



GRAPEVINE MARCH 2023

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

*Polly Mann Salenovich, Director *** pmann@townofgb.org*

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

NOTE FROM POLLY

Many of you may already be aware that I will be retiring May 2nd this year. I want to take this opportunity to say farewell now in case I don't see some of you before I leave.

I will be taking wonderful memories with me, the many parties, Mardi gras, King Cakes and Beignets, clowns, even horses! I could go on and on about the fun we had and those memories will stay with me and hopefully you as well.

The support I received from the COA board, the Town Manager and especially from all of you will forever be appreciated. I plan on enjoying my vegetable garden, goats, chickens and hiking with hubby.

Thanks again for a wonderful eleven years.

Polly



Chef Bob Avery will be preparing a wonderful **Pork Loin** Luncheon

Bob Evans Mashed Potatoes,
Green Beans and Applesauce

On **March 8th at 11:30 am**

Please make your reservation by
Monday, March 6th by calling
413-528-1881 \$3 per person

Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch" on

Wed., March 22nd

at 11:30 am ~ **\$ 3.00 / person**

Please call 413-528-1881 for reservations.



St Patty's Day Party
Thursday March 16th
\$3 per person

Special music and good food!

Sliced Corned Beef
O'Brien Potatoes
Steamed Cabbage
Rye Bread
Green Gelatin w/Pears
Reservation required-
Call 528-1881



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Senta Rafaela's Sage Moves

Mondays at 10 am

\$3 person

Sage moves w a Pilates flavor ~ flexibility, strength and balance ~

drop ins welcome.

Yoga has been called one of the best forms of exercise for older adults.



Connections with Nora Hayes

Monday, March 6th at 2:00 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.

Geer Village : Sponsoring

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



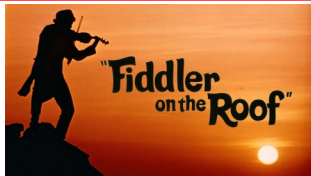
Where: Claire Teague Senior Center

When: March 28th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

Ron Pachulski will be sharing birthday cake in honor of his mom, Elizabeth on March 21st during lunch- all are welcome.



March 28th 5:30 pm

FIDDLER ON THE ROOF

Free to Seniors

At Monument Mountain HS
Refreshments will be served at intermission.

Joe Roy of Birches Roy Funeral home will be visiting the senior center March 15th at 11:45

Everything you need to know about funeral costs and choices, Mass Health assistance eligibility, planning, how to avoid funerals being counted as assets etc...

What about Green burials, state laws etc....There are so many questions, you don't want to miss this, Joe Roy has a wealth of information.

St Peter and St Teresa of Calcutta

Parishes Food Pantry will expand their hours to include evenings!

Beginning in March 2023, 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!

Foot Nurse by appointment only
On Monday, March 13th

HOUSING FORUM

Thursday April 13th at 1:00

Kristen Curtin, Director of Housing and Legal Services of Berkshire Regional Housing will be offering a housing forum at the Claire Teague Senior Center to discuss tenants rights, and all of the programs offered at BRHA. There will be an opportunity for a question and answer period following her presentation. Walk-ins welcome.

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)



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 these groups!



Caregiver Support Group

1st Tues (monthly) at 4 pm



Meetings will be held at Geer Lodge beginning March 7th. We will meet at the 2nd floor chapel at 4:00 pm. Christina Befanis, will facilitate.

The group will be a safe, respectful, supportive and confidential space for caregivers to share their experiences, exchange resources and support one another. All caregivers are welcome to attend this group. Participants are encouraged to register with me directly prior to attending, by calling my number below or emailing me.
 (860) 824-2660
 cBefanis@geercares.org

Monday April 3rd
at



Liz Macchi will be offering this fun arts and craft class for Spring. Please sign up, there are only 10 spaces available. \$3.00 per person.

- 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.



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.

We have sand available again this year at the rear of the building. Please bring a bucket to fill.



WINTER POLICIES ARE IN PLACE

For Senior Center Programs, transportation or meals ~ call 528-1881 or listen to WSBS (860 am/94.1 FM) for any winter closures. If you attend classes, please be sure the instructor has your contact information in the event of a winter closing. Typically if the Berkshire Regional School District is closed, the senior center will be as well.

Traditional Yoga



With Crystal

2:30 PM

On Thursdays

This class will open, stretch, and strengthen your body.

It introduces the foundational poses of yoga & the blending of gentle movement with deep breath.

We will focus on optimal physical alignment and creating balance, while challenging yourself along the way, often with a therapeutic focus. Close with supported relaxation.



