



# GRAPEVINE JUNE 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 Dining Room: 413-528-4118 TriTown Connector (Transportation) (413) 591-3826

**We could use your help...in order to be sure that we have enough lunches for everyone, we need you to reserve your lunch at least 24 hrs. in advance. Thank you so much!**

Join us on

**June 7th at 11:30 am**

Bob Avery will be cooking:

**Goulash**

**Salad, Garlic Bread**

**And Dessert**

Reservations need to be made by  
Monday, June 5th by  
calling us at 413-528-1881.



Join us for a free lunch  
provided by **The Landing**  
Thursday, June 29th at 11:30 am  
**Chicken Caesar Wrap**  
**Potato Chips & Cookies**  
Call to make your reservation:  
413-528-1881

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**CLOSED on June 19th - Juneteenth Day**

## Barbara's Breakfast for Lunch

Join us for a delicious "overnight French Toast" on **Wed., June 21st**  
at 11:30 am ~ **\$ 3.00 / person**  
Please call 413-528-1881 for  
reservations at least 24 hrs in advance.

**Wed; June 21st ~ beginning at 11:15 am**

Cara Holcomb, Co-Chairperson of the  
**Berkshire Cty. Alzheimer's Partnership**  
will have a table here to Honor and Educate on  
**The Longest Day.**

She will have information from the  
Alzheimer's Association for all.

Megan Lemay, their Community Educator  
will be in at **12PM** to speak to all about the  
longest day and other caregiving topics.

Please remain after for musical entertainment by

**Eric Reinhardt & Francine Ciccarelli**

and light refreshment sponsored by the  
Berkshire County Alzheimer's Partnership.



## COOKOUT



June 14th Wed at 11:30 am

Come and join us for our first

cookout of the season. Some of our Great  
Barrington Police Officers will be here to help  
cook/serve. Burgers, hot dogs, baked beans,  
macaroni salad, potato chips and dessert.

Call us to reserve your spot as soon as  
possible - (413) 528-1881

## WALKING FOR HEALTH

Join me on  
Monday; June 5th  
At 10 am  
At the Claire Teague Senior Center  
Let's talk and see if we have people  
who want to walk, what days and  
possibly different groups with  
different paces  
(if we have enough interest).

**Foot Nurse by appointment only**  
**On Monday, June 12th**

**TUE; JUNE 13th 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



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

**Where:** Claire Teague Senior Center

**When:** June 20th

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.

NEW

## TriTown Connector

New 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 June. We  
still encourage you to book rides at  
least 24 hours in advance.

### The "Shopper Special"

Due to a staffing shortage and a need to  
prioritize an increased number of midday  
medical rides, we will be limiting the  
number of pre-booked shopping trips be-  
tween 10:00AM & 2:00PM on weekdays.  
We encourage you to book your shopping  
trip for *after* 3:00PM on weekdays -or  
anytime during the weekend. The TriTown  
Connector will also offer a scheduled  
midday "Shopper Special" run on  
Tuesday, Thursday, Saturday and  
Sunday, which operates the following  
schedule:

**11:00 – 11:30 pick up from your location**

11:40 Drop off at Big Y

11:50 Drop off at Co-op

12:00 Drop off at Price Chopper

### Return trips

12:30 Pick up Sr Ctr. shoppers from Big Y

12:45 Drop off shoppers at the Senior Center

12:50 Second pick up from Big Y

1:00 Pick up from the Co-op

1:15 Pick up from Price Chopper

**1:30– 2:00 drop off at your destination**

Space is limited for the "Shopper Special,"  
so we encourage you to pre-book these rides.

## Coffee and Connections with Nora Hayes

**Monday, June 12th at 1 pm**

During the pandemic many of us were forced into self quarantine-ordering groceries online, avoiding gatherings, even shunning family holidays when it didn't feel safe to attend.

We have seen loved ones and acquaintances get sick and some have died; the sense of loss and worry continues as we are faced with a new reality-how to move on with our lives and reconnect in a world that is different from our pre-pandemic reality.

This seminar will look at how we can take all of the real life challenges into account and still actively build healthy connections and relationships in new and unique ways.

Sometimes hardship and crisis opens the door to new beginnings and new ways of being that can serve us well in spite of the obstacles we face. The seminar organizer is Nora Hayes MSW, Nora's specialty as a clinician was crisis intervention and family therapy. Her current volunteer work focuses on therapy dog visits with her Golden Retrievers.

