



# GRAPEVINE JULY 2023

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

Joan Peters, Director \*\*\* [jpeters@townofgb.org](mailto:jpeters@townofgb.org)

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

## JOIN US : Mahjong



- New Table
- New Tiles
- New Cards

Thursdays At 10 am

We are beginning on : July 6th

Beginners are welcome.

If you want to join –Call 528-1881  
or email: [jpeters@townofgb.org](mailto:jpeters@townofgb.org).

We will have 2 sets of tiles so we  
can have 2 games going if need be.



Join us for a free lunch  
provided by **The Landing**

Wednesday, July 26th at 11:30 am

**Turkey Wraps**

**Potato chips**

**Cookies**

Call to make your reservation:  
413-528-1881

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## CLOSED on TUESDAY, JULY 4th

### Barbara's Breakfast for Lunch

Join us for a lunch on **Wed., July 19th**  
at 11:30 am ~ **\$ 3.00 / person**

**Pancakes, Scrambled eggs, and bacon**

Please call 413-528-1881 for  
reservations at least 24 hrs in advance.



## MOVIE DAY

JOIN US ON

**Thursday**

**July 20th**

**At 12:30 pm**

**Popcorn and**

**Beverages provided**

Sign up by calling

(413) 528-1881

or emailing

[plarkin@townofgb.org](mailto:plarkin@townofgb.org).



### **Geer Village : Sponsoring**

**FREE Box Lunch** followed

by a **30 min Balance Class**

**Where:** Claire Teague Senior Center

**When:** July 25th

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.

**WED; July 19th 10 am -12 pm**



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? 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

### **TriTown Connector**

Hours of service are **7 AM - 8 PM**  
weekdays, 8 AM - 8 PM weekends.  
Seniors are encouraged to call the new  
transportation line at (413) 591-3826,  
to book their rides. Calls to book a ride  
can only be made **8:00 am to 4:00 pm**  
weekdays during the month of July.  
We still encourage you to book rides at  
least 24 hours in advance.



**SPECIAL FLASH SALE**

**July 1st -5th, 2023**

**10 for \$10 for in-town tickets**



fallonhealth

**NaviCare**

**July 19th**

**10 am to 12 pm**

**Navicare members!**

Need help with benefits, OTC Cards,  
paperwork, or have questions?  
Stop by and speak with Erica Johnson  
Navigator from Navicare.



## **AARP Foundation Tax-Aide Is Looking for Volunteers**

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

### **Volunteers fill a variety of roles:**

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

**You can volunteer in-person or virtually.**  
Go to [aarpfoundation.org/TaxaideVolunteer](https://aarpfoundation.org/TaxaideVolunteer)  
or call 1-888-AARP-NOW (1-888-227-7669).

**AARP Foundation  
Tax-Aide**



You get home from the airport to discover your car was stolen — until the cops found it where you parked it at the airport.



Your cardiologist looks like a Cub Scout.

## The Washington Post

LA Times, Tue, Jun 27, 2023

By Ed Beckert / Ed. Patti Varol  
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### ACROSS

- 1 Dangerous African snake
- 6 Test score
- 11 Anti-narcotics org.
- 14 Make furious
- 15 Churchill Downs events
- 16 PC key near Ctrl
- 17 Japanese noodle dish
- 18 \*Ocular opening
- 20 Misted (up)
- 22 Roam around
- 23 \*Noise blocker
- 26 Paths to take
- 28 Shoe bottoms
- 29 "All's \_\_\_ in love and war"
- 31 Hill-building insect
- 32 Informal contraction
- 33 Tablet alternative
- 35 Facetious comment when turning on a device whose components end the answers to the starred clues
- 41 Alpine warbles
- 42 Taunting syllable that's usually repeated
- 43 Chew the fat
- 46 Perches in churches
- 47 Illinois county or its seat
- 49 Yearly pro golf event
- 51 \*Parachute opener
- 52 "No kidding?"
- 53 Like many a coastal drive
- 55 \*Fall planting in a flower garden
- 58 Lunar cycle part
- 62 Had some grub
- 63 Vowel fivesome
- 64 Four pairs
- 65 Rosy
- 66 Two-time Oscar nominee Naomi
- 67 Prominent

