



GRAPEVINE JUNE 2022

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

CLOSED ON JUNE 20th
in Observance of Juneteenth Day

Geer Village :

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



Where: Claire Teague Senior Center

When: Tue; June 21st

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., June 8th**

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

Please call 413-528-1881
for reservations.

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SUMMER COOKOUT with the **Great Barrington Fire Department**



preparing s'mores for us
again. Please join us on
Wed, June 22nd at 11:30 am
Hamburgers, hot dogs,
baked beans, coleslaw and
dessert. \$3.00 per person

**A big thank you goes to the
Thursday Morning Club for
donating the raised beds and
flowers**

Guest Performer, Willie Nininger

Tuesday, June 7th

Join us for lunch and enjoy singer/
guitarist ~Willie Nininger perform
for us during Lunch starting at 11:00
am. Lunch is served at 11:30 am.

Menu: Tuna Salad Sandwich, soup
and asparagus.

Rotary Club is offering to install air conditioners for those in need!!

The Great Barrington Rotary club is excited to announce our FREE AIR CONDITIONER INSTALLATION initiative for those in need.

For some, lifting heavy air conditioners into the window is strenuous and dangerous. We have the grit and the (heart) muscle to get the job done. Contact us at Service.gbRotary@gmail.com. One of our club members will get you on the schedule to have your A/C brought from your storage and placed in your window. Limit 3 A/C's per household. At this time this is only being offered in the Great Barrington area. *If you do not have access to a computer you can call the senior center and we will contact them for you.*

Do you have another service project idea that the Great Barrington Rotary might be a good fit for?

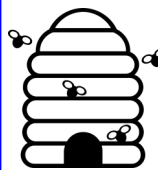
Please get in touch, as we are always looking to serve the community.

Foot Nurse by appointment only
On Monday, June 13th

Please enjoy the new lawn chairs in the front & back of the senior center.



It is a beautiful place to sit and chat and just watch the wildlife.



Bee Keeping Part 2—with Skip Del Vaglio.

Skip will talk about Bee diseases—this should be very interesting given the problems we have been having with the bee population and how important they are.

Skip will be at the senior center
Thursday June 9th at 12:00 pm
following lunch.

We have a large selection of donated “depends” type products free for the taking.
If you know someone that might be in need, please pass this on.
You can drop in between 8:00-3:30.



GREAT BARRINGTON COA

will be providing free **TRANSPORTATION**
to the 2022 Annual Town Meeting
to be held outdoors at Monument Mountain High School
On Monday, June 6th beginning at 6 pm.

If you are interested in a ride, please call us no later than
Wednesday, June 1st at 413-528-1881 .

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

Connie Jardine	Lorraine Lippe
Susan Blodgett	Joan Freitas
Serena Granbery	Sally Haver
Constance Friedrich	Elaine Tenney
Carolyn Calandro	Joan Peters
June Hastedt	Suzanne Dower
Louis Todd	Barbara Wells
Diane Homeyer	Pat LaBagh
Margaret McGraw	Marilyn Fracasso
June Bozek	Peggy Whitfield
Eileen Czaja	Donna Bailly



Grief Support

Friday, June 3rd & 17th
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



Ron Terry's Tech Tips

Tuesdays 12-2 pm

Dee's **Move and Groove** class is on hold until further notice. We hope to have it return sometime in June.

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



CHP Vaccination Clinic
Wed., June 1st :10 - 12 pm
at the Claire Teague Senior Ctr.
917 Main St, Great Barrington



Attorney Barry from the
 Mass Bar Association
 will be offering a ZOOM presentation
Thursday June 16th at 1:00.

The topic will be protecting assets
 from nursing home care needs. The
 large T.V. will be set up and ready to
 watch in the dining room after lunch.

Please let us know if you plan
 on attending.

Summer is here, so don't sit in the heat
 of the day...you are welcome to drop
 in and enjoy the air conditioning at the
 senior center and cool off.

We are open from

8 am to 3:30 Mon thru Fri.

If you'd like to join us for lunch,
 please let us know the day before by
 12 pm by calling the Senior Center
 528-1881.

- 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 every third Thu of
 the month at 1 pm

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



BROWN BAG on **June 8th**

At the Claire Teague Senior
 Center. We're looking for more
 volunteers to help us
 with Brown Bag .

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

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 ~2 pm-4 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

TAX Filing Seminar

Have questions about **HOW, WHY** or **IF** you should file. Many people have asked about how to file for a stimulus payment they may have missed or tax amendments.

