

GRAPEVINE MARCH 2024

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

Joan Peters, Director *** jpeters@townofgb.org

Pamela Mulvey, Administrative Assistant **pmulvey@townofgb.org

Pat Larkin, Outreach Coordinator ** plarkin@townofgb.org

Websites: www.townofgb.org and 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

GUEST COOK LUNCHES

All lunches require a reservation **at least 24 hrs in advance (for Mondays; please call by noon on the Friday before) by calling us at **413-528-1881**.**

Thursday, March 7th at 11:30 am

Ronnie's Bigos ~ with Mike (new guest cook)
will be preparing one of Ronnie's favorites-
Polish Hunter Stew With Cabbage, smoked kielbasa,
shredded meat ~ Served with Bread
Dessert

Please **RSVP before** Monday, **March 4th**
by calling (413) 528- 1881. \$ 5 per person

Geer Village :

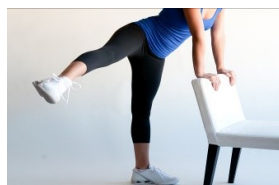
Sponsoring FREE Box Lunch

followed by a **30 min Balance Class**

Where: Claire Teague Senior Center
917 Main St Gt Barrington

When: Tue., March 19th

Time: 11:30 –12:30 pm



On Wednesday, March 13th at 11:30 am

The Landing will be providing :

Corn Chowder

Finger sandwiches

Dessert

This lunch is free and provided for us by:



Call 528-1881 to make your reservation by March 8th!



SAVE THE DATE:

TRIAD EVENT HERE

April 17th at 1:00 pm

How to access care; map
of support systems



**SPECIAL POINTS OF
INTEREST**

**GUEST COOK
LUNCHES.....** cover
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JOIN US :
MAHJONG

Thursdays at 9:30 am
Beginners are welcome.

BRIDGE

Tuesdays at 12 pm

PITCH

Wednesdays at 12 pm

BINGO *

Tuesdays at 12:30 pm

~* refreshments

included

****MORE PLAYERS
NEEDED**



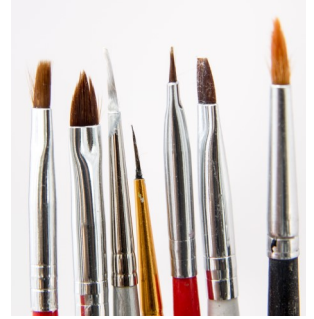
**BEGINNER'S
BRIDGE**

Thursdays at 12:15 pm
Starting March 8th

ART CLASSES

2

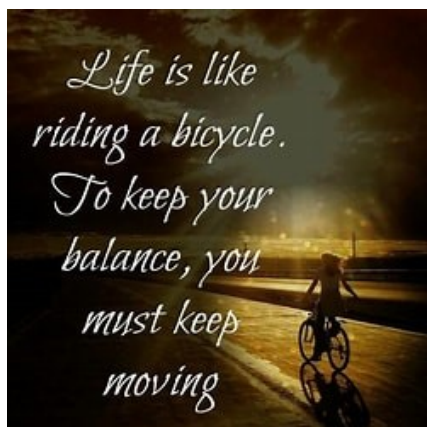
- **Drawing/Painting w Eunice Agar**
At 10 am– 11:30 am \$ 5/class
- **New Class coming soon**
- **Vera's Painting Class on Thursdays**
at 10:30 am—11:30 am



EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays
at 10 am \$ 3/ per class
- **Move and Groove w/ Dee Foster** on Tuesdays & Thursdays
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 call 528-1881.



Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is an evidence based program designed to help people manage concerns about falls and increase physical activity.

Our senior center staff has been trained by Elder Services of Berkshire County, Inc.

This program emphasizes practical strategies to manage falls.

Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Classes are held in 8 sessions
2 hours per session:

Mondays and Fridays in April
(no Class on April 15th)
9:30 am—11:30 am
At Claire Teague Senior Center
917 Main Street Great Barrington
(Only a couple slots left)
Session will end on April 29th.
There is a nominal fee of \$10
for all 8 sessions.

