



GRAPEVINE JANUARY 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

**We will be closed on
Mon., Jan 1st and
Mon., Jan 15th !**



Thank you to the Earth Angels and
all who donated to our Pot luck
celebration.
We had a festive holiday time.

Join us on Friday;
January 26 th



At 11:30

Joan's Tuna Melt
Tomato Soup
Dessert
Please call us at

528-1881 to make
your reservation.
\$3 per person

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Special Thank you to
Berkshire Regional Planning Commission
for the Lunch and Learn. We had a delicious
lunch and we learned so much.



Bob Avery's
Meatloaf

Join us on
January 10 th

Meatloaf
Mashed Potatoes
Dessert

Reservations are requested so,
please call us at 528-1881
to make your reservation.
\$3 per person

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



Where: Claire Teague
Senior Center 917 Main St Gt Barrington

When: Tuesday, January 16 th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

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 are looking for more players!

Alzheimer Support Group

Cara Holcomb, Director of Neighborhood at Wingate at Mel-bourne Place will be here in Great Barrington at the Claire Teague Senior Center.

Normally the meetings will be held monthly on the 3rd Monday - However we will meet on Jan 8th this month at our usual 3 pm.

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



Effective **January 2**, the TriTown Connector will be resuming normal operations. Our service hours will be re-instated as:

- Mon - Fri: 6:30AM - 9:00PM
- Sat & Sun: 8:00AM - 8:00PM
- Sheffield Connector will be adding additional runs starting Jan 2. Please call the office to let them know if you'll be waiting!
- The TriTown Connector will resume providing non-work & non-medical trips on Mondays & Wednesdays on December 26, 2023.
- **Hours of operation on January 15th will be 8 am to 4 pm.**
- With Sheffield Connector resuming—you can get a ride from the Claire Teague Senior Center to Dollar General – call for times **413-591-3826**

<https://www.tritown.org>

FOOT NURSE: We have a new RN, Beverly Dunn who will be taking over as our foot nurse.

We will be scheduling 30 minute appointments - starting February 7th. Call us at 528-1881 to book an appointment.

- Do you own an i-phone? An i-pad? 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.

Caregivers Support Group

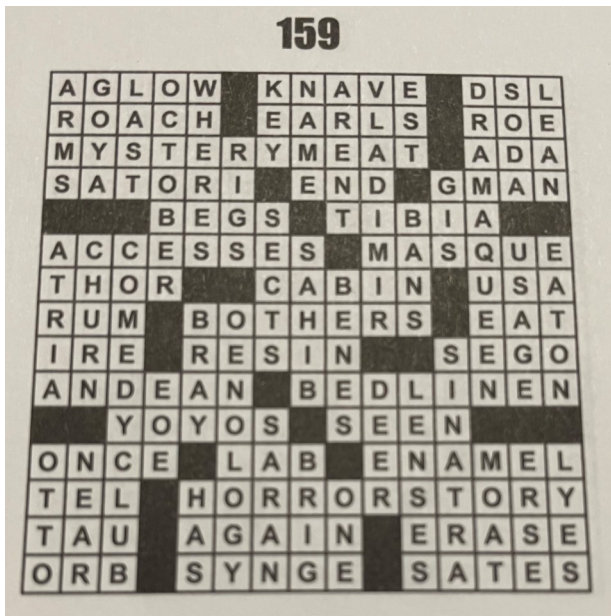
Meets the 1st and 3rd Wed at 1:00 pm
facilitated by Elder Services of Berk. County.

WED; JAN 3rd ~ 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 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



**Come and join us on
Wed., January 17th
at 12:30 pm**

A man raised in a
1950s era bomb shelter
emerges into the
outside world for the
first time to find a nice
nonmutant girl to
repopulate the earth-
and meets a cynical modern woman.

Light refreshment. Great comedy!
Register by calling 528-1881 or email
plarkin@townofgb.org \$2 donation



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

Art Classes :

- **Drawing/Painting with
Eunice Agar** 10 am \$ 5/class
- **Decorative Painting with
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!!



