

GRAPEVINE MAY 2021



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

Breakfast Time with Barbara



Thursday May 13
9:00 am—10:00 am

Drive Thru (Safety Precautions in place). Enjoy Barbara Bailly's "overnight" French Toast, sausage, orange juice, coffee or tea.

Please call for reservations at 528-1881

June 10th; Town Meeting



Need a Ride?

The Great Barrington Council on Aging will be offering rides to the June 10th Town Meeting free of charge for Great Barrington seniors and disabled. Please call the Claire Teague Senior Center at (413) 528-1881 for more information or to reserve your ride, please let us know by Monday, June 7th.

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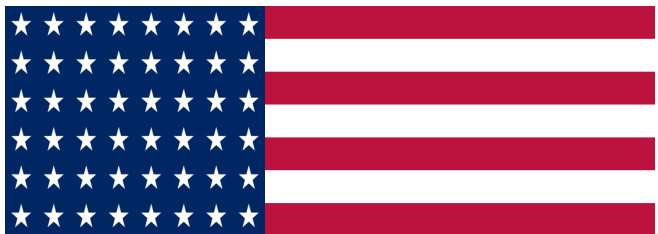
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The Great Barrington Council on Aging

is excited to announce the re-opening plans for the Claire Teague Senior Center. Starting May 10th ~ some outdoor activities will be allowed.

Masks must be worn if unable to maintain 6 foot distance. Small gatherings by appointment only will be allowed for indoor activities as well-masks required. We will be resuming indoor Bingo starting Tuesday May 11th (See Page 2). We will continue the Take and Go Meals Monday through Friday as well as offering pick up for Brown Bags and Big Y baked good donations. We are hoping to add fresh donated produce for pick up as well.

Beginning in June we will be opening up for limited indoor activities including exercise classes to be announced in the June newsletter.



The Senior Center will be closed on May 31st in observance of Memorial Day!

**Foot Nurse by
appointment only
On Monday, May 10th**

- Be assured that steps have been taken to comply with state mandatory safety standards.

BROWN BAG on May 12th

at the Claire Teague Senior Center

Reminder: If you do not pick up your Brown Bags over a period of time, the Food Bank will remove your name from the list. Please call the senior center if you are no longer interested in receiving a bag or if you need it delivered.

**** We also have extra bags of pre-packed meals from Berkshire Mutual Aid/Berkshires Bounty available at the senior center – please call and let us know if you are interested.

**If you see these folks out in the
community, wish them a....**

Happy Birthday!

Polly Mann

Marlene Atwood

Janet Brattesani

Mary Marks

Eunice Agar

Peggy Sullivan

Betty Mc Namara

Winifred Straunton

Jesse Martin

Faith Phillips

Nancy Demarzi

Eugene Kalish

Linda Lavoie

Eileen Gaarn

Patricia Sadera

Theresa Macchi

Joan Arenti

Christine Ross



Tuesday BINGO is BACK!!

Bingo will begin Tuesday; May 11th at 12:30-2:00 in the dining room, all participants are required to wear a mask until we are given the green light to remove them.

Please call ahead (528-1881) and let us know if you plan on attending.

Dates: Tuesday May 11

Tuesday May 18

Tuesday May 25



Ice Cream Sundaes will be served outside in our picnic area following the last Tuesday of each month.



Claire Teague Senior Center and Great Barrington Police Department ~ co-sponsoring cookout

Food

Please join us on

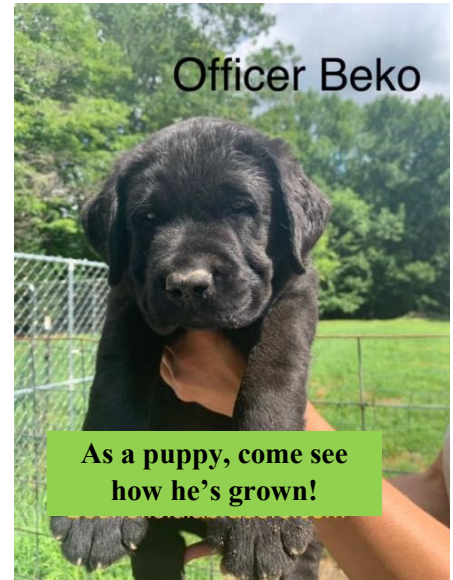
Therapy Dog

Thursday, June 3rd

11:30 am until 12:30 pm

Informational

Join us for.....



Hot Dogs, hamburgers, potato salad, baked beans, drinks and dessert.

Officer Beko, the therapy dog will be on hand to greet you as well as some of our Great Barrington Police Officers. They will be presenting a program about current scams to beware of as well as providing seniors with a File of Life magnet.

All safety precautions will be in place and you must have reservation to attend, by calling 528-1881 at least two days in advance.

How to Connect with the Massachusetts Homebound Vaccination Program

Organizations who support individuals who are homebound and may require an in-home vaccination may be referred to the State Homebound Vaccination Central Intake Line, operated by MassOptions, to be screened for appropriateness for an in-home vaccine and connected to resources to schedule a vaccination.