To register call us at:413-528-1881

OLLI is the Osher Lifelong Learning Institute at
Berkshire Community College.

OLLI is a dynamic learning community that provides a variety of free and affordable learning, social and volunteer opportunities designed especially by and for people 50+ (but anyone can join!) berkshireolli.org
Annual Membership is \$60 A discounted membership is also available.

OLLI

POETRY CLASS (W103)

Poems That Might be Great | Don Barkin

Wednesdays 11:30 a.m. – 1:00 p.m.

In-person at the Claire Teague Center in Great Barrington

Limit: 15

Six Sessions; 4/17, 4/24, 5/1, 5/8, 5/15, 5/22

Course Description: What makes a poem great? This spring we'll read some of the most famous poems in English, and along the way try to figure out what "great" means. Here's a sampling we'll choose from: Yeats's "Easter 1916," Wordsworth's "Tintern Abbey," Dickinson's "I Heard a Fly Buzz...", Whitman's "When Lilacs Last in the Dooryard Bloom'd," W. H. Auden's "September 1, 1939," Keats's "Ode to a Nightingale," Frost's "Home Burial," Hardy's "The Darkling Thrush," Bishop's "The Armadillo," Stevens' "The Idea of Order at Key West," an excerpt from Milton's *Paradise Lost*, Moore's "Diligence Is to Magic as Progress Is to Flight," and Shakespeare's "Th'expense of spirit in a waste of shame."

Instructor Bio: Don Barkin has degrees from Harvard College and Cambridge University. He taught seminars for a number of years at Yale and Wesleyan Universities. The author of three books of poetry, he has also been a newspaper reporter and school teacher.

Registration will open March 5 at 9 a.m. - berkshireolli.org
Class registration fees for OLLI members:

\$50 for 1 course ~ \$95 for 2 or 3 courses ~ \$125 for 4 +courses
within a semester

FOR FUN:

New Bridge Group
On Thursdays
Beginning March 7th
12:15 pm—2 pm

FUN-not competitive
Beginnners are
welcome.

Looking for someone
with experience will-
ing to help instruct.



COME & JOIN US

On March 28th

At 12:30 pm



Suggested donation of
\$2 towards
refreshments would
be appreciated.
Call to reserve your
spot ~ 528-1881.

The remarkable true story
of athlete Diana Nyad
who, at the age of 60 and
with the help of her best
friend and coach, com-
mits to achieving her life-
long dream: a 110-mile
open ocean swim from
Cuba to Florida.

- **Foot Nurse by appointment only**

On Mon; March 11th



- **BROWN BAG**

is on Wednesday,
March 13th
at the Claire Teague Senior Center

NEW

JOIN US ON
FRIDAYS in
MARCH
**Beginning on
March 8th**

DROP IN GAMES :

1:00-2:30 pm

Rummikub

Chess

Boggle

Scrabble

Scattagories



SUPPORT AND HEALTHCARE:

- **Caregivers Support Group**

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

- **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 are monthly on the 3rd Mon at 3:00 pm

For more information please call

Cara at (413)717-2824



- **CHP Mobile Unit**

Friday, March 8th ~ 9 am -11:30 am

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 or Flu
vaccine. 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

- **SHINE COUNSELOR**

SHINE (Serving the Health Insurance Needs of Every-
one) provides free health insurance information & counsel-
ing to all Massachusetts residents with Medicare and their
caregivers. People who have Medicare or who are about to
become eligible for Medicare can meet with a counselor to
learn about benefits and options available. A counselor will
review programs that help people with limited income to
pay health care costs.

Tuesdays 10 am—12 pm By appointment only 528-1881

· Clients must be 65 or over (or very close to 65) · Please
bring: current financial information, current
prescriptions, Medicare and insurance cards.

INSTRUCTIONAL ASSISTANCE

5

Carlos' 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. Call to schedule 528-1881.

Doug's i-phone Help

- 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 **first and 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 appt. call us at (413) 528-1881.