Time for GAMES

**Join us as we randomly pick teams
and play Pictionary.**



**Light refreshment and
lots of laughter guaranteed.**

**Hoping to start Friday, Jan 19th
From 1 pm to 2:30 pm ...
Start up will depend on if we get
enough people to register.**

**Call 528-1881 or email
plarkin@townofgb.org.**


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

| | |
|----------------------------|--------------------------|
| Helen Hinkely Grady | Carol Mead |
| Dudley Race | Dolores Kaufmann |
| Ann Zaccaria | Henry Ferlauto |
| Vivian Orlowski | Michael Harrigan |
| Mary Debkowski | Marie Langway |
| Johanna Brogan | Corrine Burke |
| Diane Cowles | Jean Curtiss |
| Irving Bronstein | Clarice Weiland |
| Barbara Delmolino | Karen Clark |
| Joan Rehm | Martha Wool |
| George Blanco | Martha Woolis |
| Cettina Messina | Theresa Terry |
| Carol McGlinchey | Richard Needelman |
| Barbara Kozlowski | Estella O Bodnar |
| Vivian Scheinmann | Mary Booton |
| Don Freedman | Cathy Clark |
| Jacob Wei | |



My apologies to Philip Smerling—belated birthday wishes for Dec 29th.



BROWN BAG is JAN 10th 
at the Claire Teague Senior Center.



**The COA Board
will meet on Wednesday,
JAN 31st 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 & Fridays 1 pm—2 pm | Beginners or people with some experience |
| Mondays & Fridays 2 pm—3 pm | Intermediate |




| JAN 2024 | | | | |
|---|--|---|---|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|  CLOSED NEW YEARS DAY | 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken Alfredo 12:00 Bridge 12:30 BINGO 3:30 Strength Training | 9:00-11:30 CHP Mobile Unit 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Breaded Pollock Loin 12:00 Pitch 1:00 Caregiver's Support Group 3:00-Decorative Painting-w/ Liz | 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Eggplant Parm 1:00 I-Phone w/Doug by appt. | 9:00 Tai Chi 11:30 LUNCH- Chicken w/ Gravy 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced |
| 10:00 Sage Moves w Senta 11:30 LUNCH-Beef & Cabbage Casserole 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate 3:00 Alzheimer's Supp Group | 9:30 Move & Groove 11:30 LUNCH- Lentil Stew 12:00 Bridge 12:00 Tech Tips w Ron 12:30 BINGO 3:30 Strength Training | BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH – Bob Avery's Meatloaf 12:00 Pitch 3:00-Decorative Painting-w/ Liz | 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Swedish Meatballs | 9:00 Tai Chi 11:30 LUNCH- Pork Chili 1:00 TAP Beginner 2:00 TAP inter/advanced |
|  CLOSED FOR MARTIN LUTHER KING, JR. DAY | 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH- Geer Free Boxed Lunch w/ balance 12:00 Bridge 12:00 Tech Tips w Ron 12:30 BINGO 3:30 Strength Training | 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Butternut Mac & Cheese 12:00 Pitch 12:30 MOVIE- Blast from the Past 1:00 Caregiver's Support Group 3:00 Dec. Painting w/ Liz | 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Chicken w Apple Raisin Gravy 1:00 I-Phone w/Doug by appt. | 9:00 Tai Chi 11:30 LUNCH – Oriental Beef 1:00 Team Pictionary (in Library) 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced |
| 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken Curry 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate | 9:30 Move & Groove 11:30 LUNCH- Cheese Lasagna 12:00 Bridge 12:00 Tech Tips w Ron 12:30 BINGO 3:30 Strength Training | 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chicken Caccitore 12:00- Pitch 3:00 Decorative Painting w Liz | 9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Beef Stroganoff | 9:00 Tai Chi 11:30 LUNCH- Joan's Tuna Melts 1:00 TAP Beginner 2:00 TAP inter/advanced |
| FOOT NURSE-Beverly Dunn Scheduled Appointments 10:00 Sage Moves w Senta 11:30 LUNCH- Bolognese 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate | 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken A La King 12:00 Bridge 12:30 BINGO 3:30 Strength Training | 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Shepherd's Pie 12:00 Pitch 1:00 COA Board Meeting 3:00 Decorative Painting w/ Liz | | |