Ron Terry who manages the AARP TAX Prep Program here at the Claire Teague Senior Center as well as several other COA's will be on hand to answer those questions

**Tuesday, June 14th
from 9:00-11:00.**

Please call to reserve a seat.
413-528-1881

Caregivers Support Group is Growing

We meet the first and third Wednesday of each month at 1:00 pm facilitated by Elder Services of Berkshire County.

New! Socrates Café

Each participant picks a philosophical topic to be viewed on You Tube followed by a discussion. Mondays 10:00-11:30

WWII : To remember



A once-a-week talk with discussion to be hosted by David Rutstein in June on Thursdays (beginning on JUNE 9TH from 10:00 to 11:00 A.M.

Week 1. Why was there a Second World War and

could it have been prevented

Week 2. Sitzkrieg (phony war) and blitzkrieg -1939-40

Week 3. Barbarossa (Invasion of Russia)

Week 4. Genocide of the "untermenschen"

Week 5. Pearl Harbor

Future sessions to be announced

Please sign up for this class at the Senior Center or call 413-528-1881.

There needs to be a minimum of eight people registered for a class.

Trip to Hancock Shaker Village



Includes picnic lunch, guided tour or self-guided, transportation (first come first serve- 12 seats available) quick stop at Bartlett's Orchard on the return ride.

Wednesday, July 6th

Departs from the Senior Center 10:30am Returning 3:00pm

Cost: \$ 15 per person

Prior to the trip we will be showing a video on Shaker History on Thursday June 23rd at 12:30.

JUNE 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Breaded Chicken Patty 12:00 Pitch 1:00 Caregiver's Supp Group 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Cold Salmon Filet 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH-Philly Steak with cheese 12:45 TAP Refresher 1:00 Grief Support 2:00 TAP inter/advanced
6 9:00 FOOT NURSE by appointment 10:00 Socrates Cafe 11:30 LUNCH-Beef Stroganoff 12:45 TAP Refresher 2:00 TAP inter /advanced	7 9:30 Move & Groove 11:30 LUNCH- Tuna Salad Sandwich with Music by Willie Nining 12:00 Bridge 12:30 Bingo 3:30 Strength Training	8 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 Barbara B's Breakfast for Lunch 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	9 9:30 Move & Groove 10:00 WWII to Remember w David Rutstein 10:30 Vera's Painting Class 11:30 LUNCH- Veal w/ Peppers/Onions 12:00 Bee Keeping II 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	10 9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH-Orange Chicken 12:45 TAP Refresher 2:00 TAP inter /advanced
13 10:00 Socrates Cafe 11:30 LUNCH-Ravioli with Marina 12:45 TAP Refresher 2:00 TAP inter /advanced	14 9:00 Tax Filing Seminar 9:30 Move & Groove 11:30 Oriental Beef 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	15 10:00 Drawing/Painting w/Eunice Agar 11:30- Chicken ala King 12:00 Pitch 1:00 Caregiver's Supp Group 2:00 Dec. Painting w/ Liz	16 9:30 Move & Groove 10:00 WWII to Remember w David Rutstein 10:30 Vera's Painting Class 11:30 LUNCH- Pot Roast w Gravy 12:00 NEW Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appt. 1:00 Attorney Barry presenting	17 9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH Breakfast Taco Egg 1:00 Grief Support 12:45 TAP Refresher 2:00 TAP inter/advanced
20 <u>Juneteenth</u> Senior Center is Closed	21 9:30 Move & Groove 11:30 Geer Village free box lunch & Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	22 10:00 Drawing/Painting w/ Eunice Agar 11:30 Cook out – hamburgers, hot dogs & S'mores by GBFD 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	23 9:30 Move & Groove 10:00 WWII to Remember w David Rutstein 10:30 Vera's Painting Class 11:30 LUNCH-Swedish Meatballs 12:30 Shaker History Video 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	24 9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH- Spanish Rice (Beef) 12:45 TAP Refresher 2:00 TAP inter/advanced
27 10:00 Socrates Cafe 11:30 LUNCH-Lemon Chicken 12:45 TAP Refresher 2:00 TAP inter /advanced	28 9:30 Move & Groove 11:30 Lunch- Pork Roast with gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	29 10:00 Drawing/Painting w/ Eunice Agar 11:30 Veal Sorrentino 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	30 9:30 Move & Groove 10:00 WWII to Remember w David Rutstein 10:30 Vera's Painting Class 11:30 LUNCH-Salisbury Steak 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	