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

Mary Errichetto

Rosemarie Besancon

Elizabeth Macchi

Roberta Nussbaum

Rosemary Smith

Kenneth Babcock

Margaret Tringali

Cathy Walker

Evelyn Race

David Tucker

Dale VanDeusen

Judith Kales

Roger Bedard

Mary Vogt

Pat Johnson

Norbert Gudath

Alice Olender

Susan Peisner

Judith Corbett

Patricia Shultis

Barbara Bailly

Marguerite DeSantis

Mimi Hassett

Steve Strommer

Jean Kollmer

Alice Harding

Lynn Stonebridge

Veronica Deome

Holly Otsuka

Aleta Frectman

Pat Larkin

“Instead of worrying about what you cannot control, shift your energy to what you can create.”

– **Roy T. Bennett,**
[The Light in the Heart](#)

BOOK CLUB

Please join us on

**Tuesday,
March 26th**

10 am - 11 am

When we will discuss:



You can get a copy of the book to borrow from us (courtesy of the Mason Library) or you can purchase your own copy. When we meet, we will decide on our next book.

Email:

jpeters@townofgb.org
if you want a copy.


MARCH 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH- Salisbury Steak</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>	<p>9:30 Move & Groove</p> <p>11:30 LUNCH- Pork w/ Apricot Pineapple sauce</p> <p>10:00 Shine by Appt. only</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 BINGO</p> <p>3:00 Strength Training</p>	<p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Veal w/ Peppers & Onion</p> <p>12:00 Pitch</p> <p>1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove</p> <p>10:00 Mahjong</p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH-Ronnie's Bigos \$5</p> <p>12:15 Beginner's Bridge</p> <p>1:00 I-Phone w/Doug -appt.</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH- Butternut Mac & Cheese</p> <p>1:00 Matter of Balance</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>FOOT NURSE</p> <p>By Appointment Only</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH- Oriental Pork Casserole</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>	<p>9:30 Move & Groove</p> <p>10:00 Shine by Appt. only</p> <p>11:30 LUNCH- Chicken Caccitore</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 BINGO</p> <p>3:00 Strength Training</p>	<p>BROWN BAG</p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 FREE LUNCH- The Landing-Corn Chowder/finger sandwiches</p> <p>12:00 Pitch</p>	<p>9:30 Move & Groove</p> <p>10:00 Mahjong</p> <p>10:00 Sage Moves w Senta</p> <p>10:00 Wellness Session</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- Sliced Corn Beef, Potatoes & Cabbage</p> <p>12:15 Beginner's Bridge</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH – Lemon Dill Salmon</p> <p>1:00 BOARD GAMES</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH- Beef Chilli</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p> <p>3:00 Alzheimer's Supp Group</p>	<p>9:30 Move & Groove</p> <p>10:00 Shine by Appt. only</p> <p>11:30 LUNCH - Free Box Lunch followed by Balance Class</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 BINGO</p> <p>3:00 Strength Training</p>	<p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Yankee Pot Roast</p> <p>12:00- Pitch</p> <p>1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove</p> <p>10:00 Mahjong</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- Hungarian Skillet</p> <p>12:15 Beginner's Bridge</p> <p>1:00 I-Phone w/Doug -appt</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH- Egg Salad</p> <p>1:00 BOARD GAMES</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>11:30 LUNCH- Chix Piccata</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>	<p>9:30 Move & Groove</p> <p>10:00 Shine by Appt. only</p> <p>10:00 Book Club</p> <p>11:30 LUNCH- Chix Meatballs</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 BINGO</p> <p>3:00 Strength Training</p>	<p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Beef Stew</p> <p>12:00 Pitch</p> <p>1:00 COA Board Meeting</p>	<p>9:30 Move & Groove</p> <p>10:00 Mahjong</p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- Low Sodium Ham w/ Raisin Sauce</p> <p>12:15 Beginner's Bridge</p> <p>12:30 MOVIE- NYAD</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH- Herb Baked Fish</p> <p>1:00 BOARD GAMES</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>

