

GRAPEVINE FEBRUARY 2024



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

**CLOSED ON
FEB 19th**



Note from Director

After careful consideration ~ due to the cost for purchasing supplies for our in-house prepared meals ~ as of March 1st ... we will be raising the cost of our special lunches (that we prepare) to \$ 5 per person.

Our lunches that Elder Services prepares for us will remain at \$ 3 per person for those 60 years and older.



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:

Mondays (Feb. 5, 12, 26)

Thursday Feb 22nd

Fridays (Feb. 9, 16, 23 & March 1st)

1 pm to 3 pm

**At Claire Teague Senior Center
917 Main Street Great Barrington, MA**

To register call us at: 413-528-1881 or email Joan Peters at jpeters@townofgb.org

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Mahjong

Thursdays 10 am - Noon
Beginners are welcome.

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



Bob's Lemon Rosemary Chicken

Wednesday,
February 21st
at 11:30 am



Rosemary Roasted Chicken
Baked Potato
Vegetable
Dessert

\$ 3 person

JUST A REMINDER

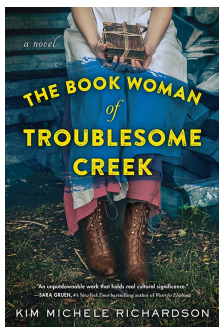
**Reservations are required for
all meals at least 24 hrs. in
advance – Monday meals need
to be called in the Friday before
by noon. Please call
reservations in to
413-528-1881 Ext. # 9016**

BOOK CLUB

Please join us on

**Tuesday,
February 13th**

10 am - 11 am



You can get a
copy of the book
to borrow from us or you can
purchase your own copy. When
we meet, we will decide on
our next book.

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., Feb 20th

Time: 11:30 –12:30 am

Barbara's Breakfast for Lunch

**Overnight French Toast
With Blueberries
Sausage
Fruit**

Thursday, February 16th



At 11:30 am

\$ 3.00

**The COA Board
will meet on Wednesday,
FEB 28TH at 1:00 pm**

*Pilgrimage to Broken Mountain
Nahua Sacred Journeys in
Mexico's Huasteca Veracruzana*

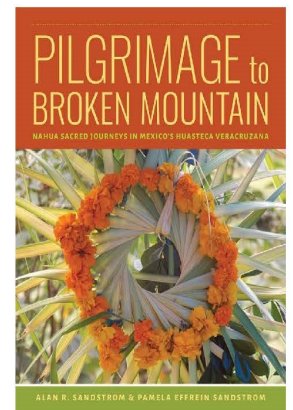
by Alan R. Sandstrom & Pamela Effrein Sandstrom

**Monday, February 26, 2024
at 4 p.m. ET**

Call us 413-528-1881 to reserve a seat.

More information is available on our website
www.greatbarringtonseniors.org

Free & open to all
Join us at: **Claire Teague Senior Center**
917 Main Street, Great Barrington, MA 01230



**We will show it
via ZOOM on the
big screen**

SHINE COUNSELOR

On Tuesdays 10 am—12 pm
By appointment only 528-1881

- Clients must be 65 or over (or very close to 65) OR under 65 but on Social Security Disability.
- Please bring: current financial information, current prescriptions, Medicare and insurance cards.



Tech Tips w/ Carlos 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

Alzheimer Support Group

Cara Holcomb, Director of Neighborhood at Wingate at Melbourne Place will be here at the Claire Teague

Normally the meetings will be held monthly on the 3rd Monday - However with the holiday this month, we will meet on Feb 12th at our usual 3 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 **first and third Thu** 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.

Come and join us on

Thursday, February 15th

at 12:30 pm

Light refreshment. Great comedy!

Register by calling
528-1881 or email
plarkin@townofgb.org
\$2 donation

SANDRA BULLOCK RYAN REYNOLDS

THE

PROPOSAL



Caregivers Support Group

Meets the 1st and 3rd

Wed at 1:00 pm

facilitated by

Elder Services of Berkshire County.

FOOT NURSE : Beverly Dunn, RN

Monday Feb. 12th

By appointment only ~ Call us at 528-1881 to book. We will be scheduling 30 minute appointments. She will be here monthly on the second Monday.

Call us at 528-1881.

Friday; Feb 9th ~ 9 am -11:30 am



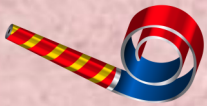
Coming to a
Neighborhood
Near You!

