



GRAPEVINE July 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 www.townofgb.org

NEW

Loss Support Group

Thursdays at 1:00 pm

No facilitator—Join others who have felt loss, whether due to the loss of a loved one, the loss of a way of life, the empty nest or just loss due to aging. Please call 528-1881 if you plan on attending— not required but helpful.

Mary King Casino Trips

NEW

Introducing the Mary King Casino Trips!! Many thanks go out to the family of Mary King who have generously provided funding for trips in Mary's memory. One of Mary's favorite activity's was enjoying a trip to the casino with the senior center. We will be providing four trips to the Saratoga Casino. Our first trip will be Tuesday (Senior discount Buffet day) September 21st. The cost is kept very affordable thanks to the donation from Mary's family... The cost is \$2.00 per rider for a day of fun and food. We have 12 seats available. Please call to make your reservations—528-1881 (first come, first serve).

CELEBRATE LIFE! w/Aleta Frectman

Join us on Fridays

10—11:15 am

NEW

A gentle exercise class you can do seated in a chair or standing on your feet! Using a variety of music, we will dance and play together and celebrate being alive. We will reduce stress by relaxing and by going out of our mindsand into our bodies.

Aleta has taught yoga at senior centers including Pittsfield & Lenox for many years. She was trained at Kripalu center where she also is certified as a "let your yoga dance" leader.



\$2/person

Need a Ride?

The Great Barrington COA Transportation will be offering a group ride on the third Saturday to the Great Barrington Farmer's Market on Church Street. The first one will occur on July 17th—9:30 am to 10:30 am. Please call the Claire Teague Senior Center at (413) 528-1881 for more information or to reserve your ride.

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NEW

Why not bring your grandchild;
great niece/nephew or “borrow”
a grandchild and have them join
us for a congregate meal or an
activity this summer ?



Call us at
413-528-1881
to make a reservation.

Breakfast Time with Barbara Bailly



July 8th 9:00 am—10:00 am

Breakfast Surprise!

Please call for reservations
at 528-1881



EXERCISE CLASSES RETURNING :

- Pilates for Osteoporosis Prevention w Kathi Casey
TUESDAYS at 9:45 Starting on July 6th
- 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 per class

ALSO RETURNING :

- Bridge TUESDAYS at 12:00 pm
- Pitch TUESDAYS at 12:00 pm



Tap Classes \$ 5 /class

MONDAYS & FRIDAYS

* Join Carolyn Calandro 2:00 pm

* **No Class 7-3-21**

Move and Groove \$ 3 /class

TUESDAYS & THURSDAYS

* Join Dee Foster at 9:30 am

* **No class 7-2-21**

For more information or to register for these classes,

please call us at 413-528-1881.



COOKOUT on Wednesday; July 28th 11:30—12:30 pm

Join us for hot dogs, hamburgers, baked beans, salad, drinks and dessert. \$2 donation suggested.

Special Guest: Chief Burger will be providing a demo about fire safety and will be roasting S'mores for a sweet treat!
Please call for reservations at 528-1881 at least two days in advance.

Sandy and Sandy

Come and join us

Tuesday, July 13th ~ 11:30-12:30 pm

Elder Services lunch will be Yankee Pot Roast, Mashed Potatoes, Wax Beans, dinner roll, and diced pears. We will also have cake with coffee and tea. Please call (413-528-1881) and order lunch at least 24 hrs. in advance.



By Margaret Buchte

Art Classes Returning :

- **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.

- **Vera's Painting Class on Thursdays at 10:30 am**



By Eunice Agar

All levels are welcome to join these groups!

The Senior Center
will be closed on
Monday, July 5th



Ron Terry's Tech Tips– learn
how to use: computers, i-pads,
cell phones...he can even get you
started on your genealogy ~
TUESDAYS 12:00-2:00 pm

By
appointment
only



Foot Nurse by
appointment only
On Monday, July 12th

BINGO

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

Refreshments will be served on the
last Tuesday of each month.



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

Ronald Zablotny
Fran Kelleher
Richard Pope
Susan Morris
Virginia Niewinski
Frank Gunsberg
Sally Kusek
Jane Goewey
Joyce Bourgon
Bernard Boldyga
Anne Macheski

Susan Dillard
Patrice Farrell
Marilyn Stevens
Nan Wiles
Dot Schellhammer
Pia Bellinger
Jo Robinson
Judith Smith
Patricia Elsbach
Jean Lunn
Charlie Peterson



BROWN BAG on **July 14**
at the Claire Teague Senior Center

Reminder: If you do not pick up
your Brown Bags over a period of
time, the Food Bank will remove
your name from the list. Please call
the senior center if you are no long-
er interested in receiving a bag or if
you need it delivered.


**** We also have extra bags of
pre-packed meals from Berkshire
Mutual Aid/Berkshires Boun-
ty available at the senior center –
please call and let us know if you
are interested.