Elder Services of Berkshire County - Nutrition Program

MARCH 2024

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	 Elder Services of Berkshire County, Inc.			1 Butternut Mac & Cheese 373 Stewed Tomatoes 101 Green Beans 3 Whole Wheat Bread 120 Craisins 2 Cal 610 Carb 82 Sod 724
4 Salisbury Steak 362 Mashed Potatoes 33 Lyonnaise Carrots 74 12 Grain Bread 200 Mandarin Oranges 7 Cal 667 Carb 85 Sod 801	5 Pork w/ Apricot Pineapple sauce 227 Au gratin Potatoes 96 Cauliflower w/ Red Peppers 38 Dinner Roll 210 Choco Chip Cookie ** 222 Cal 926 Carb 97 Sod 918	6 Veal w/ Peppers & Onion 470 Risotto Parmesan 45 Beets 185 Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 691 Carb 93 Sod 946	7 Ronnie's Bigos Polish Hunter Stew w cabbage, smoked kielbasa & shredded meat ~ dessert \$ 5	8 Lentil Stew 104 Red Cabbage & Apples 37 Coconut Rice 6 12 Grain Bread 200 Sliced Peaches 6 Cal 674 Carb 113 Sod 478
11 Oriental Pork Casserole 230 White Rice 6 Brussel Sprouts 14 Oat Nut Bread 150 Spiced Apples 11 Cal 705 Carb 97 Sod 536	12 Chicken Caccitore 241 Buttered Noodles 11 Carrots 43 12 Grain Bread 200 Tropical Fruit Mix 10 Cal 633 Carb 88 Sod 630	13 The Landing Corn chowder Finger Sandwiches Dessert ~ free	14 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 Rye Bread 260 Green Gelatin w/ Pears ** 95 Cal 631 Carb 81 Sod 1060	15 Lemon Dill Salmon 72 Israeli Couscous 8 Asparagus 4 Dinner Roll 210 Applesauce 0 Cal 544 Carb 76 Sod 419
18 Beef Chili 234 Brown Rice 3 Mixed Greens 149 Mini Cornbread 179 Raisins 2 Cal 748 Carb 101 Sod 692	19 Geer Village Free Boxed Lunch followed by Balance Class	20 Yankee Pot Roast 316 Mashed Sweet Potato 30 Italian Beans 3 WG Biscuit 310 Banana 1 Cal 795 Carb 102 Sod 785	21 Hungarian Skillet* Scaloped Potatoes 501 Spring Blend Veg 20 12 Grain Bread 62 Fresh Apple 200 Cal 680 Carb 102 Sod 910	22 Egg Salad 258 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 6 Cal 817 Carb 102 Sod 961
25 Chicken Piccata 362 Buttered Noodles 11 Sonoma Blend Veg 20 Whole Wheat Bread 160 Diced Mangoes 0 Cal 581 Carb 82 Sod 678	26 Chix Meatballs 216 Pasta w/ Tomato Sauce 314 Broccoli 22 Italian Bread 230 Mixed Fruit 10 Cal 640 Carb 90 Sod 917	27 Beef Stew 72 Mashed Potatoes 31 Scandinavian Vegetables 59 12 Grain Bread 200 Orange 0 Cal 685 Carb 81 Sod 487	28 SPRING DINNER LS Ham w/ Raisin Sauce 406 Mashed Sweet Potatoes 36 Peas and Onions 43 Snowflake Roll 260 Choco. Pudding Cup** 430 Cal 729 Carb 114 Sod 1300	29 GOOD FRIDAY Herb Baked Fish 220 Confetti Rice 15 Green & Wax Beans 3 Oat Nut Bread 150 Strawberry Cup 0 Cal 670 Carb 104 Sod 513

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

***High Sodium **Modifications for restricted sugar available**

Calories and sodium from salad dressings, margarine, crackers and condiments are not included.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.

OKLAHOMA! WORD SEARCH PUZZLE



AGRICULTURE
 ANTELOPE HILLS
 BISON
 BLACK MESA
 BROKEN ARROW

CHEROKEE
 CHOCTAW
 DUST BOWL
 GREAT PLAINS
 LAND RUN

OIL RIGS
 OUACHITA
 OZARKS
 PANHANDLE
 PIONEERS

ROSE ROCK
 SOONER STATE
 TORNADO
 TRAIL OF TEARS
 TULSA