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



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

New in 2023

Starting in 2023 Medicare will cover at no cost to beneficiaries vaccines that have been approved for adults by the Centers for Disease Control and Prevention (CDC) Advisory Committee for Immunization Practices. Among the shots to be fully covered is the shingles vaccine, which currently requires cost-sharing for those on Part D.

Remember, you must have a participating part D plan for this benefit.



BLOOD PRESSURE CLINIC IS BACK

Third Thursdays

10:00 am -11:00 am

at the Claire Teague Senior Center
917 Main Street, Great Barrington

Caregivers Support Group

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

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

Sarah Hudson	Dale VanDeusen
Rosemarie Besancon	Judith Kales
Elizabeth Macchi	Norbert Gudath
Roberta Nussbaum	Alice Olender
Rosemary Smith	Susan Peisner
Kenneth Babcock	Barbara Bailly
Sean Norwood	Marguerite DeSantis
Margaret Tringali	Alan Buckes
Cathy Walker	Lynn Stonebridge
Patricia Broughan	Veronica Deome
Evelyn Race	Aleta Frectman
David Tucker	Pat Larkin

Grief Support

Friday, March 3rd at 1:00 pm
 No group March 17th this month
 All ages and circumstances are welcome. Collette Plaquet facilitates the group twice a month on the first & third Friday of each month.
 Please let us know if you will be joining us. 528-1881

**The COA Board will meet on Wed;
 March 29 at 1:15 pm at the Senior Ctr.**



BROWN BAG is on
March 8th at the
 Claire Teague Senior Center.

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 \$ 3/class
- ****Traditional Yoga** w/ Crystal Sheehan on THU at **2:30-3:15** \$ 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

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

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

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



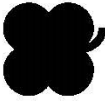
MARCH 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
reminder MARCH 28 th 5:30 pm Fiddler on the Roof @ Monument Mountain High School ~ Free to Seniors	HOUSING FORUM Thursday April 13 th at 1:00 Kristen Curtin, Director of Housing & Legal Services of Berkshire Reg. Housing will discuss tenants' rights, and all of the programs offered at BRHA.	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Sliced Turkey and Gravy 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Chuck Wagon 2:30 Traditional Yoga with Crystal Sheehan	9:00 Tai Chi 11:30 – Stuffed shells w Marinara 1:00 Grief Support Group 1:00 TAP Beginner 2:00 TAP inter/advanced
6 10:00 Sage Moves w Senta 11:30 LUNCH-Salisbury Steak 2:00 Connections with Nora Hayes 2:00 TAP MIXED – Beginner & Intermediate	7 9:30 Move & Groove 11:30 LUNCH- Roast Pork with gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chef Avery's Pork Loin Lunch 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	9 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Broccoli and Cheese Chicken 2:30 Traditional Yoga with Crystal Sheehan	10 9:00 Tai Chi 11:30 LUNCH-Lentil Stew 1:00 TAP Beginner 2:00 TAP inter/advanced
13 FOOT NURSE 10:00 Sage Moves w Senta 11:30 LUNCH-Ravioli 2:00 TAP MIXED – Beginner & Intermediate	14 9:30 Move & Groove 11:30 LUNCH-Chicken Teriyaki 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/Eunice Agar 11:30 Calico Beans and Sausage 11:45 Joe Roy of Birches Roy 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	16 9:30 Move & Groove 10:30 Vera's Painting Class 10:00 Blood Pressure Clinic 11:30 St Patty's Day LUNCH- Sliced Corned Beef with Special MUSIC 1:00 i-Phone -by appt. 2:30 Traditional Yoga with Crystal Sheehan	17 9:00 Tai Chi 11:30 LUNCH Salmon Fillet with Dill Sauce 1:00 NO-Grief-Support-Group 1:00 TAP Beginner 2:00 TAP inter/advanced
20 10:00 Sage Moves w Senta 11:30 LUNCH-Moroccan Beef Stew 2:00 TAP MIXED – Beginner & Intermediate	21 9:30 Move & Groove 11:30 Chicken Marsala 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Barbara B's Breakfast for Lunch 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	23 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-Meatloaf with gravy 2:30 Traditional Yoga with Crystal Sheehan	24 9:00 Tai Chi 11:30 LUNCH- Tuna Salad 1:00 TAP Beginner 2:00 TAP inter/advanced
27 10:00 Sage Moves w Senta 11:30 LUNCH-Chicken Piccata 2:00 TAP MIXED – Beginner & Intermediate	28 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	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Beef Stew 12:00 Pitch 1:15 COA Board Meeting 3:00 Decorative Painting w/ Liz Macchi	30 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-LS Ham with Raisin Sauce 2:30 Traditional Yoga with Crystal Sheehan	31 9:00 Tai Chi 11:30 LUNCH- Bake Breaded Pollock 1:00 TAP Beginner 2:00 TAP inter/advanced