### DOWN

- 1 St. Patrick's Day mo.
- 2 Former "SNL" regular Gasteier
- 3 \_\_\_ Grand: Las Vegas casino
- 4 Hamburger choice
- 5 Golfer Palmer
- 6 Actor Clark of Marvel films
- 7 "I Think About You" country singer Collin
- 8 Scored against, as on a tennis serve
- 9 \_\_\_ Moines, Iowa
- 10 That, in Spanish
- 11 Actress Fanning
- 12 Late news hour
- 13 Swear (to)
- 19 French wine classification
- 21 Gloomy \_\_\_; pessimistic one
- 23 "And others" abbr.
- 24 Singer India \_\_\_
- 25 Tenant's monthly payment
- 26 \_\_\_ and beans
- 27 Face-to-face exam
- 29 Has a hunch
- 30 Clerical robes
- 33 Got larger
- 34 Geppetto's boy
- 36 Partner of faith and charity
- 37 Paradise
- 38 Greek lamb wrap
- 39 Tresses
- 40 Jazz trumpeter Jones
- 43 Rock instrument
- 44 Sharp-witted
- 45 Heated to bubbling
- 47 Code entered by a debit card user
- 48 Hand-held allergy treatment
- 50 Tire inflation abbr.
- 51 Puzzle with symbols
- 53 Spades, but not shovels
- 54 Thicken, as cream
- 56 Friendly dog's offering
- 57 Actress Arthur
- 59 11-Across employee: Abbr.
- 60 "Murder, \_\_\_ Wrote"
- 61 Gate update: Abbr.

Answers: jpeters@townofgb.org

## 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)



## WALKING FOR WELLNESS

Join us on **Thursdays;**

Beginning on July 6th at **10 am**

At the Claire Teague Senior Center

We have a group of our community that gathers and walks together. Please invite your friends to join us~  
We'd love to have you walk with us.

## Alzheimer Support Group

Cara Holcomb, Director of Neighborhood at Wingate at Melbourne Place will be hosting a new Alzheimer's support group here in Great Barrington at the Claire Teague Senior Center.

**The meetings will be held monthly on the 3rd**

**Monday - at 3:00 pm**

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

## Art Classes :

- **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**  
3 pm-5 pm \$ 5 / class plus supplies
- **Vera's Painting Class on Thursdays**  
**at 10:30 am**  
**All levels are welcome to join!**



## 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.

- 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  
**third Thursday** of  
each month **at 1 pm.**

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

## Caregivers Support Group

Meets the 1st and 3rd Wednesday of each month at 1:00 pm facilitated by Elder Services of Berkshire County.

Great Barrington Seniors present.  
**"ATLANTIC CITY GETAWAY"**  
at Caesars Hotel in Atlantic City, New Jersey  
**3 Days/2 Nights - October 10-12, 2023**  
with amazing Live Shows...Mystery Show and Kenny & Dolly Tribute. **TWO SHOWS!**

### PACKAGE INCLUDES:

- Round Trip Deluxe Motor Coach
- 2 Nights Accommodations at the CAESARS World Class Casino Resort Hotel
- \$50.00 in SLOT BONUS!
- \$50.00 in Meal Vouchers!
- 2 Fantastic SHOWS
- #1 Fantastic MYSTERY SHOW
- #2 Kenny & Dolly Tribute of the Legends (Two evening Shows begin at 8pm)
- Occupancy Taxes
- Hotel Baggage Handling
- Driver's Gratuity



**\$295.** Double

Prices are Per Person

\$285 Triple \$395. Single

Travel Insurance available \$39 pp  
(Form on Back of Flyer)

\$75 Deposit at SIGN UP  
Final Payment is due: 9/8/23

For Reservations Call:

**Polly Mann**  
**(413) 528-1881**  
pmann@townofgb.org



YES, everyone gets \$50 in SLOT, and \$50 in Food and **TWO** Shows at the CAESARS Casino!  
The best value at ANY Casino!



Bus Departs 8:00 am  
Great Barrington Senior Center  
917 Main St.  
Great Barrington, MA  
Returns Approx.. 7:00 pm



Rest Stops and Lunch  
will be made along the way  
at on/off service plazas

Please let me know if you want to be added to the list of people that are going  
- (413) 528-1881

**Foot Nurse by appointment only**  
**On Monday, July 10th**



Southern Berkshire  
Public Health  
Collaborative

## WELLNESS SESSION

Third  
Thursdays

10 -11:00 am

- Blood Pressure
- Wellness Handouts

917 Main Street, Great Barrington

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

<b>Pauline Nault</b>	<b>Patrice Farrell</b>
<b>Alan Sota</b>	<b>Judith Oates</b>
<b>Loretta Hanbury</b>	<b>Marilyn Stevens</b>
<b>Nancy Hall</b>	<b>Nan Wiles</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>Dorrie Silverstone</b>
<b>Joyce Bourgon</b>	<b>Donna Turner</b>
<b>Myrna Marks</b>	<b>Susan Morris</b>
<b>Bernard Boldyga</b>	<b>Patricia Elsbach</b>
<b>Anne Macheski</b>	<b>Jean Lunn</b>
<b>Helen Zanetti</b>	<b>Charlie Peterson</b>
<b>Susan Dillard</b>	



