



# GRAPEVINE June 2021

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)

## Reopening!

It's been a long time coming but it is here! The Claire Teague Senior Center will open its doors starting June 1st. June will be a month of transition from limited to full access to our many programs. Check out the enclosed June calendar for current programs. As we begin the re-building process, more programs will be added to the monthly calendar throughout the summer. If you do not find a program that you used to attend, or have questions ~ please call the senior center for updated information.

**Masks** are optional at the senior center. However, masks will continue to be required if using transportation.

**Meals:** Congregate Meals (inside the dining room) will resume Monday June 21st at 11:30 for a \$2.00 donation– Outside dining will also be available in our picnic area. For lunch reservations, please call the dining room at 528-4118 or 528-1881 before noon the day before.

*Ready to Go Meals will continue to be handed out until June 21st.*



The Great Barrington Council on Aging will be offering rides to the June 7th and 10<sup>th</sup> Town Meetings free of charge for Great Barrington seniors and disabled.

Please call the Claire Teague Senior Center at (413) 528-1881 for more information or to reserve your ride, please let us know by Monday, June 4<sup>th</sup>.

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**Indoor exercise classes are coming back**

## Indoor exercises are back by appointment only

### Tai Chi with Christine Faber

-every Friday from 9:00am-10:00am  
starting Friday June 4<sup>th</sup>--  
\$3.00 per person per class

### Strength Training with Christine Faber

every Tuesday 3:30pm-4:30pm  
starting Tuesday June 1st  
\$3.00 per person per class.

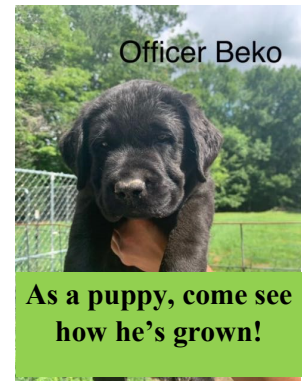
# Food Therapy Dog Informational

## Claire Teague Senior Center and Great Barrington Police Department ~ co-sponsoring cookout

Please join us on  
**Thursday, June 3rd**  
**11:30 am until 12:30 pm**

**Join us for.....**

**\$ 2 donation**



Hot Dogs, hamburgers, potato salad, baked beans, drinks and dessert.

Officer Beko, the therapy dog will be on hand to greet you as well as some of our Great Barrington Police Officers. They will be presenting a program about current scams to beware of as well as providing seniors with a File of Life magnet.

Masks are optional ~ please call for reservations at 528-1881 at least two days in advance.



**Things you didn't realize you needed!**



## **TAG SALE & FREEBIES**

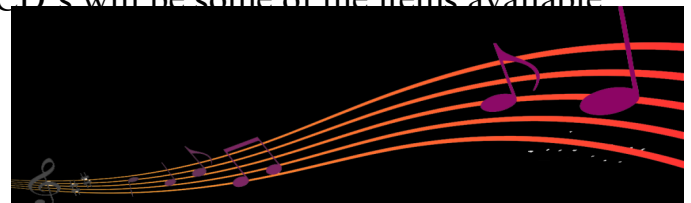
**Friday June 25<sup>th</sup> 11:30-1:30 PM**

Senior Center Sales and free item event

**Sale Items:** The Senior Center has been collecting lots of items over the past year—many of the items will be free or greatly discounted. Greeting Cards- trinkets from the “gift store” yarn, art supplies, puzzles, books, magazines and CD's will be some of the items available

**Music:** Special Guest-

**Rockin Robin**



**Enjoy:** Hot dogs on the grill, chips ,cookies and other baked goods in our picnic area \$ 2.

**Free:** We also have depends of all sizes and types- used trifold walkers and other durable medical equipment, plenty of cardboard boxes and other miscellaneous items.

**Vendors:** If you would like to participate as a vendor for a bake sale or other sale or freebie items please call the senior center at 528-1881.

Devonshire Estates is a retirement community located in Lenox. They have generously offered to provide the dessert for the Ready To Go Meals on June 9<sup>th</sup>. Please sign up at least one day in advance for their delicious popovers! 413-528-1881

**The Senior Center will be closed on Friday, June 18th in observance of Juneteenth Day!**

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in [Galveston, Texas](#) in 1865 to take control of the state and ensure that all enslaved people be freed.