Homebound Vaccination Program Central Intake Line:

1-833-983-0485

Monday through Friday

9:00 AM to 5:00 PM



Outdoor exercise classes Begin in May

Move and Groove is back Starting Tuesday; May 18



\$ 3 / class

- * Join Dee Foster on **Tuesdays and Thursdays** from 9:30am-10:15 am
- * The class will be held in the outside back picnic area
- * All Safety precautions will be in place— masks are required until further notice
- * Please use the front parking lot
- * Questions call 528-1881

There is a limit of 30 participants due to spacing so, please call ahead and let us know which day or days you would prefer.

Tap Classes

\$ 5 /class

Starting Monday; May 10

- * Join Carolyn Calandro on **Mondays and Fridays** from 1:00 -2:00 PM
- * The class will be held in the outside back picnic area
- * All Safety precautions will be in place— masks are required until further notice
- * Please use the front parking lot
- * Questions call 528-1881





There is a limit of participants due to spacing so, please call ahead and let us know which day or days you would prefer.

Elder Services of Berkshire County - Nutrition Program

MAY 2021

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cod Pomodoro 366 Scalloped Potatoes 20 Sliced Carrots 43 100% Whole Wheat Bread 120 Fresh Orange 0 Cal 489 Carb 78 Sod 674	4 Beef Chili 234 Steamed Rice 5 Peas 58 Mini Corn Bread Loaf 210 Tropical Fruit Salad 10 Cal 805 Carb 107 Sod 642	5 Moroccan Beef Stew 170 Sweet Potatoes 36 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 Cal 715 Carb 99 Sod 551	6 Mother's Day Meal Sliced Turkey w/Gravy 370 mashed Potatoes 33 Asparagus Cuts 4 100% Whole Wheat Bread 120 Cookie** 100 Cal 865 Carb 85 Sod 752	7 Sweet N Sour Pork 490 Buttered Penne 8 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5 Caloric 690 CHO9 98 Sod 800
10 Chicken Caesar Salad 104 Rice Salad 22 Carrot Raisin Slaw 160 100% Whole Wheat Bread 120 Mandarin Oranges 7 Cal 712 Carb 89 Sod 538	11 Beef Stew 72 Sliced Gold Potatoes 4 Mixed Greens 149 Rye Bread 150 Applesauce 0 Cal 691 Carb 73 Sod 500	12 Chicken Burger 247 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Peas 5 Cal 578 Carb 74 Sod 810	13 Veal Parmesan* 753 Shells w/Marinara Sauce 52 Yellow & Green Beans 3 Oat Nut Bread 150 Mixed Fruit 10 Cal 857 Carb 105 Sod 1093	14 Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Banana Cal 744 Carb 113 Sod 821
17 Roast Pork w/Gravy 88 Mashed Potatoes 33 Winter Blend Vegetables 10 Oat Nut Bread 150 Applesauce 0 Cal 585 Carb 69 Sod 414	18 Beef Teriyaki 181 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarin Oranges 4 Cal 678 Carb 80 Sod 557	19 GLOBAL TABLE Vegetarian Hoppin John* 280 Broccoli Florets 22 Asparagus Cuts 3 100% Whole Wheat Bread 120 Fresh Apple 2 Cal 676 Carb 113 Sod 552	20 Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt** 75 Cal 839 Carb 98 Sod 743	21 Lasagna w/White Sauce* 534 Tomato Medley 113 Peas with Pimentos 79 100% Whole Wheat Bread 120 Sliced Peaches 6 Cal 620 Carb 99 Sod 977
24 Chicken Piccata 254 Sour Cream Mashed Potato 32 Cauliflower 11 100% Whole Wheat Bread 120 Fruit Cocktail 5 Cal 439 Carb 58 Sod 547	25 Breaded Catfish 118 Broccoli Florets 22 Potato Leek Soup 23 Oat Nut Bread 150 Apricots 5 Cal 510 Carb 66 Sod 443	26 Chef Salad 372 Pasta Salad 235 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 Cal 711 Carb 99 Sod 1111	27 Memorial Day Picnic Low Sodium Hot Dog* 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Vanilla Ice Cream Cup** 46 Cal 757 Carb 75 Sod 1167	28 Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 100% Whole Wheat Bread 120 Diced Peas 10 Cal 673 Carb 71 Sod 430
31 MEMORIAL DAY 	Sponsored in part by 			

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 avail

Nutrition information provided is not exact but will help guide you.

CLASSIC LITERATURE WORD SEARCH PUZZLE

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

A TALE OF TWO CITIES

ETHAN FROME

LITTLE WOMEN

THE ODYSSEY

ANNA KARENINA

GREAT EXPECTATIONS

MOBY DICK

THE SCARLET LETTER

CYRANO DE BERGERAC

HUCKLEBERRY FINN

OLIVER TWIST

TREASURE ISLAND

DAVID COPPERFIELD

IVANHOE

ROBINSON CRUSOE

WHITE FANG

DON QUIXOTE

JANE EYRE

SILAS MARNER

WUTHERING HEIGHTS