



GRAPEVINE MARCH 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

Out to Lunch Bunch is back!



Monday; March 28th

we will be meeting at

On a Roll Café in Lenox

for lunch followed by a stop right next door at the chocolatier. Transportation will be provided on a limited basis (11 seats). Call 528-1881 to make a reservation.



BROWN BAG

March 9th at the
Claire Teague Senior Center.

Welcome new driver Alan Soto to our
GBCOA Transportation.

St Patty's Day Luncheon

on Thursday; March 17

Elder Services menu:



Sliced corned beef, O'Brien Potatoes
and steamed Cabbage
Yorkshire Pudding and Special Music
Call 528-1881 to make reservation.

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Geer Village :

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



Where: Claire Teague Senior Center

When: Tue; March 22nd **Time:** 11:30 am

Call 528-1881 to make your reservation.

Thanks to a very generous donation—the senior center has been able to purchase a **new** 10 passenger transit van. We're awaiting its arrival sometime this Spring!

This is very exciting news and much thanks goes to our anonymous donor.

Mardi Gras Lunch on Tue; March 1st

Elder services menu:

Chicken & Sausage Jambalaya

- Brown Rice,
 - mixed greens
 - Corn Bread
- AND traditional
New Orleans King
Cake



Call to reserve your spot - 528-1881

Blood Pressure and Health Assessment Clinic

March 17th

10:00-11:00 at the

Claire Teague Senior Center

Please make an appointment directly with Southern Berkshire Public Health Collaborative by calling 413 -717- 7026.

Walk ins are welcome.

Make sure you sign up for St Patty's day lunch as well.

Affordable connectivity program is available for income eligible recipients to provide financial assistance for internet access.

Application form and information available at the Senior Center.

Card Games: (new players welcome)

- Bridge (Tue. at 12 pm)
- Pitch (Wed. at 12 pm)
- BINGO (Tue. at 12:30 pm)
~refreshments included



Barbara's Breakfast for Lunch

is back! Join us for a delicious "brunch lunch" on **Wednesday, March 23rd**

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

Please call 413-528-1881

for reservations.

- Do you own an i-phone?
- Are you still trying to figure out how to use it?

Doug Wilbur 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 have any and all passwords (and any other pertinent information) to bring with you.

For an appointment, please call us at (413) 528-1881.

File for Life Magnet ~ That holds your prescription medication list for emergency personnel is available at the senior center: Compliments of the GB Police Department.

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

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

Rosemarie Besancon	Alice Olender
Elizabeth Macchi	Susan Peisner
Roberta Nussbaum	Judith Corbett
Rosemary Smith	Patricia Shultis
Kenneth Babcock	Barbara Bailly
Sean Norwood	Rachel Shaw
David Rosenberg	Marguerite De Santis
Margaret Tringali	Mimi Hassett
Cathy Walker	Steve Strommer
Patricia Broughan	Alan Buckes
Evelyn Race	Lynn Stonebridge
David Tucker	Michelle Loubert
Judith Kales	Veronica Deome
Kathi Casey	Harold Green
Mary Vogt	Aleta Frectman
Norbert Gudath	Pat Larkin

Grief Support

Fri March 18th at 1 pm
Facilitated by Collette Plaquet,
Former Social Worker
at Fairview Commons

Ron Terry's Tech Tips –

will not be held during **January, February & March** while he is managing the AARP Tax Prep Program.



Vaccination/Booster/Covid Testing Information

Fairview is offering vaccinations by appointment only:

- Mondays and Fridays 10:00 am- 1:00pm (Pfizer & Moderna)
- Saturdays 11:00am- 2:00 pm (Pfizer & Moderna)

Call (855) 262-5465

Foot Nurse by appointment only
On Monday, March 14th

EXERCISE CLASSES :



- **“Gentle Chair Yoga”** with **Crystal Sheehan**
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

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

Get ready—

Move and Groove with Dee Foster is coming back in May


.....Stay tuned.

Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

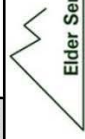
All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sponsored by:  GREYLOCK <small>FEDERAL CREDIT UNION</small>	1 MARDI GRAS Chicken & Sausage Jambalaya 426 Brown Rice 3 Mixed Greens 149 Corn Bread 210 Cupcake ** 170 Cal 902 Carb 108 Sod 1083	2 Sliced Turkey & Gravy 402 Mashed Potatoes 33 Butternut Squash 34 Dinner Roll 210 Banana 1 Cal 640 Carb 89 Sod 805	3 Chuck wagon Stew 408 Buttered Noodles 11 Broccoli Florets 22 100% Whole Wheat Bread 120 Applesauce 0 Cal 744 Carb 83 Sod 686	4 Lasagna w/ Marinara* 501 Sliced Carrots 43 Italian Beans 3 Oat Nut Bread 150 Fruit Cocktail 5 Cal 674 Carb 98 Sod 827
7 Salisbury Steak 362 Rice w/Orzo 6 Lyonnaise Carrots 74 12 Grain Bread 200 Fresh Orange 0 Cal 634 Carb 90 Sod 767	8 Roast Pork with Gravy 119 Sweet Potatoes 36 Cauliflower 11 Dinner Roll 210 Lemon Bavarian** 77 Cal 606 Carb 72 Sod 578	9 Veal w/ Pepper & Onion 470 Au gratin Potatoes 96 Beets 185 Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 726 Carb 90 Sod 997	10 Broccoli & Cheese Chicken 417 Mashed Potatoes 33 Green Beans 2 Oat Nut Bread 150 Pears 10 Calico 724 Carb 92 Sod 737	11 Pumpkin Lentil Stew 246 Red Cabbage & Apples 37 Peas w/Mushrooms 65 12 Grain Bread 200 Sliced Peaches 6 Cal 758 Carb 113 Sod 679
14 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	15 BBQ Chicken Breast * 561 Buttered Noodles 8 Sliced Carrots 43 12 Grain Bread 200 Fresh Orange 0 Cal 630 Carb 86 Sod 937	16 Calico Beans and Sausage 469 Steamed Brown Rice 5 Cauliflower w/Pimento 17 Rye Bread 193 Apricots 5 Cal 729 Carb 87 Sod 814	17 ST. PATTY'S DAY Sliced Corned Beef* 560 O'Brien Potatoes 7 Steamed Cabbage 13 Whole Wheat Bread 120 Green Gelatin w/Pears ** 89 Cal 581 Carb 73 Sod 914	18 Baked Pollock Loin 250 Sliced Gold Potatoes 4 Mashed Butternut Squash 2 Dinner Roll 210 Applesauce 0 Cal 506 Carb 82 Sod 591
21 Moroccan Beef Stew 170 Red Potatoes 4 Mixed Greens 149 100% Whole Wheat Bread 120 Sliced Pears 5 Cal 692 Carb 81 Sod 573	22 Geer Village : Sponsoring FREE Box Lunch followed by a 30 min Balance Class	23 Barbara's Breakfast for Lunch **call 528-1881 to make your reservation	24 Meatloaf w/Gravy 371 Scalloped Potatoes 20 Brussel Sprouts 14 12 Grain Bread 200 Fresh Apple 2 Cal 573 Carb 92 Sod 732	25 Tuna Salad 399 Tomato Rice Soup 323 Peas and Carrots 69 Hot Dog Roll 180 Warm Fruit Compote 7 Cal 850 Carb 124 Sod 1103
28 Chicken Piccata 362 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Diced Mangoes 0 Cal 603 Carb 86 Sod 763	29 Goulash 94 5 Way Vegetable Blend 38 Broccoli Florets 22 Italian Bread 230 Fruit Cocktail 5 Cal 666 Carb 89 Sod 514	30 Beef Stew 72 Sweet Potatoes & Apples 68 Scandinavian Vegetables 59 Whole Wheat Bread 120 Sliced Peaches 6 Cal 691 Carb 88 Sod 450	31 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	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201

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.

March 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Come celebrate MARDI GRAS!! with us at lunch on March 1 st . Call to make your reservation 528-1881	11:30 Chicken & Sausage 1 Jambalaya PLUS Traditional New Orleans King Cake 12:00 Bridge 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Sliced Turkey and Gravy 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	10:30 Vera’s Painting Class 11:30 LUNCH- Chuck Wagon Stew	9:00 Tai Chi 11:30 LUNCH-Lasagna w Marinara
7 11:30 LUNCH-Salisbury Steak	8 11:30 LUNCH- Roast Pork & Gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	BROWN BAG 9 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Veal w Pepper and Onion 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	10 10:30 Vera’s Painting Class 11:30 LUNCH- Broccoli and Cheese Chicken	11 9:00 Tai Chi 11:30 LUNCH-Pumpkin Lentil Stew
14 9:00 Foot Nurse by Appointment 11:30 LUNCH-Ravioli and Meat Sauce	15 11:30 Lunch- BBQ Chicken Breast 12:00 Bridge 12:30 Bingo 3:30 Strength Training	16 10:00 Drawing/Painting w/ Eunice Agar 11:30- Calico Beans & Sausage 12:00 Pitch 1:00 Caregiver’s Sup Group 2:00 Dec. Painting w/ Liz	17 10:00 Blood Pressure & Health Assessment Clinic 10:30 Vera’s Painting Class 11:30 LUNCH- St Patty’s Day menu and Music 12:00 NEW Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appointment	18 9:00 Tai Chi 11:30 LUNCH- Baked Pollock Loin 1:00 Grief Support facilitated by Collette Plaquet
21 11:30 LUNCH–Moroccan Beef Stew	22 11:30 Geer Village Free Box Lunch followed by 30 Min Balance Class 12:00 Bridge 12:30 Bingo 3:30 Strength Training	23 10:00 Drawing/Painting w/ Eunice Agar 11:30 Barbara Bailly’s Breakfast for Lunch 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	24 10:30 Vera’s Painting Class 11:30 LUNCH-Meatloaf with Gravy 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	25 9:00 Tai Chi 11:30 LUNCH- Tuna Salad
28 11:30 LUNCH–Chicken Piccata ** Out to Lunch Bunch – call Senior Center for info 413-528-1881	29 11:30 Lunch-Goulash 12:00 Bridge 12:30 Bingo 3:30 Strength Training	30 10:00 Drawing/Painting w/ Eunice Agar 11:30 Beef Stew 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	31 10:30 Vera’s Painting Class 11:30 LUNCH-LS Ham w Raisin Sauce 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	

CHINESE NEW YEAR

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically, and diagonally in all eight directions.

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

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By Evelyn Johnson - www.qets.com

Bamboo	Happiness	Noodles
Chinese	Incense	Prosperity
Dance	Jade	Red
Dragon	Lantern	Rice
Envelope	Luck	Silk
Firecrackers	Lunar	Tradition
Gold	New	Year