Elder Services of Berkshire County - Nutrition Program

JANUARY 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 |
|---|--|--|---|--|
| <div>1</div>  <p>No Meal Delivery Today</p> | <div>2</div> <p>Chicken Strips Pasta Alfredo Broccoli Florets Whole Wheat Bread Fruit Crisp</p> <p>Cal 721 Carb 102 Sod 978</p> | <div>3</div> <p>Breaded Pollock Loin Steamed Brown Rice Mixed Greens 12 Grain Bread Fresh Orange</p> <p>Cal 720 Carb 93 Sod 779</p> | <div>4</div> <p>Eggplant Parmesan Buttered Noodles Winter Blend Vegetables Whole Wheat Bread Sliced Peaches</p> <p>Cal 730 Carb 101 Sod 722</p> | <div>5</div> <p>Chicken w/Gravy Mashed Potatoes Green Beans Dinner Roll Apricot Halves</p> <p>Cal 604 Carb 84 Sod 703</p> |
| <div>8</div> <p>Beef & Cabbage Casserole Wax Beans Peas and Carrots Whole Wheat Bread Sliced Pears</p> <p>Cal 542 Carb 68 Sod 408</p> | <div>9</div> <p>Lentil Stew Steamed Brown Rice Butternut Squash Oat Nut Bread Diced Mangos</p> <p>Cal 608 Carb 121 Sod 384</p> | <div>10</div> <p>Bob's Meatloaf Mashed Potatoes Dessert</p> | <div>11</div> <p>Swedish Meatballs * Gold Potatoes Brussel Sprouts 12 Grain Bread Fresh Apple</p> <p>Cal 720 Carb 95 Sod 889</p> | <div>12</div> <p>Pork Chili * Barley Mixed Root Vegetables Corn Bread Mixed Fruit</p> <p>Cal 712 Carb 101 Sod 905</p> |
| <div>15</div>  <p>No Meal Delivery Today</p> | <div>16</div> <p>Geer Village Free Boxed Lunch followed by Balance Class</p> | <div>17</div> <p>Butternut Mac & Cheese Tomato Soup Tuscany Blend Vegetables Oat Nut Bread Sliced Peaches</p> <p>Cal 646 Carb 87 Sod 951</p> | <div>18</div> <p>Chicken w/Apple Raisin Gravy Mashed Potatoes Asparagus Dinner Roll</p> <p>Cal 717 Carb 92 Sod 795</p> | <div>19</div> <p>Global Table Oriental Beef White Rice Carrots 2 Fortune Cookies Pineapple</p> <p>Cal 581 Carb 90 Sod 526</p> |
| <div>22</div> <p>Chicken Curry Coconut Rice Minted Green Beans Pita Bread (1/2) Apricot Halves</p> <p>Cal 822 Carb 84 Sod 366</p> | <div>23</div> <p>Cheese Lasagna Mixed Greens Minestrone Soup Whole Wheat Bread Spiced Apples</p> <p>Cal 680 Carb 97 Sod 944</p> | <div>24</div> <p>Chicken Caccitore Wild Rice Pilaf Peas and Pearl Onions 12 Grain Bread Banana</p> <p>Cal 636 Carb 101 Sod 857</p> | <div>25</div> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables Rye Bread Sliced Pears</p> <p>Cal 787 Carb 94 Sod 533</p> | <div>26</div> <p>Joan's Tuna Melt Tomato Soup Dessert</p> |
| <div>29</div> <p>Penne with Bolognese Sauce Capri Blend Italian Bread Peach Crisp</p> <p>Cal 741 Carb 116 Sod 563</p> | <div>30</div> <p>Chicken A La King Rice Pilaf Winter Blend Vegetables Buttermilk Biscuit Sliced Pears</p> <p>Cal 649 Carb 85 Sod 550</p> | <div>31</div> <p>Shepherd's Pie Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail</p> <p>Cal 651 Carb 76 Sod 434</p> | <div>31</div> <p>HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p> |  |

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium *High Sodium **Modifications for restricted sugar available

Calories and sodium from salad dressings, margarine, crackers and condiments are not included.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.

THE MOVIE CHANNEL

By Robert A. Doll

ACROSS

- 1 Radiant
6 Scoundrel
11 Broadband connection type
14 Exterminator's target, perhaps
15 Scheib and Monroe
16 Fish delicacy
17 Cafeteria staple
19 Org. with a lot of pull
20 Spiritual enlightenment
21 Offensive player farthest from the QB
22 FBI operative
23 Panhandles
25 Fibula neighbor
27 Gets to via computer, e.g.
31 "The ___ of the Red Death" (Poe)
34 God of thunder
35 Rustic digs
37 "Miracle" chant
38 "... and a bottle of ___"
39 Annoys
41 Finish the course?
42 It's past displeasure
43 Pine product
44 Showy lily
45 Like llamas
47 White sale purchase
50 Shows wild instability
52 Caught in the act
53 Grimm beginning
55 You may see a reaction in one