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; call
(413) 528-0457 ~ Walk-ins welcome

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

Harriet Ebitz 101



Dorris VanDeusen	Margaret Mansfield
Anita Coons	Nora Burch
Sandra Larkin	Debra Goewey
Joan Wood	Donald Grimes
Tom Beasley	Marjory Gardella
Donna Drew	Ron Boibeaux
Laura Keefner	Patricia Andrus
Eugene Bounous	Barbara Chernesky
Collette Plaquet	
Anna Beining	



BROWN BAG is **FEB 14th**
at the Claire Teague Senior Center.



Art Classes :

- **Drawing/Painting with Eunice Agar** 10 am \$ 5/class
- **Decorative Painting w/Liz Macchi** **Class is on a break call to check on re-start date**
- **Vera's Painting Class** on Thursdays at 10:30 am

All levels are welcome to join!

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!!

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

FEB 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Sage Moves w Senta 11:30 LUNCH- Pork w/ Apple Raisin 1:00 Matter of Balance **New 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove 11:30 LUNCH- Beef Burgandy 10:00 Shine by Appt. 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chx Mexican Casserole 12:00 Pitch 1:00 Caregiver's Support Group	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Chx Puttanesca 1:00 I-Phone w/Doug by appt.	9:00 Tai Chi 11:30 LUNCH- Moroccan Beef Stew 1:00 Matter of Balance **New 1:00 TAP Beginner 2:00 TAP inter/advanced
FOOT NURSE-Beverly Dunn 12 By Appointment Only 10:00 Sage Moves w Senta 11:30 LUNCH-Cheese, Bacon & Egg Bites 1:00 Matter of Balance **New 1:00 TAP Beginner 2:00 TAP inter/advanced 3:00 Alzheimer's Supp Group	9:30 Move & Groove 10:00 Book Club 10:00 Shine by Appt. 11:30 LUNCH- Chx & Sausage Jambalaya 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:30 Strength Training	BROWN BAG 14 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Lasagna Roll 12:00 Pitch 3:00 Dec. Painting w/ Liz	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:00 Wellness Session 10:30 Vera's Painting Class 11:30 LUNCH- Chx & Grawy 12:30 MOVIE- THE PROPOSAL 1:00 I-Phone w/Doug by appt.	9:00 Tai Chi 11:30 LUNCH -Barbara's Overnight French Toast 1:00 Matter of Balance New 1:00 TAP Beginner 2:00 TAP inter/advanced
CLOSED IN OBSERVANCE OF Presidents' Day	9:30 Move & Groove 10:00 Sage Moves w Senta 10:00 Shine by Appt. 11:30 LUNCH- Free Box Lunch followed by Balance Class 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- BOB'S LEMON ROSEMARY CHICKEN 12:00- Pitch 1:00 Caregiver's Support Group 3:00 Decorative Painting w Liz	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Chuckwagon Stew 1:00 Matter of Balance **New	9:00 Tai Chi 11:30 LUNCH- Breaded Pollock 1:00 Matter of Balance New 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta 11:30 LUNCH- Chx w/ Orange Glaze 1:00 Matter of Balance **New 1:00 TAP Beginner 2:00 TAP inter/advanced 4:00 OLLI-"Pilgrimage to Broken Mountain" free~ on big screen	9:30 Move & Groove 10:00 Shine by Appt. 11:30 LUNCH- Veal Scallopini 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Turkey & Gravy 12:00 Pitch 1:00 COA Board Meeting 3:00 Decorative Painting w/ Liz	9:30 Move & Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Sloppy Joe	

Elder Services of Berkshire County - Nutrition Program					FEBRUARY 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					
									
