



# GRAPEVINE JULY 2022

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230

*Polly Mann Salenovich, Director \*\*\* Joan Peters, Administrative Assistant*

[www.greatbarringtonseniors.org](http://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](http://www.townofgb.org)

**CLOSED ON JULY 4TH**

## Geer Village :

**Sponsoring FREE Box Lunch**

followed by a **30 min Balance Class**



**Where:** Claire Teague Senior Center

**When:** Tue; July 19th

**Time:** 11:30 –12:30 am Call 528-1881 to make your reservation.

## **Barbara's Breakfast for Lunch**

is back! Join us for a delicious  
“brunch lunch” on **Wed., July 20th**

@ 11:30 am ~ \$2.00 / person.

Please call 413-528-1881  
for reservations.

## It's a Casino Trip to MGM Grand



**When:** Thursday July 14<sup>th</sup>

**Departs:** Claire Teague Senior Center at 9:00 am

**Returns:** 2:00 from MGM Grand

**Cost:** \$5.00 per person

This trip is paid for by the King Family in memory of Mary King.

First come first serve-Only 12 seats available on senior van.

Call 413-528-1881

## INSIDE THIS ISSUE. . .

Events/Exercise	Pages 1-4
Birthdays	Page 4
Calendar	Page 5
Menu	Page 6
Word Search	Page 7

## SUMMER COOKOUT



Wed, July 27th at  
11:30 am  
with the

**Great Barrington  
Fire Department**  
preparing s'mores

(originally scheduled in June).

Hamburgers, hot dogs, baked beans, coleslaw and dessert. \$3.00 per person



## Trip to **Balderdash Cellars in Richmond**

Friday July 22

Wine, views and cider doughnuts ~  
what more could you want??

### Itinerary:

12:30: Leave from Claire Teague Senior Center

1:00: Surprise stop

2:00: Stop at Bartlett's Orchard for cider doughnuts / shopping

2:30: Balderdash Cellars for wine tasting and snacks (wine not included)

Return: When we are all ready

Cost \$5.00-Lawn chairs will be provided

Only 12 seats available. Please RSVP by July 18



### **Knowing the Rules is Everything!**

Elder Law Attorney, Paula Almgren  
will be on site at the senior center on  
**Friday, August 5<sup>th</sup> at 10:00 am**

Join Attorney Paula Almgren as she discusses the essential estate planning documents everyone needs and the rules regarding community based and nursing home Medicaid, obtaining cash and health care benefits from the VA. Paula has an office in Lenox, MA. She is past President of the National Academy of Elder Law Attorneys (Mass Chapter) and has a team that consists of attorneys, a nurse / care coordinator, VA and public benefit coordinators who work together to support and advocate for their clients.



**BROWN BAG on July 13th**

At the Claire Teague  
Senior Center.

**Dee's Move and Groove**  
class is back!!!

**Bee Keeping Part 3**  
With Skip Del Vaglio.

Thursday, July 14th  
At 12 pm

Skip's Honey is for  
sale at the Senior  
Center.





## Ron Terry's Tech Tips

Tuesdays 12-2 pm  
by appointment only

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

## New! You Tube Serendipity

Tuesdays 10:00-11:30

Each participant picks a topic to be  
viewed on You Tube  
followed by a discussion.

## Caregivers Support Group

We meet 3rd Wednesday of each  
month at 1:00 pm facilitated by  
Elder Services of Berkshire County.

## Card Games:

(new players welcome)

- Bridge (Tue. at 12 pm) \*
- \* Looking for more players
- Pitch (Wed. at 12 pm)
- BINGO (Tue. @ 12:30 pm  
~refreshments included)



- Do you own an i-phone?
  - Are you still trying to figure out how to use it?
- Doug Wilber is an *i-phone wiz!*



Doug will be here the **Second**  
**Thu** of this month at

**1 pm ~ July 14th**

~ When scheduling an appointment,  
please make sure you bring any and all  
passwords with you. For an  
appointment, call us at (413) 528-1881.

WWII : To Remember

by David Rutstein

July 7th 10 AM

Week 5. Pearl Harbor

July 21st 10 AM Showing the classic  
movie "To Be or Not to Be"



Due to not meeting the minimum  
requirement, we are sorry but we have  
had to **cancel** the trip to  
**Hancock Shaker Village.**

Please call if interested in a future trip  
to **Hancock Shaker Village** in  
August. We must have at least ten  
participants for the trip to happen.

## Art Classes :

- Drawing/Painting w Eunice Agar

**CLASS IS TAKING A BREAK**  
**FOR THE MONTHS OF JULY AND AUGUST**

- Decorative Painting w Liz Macchi ~ 3 pm-5 pm  
\$ 5 / class plus supplies ~ call for updated times.

