



GRAPEVINE JANUARY 2022

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

NOTE FROM POLLY:

Wishing everyone a very Happy New Year from all of us at the Claire Teague Senior Center. This year brings hope for new friends, activities and events as well as hope for the pandemic to slow down and give us all a break.

Given the current rise in Covid numbers and the winter chill, we will not be hosting any large events, guest meals or trips in January. We will however continue with the Monday through Friday congregate meals and our regular schedule as noted in the monthly calendar.

WINTER CLOSING INFORMATION:

All senior center activities, congregate meal site and senior transport closings will be announced on WSBS. If Berkshire Regional School District is closed due to weather, transportation and typically the meal site will also be closed that day. If you have a ride scheduled that day, you will also receive a call to confirm the closing.

The AARP Tax Program will be available this year. We will begin booking appointments starting January 15th.

COA Board will meet via zoom on Wednesday, January 26th at 1:15

Webinar ID: 868 5355 1062 Passcode: 528528

Dial-in, audio-only: (929) 205-6099

INSIDE THIS ISSUE...

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

**Our Breakfast for lunch
with Barbara Bailly
is taking a little winter break.**

BINGO

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

Refreshments will be served.



Sand for Seniors is back!

Sand/gravel mix is available in the back parking lot of the senior center for winter use. Please let us know if you need assistance loading up your container– we will be happy to help.



Vaccination/Booster/Covid Testing Information

- To schedule a COVID test: call (855) 262-5465
- To schedule a vaccination or booster call these numbers:
(855) 262-5465 or 211 or CHP Mobile Van at (413) 528-0457
- To schedule an appointment on-line use: <https://vaxfinder.mass.gov/>

- 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 every third Thursday of the month @ 1 pm (To offer his help) ~ When scheduling an appointment to meet with Doug, please make sure you have any and all passwords (and any other pertinent information) to bring with you.

If you have an urgent need for instruction, please don't hesitate to let us know and we will see if he can accommodate you.

For an appointment, please call us at (413) 528-1881.



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!

Johanna Brogan	Connie Hamilton
Marion Smith	Carol Mead
Irving Bronstein	Henry Ferlauto
Joan Rehm	Dorrie Silverstone
George Bianco	Jean Curtiss
Marilyn Sauer	Clarice Weiland
Cettina Messina	Jim Soules
Barbara Kozlowski	Dean Inglis
Lynn Wood	Martha Wool
Don Freedman	Theresa Terry
Colleen Coyte	Richard Needelman
Pat Nourse	Estella Ortiz Bodnar

Blood Pressure Clinic

Every third Thursday

January 20th

10:00 am - 11:00 am

by the Southern Berkshire
Public Health Collaborative

Ron Terry's Tech Tips –

will not be held during January,
February & March while he is
managing the AARP
Tax Prep Program.



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

At the Claire Teague Senior
Center at 11:30 am

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



BROWN BAG

Jan 12th

at the Claire Teague Senior Center.

Foot Nurse by

appointment only

On Monday, Jan 10th

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

Will be taking a Winter Break.

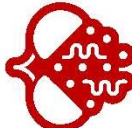

For more information or to register for classes, please call 528-1881.