Elder Services of Berkshire County - Nutrition Program

JUNE 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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	CHP Vaccine Clinic June 1st -10 - 12 pm at the Claire Teague Senior Ctr 917 Main St Great Barrington	1 Breaded Chicken Patty w/Tomato slice 337 Corn Chowder 173 Sliced Carrots 43 Hamburger Roll 190 Mangoes 0 cal 626 carb 94 sod 868	2 Cold Salmon Filet with dill sauce 80 Green Bean Vinaigrette 113 Wild Rice Salad 22 Oat Nut Bread 150 Fresh Orange 0 cal 791 carb 94 sod 716	3 Philly Steak w/ cheese 370 Onions and peppers 9 Buttered Red Potatoes 4 Broccoli 22 Grinder Roll 280 Apricots 5 cal 733 carb 90 sod 815
6 Beef Stroganoff 88 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5 cal 783 carb 87 sod 453	7 Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20 cal 723 carb 70 sod 1031	8 Barbara B's Breakfast for Lunch	9 Peppers and Onions 509 Boiled Gold Potatoes 4 Broccoli Florets 22 Whole Wheat Bread 120 Banana 1 cal 746 carb 97 sod 781	10 Orange Chicken 229 Steamed White Rice 4 Snap Peas 58 Oat Nut Bread 150 Pineapple & Mandarin Oranges 4 cal 589 carb 93 sod 570
13 Ravioli w/Marinara 340 Green Bean Almondine 3 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0 cal 568 carb 93 sod 674	14 Oriental Beef 347 Steamed Brown Rice 5 Oriental Vegetables 18 Whole Wheat Bread 120 Fruit Cocktail 5 cal 564 carb 82 sod 620	15 Chicken ala King 89 Mashed Potatoes 33 Sonoma Blend Veg 20 Oat Nut Bread 150 Diced Pears 5 cal 651 carb 88 sod 422	16 FATHER'S DAY MEAL Pot Roast w/Gravy 100 Mashed Sweet Potatoes 36 Cauliflower w/Pimento 17 Dinner Roll 210 Chocolate Pudding ** 185 cal 824 carb 109 sod 673	17 Breakfast Taco Egg w/Turkey Sausage & Cheese 300 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Spiced Apples 11 cal 546 carb 74 sod 665
20 HAPPY JUNETEENTH CLOSED	21 Geer Village Free Box Lunch followed by Balance Class	22 **See Newsletter Lower Sodium Hotdog 550 Vegetarian Baked Bean 140 Cole Slaw 169 Hot Dog Bun 180 Apple Crisp 20 cal 917 carb 89 sod 1184	23 Swedish Meatballs 312 Buttered Egg Noodles 11 Italian Blend Vegetable 40 Whole Wheat Bread 120 Mixed Fruit 5 cal 724 carb 91 sod 613	24 Spanish Rice (beef) 93 Broccoli Florets 22 Wax Beans 4 Tortilla 173 Banana 1 cal 727 carb 97 sod 418
27 Lemon Chicken 333 German Potato Salad 180 Corn Salsa 11 Whole Wheat Bread 120 Sliced Peaches 6 cal 673 carb 90 sod 775	28 Pork Roast w/gravy 62 Mashed Sweet Potatoe 36 Ratatouille 55 Dinner Roll 210 Apricots 5 cal 630 carb 84 sod 493	29 Veal Sorrentino* Buttered Noodles 887 Sliced Carrots 25 Whole Wheat Bread 43 Fresh Plum 120 cal 654 carb 80 sod 1182	30 Salisbury Steak 410 Mashed Potatoes 33 Mixed Greens 149 12 Grain Bread 15 Honey Dew Melon Chunks 200 cal 745 carb 85 sod 932	

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.

TITLE CHARACTERS WORD SEARCH PUZZLE



ANNA KARENINA

CARRIE

CYRANO DE BERGERAC

DON QUIXOTE

DORIAN GRAY

DRACULA

FRANKENSTEIN

HAMLET

HARRY POTTER

JANE EYRE

LOLITA

MACBETH

MATILDA

MOLL FLANDERS

OLIVER TWIST

ROBINSON CRUSOE

ROSE MADDER

SILAS MARNER

TOM JONES

TOM SAWYER

www.WordSearchAddict.com