### 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



**FREE LUNCH at the  
First Congregational  
Church**

251 Main Street  
Great Barrington

**Saturday, June 24th  
12:00 pm to 1 pm.**

## St Peter and St Teresa of Calcutta

Parishes Food Pantry will expand their hours to include evenings!

On the 2nd and 4th Tuesdays of each month, the pantry will be open from

11 am –12:30 pm & 5 pm - 7 pm.

Our goal is to make our **pantry** and **clothing closet** more accessible to those who are working during the day time hours, but still need some support with putting food on the table. Please stop by for more information or to see how we can help you!



fallonhealth

**NaviCare**

**June 21st**

**11 am to 1 pm**

**Navicare members!**

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

**If interested in Mahjong...email  
[jpeters@townofgb.org](mailto:jpeters@townofgb.org).  
I already have a couple of  
beginners that want to play.**



### **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 5:00 pm  
Except JUNE will be June 12th**

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.

So far, so good



## 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](mailto:pmann@townofgb.org)



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

- 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.



## WELLNESS SESSION

Third Thursdays  
10:00 am -11:00 am

- Blood Pressure
  - Wellness Handouts
- at 917 Main Street, Great Barrington

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

<b>Donna Nichols</b>	<b>Joan Freitas</b>
<b>Salvatore Oliveria</b>	<b>Sally Haver</b>
<b>Constance Friedrich</b>	<b>Elaine Tenney</b>
<b>Carolyn Calandro</b>	<b>Joan Peters</b>
<b>June Hastedt</b>	<b>Suzanne Dower</b>
<b>John Graney</b>	<b>Barbara Wells</b>
<b>Louis Todd</b>	<b>Katherine Posey</b>
<b>Margaret McGraw</b>	<b>Pat LaBagh</b>
<b>Sheryl Satin</b>	<b>Marilyn Fracasso</b>
<b>June Bozek</b>	<b>Peggy Whitfield</b>
<b>Eileen Czaja</b>	<b>Pat Salvi</b>
<b>Laraine Lippe</b>	<b>Laurie Hils</b>
<b>Gertrude Michelson</b>	<b>Elisabeth Pizzichemi</b>



**BROWN BAG** is **June 14th**  
at the Claire Teague Senior Center.

**The COA Board**  
will meet on **Wednesday,**  
**June 28th 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



JUNE 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH- Breaded Chicken Patty</b>	9:00 Tai Chi <b>11:30 – Philly Steak w Cheese</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>10:00 Walking for Health</b> <b>11:30 LUNCH-Beef Stroganoff</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate <b>2:00 Coffee and Connections w Nora Hayes</b>	9:30 Move & Groove <b>11:30 LUNCH- Tuna Salad</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- Bob Avery – Goulash</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH-BBQ Pulled Pork</b>	9:00 Tai Chi <b>11:30 LUNCH-Orange Chicken</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>FOOT NURSE</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Ravioli</b> <b>1:00 Coffee and Connections w Nora Hayes</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate <b>5:00 Alzheimer's Supp Group</b>	9:30 Move & Groove 10 -12 <b>CHP Mobile Unit</b> <b>11:30 LUNCH-Turkey Chefs</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 1<sup>st</sup> Summer Cook Out – Hamburgers and Hot dogs</b> 12:00 Pitch 3:00 Dec. Painting w/ Liz	9:30 Move & Groove <b>10:00 Wellness Session</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Beef Wellington</b> 1:00 i-Phone -by appt.	9:00 Tai Chi <b>11:30 LUNCH Sliced Turkey</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>JUNETEENTH</b> 	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>11:00 NaviCare Navigator</b> <b>11:30 Barbara's Breakfast</b> <b>11:30 The Longest Day then Eric Reinhardt &amp; Francine Ciccarelli performing</b> <b>1:00 Caregiver's Supp Group</b> 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH-Swedish Meatballs</b>	9:00 Tai Chi <b>11:30 LUNCH- Spanish Rice (beef)</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>CLOSED</b> 26 10:00 Sage Moves w Senta <b>11:30 LUNCH-Lemon Chicken</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove <b>11:30 LUNCH-Roast Pork</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- Oriental Beef</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 The Landing -Chicken Caesar Wrap</b>	9:00 Tai Chi <b>11:30 LUNCH- Cheese Omelet</b> 1:00 TAP Beginner 2:00 TAP inter/advanced