- 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!**

<b>Pauline Nault</b>	<b>Patrice Farrell</b>
<b>Alan Soto</b>	<b>Marilyn Stevens</b>
<b>Loretta Hanbury</b>	<b>Nan Wiles</b>
<b>Nancy Hall</b>	<b>Pia Bellinger</b>
<b>Fran Kelleher</b>	<b>Jo Robinson</b>
<b>Richard Pope</b>	<b>Joan Ury</b>
<b>Virginia Niewinski</b>	<b>Judith Smith</b>
<b>Frank Gunsberg</b>	<b>Donna Turner</b>
<b>Joyce Bourgon</b>	<b>Susan Morris</b>
<b>Bernard Boldyga</b>	<b>Patricia Elsbach</b>
<b>Helen Zanetti</b>	<b>Jean Lunn</b>
<b>Susan Dillard</b>	<b>Charlie Peterson</b>
<b>Christopher Jurgenson</b>	

**Grief Support**

Friday, July 1st & 15th  
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet will now be facilitating a group **twice a month** on the first and third Friday of each month.

Please let us know if you will be joining us. 528-1881

**Vaccination/Booster/Covid Testing**

Info: Call (855) 262-5465  
CHP (413) 528-0457

**Foot Nurse by appointment only**  
**On Monday, July 11th**

**EXERCISE CLASSES :**

- Move and Groove ( on hold)
- Gentle Chair Yoga w Crystal Sheehan on THURSDAYS at 12 pm \$ 2 /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
- Spring Tune Up w Aleta (Rainbow) on FRIDAYS at 10 am \$ 3/class

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

**TAP CLASSES:**

Classes are \$5

Fridays :

12:45 to 1:45 refresher for beginners with some tap experience

2:00 to 3:00 for intermediate/advanced


Mondays:

2:00 to 3:00 refresher for beginners with some tap experience

3:00 to 4:00 for intermediate/advanced





JULY 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED FOR  4<sup>th</sup> of JULY</p>	<p>4 9:30 Move &amp; Groove 10:00 <b>You Tube Serendipity</b> 11:30 LUNCH- Chicken Almondine 12:00 Bridge 12:30 Bingo 3:30 Strength Training</p>	<p>6 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Beef Stew 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi</p>	<p>7 9:30 Move &amp; Groove 10:00 WWII: To Remember 10:30 Vera's Painting Class 11:30 LUNCH- California Chicken Salad 12:00 Gentle Chair Yoga w Crystal</p>	<p>1 9:00 <b>NO Tai Chi</b> 10:00 Spring Tune Up w Aleta 11:30 LUNCH-Balsamic Grilled Chicken 12:45 TAP Refresher 1:00 Grief Support 2:00 TAP inter/advanced</p>
<p>11 11:30 LUNCH-Meatballs and Shells 2:00 TAP Refresher 3:00 TAP inter /advanced</p>	<p>12 9:30 Move &amp; Groove 10:00 <b>You Tube Serendipity</b> 11:30 Yankee Pot Roast 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>13 <b>BROWN BAG</b> 10:00 Drawing/Painting w/Eunice Agar 11:30- Chicken Marsala 12:00 Pitch 3:00 Dec. Painting w/ Liz</p>	<p>14 9:00 <b>MGM Grand Casino Trip</b> 9:30 Move &amp; Groove 10:30 Vera's Painting Class 11:30 LUNCH- Szechuan Noodle Salad 12:00 Bee Keeping Part III 12:00 Gentle Chair Yoga w Crystal 1:00 i-Phone -by appt.</p>	<p>15 9:00 Tai Chi 10:00 Spring Tune Up w Aleta 11:30 LUNCH Shepherd's Pie 12:45 TAP Refresher 1:00 Grief Support 2:00 TAP inter/advanced</p>
<p>18 11:30 LUNCH-Cod Pomadora 2:00 TAP Refresher 3:00 TAP inter /advanced</p>	<p>19 9:30 Move &amp; Groove 10:00 <b>You Tube Serendipity</b> 11:30 <b>Geer Village free box lunch &amp; Balance class after</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>20 10:00 Drawing/Painting w/ Eunice Agar 11:30 <b>Barbara B's Breakfast for Lunch</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting w/ Liz Macchi</p>	<p>21 9:30 Move &amp; Groove 10:00 WWII: To Remember – Movie "To Be or Not To Be" 10:30 Vera's Painting Class 11:30 LUNCH-Macaroni and Cheese 12:00 Gentle Chair Yoga w Crystal</p>	<p>22 9:00 Tai Chi 10:00 Spring Tune Up w Aleta 11:30 LUNCH- Salad with Chicken and Cheese 12:30 <b>Balderdash Trip</b> 12:45 TAP Refresher 2:00 TAP inter/advanced</p>
<p>25 11:30 LUNCH-Chicken Asparagus 2:00 TAP Refresher 3:00 TAP inter /advanced</p>	<p>26 9:30 Move &amp; Groove 10:00 <b>You Tube Serendipity</b> 11:30 Lunch- Sliced Turkey with gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</p>	<p>27 10:00 Drawing/Painting w/ Eunice Agar 11:30 <b>COOKOUT-GB Fire Dept</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi</p>	<p>28 9:30 Move &amp; Groove 10:30 Vera's Painting Class 11:30 LUNCH-Beef Chili 12:00 Gentle Chair Yoga w Crystal</p>	<p>29 9:00 Tai Chi 10:00 Spring Tune Up w Aleta 11:30 LUNCH- Chicken w Broccoli and Cheese 12:45 TAP Mixed Level 2:00 TAP inter/advanced</p>