Elder Services of Berkshire County - Nutrition Program

JULY 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	Sponsored in part by: 		1 4TH OF JULY Celebration Cheeseburger 401 Potato Wedges 27 Summer Squash Blend 6 Hamburger Roll 46 Ice Cream Cup ** 190 cal 780 carb 77 Sod 795 cal 745 carb 85 Sod 932	2 Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200 cal 795 cal 745 carb 85 Sod 932
5 Happy 4th of July 	6 Chicken Almondine 326 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6 cal 646 carb 86 Sod 622	7 Beef Stew 72 Boiled potatoes 4 Brussel sprouts w/cheese 74 12 Grain Bread 200 Snack Loaf ** 160 cal 884 carb 98 Sod 635	8 California Chicken Salad 94 Mushroom Barley Soup 45 Broccoli Florets 22 Hot Dog Roll 180 Pear Crisp 11 cal 677 carb 78 Sod 477	9 Sweet N Sour Pork 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10 cal 590 carb 87 Sod 764
12 Meatballs & Shells W/ Marinara sauce 313 Cauliflower 11 Italian Bread 230 Apricots 5 cal 629 carb 90 Sod 684	13 Yankee Pot Roast 346 Mashed Potatoes 33 Wax Beans 2 Dinner Roll 210 Diced Pears 5 cal 716 carb 87 Sod 721	14 Chicken Marsala 381 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10 cal 589 carb 77 Sod 746	15 GLOBAL TABLE Szechuan Noodle Salad 457 Cold Spiced Beets 7 Asian Coleslaw 18 Whole Wheat Bread 120 Key Lime Bavarian** 60 cal 777 carb 96 Sod 787	16 Shepherd's Pie 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 cal 691 carb 85 Sod 483
19 Cod Pomadora 366 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6 cal 502 carb 92 Sod 716	20 Moroccan Beef Stew 170 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce 8 cal 714 carb 85 Sod 634	21 Veal Piccata* 502 Steamed Rice 11 Blended Vegetables 10 Oat Nut Bread 150 Pineapple Tidbits 1 cal 726 carb 98 Sod 799	22 Macaroni & Cheese* 627 Stewed Tomatoes 101 Sliced Carrots 43 12 Grain Bread 200 Fruit Cocktail 10 cal 602 carb 73 Sod 1096	23 Salad w/Chicken & Chee: 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0 cal 851 carb 83 Sod 884
26 Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0 cal 619 carb 82 Sod 457	27 Sliced Turkey w/Gravy 468 Mashed Sweet Potatoes 30 Cauliflower w/Pimento 17 Oat Nut Bread 150 Fruit Cocktail 10 cal 511 carb 82 Sod 800	28 Baked Breaded Pollock 302 Scalloped Potatoes 20 Coleslaw 169 Whole Wheat Bread 120 Peach Crisp 11 cal 857 carb 88 Sod 747	29 Beef Chili 217 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 Watermelon Chunks 1 cal 740 carb 82 Sod 623	30 Chicken with Broccoli & Cheese 410 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Fruited Gelatin ** 89 cal 767 carb 100 Sod 910

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.

JULY 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CONGREGATE MEALS HAVE RETURNED TO OUR DINING ROOM		1 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH ~ Cheeseburger 1:00 Loss Support Group	2 9:00 Tai Chi 10:00 Gentle Movement w Aleta 11:30 LUNCH ~ Salisbury Steak 2:00 TAP
5 Happy 4 th of July 	6 9:30 Move & Groove 9:45 Pilates 11:30 LUNCH ~ Chicken Almondine 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	7 BROWN BAG 12:30-3:30 8:30 Margaret Buchte's Art Class 10:00 Sketching/Painting with Eunice Agar 11:30 LUNCH ~ Beef Stew 12:00 Pitch	8 9:00-10:00 Breakfast w Barbara 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH ~ California Chicken Salad 12:00 Poker 1:00 Loss Support Group	9 9:00 Tai Chi 10:00 Gentle Movement w Aleta 11:30 LUNCH ~ Sweet n Sour Pork 2:00 TAP
12 9:00 Foot Nurse by Appointment 11:30 LUNCH ~ Meatballs & shells w Marinara sauce 2:00 TAP	13 9:30 Move & Groove 9:45 Pilates 11:30 LUNCH ~ Yankee Pot Roast 11:30 SANDY & SANDY 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	14 8:30 Margaret Buchte's Art Class 10:00 Sketching/Painting with Eunice Agar 11:30 LUNCH ~ Chicken Marsala 12:00 Pitch	15 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH ~ Szechuan Noodle Salad 12:00 Poker 1:00 Loss Support Group	16 9:00 Tai Chi 10:00 Gentle Movement w Aleta 11:30 LUNCH ~ Shepherd's Pie 2:00 TAP
19 11:30 LUNCH ~ Cod Pomadora 2:00 TAP	20 9:30 Move & Groove 9:45 Pilates 11:30 LUNCH ~ Moroccan Beef Stew 12:00-2:00 Computer Classes 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	21 8:30 Margaret Buchte's Art Class 10:00 Sketching/Painting with Eunice Agar 11:30 LUNCH ~ Veal Piccata 12:00 Pitch	22 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH ~ Macaroni & Cheese 12:00 Poker 1:00 Loss Support Group	23 9:00 Tai Chi 10:00 Gentle Movement w Aleta 11:30 LUNCH ~ Salad w Chicken and cheese 2:00 TAP

COUNTRY MUSIC STARS WORD SEARCH PUZZLE



ALAN JACKSON	FAITH HILL	LITTLE BIG TOWN	SUGARLAND
BLAKE SHELTON	GARTH BROOKS	MARTINA MCBRIDE	TAYLOR SWIFT
BRAD PAISLEY	GEORGE STRAIT	MIRANDA LAMBERT	TIM MCGRAW
CARRIE UNDERWOOD	KEITH URBAN	RASCAL FLATTS	TOBY KEITH
CLINT BLACK	KENNY CHESNEY	REBA MCENTIRE	TRACE ADKINS

www.WordSearchAddict.com