**BROWN BAG** is **July 12th**  
at the Claire Teague Senior Center.

**The COA Board**  
**will meet on Wednesday,**  
**July 26th at 1:15 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 :**

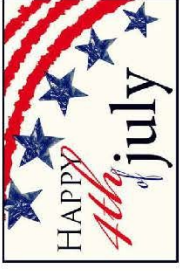
- Sage Moves w/ Senta on Mondays at 10 am \$ 3/class
- Move and Groove w/ Dee Foster on TUE & THU at 9:30 am \$ 5 /class
- Strength Training w/ Christine Faber on TUESDAYS at 3:30 pm \$ 3 /class
- Tai Chi w/ Christine Faber on FRIDAYS at 9:00 am \$ 3 /class

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



**TAP CLASSES with Carolyn Calandro** (classes are \$ 5 )

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



JULY 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Sage Moves w Senta <b>11:30 LUNCH-Low Sodium Hotdog</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	CLOSED FOR JULY 4 <sup>th</sup> 	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chicken Almondine</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting	9:30 Move & Groove <b>10:00 Walking for Wellness</b> <b>10:00 Mahjong</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Cali Chicken Salad</b>	9:00 Tai Chi <b>11:30 LUNCH-Sweet n Sour Pork</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>FOOT NURSE</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Meatballs and Shells</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove 10-12 <b>CHP Mobile Unit</b> <b>11:30 LUNCH-Yankee Pot Roast</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>BROWN BAG</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chicken Marsala</b> 12:00 Pitch 3:00 Decorative Painting	9:30 Move & Groove <b>10:00 Walking for Wellness</b> <b>10:00 Mahjong</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Szechuan Noodle Salad</b>	9:00 Tai Chi <b>11:30 LUNCH-Shepherd's Pie</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH-Cod Pomadora</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate <b>3:00 Alzheimer's Supp Group</b>	9:30 Move & Groove <b>11:30 LUNCH-Moroccan Beef Stew</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/Eunice Agar <b>10:00 NaviCare Navigator</b> 10-12 <b>CHP Mobile Unit</b> <b>11:30 LUNCH-Barbara's Pancakes, Scrambled Eggs and Bacon</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	9:30 Move & Groove <b>10:00 Walking for Wellness</b> <b>10:00 Mahjong</b> <b>10:00 Wellness Session</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Butternut Mac and Cheese</b> <b>12:30 MOVIE: The Book Club</b> 1:00 i-Phone -by appt.	9:00 Tai Chi <b>11:30 LUNCH –Chicken Caesar Salad</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH-Chicken Asparagus</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove <b>10:00 Sage Moves w Senta</b> <b>11:30 Geer Village free box lunch/ Balance class after</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH –FREE The Landing - Turkey Wraps</b> 1:15 COA Board Mtg 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove <b>10:00 Mahjong</b> <b>10:00 Walking for Wellness</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Beef Teriaki w Broccoli</b>	9:00 Tai Chi <b>11:30 LUNCH- Chicken Cordon Blue</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH – Cheeseburger</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate				