# Elder Services of Berkshire County - Nutrition Program

## JULY 2022

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
<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>		Ingredients purchased from: 		<b>1 July 4th Picnic</b> Balsamic Grill Chicken 333 Wild Rice 3 Green Beans Vinaigrette 113 Italian Bread 230 Ice Cream ** 46 cal 723 carb 76 Sod 850
<b>4 HAPPY 4TH OF JULY</b>  <b>CLOSED</b>	<b>5</b> Chicken Almondine 226 Buttered Noodles 11 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 6 cal 626 carb 85 Sod 522	<b>6</b> Beef Stew 72 Boiled potatoes 4 Brussel sprouts w/cheese 74 12 Grain Bread 200 Snack Loaf ** 160 cal 884 carb 98 Sod 636	<b>7</b> California Chicken Salad 94 Mushroom Barley Soup 46 Broccoli Florets 22 Hot Dog Roll 180 Pear Crisp 11 cal 671 carb 88 Sod 478	<b>8 Berkshire Grown</b> <b>Sweet N Sour Pork</b> 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10 cal 590 carb 85 Sod 764
<b>11</b> Meatballs & Shells 311 Italian Green Beans 3 Italian Bread 230 Apricots 5 cal 612 carb 87 Sod 674	<b>12</b> Yankee Pot Roast 346 Mashed Potatoes 33 Broccoli Florets 22 Dinner Roll 210 Diced Pears 5 cal 721 carb 87 Sod 741	<b>13</b> Chicken Marsala 281 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10 cal 569 carb 77 Sod 646	<b>14 GLOBAL TABLE</b> Szechuan Noodle Salad 436 Cold Spiced Beets 179 Asian Coleslaw 18 Whole Wheat Bread 120 Key Lime Bavarian** 110 cal 769 carb 95 Sod 988	<b>15 Berkshire Grown</b> <b>Shepherd's Pie</b> 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 cal 691 carb 85 Sod 483
<b>18</b> Cod Pomodoro 461 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6 cal 592 carb 92 Sod 811	<b>19</b> <b>Geer Village</b> <b>Free Box Lunch w</b> <b>Balance Class</b> <b>Afterwards</b>	<b>20</b> <b>Barbara B's</b> <b>BREAKFAST</b> <b>for</b> <b>LUNCH</b>	<b>21</b> <b>Macaroni &amp; Cheese*</b> Stewed Tomatoes 101 Sliced Carrots 43 12 Grain Bread 200 Mixed Fruit 10 cal 602 carb 73 Sod 1106	<b>22</b> Salad w/Chicken & Cheese 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0 cal 851 carb 83 Sod 884
<b>25</b> Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0 cal 619 carb 82 Sod 457	<b>26</b> Sliced Turkey w/Gravy 402 Mashed Sweet Potatoes 30 Cauliflower w/Pimento 17 Oat Nut Bread 150 Fruit Cocktail 10 cal 537 carb 82 Sod 734	<b>27</b> <b>COOKOUT</b> Hamburgers, hot dogs, baked beans and chips. <b>SMORES</b> by Great Barrington Fire Department	<b>28</b> Beef Chili 217 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 Watermelon Chunks 1 cal 740 carb 82 Sod 623	<b>29</b> 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.

# JUKEBOX HITS WORD SEARCH PUZZLE



BABY I'M YOURS

BABY LOVE

BLUEBERRY HILL

HE'S SO FINE

I GOT RHYTHM

JUST ONE LOOK

LONG TALL SALLY

MR. BIG STUFF

MY SHARONA

RESCUE ME

RUNAROUND SUE

SOLDIER BOY

SPOOKY

STORMY

THE WANDERER

TUTTI FRUTTI

WILD THING

WOOLY BULLY

YAKETY YAK

YOU REALLY GOT ME