57 Cloisonne coating

61 "Aviv" lead-in

62 Distressing experience

64 Ancient cross

65 Last word of "Humpty Dumpty"

66 Delete from memory

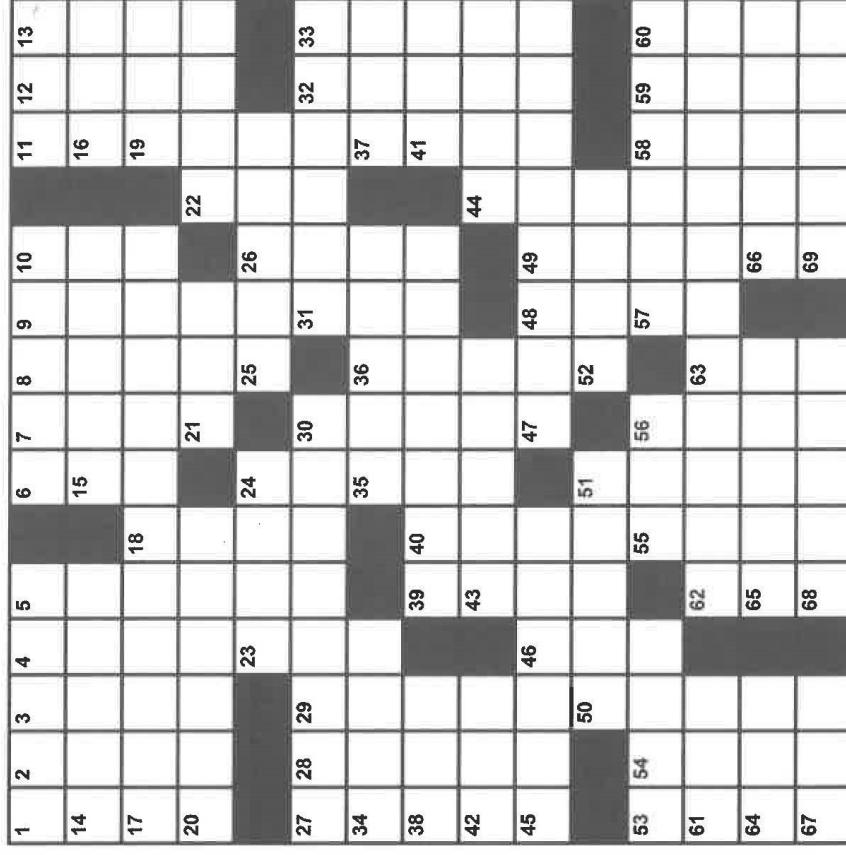
67 Eye, poetically

68 "The Playboy of the Western World" author

69 Gratifies to the max

DOWN

- 1 Venus de Milo's lack
2 "The Naked Maja" painter
3 Have stamina
4 Thanksgiving Day's month, in Canada
5 Start of an old Wendy's slogan
6 It may tinkle if you apply pressure
7 Finger, in a way
8 Looks-everything link
9 Russian saint
10 "To the max" indicator
11 One making a mountain out of a mole hill
12 Counter offer?
13 Almost fat-free
18 Fixes dishonestly
22 Dogfaces
24 Sunnism and Shiism, for two
26 Outlaws
27 Courtyards
28 Butter maker
29 Place for a stand-up guy?
30 Indian honorific
32 Method of employment
33 Big name in stationery
36 Elaine's last name on "Seinfeld"
39 Sound like an ass
40 Merlot-maker's trade
44 Old Blue Eyes
46 Want-ad letters
48 You may see its white tail in your yard
49 See-through items
51 Well-known wrapper
53 Camp Swampy dog
54 At hand
56 Ship's slammer
58 Medieval barrier
59 Tam-wearer's tongue
60 Caustic chemicals
62 Is down with
63 Undivided



SCOTLAND WORD SEARCH PUZZLE



ABERDEEN
BAGPIPES
BEN NEVIS
CAIRNGORMS
CALEDONIA

CASTLES
DUNDEE
EDINBURGH
GAELIC
GLASGOW

GREEN FIELDS
HADRIANS WALL
HAGGIS
HIGHLANDS
IRISH SEA

ISLANDS
LOCH LOMOND
LOCH NESS
ROLLING HILLS
TARTAN