Elder Services of Berkshire County - Nutrition Program

JANUARY 2022

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
3 Veal w/ Peppers and Onions 478 Mashed Potatoes 39 Italian Blend Vegetable 19 Oatnut Bread 150 Applesauce 0 Cal 866 Carb 95 Sod 806	4 Chicken Strips 324 Pasta Alfredo 376 Broccoli 22 Whole Wheat Bread 120 Fruit Crisp 11 Cal 701 Carb 100 Sod 978	5 Salmon Newburg Sauce 424 Steamed Brown Rice 5 Mixed Greens 149 12 Grain Bread 200 Fresh Orange 0 Cal 592 Carb 90 Sod 903	6 Eggplant Parmesan 454 Calico Bean Soup 298 Winter Blend Vegetables 10 Whole Wheat Bread 120 Sliced Peaches 6 Cal 617 Carb 100 Sod 1013	7 Chicken w/Gravy 327 Mashed Potatoes 39 Green Beans 3 Dinner Roll 210 Apricots 5 Cal 604 Carb 84 Sod 709
10 Turkey w/ gravy 402 Sliced Potatoes 28 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Peas 5 Cal 574 Carb 82 Sod 749	11 CHEF SPECIAL Lentil Stew 104 Steamed Brown Rice 5 Butternut Squash 2 Oat Nut Bread 150 Strawberry Cup 0 Cal 638 Carb 124 Sod 384	12 Chicken on a biscuit 105 Buttered Noodles 11 Broccoli Florets 22 Whole Grain Biscuit 220 Mixed Fruit 10 Cal 573 Carb 81 Sod 493	13 Beef Stew 72 Sour Cream and Chive Mashed 33 Roasted Root Vegetables 37 Dinner Roll 210 Lemon Bavarian ** 77 Cal 690 Carb 75 Sod 554	14 Swedish Meatballs 305 Gold Potatoes 4 Brussel Sprouts w/Cheese Sauce 71 Whole Wheat Bread 120 Fresh Apple 2 Cal 790 Carb 87 Sod 627
17 Happy MARTIN LUTHER KING 	18 Roast Pork w/gravy 183 Sweet Potatoes 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 738 Carb 67 Sod 464	19 Butternut Squash Mac&Cheese 370 Tomato Soup 262 Tuscan Blend Vegetables 35 Oat Nut Bread 150 Sliced Peaches 6 Cal 647 Carb 87 Sod 948	20 Chicken w/Apple Raisin Gravy 322 Steamed White Rice 4 Asparagus 4 Corn Bread 210 Fruit Cocktail 5 Cal 608 Carb 81 Sod 670	21 Sloppy Joe on a bun 91 Cream of Broccoli Soup 37 Carrots 43 Hamburger Bun 320 Chocolate Chip Cookie ** 222 Cal 835 Carb 87 Sod 838
24 GLOBAL TABLE Chicken Curry 77 Coconut Rice 6 Minted Green Beans 6 Oat Nut Bread 150 Apricots 5 Cal 720 Carb 91 Sod 369	25 Cheese Lasagna 476 Mixed Greens 149 Minestrone Soup 63 Whole Wheat Bread 120 Spiced Apples 5 Cal 665 Carb 94 Sod 938	26 Chicken Cacciatore 437 Wild Rice Pilaf 60 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 636 Carb 101 Sod 857	27 Homemade meatloaf & Gravy 284 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Pineapple & Mandarin Oranges 4 Cal 795 Carb 97 Sod 815	28 Beef Stroganoff 85 Mashed Potatoes 39 Mixed Vegetables 53 12 Grain Bread 200 Sliced Peas 5 Cal 816 Carb 92 Sod 507
31 Penne with Bolognese Sauce 140 Capri Blend 22 Italian Bread 230 Peach Crisp 11 Cal 636 Carb 98 Sod 530	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201			Sponsored by: 

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.



JANUARY 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 11:30 LUNCH-Veal w Peppers and Onions	4 9:45 Pilates on ZOOM 11:30 LUNCH- Chicken Strips 12:00 Bridge 12:30 Bingo 3:30 Strength Training	5 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH – Salmon w Newburgh Sauce 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	6 10:30 Vera's Painting Class 11:30 LUNCH- Eggplant Parmesan 12:15 Margaret Buchte's Art Class	7 9:00 Tai Chi 11:30 LUNCH-Chicken w Gravy
10 9:00 Foot Nurse by Appointment 11:30 LUNCH-Turkey with Gravy	11 9:45 Pilates on ZOOM 11:30 LUNCH- Lentil Stew 12:00 Bridge 12:30 Bingo 3:30 Strength Training	12 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Chicken on a biscuit 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	13 10:30 Vera's Painting Class 11:30 LUNCH- Beef Stew 12:15 Margaret Buchte's Art Class	14 9:00 Tai Chi 11:30 LUNCH- Swedish Meatballs
17 Closed on observance of: Martin Luther King Jr	18 9:45 Pilates on ZOOM 11:30 Lunch- Roast Pork w gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	19 10:00 Drawing/Painting w/ Eunice Agar 11:30- Lunch- Butternut squash mac & cheese 12:00 Pitch 1:00 Caregiver's Sup Group 2:00 Dec. Painting w/ Liz	20 10:00 Blood Pressure Clinic 10:30 Vera's Painting Class 11:30 LUNCH- Chicken w/Apple Raisin Gravy 12:15 Margaret Buchte's Art Class 1:00 i-Phone help by appointment w/ Doug Wilbur	21 9:00 Tai Chi 11:30 LUNCH- Sloppy Joe on a bun
24 11:30 LUNCH-Chicken Curry	25 9:45 Pilates on ZOOM 11:30 LUNCH- Cheese Lasagna 12:00 Bridge 12:30 Bingo 3:30 Strength Training	26 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chicken Cacciatore 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	27 10:30 Vera's Painting Class 11:30 LUNCH-Homemade Meatloaf and gravy 12:15 Margaret Buchte's Art Class	28 9:00 Tai Chi 11:30 LUNCH- Beef Stroganoff
31 11:30 LUNCH –Penne with Bolognese Sauce				

1950'S MOVIES WORD SEARCH PUZZLE



ALL ABOUT EVE	GIANT	ROMAN HOLIDAY	SUNSET BLVD
BEN-HUR	GUYS AND DOLLS	SABRINA	THE ROBE
EAST OF EDEN	JULIUS CAESAR	SEVEN SAMURAI	THE SEARCHERS
FORBIDDEN PLANET	ON THE WATERFRONT	SHANE	TO CATCH A THIEF
FUNNY FACE	REAR WINDOW	SOME LIKE IT HOT	VERTIGO

www.WordSearchAddict.com