MARCH 2023

Elder Services of Berkshire County - Nutrition Program

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		1 Sliced Turkey & Gravy 402 Mashed Potatoes 33 Snow Peas 3 Dinner Roll 210 Banana 1 Cal 577 Carb 79 Sod 774	2 Chuck wagon Stew 408 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 Cal 744 Carb 83 Sod 686	3 Stuffed Shells w/ Marinara 491 Winter Vegetable Blend 10 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5 Cal 617 Carb 100 Sod 784
6 Salisbury Steak 361 Rice w/Orzo 6 Lyonaise Carrots 74 12 Grain Bread 200 Fruit Cocktail 5 Cal 618 Carb 86 Sod 771	7 Roast Pork with Gravy 119 Sweet Potatoes 36 Cauliflower 11 Dinner Roll 210 Pumpkin Pudding 110 Cal 627 Carb 75 Sod 611	8 Chef Bob Avery's Pork Loin Luncheon Bob Evans Mashed Potatoes, Green Beans & Applesauce	9 Broccoli & Cheese Chicken 417 Mashed Potatoes 33 Green Beans 2 Oat Nut Bread 150 Pears 10 Cal 724 Carb 92 Sod 737	10 Lentil Stew 104 Red Cabbage & Apples 37 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6 Cal 585 Carb 102 Sod 537
13 Ravioli w/Meat Sauce 342 Fiesta Corn 11 Italian Blend Vegetables 40 Oat Nut Bread 150 Fruit Cocktail 5 Cal 705 Carb 96 Sod 673	14 Chicken Teriyaki 436 Buttered Noodles 11 Sliced Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 656 Carb 96 Sod 825	15 Calico Beans and Sausage 469 Steamed Brown Rice 3 Cauliflower w/Pimento 17 Whole Wheat Bread 120 Apricots 5 Cal 712 Carb 83 Sod 739	16 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 Rye Bread 260 Green Gelatin w/Pears ** 89 Cal 626 Carb 81 Sod 1054	17 Salmon Filet with Dill Sauce 102 Sliced Gold Potatoes 4 Asparagus 4 Dinner Roll 210 Applesauce 0 Cal 505 Carb 64 Sod 445
20 Moroccan Beef Stew 170 Red Potatoes 4 Mixed Greens 149 Whole Wheat Bread 120 Sliced Pears 5 Cal 692 Carb 81 Sod 573	21 Chicken Marsala 378 Mashed Potatoes 33 Mixed Vegetables 133 Oat Nut Bread 150 Sliced Peaches 6 Cal 810 Carb 120 Sod 825	22 Barbara B's Breakfast for Lunch	23 Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 573 Carb 92 Sod 732	24 Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7 Cal 850 Carb 125 Sod 1103
27 Chicken Piccata 362 Rice Pilaf 11 Sliced Carrots 43 12 Grain Bread 200 Diced Mangoes 0 Cal 527 Carb 81 Sod 741	28 Geer Village Free Box Lunch followed by 30 minute Balance Class	29 Beef Stew 72 Mashed Potatoes 31 Scandinavian Vegetables 59 Whole Wheat Bread 120 Orange 0 Cal 640 Carb 72 Sod 407	30 SPRING DINNER LS Ham w/Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 250 Key Lime Bavarian ** 110 Cal 603 Carb 92 Sod 970	31 Baked Breaded Pollock 220 Confetti Rice 15 Wax Beans 2 Oat Nut Bread 150 Applesauce 0 Cal 604 Carb 89 Sod 512

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.

GRAND OLE OPRY WORD SEARCH PUZZLE

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

ALAN JACKSON	GARTH BROOKS	LORETTA LYNN	RASCAL FLATTS
CHARLIE DANIELS BAND	GEORGE JONES	LORRIE MORGAN	RICKY SKAGGS
CONNIE SMITH	HANK WILLIAMS	MARTINA MCBRIDE	ROY ACUFF
DIERKS BENTLEY	JOHNNY CASH	PATTY LOVELESS	TAMMY WYNETTE
DOLLY PARTON	LITTLE JIMMY DICKENS	PORTER WAGONER	VINCE GILL

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