# Elder Services of Berkshire County - Nutrition Program

JUNE 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>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>	 <b>Elder Services</b> of Berkshire County, Inc.	<b>1</b> <b>Breaded Chicken Patty*</b> w/Tomato slice 517 Corn Chowder 2 Sliced Carrots 173 Hamburger Roll 4 Mangoes 22 cal 778 carb 102 sod 320	<b>2</b> 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
<b>5</b> Beef Stroganoff 79 Buttered Noodles 11 Brussel Sprouts 14 Dinner Roll 210 Sliced Pears 5 cal 734 carb 87 sod 444	<b>6</b> Tuna Salad Sandwich 399 Italian Wedding Soup 303 Asparagus Cuts 4 Hot Dog Roll 180 Apple Crisp 20 cal 723 carb 70 sod 1031	<b>7</b> <b>Bob Avery's</b> <b>Goulash</b> <b>Salad</b> <b>Garlic Bread</b> <b>Dessert</b>	<b>8</b> BBQ Pulled Pork 317 Boiled Gold Potatoes 4 Broccoli Florets 22 Hamburger Roll 212 Banana 1 cal 643 carb 90 sod 681	<b>9</b> Orange Chicken 229 Steamed White Rice 4 Snap Peas 58 Oat Nut Bread 150 Pineapple & Mandarin 4 cal 589 carb 93 sod 570
<b>12</b> Ravioli w/Marinara 270 Green Beans Almondine 3 Summer Squash 6 12 Grain Bread 200 Fresh Orange 0 cal 557 carb 97 sod 604	<b>13</b> Turkey Chef's Salad 397 Wild Rice Salad 60 Cherry Tomatoes 6 Whole Wheat Bread 120 Dried Cranberries 2 cal 535 carb 85 sod 710	<b>14</b> 1st Cookout of the Season <b>Hamburgers</b> <b>Hot Dogs</b> <b>Baked Beans, Macaroni</b> <b>Salad and Dessert</b>	<b>15</b> FATHER'S DAY MEAL Beef Wellington 280 Mashed Sweet Potatoes 36 Cauliflower w/Pimento 17 Dinner Roll 210 <b>Chocolate Pudding **</b> 185 cal 1012 carb 125 sod 853	<b>16</b> <b>Sliced Turkey w/Gravy *</b> 545 Mashed Potatoes 33 Spinach 76 Whole Wheat Bread 120 Spiced Apples 11 cal 546 carb 74 sod 910
<b>19</b> Happy Juneteenth! No Meal Delivery	<b>20</b> <b>Geer Village FREE</b> <b>Box Lunch followed</b> <b>by Balance class</b>	<b>21</b> <b>Barbara's Breakfast</b> <b>for Lunch</b> <b>Overnight French</b> <b>Toast</b>	<b>22</b> Swedish Meatballs 311 Buttered Egg Noodles 11 Italian Blend Vegetables 40 Whole Wheat Bread 120 Mixed Fruit 5 cal 724 carb 91 sod 612	<b>23</b> Spanish Rice (beef) 93 Broccoli Florets 22 Baby Carrots 43 Tortilla Shell 230 Banana 1 cal 728 carb 102 sod 514
<b>26</b> Lemon Chicken 349 German Potato Salad 180 Cucumber Yogurt 24 Whole Wheat Bread 120 Sliced Peaches 6 cal 618 carb 82 sod 804	<b>27</b> Pork Roast w/gravy 62 Mashed Sweet Potatoes 36 Ratatouille 55 Dinner Roll 210 Apricots 5 cal 630 carb 84 sod 493	<b>28</b> Oriental Beef 359 Steamed Brown Rice 3 Oriental Vegetables 18 Whole Wheat Bread 120 Fruit Cocktail 5 cal 567 carb 82 sod 630	<b>29</b> Free ~ <b>Laurel Lake Luncheon</b> <b>Caesar Chicken Wrap</b> <b>Potato Chip</b> <b>Cookies</b>	<b>30</b> Cheese Omelet 312 O'Brien Potatoes 7 Mixed Vegetables 43 Whole Wheat Bread 120 Raisins 4 cal 693 carb 91 sod 611

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.

# NATIONAL PARKS WORD SEARCH PUZZLE



BISCAYNE  
BRYCE CANYON  
CANYONLANDS  
CRATER LAKE  
DEATH VALLEY

EVERGLADES  
GLACIER BAY  
GRAND CANYON  
GRAND TETON  
HALEAKALA

JOSHUA TREE  
KENAI FJORDS  
MESA VERDE  
MOUNT RAINIER  
POINT REYES

ROCKY MOUNTAIN  
SHENANDOAH  
VALLEY FORGE  
YELLOWSTONE  
YOSEMITE

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)