Gravy 106 Mashed Potatoes 33 Mixed Root Vegetables 99 Snowflake Roll 250 Iced Choco Cake** 182 Cal 860 Carb 113 Sod 795	15 Ravioli w/Meat Sauce 272 Sliced Carrots 43 Brussel Sprouts 14 Italian Bread 230 Sliced Peaches 6 Cal 523 Carb 81 Sod 690
18 Lemon Pepper Salmon 69 Scalloped Potatoes 20 Mixed Vegetables 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 586 Carb 85 Sod 467	19 Beef Stew 72 Boiled Gold Potatoes 4 California Blend Veg 17 Biscuit 220 Diced Pears 10 Cal 697 Carb 75 Sod 448	20 Butternut Mac & Cheese 373 Mulligatawny Soup 13 Green Beans 3 Oat Nut Bread 150 Fruited Gelatin** 89 Cal 670 Carb 88 Sod 753	21 Roast Pork w/Gravy 62 Mashed Sweet Potato 36 Mixed Greens 149 Whole Wheat Bread 120 Fresh Apple 2 Cal 649 Carb 86 Sod 494	22 BBQ Chicken Breast 325 Mashed Potatoes 33 Lyonnaise Carrots 74 Oat Nut Bread 150 Sliced Peaches 6 Cal 667 Carb 93 Sod 713
25 CHRISTMAS 	26 Beef Spanish Rice 93 Split Pea Soup 42 Cauliflower 11 Tortilla Shell 170 Tropical Fruit Mix 10 Cal 746 Carb 97 Sod 451	27 Turkey w/Cranberry Orange Glaze 399 Red Potatoes 4 Asparagus Cuts 4 12 Grain Bread 200 Applesauce 0 Cal 628 Carb 97 Sod 732	28 NEW YEAR'S EVE DINNER Broc & Cheese Stuffed Chicken 410 Herb-Butter Noodles 8 Capri Blend Vegetables 22 Oat Nut Bread 150 Fresh Orange 0 Cal 862 Carb 99 Sod 715	29 French Toast 300 Hard Cooked Egg 71 Sausage Patty 217 Warm Strawberries 2 Dried Cranberries 2 Cal 569 Carb 74 Sod 715
No Meal Service Today Cal 746 Carb 97 Sod 451 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.				

LITTLE WORDS MEAN A LOT

By Fran & Lou Sabin

ACROSS

- 1 Brazilian dance
6 Eeyore's outburst
10 Woodworker's file
14 Mermaid drawn out of the water?

- 15 Mighty fine
16 "Giant" author Ferber
17 Kiddie-pleasing song
20 Menu section
21 Shoelace tip
22 Shaft of light
23 Sawbucks

- 25 They had a lot of growing up to do

- 29 State with a panhandle
30 Filly's parent
31 City on the Willamette
32 Not many

- 35 Spy's item, perhaps
39 CIA, once
40 Physician's advice
41 Touched the tarmac
42 Goes to the bottom
43 Breakfast chef's creation
45 Navy's goat, Marine Corps' bulldog, etc.

- 48 Stein filler
49 Geometric findings
50 Diamond figures
55 Activity for a nitpicking boss
58 Villa d'____
59 Selfishness bases
60 "Annie" role

- 61 Dick Tracy's Trueheart
62 Bang-up result?
63 What we have here

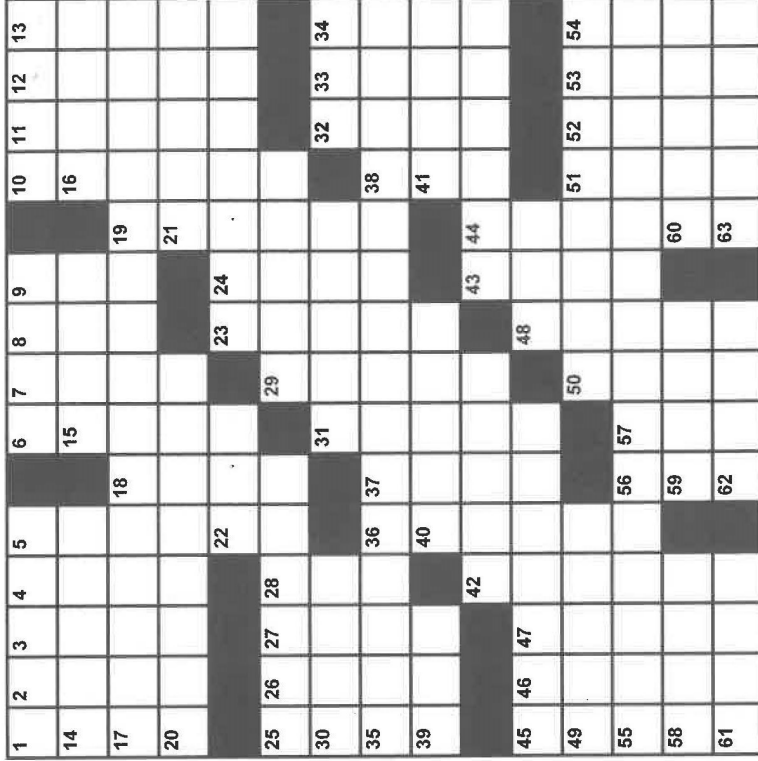
DOWN

- 1 Put into words
2 Commedia dell'____
3 Long for
4 Erstwhile Turkish dignitaries
5 The prince of the "prince in a can" joke

- 6 Off one's trolley
7 Singer Supreme?
8 "____ port in a storm"
9 One of two definitive proposal responses
10 Wields the scepter
11 Discombobulate
12 Villainous expression

- 13 Hamlet, Lear, Caesar, etc.
18 Future-minded investments
19 Hat made of jipijapa leaves
23 Inform a former spouse by wire?

- 24 Corp. decision-maker
25 It's found in a round
26 Salutorian's site
27 Coffee holders
28 Wahini wear
29 Nikolai Gogol's "____ Bulba"
31 Acts offended
32 Went from bull to bear, e.g.
33 HOMES member
34 Steam harnessing inventor



- 36 Airy, in music
37 Bivouac shelter
38 Daisy of Dogpatch
42 Gives a start
43 Designer Cassini
44 Simplest or barest
45 "Glengarry Glen Ross" playwright David
46 Come to be
47 Offshoot groups
48 Lubber's alert
50 In a bit
51 Lahore nurse
52 Inheritance factor
53 Top and bottom, e.g.
54 Ophthalmologist's easy diagnosis
56 Kind of post-grad school
57 Beauty preceder

ANSWERS ARE ON PAGE 5



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

NOBEL PRIZE DAY
 DISABILITY DAY
 CHRISTMAS
 KWANZAA
 HANUKKAH
 HOLLY DAY
 POINSETTIA DAY

SANTAS LIST DAY
 TWIN DAY
 PASTRY DAY
 PIE DAY
 FRUITCAKE DAY
 BAKE COOKIES DAY
 LLAMA DAY

TEA DAY
 CUPCAKE DAY
 APP DAY
 CANDY CANE DAY
 COCOA DAY
 LARD DAY
 EMO DAY