**If you see these folks out in the community, wish them a....**

**Happy Birthday!**

Salvatore Oliveria

Connie Friedrich

Carolyn Calandro

Sue Farnum

Ellen Heath

June Hastedt

Louis Todd

Margaret Mc Graw

June Bozek

Eileen Czaja

Laraine Lippe

Gertrude Michelson

Joan Freitas

Sally Haver

Elaine Tenney

Joan Peters

Susan Dower

Barbara Wells

Katherine Posey

Pat LaBagh

Peggy Whitfield

Edith Leveille

Laurie Hils

Elisabeth Pizzichemi



# BINGO'S BACK!!

Bingo will be happening on Tuesdays - 12:30-2:00 in the dining room.

Please call ahead (528-1881) and let us know if you plan on attending.

Ice Cream Sundaes will be served on the **last Tuesday** of each month.



**BROWN BAG on June 9th**

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 longer 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 Bounty available at the senior center – please call and let us know if you are interested.



## Farmers Market Coupons ...

will be available at the senior center early in July. The coupons are income eligible and are located at each COA.

New this year, our GBCOA van will be offering group rate rides for seniors/disabled to the Saturday Great Barrington Farmers Market on the third Saturday of each month for the duration of the market. Please call a week in advance—the ride will be cancelled if there are not enough participants.

## Breakfast Time with Barbara



**June 10th 9:00 am—10:00 am**

**Breakfast Surprise!**

Please call for reservations  
at 528-1881

**Foot Nurse by  
appointment only  
On Monday, June 14th**

## Returning exercise classes

### Move and Groove

**\$ 3 / class**

### TUESDAYS AND THURSDAYS

- \* Join Dee Foster from 9:30am-10:30 am
- \* The class will be held inside beginning on June 2nd.
- \* Please use the front parking lot



### Tap Classes

**\$ 5 /class**

### MONDAYS AND FRIDAYS

- \* Join Carolyn Calandro from 1:00 -2:00 PM
- \* Please use the front parking lot
- \* Questions call 528-1881







# Elder Services of Berkshire County - Nutrition Program

## JUNE 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
<b>1</b> <b>NUTRITION NOTE</b> <b>FRUIT &amp; VEGGIE</b> 	<b>1</b> Chicken Chili Black Beans and Rice Mixed Greens Whole Wheat Bread Sliced Peaches cal 694 carb 92 sod 690	<b>2</b> Cold Salmon Fillet Dill Cucumber dressing Green Bean Vinaigrette Wild Rice Salad Oat Nut Bread Fresh Orange cal 791 carb 94 sod 716	<b>3</b> Breaded Chicken Patty w/Tomato slice Corn Chowder Sliced Carrots Hamburger Roll Mangoes cal 752 carb 101 sod 874	<b>4</b> Philly Steak w/ cheese Onions and peppers Buttered Red Potatoes Broccoli Grinder Roll Apricots cal 733 carb 90 sod 815
<b>7</b> <b>MONTH</b>	<b>8</b> Tuna Salad Sandwich Italian Wedding Soup Asparagus Cuts Hot Dog Roll Apple Crisp cal 723 carb 70 sod 1031	<b>9</b> Goulash Sliced Beets Peas and Carrots Italian Bread Sliced Peaches cal 690 carb 96 sod 709	<b>10</b> Veal w/ Peppers and Onions Boiled Gold Potatoes Broccoli Florets Whole Wheat Bread Banana cal 746 carb 97 sod 781	<b>11</b> Orange Chicken Steamed White Rice Snap Peas Oat Nut Bread Pineapple & Mandarin Oranges cal 609 carb 94 sod 670
<b>14</b> Beef Stroganoff Buttered Noodles Brussel Sprouts Dinner Roll Sliced Peas cal 773 carb 86 sod 449	<b>15</b> Oriental Beef Steamed Brown Rice Oriental Vegetables Whole Wheat Bread Fruit Cocktail cal 575 carb 84 sod 622	<b>16</b> Chicken ala King Mashed Potatoes Sanoma Blend Vegetables Oat Nut Bread Diced Peas cal 651 carb 88 sod 422	<b>17</b> <b>FATHER'S DAY MEAL</b> Pot Roast w/Gravy Mashed Sweet Potatoes Cauliflower w/Pimento Dinner Roll Chocolate Pudding ** cal 824 carb 109 sod 673	<b>18</b> Juneteenth Happy Holidays
<b>21</b> Sliced Turkey w/Gravy * Mashed Potatoes Spinach Whole Wheat Bread Spiced Apples cal 546 carb 74 sod 910	<b>22</b> BBQ Chicken Breast Sliced Red Potatoes Butternut Squash 12 Grain Bread Tropical Fruit Salad cal 646 carb 85 sod 830	<b>23</b> Lower Sodium Hotdog* Vegetarian Baked Beans Cole Slaw Hot Dog Bun Apple Crisp cal 917 carb 89 sod 1184	<b>24</b> Swedish Meatballs Buttered Egg Noodles Italian Blend Vegetables Whole Wheat Bread Mixed Fruit cal 724 carb 91 sod 613	<b>25</b> Spanish Rice (beef) Broccoli Florets Asparagus Tortilla Shell Banana cal 727 carb 97 sod 415
<b>28</b> Cold Bone in Chicken * German Potato Salad Cucumber Yogurt Whole Wheat Bread Sliced Peaches cal 658 carb 76 sod 1151	<b>29</b> Pork Roast w/gravy Mashed Sweet Potatoes Ratatouille Dinner Roll Apricots cal 630 carb 84 sod 493	<b>30</b> Chicken Sorrentino* Ziti w/Marinara Sliced Carrots Whole Wheat Bread Fresh Plum cal 629 carb 75 sod 1046	Sponsored by:  <b>GREYLOCK</b> FEDERAL CREDIT UNION	