# Elder Services of Berkshire County - Nutrition Program

**JULY 2023**

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>3</b> Picnic Lunch Low Sod Hot Dog * 540 Vegetable Baked Beans 156 Potato Salad 63 Hot Dog Roll 320 Snack Loaf ** 115 cal 921 carb 106 Sod 1319	<b>4</b> <b>Happy 4th of July</b>  No Meal Delivery	<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> Cali Chicken Salad 94 Mushroom Barley Soup 45 Broccoli Florets 22 Hot Dog Roll 320 Pear Crisp 11 cal 711 carb 95 Sod 617	<b>7</b> Sweet N Sour Pork 490 Steamed Rice 6 Boiled Cabbage 13 Whole Wheat Bread 120 Mixed Fruit 10 cal 590 carb 85 sod 764
<b>10</b> Meatballs & Shells 312 Italian Green Beans 3 Italian Bread 230 Apricots 5 cal 612 carb 87 sod 675	<b>11</b> Yankee Pot Roast 346 Mashed Potatoes 33 Broccoli Florets 22 Dinner Roll 210 Diced Pears 5 cal 721 carb 87 sod 741	<b>12</b> Chicken Marsala 281 Boiled Potatoes 4 Spinach 76 Oat Nut Bread 150 Tropical Fruit Mix 10 cal 569 carb 77 sod 646	<b>13</b> Cold Meal Szechuan Noodle Salad 436 Cold Spiced Beets 179 Tomato Cucumber Salad 207 Whole Wheat Bread 120 <b>Key Lime Pudding**</b> 110 cal 721 carb 91 Sod 1177	<b>14</b> Shepherd's Pie 75 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Mandarin Oranges 7 cal 691 carb 85 sod 483
<b>17</b> Cod Pomadora 461 Boiled Potatoes 4 Peas w/Mushrooms 65 Oat Nut Bread 150 Sliced Peaches 6 cal 592 carb 92 sod 811	<b>18</b> Moroccan Beef Stew 170 Mashed Potatoes 33 Harvard Beets 178 Whole Wheat Bread 120 Applesauce cal 714 carb 85 sod 626	<b>19</b> <b>Barbara's Breakfast for Lunch</b> <b>Pancakes, Scrambled Eggs and Bacon</b>		<b>21</b> Cold Meal Chicken Caesar Salad 276 Carrot Raisin Salad 160 4 Bean Salad 113 Dinner Roll 210 Diced Mangoes 0 cal 851 carb 83 sod 884
<b>24</b> Chicken Asparagus 55 Buttered Noodles 8 Mixed Greens 149 Whole Wheat Bread 120 Fresh Nectarine 0 cal 619 carb 82 sod 457	<b>25</b> <b>Geer Village FREE Box Lunch followed by Balance class</b>	<b>26</b> The Landing FREE Turkey Wraps Potato Chips Cookies	<b>27</b> Beef Teriyaki with Broccoli 411 Steamed Rice 6 Lyonnaise Carrots 74 12 Grain Bread 200 <b>Fruited Gelatin **</b> 89 cal 775 carb 95 sod 905	<b>28</b> <b>Chicken Cordon Blue*</b> 550 Mashed Potatoes 33 Mixed Vegetables 43 Dinner Roll 210 Watermelon Chunks 1 cal 694 carb 86 sod 962
<b>31</b> Cheeseburger Sliced 401 Red Potatoes 4 Corn 1 Hamburger Bun 190 Applesauce 0 Cal 720 Carb 83 Sod 721			<b>Summer Health Tip</b> Throughout the day, drink water to maintain hydration.	

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.

# WILD WEST WORD SEARCH PUZZLE

W	Z	S	U	R	J	U	G	O	L	D	R	U	S	H	R	O	L	C
I	L	G	Y	D	F	J	K	P	S	C	U	C	J	N	D	L	M	F
L	S	F	B	N	J	K	D	L	Z	O	F	B	G	B	I	N	K	J
D	T	O	I	D	N	X	K	S	Y	I	Q	N	A	B	I	D	D	T
B	A	W	L	K	C	V	T	E	A	K	E	C	D	F	I	T	B	D
Y	G	X	L	E	B	Q	R	F	R	A	I	L	R	O	A	D	B	A
E	E	B	Y	B	B	S	D	G	V	C	I	X	S	Q	Z	J	W	N
N	C	T	T	V	H	T	I	R	R	W	O	E	P	K	L	A	X	I
C	O	D	H	D	C	X	I	E	C	J	M	J	F	Y	S	N	K	E
B	A	U	E	W	Y	A	T	T	E	A	R	P	R	Y	D	S	M	L
A	C	G	K	H	D	O	L	V	J	S	A	L	O	O	N	E	E	B
N	H	O	I	H	O	T	A	E	O	F	X	B	N	J	T	S	R	O
K	F	X	D	H	D	R	S	B	R	X	W	F	T	S	Q	H	C	O
H	R	P	S	Q	G	S	S	Z	H	O	E	M	I	O	X	E	A	N
E	O	X	L	E	E	K	R	E	C	W	H	M	E	B	J	R	N	E
I	I	X	J	J	C	I	F	Q	S	A	U	D	R	C	T	I	T	Z
S	Q	R	O	W	I	D	K	S	Q	G	L	B	K	O	Z	F	I	X
T	O	M	B	S	T	O	N	E	C	O	P	C	T	R	I	F	L	R
O	B	F	B	A	Y	S	J	G	U	N	F	I	G	H	T	M	E	V

BANK HEIST  
BILLY THE KID  
COWBOYS  
DANIEL BOONE  
DODGE CITY

FRONTIER  
GOLD RUSH  
GUNFIGHT  
HORSES  
JESSE JAMES

MERCANTILE  
RAILROAD  
SALOON  
SHERIFF  
SIX-SHOOTER

STAGECOACH  
TOMBSTONE  
WAGON  
WILD BILL  
WYATT EARP

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