5	6	7	8	9	Chinese New Year				
Pork w/apple raisin Au gratin potatoes Corn WG White Bread Fresh Orange Cal 661 Carb 78 Sod 408	Beef Burgandy Buttered Noodles Carrots Parsnips Turnips Whole Wheat Bread Yogurt Cal 770 Carb 91 Sod 418	Chix Mexican Casserole Lime Cilantro Rice Peas and Mushrooms Tortilla Sliced Peaches Cal 764 Carb 100 Sod 890	Butternut Mac & Cheese Beef Barley Soup French Cut Green Beans Dinner Roll Spiced Apples Cal 702 Carb 88 Sod 767	Moroccan Beef Stew Israeli Couscous Asparagus Cuts 12-Grain Bread Fresh Apple Cal 752 Carb 101 Sod 509					
12	13	14	15	16	Barbara's Breakfast for Lunch Overnight French Toast with Blueberries, Sausage and Fruit				
Cheese, Bacon & Egg Bites * Tomato Medley O'Brien Potatoes Whole Wheat Bread Apricot Halves Cal 652 Carb 76 Sod 1004	Chicken & Sausage Jambalaya Spanish Rice Mardi Gras Greens Mini Cornbread Loaf Cupcake ** Cal 938 Carb 122 Sod 1006	ASH WED Lasagna Roll Mushroom Barley Soup Snowflake Roll Warm Fruit Compote Cal 669 Carb 122 Sod 800	Breaded Chicken & Gravy * Mashed Potatoes Brussel Sprouts Dinner Roll Strawberry Cup Cal 734 Carb 106 Sod 962						
19	20	21	22	23					
President's Day No Meal Delivery Today Chicken with Orange Cranberry Glaze Boiled Potatoes Peas & Pearl Onions Oat Nut Bread Pineapple Tidbits Cal 700 Carb 112 Sod 645	Geer Village Free Boxed Lunch followed by Balance Class	Bob's Lemon Rosemary Chicken Baked Potato Vegetable Dessert	Chuckwagon Stew Buttered Noodles Broccoli Florets 100% Whole Wheat Bread Applesauce Cal 744 Carb 83 Sod 686	Breaded Pollock Mulligatawny Soup Monaco Veggie Blend Italian Bread Fresh Orange Cal 624 Carb 77 Sod 785					
26	27	28	29		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201				
Orange Cranberry Glaze Boiled Potatoes Peas & Pearl Onions Oat Nut Bread Pineapple Tidbits Cal 700 Carb 112 Sod 645	Veal Scallopini Potato Leek Soup Carrots Italian Bread Fruit Crisp Cal 711 Carb 88 Sod 900	Sliced Turkey & Gravy SC & Chive Mashed Snow Peas Dinner Roll Banana Cal 497 Carb 68 Sod 773	Sloppy Joe on a Bun Steamed Brown Rice Winter Blend Hamburger Bun Sliced Peaches Cal 671 Carb 87 Sod 555						
Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium					*High Sodium				
Calories and sodium from salad dressings, margarine, crackers and condiments are not included.					**Modifications for restricted sugar available				
Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.									

Eddie's Story (as it was told to Nora Hayes)

Edward J Kay, AKA Ed or Eddie K is a very long term resident of Great Barrington. He looks significantly younger than his 98 years. He is engaged, outgoing, full of stories about his life over the years and very modest as well.

Ed built his house on Christian Hill Road 47 years ago and still lives there. In 1945 when he was still a teenager, he was drafted and sent to Munich Germany in the army of occupation following the war. Ed would spend 6 years in Germany, becoming chief clerk for the Military Police and eventually rising to staff sergeant. After a time he met his German wife there and they had a son together.

One of Ed's memories from that time was the US Air Force's response to the Russian army of occupation (stationed in Germany as well). This time in history was referred to as The Berlin Airlift of 1948. The Russians wanted all of Berlin to themselves so they closed all highways, railroads and canals to keep people from getting food and supplies and hoped they would drive the Britain, France and the United States out of the city of Berlin for good. Instead of doing that the U.S and its allies began flying supplies over the Russian's "territory" within Germany. Finally fed up with Russia's deterrents, the Americans did a very special in formation fly over spelling out USA in the sky for all to see that they were there to support them and establishing their right to freely fly wherever they needed to go.

After his time in Germany, Ed and his wife came back to Great Barrington with their son David and started to build a life together. Sadly, Ed's wife Irene could not adjust to life here and went home to Germany. Ed is philosophical about the end of his marriage saying his wife and he were both very young and perhaps not quite ready for a lifetime commitment.

For the next 10 years, Ed was a "bachelor father" raising his son and eventually securing a position with the Post Office in Great Barrington. He worked "on the window" for many years until retirement. He met his second wife, Jean, who brought her daughter into the marriage and the blended family was a success! Jean and Ed married in '68 and stayed happily married until he lost her to a stroke four years ago.

Nowadays, Ed is proud of his son David, who became a very successful eye doctor and his daughter, who comes weekly to take him shopping and help out. He lives an active engaged life and is grateful to Joan Peters and the Great Barrington Senior Center where he feels welcome and especially enjoys the lunches and companionship.

Ed life story exemplifies what a decent, hardworking and good natured man can accomplish. His advice to other seniors is to keep active and enjoy life. He surely sets a great example!

BOARD GAMES WORD SEARCH PUZZLE



BACKGAMMON

BALDERDASH

BATTLESHIP

CANDYLAND

CHECKERS

CHESS

CLUE

CONNECT FOUR

CRANIUM

MONOPOLY

MOUSETRAP

OPERATION

OTHELLO

PARCHESI

PICTIONARY

RISK

SCRABBLE

SORRY

STRATEGO

TRIVIAL PURSUIT

www.WordSearchAddict.com