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.

JUNE 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL 12:30 Bingo 3:30 Strength Training	2 11:30 LUNCH-READY TO GO MEAL	3 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL 11:30 – 12:30 COOKOUT w Police Dept	4 9:00 Tai Chi 11:30 LUNCH-READY TO GO MEAL 1:00 TAP
7 11:30 LUNCH-READY TO GO MEAL 1:00 TAP	8 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL 12:30 Bingo 3:30 Strength Training	9 BROWN BAG 12:30-3:30 9:45 Move and Groove II 11:30 LUNCH-READY TO GO MEAL	10 9:00-10:00 Breakfast w Barbara 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL	11 9:00 Tai Chi 11:30 LUNCH-READY TO GO MEAL 1:00 TAP
14 9:00 Foot Nurse by Appointment 11:30 LUNCH-READY TO GO MEAL 1:00 TAP	15 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL 12:30 Bingo 3:30 Strength Training	16 8:30 – 10:00 Margaret Buch- te's Art Class 11:30 LUNCH-READY TO GO MEAL	17 9:30 Move & Groove 11:30 LUNCH-READY TO GO MEAL	18 Juneteenth Senior Center is Closed
21 CONGREGATE MEALS RETURN  11:30 LUNCH- CONGREGATE MEAL Sliced Turkey and Gravy 1:00 TAP	22 9:30 Move & Groove 11:30 LUNCH – CONGREGATE MEAL BBQ Chicken Breast 12:00-2:00 Computer Classes 12:30 Bingo 3:30 Strength Training	23 8:30 – 10:00 Margaret Buch- te's Art Class 11:30 LUNCH – CONGREGATE MEAL Lower Sodium Hotdog	24 9:30 Move & Groove 11:30 LUNCH- CONGREGATE MEAL Swedish Meatballs	25 9:00 Tai Chi 11:30 LUNCH- CONGREGATE MEAL Spanish Rice (beef) 11:30-1:30 TAG SALE & FREEBIES EVENT see Newsletter/Flyer Rockin'Robin 1:00 TAP
28 11:30 LUNCH- CONGREGATE MEAL Cold Bone in Chicken 1:00 TAP	29 9:30 Move & Groove 11:30 CONGREGATE MEAL Pork Roast w Gravy 12:00-2:00 Computer Classes 12:30 Bingo 3:30 Strength Training	30 8:30 – 10:00 Margaret Buch- te's Art Class 11:30 LUNCH CONGREGATE MEAL Chicken Sorrentino		

# Wood Working Tools

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

AIR COMPRESSOR

DRILL PRESS

LEVEL

SCREW DRIVER

AIR NAILER

DRIVERS

MALLET

SCRIBE

CARPENTERS APRON

FRAMING SQUARE

MITRE

SPEED SQUARE

CATS PAW

HAMMER

PADDLE BIT

SQUARE

CHALK LINE

HAND SAW

PENCIL

STRAIGH EDGE

CIRCULAR SAW

JIGS

PRY BAR

TABLE SAW

CLAMPS

KEYHOLE SAW

RECIPROCATING SAW

TAPE MEASURE

DRILL

LASER LEVEL

ROUTER

WRENCHES

DRILL BITS

LATHE

SAWHORSE