



GRAPEVINE MAY 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

COOK OUT w/ the Great Barrington Police Department

Mark your calendars on Wednesday,
May 25th—

11:30 –12:30 pm



Join us for traditional burgers, hot dogs, beans and salad followed by a presentation about the Disability Indicator Program (more info - Pg. 8). Call 528-1881 to make a reservation.



CLOSED ON MAY 30th
in Observance of Memorial Day

Poem Writing

Are you interested in forming a Poetry Group?

Please give us a call 528-1881 or email pmann@townofgb.org.



WWII : To remember
A weekly class w discussion on World War II with Historian David Rutstein
will be starting in June on Thursdays at 10 am.

Dee Foster's MOVE & GROOVE

Returns on May 3rd!!

Classes-Tuesdays & Thursdays

At 9:30 am

\$3 / class



TAP Is back...on Mondays

2 pm & 3 pm

& Fridays 12:45 and 2 pm \$ 5 /class



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The Great Barrington Rotary Club and WSBS Radio are proud to present

A BENEFIT FOR UKRAINE
SATURDAY; MAY 14, 2022

6:00-8:30pm

with special guest
Smitty Pignatelli

At the Great Barrington Gazebo

Dance to Live Music by:
Lucky Bucket (Dee Foster)

Food available for purchase:

Momma Lo's BBQ

Pixie Boulangerie

Free Admission

100% of donations go to help Ukraine

GARDEN TIME

This year the senior center has purchased two new raised beds from Agway that will be available—first come; first serve.



Please let us know if you are interested in reserving a plot. The plots are all first come; first serve, no herbicides or anything that is not organic. Please be mindful of planting perennials; and keep your space free of weeds and/or spreading to your neighbor's plots.

Pumpkin Contest

Start sowing those pumpkin seeds, so you can bring in your pumpkin in October for our Pumpkin Judging Contest.



We are hoping to have some pumpkins donated for our Fall Harvest Party at the Senior Center.

You Tube Topic Group



Mondays at 10:00 am
beginning on May 9th.

There is no limit to the interesting topics that can be found on YouTube. Bring your topics of interest and have an opportunity to view it on the big screen followed by a friendly discussion.

There is no facilitator/leader, each person can suggest a topic that the others agree to.

Devonshire Estates will be
providing a free lunch on

Wed; May 11th

At 11:30 am

Cold Cut Sandwiches

Potato Salad

Surprise Dessert

Call 528-1881 to make your reservation.



Spring Tune Up with **Aleta (Rainbow) Frectman**

Get your body moving and
shake out the winter blues.

Fridays at 10 am \$3



TRANSPORTATION TO THE POLLS

Call us at 413-528-1881
to request a ride to the polls on
Tuesday, May 10th
and/or the Town of Great Barrington
Meeting on June 6th

Caregivers Support Group is Growing

We meet the third Wednesday of each
month at 1:00 pm facilitated by
Elder Services of Berkshire County.



We are adding an additional
meeting called **"Let's Talk"** on the
first Wednesday of each
month also at 1 pm.

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

Polly Mann	Gary Leveille
Marlene Atwood	Betty McNamara
Robert Cook	Nancy Beach
Terri Gutierrez	Faith Phillips
Joy Pratt	Eugene Kalish
Terry Thiermann	Linda Lavoie
Lori Stuber	Eileen Gaarn
Mary Marks	Patricia Sadera
Eunice Agar	Theresa Macchi
Audrey Leveille	Sam Roberts

Grief Support

Friday, May 6th & 20th
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet will now be facilitating a group **twice a month** on the first and third Friday of each month.

Please let us know if you will be joining us.
528-1881




Ron Terry's Tech Tips

Is back on May 17th
Tuesdays 12-2 pm

**Foot Nurse by
appointment only
On Monday, May 9th**

EXERCISE CLASSES :

- Move and Groove w Dee Foster on TUE & THU at 9:30 am \$ 3/class
 - Gentle Chair Yoga w Crystal Sheehan on 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
 -  **Spring Tune Up w Aleta (Rainbow) on FRIDAYS at 10 am \$ 3/class**
- For more information or to register for classes, please call 528-1881.**

TAP CLASSES: Starting Friday, April 29th Classes are \$5

Fridays :

12:45 to 1:45 refresher for beginners with some tap experience

2:00 to 3:00 for intermediate/advanced

Mondays:

2:00 to 3:00 refresher for beginners with some tap experience

3:00 to 4:00 for intermediate/advanced



NO COA BOARD MEETING IN MAY

Vaccination/Booster/Covid Testing Info

Call (855) 262-5465
CHP (413) 528-0457

Geer Village :

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



Where: Claire Teague Senior Center

When: Tue; May 17

Time: 11:30 –12:30 am Call 528-1881 to make your reservation.

BROWN BAG

May 11th

At the Claire Teague Senior Center. We're looking for more volunteers to help us with Brown Bag .



NEW

- 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 bring any and all passwords with you. For an appointment, please call us at (413) 528-1881.

Barbara's Breakfast for Lunch

Is taking a break for May and will return on June 1st.

Card Games:

(new players welcome)



- **Bridge (Tue. at 12 pm) ***
- * **Looking for more players**
- **Pitch (Wed. at 12 pm)**
- **BINGO (Tue. @ 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 ~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


May 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 LUNCH-Cod Pomodoro 12:45 TAP Refresher 2:00 TAP inter/advanced	9:30 Move & Groove 11:30 LUNCH- Beef Chili 12:00 Bridge 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH –Moroccan Beef Stew 12:00 Pitch 1:00 Caregiver's "Let's Talk" 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Sliced Turkey w Gravy 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH-Sweet n Sour Pork 12:45 TAP Refresher 1:00 Grief Support 2:00 TAP inter/advanced
9:00 FOOT NURSE by appointment 10:00 You Tube Talk 11:30 LUNCH-Chicken Caesar Salad 12:45 TAP Refresher 2:00 TAP inter /advanced	9:30 Move & Groove 11:30 LUNCH- Beef Stew 12:00 Bridge 12:30 Bingo 3:30 Strength Training	BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 Devonshire LUNCH – Cold cut sandwiches, potato salad & surprise dessert 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Veal Parmesan 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH-Chicken Stuffed w Broccoli and Cheese 12:45 TAP Refresher 2:00 TAP inter /advanced
10:00 You Tube Talk 11:30 LUNCH-Roast Pork w Gravy 12:45 TAP Refresher 2:00 TAP inter /advanced	9:30 Move & Groove 11:30 Geer Village Free Box Lunch followed by 30 Min Balance Class 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- Vegetarian Hoppin John 12:00 Pitch 1:00 Caregiver's Sup Group 2:00 Dec. Painting w/ Liz	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Meatloaf w Gravy 12:00 NEW Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appointment	9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH- Lasagna w White Sauce 1:00 Grief Support 12:45 TAP Refresher 2:00 TAP inter/advanced
10:00 You Tube Talk 11:30 LUNCH--Chicken Piccata 12:45 TAP Refresher 2:00 TAP inter /advanced	9:30 Move & Groove 11:30 Breaded Catfish 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 COOK OUT w Police Dept 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-Hot Dog 12:00 NEW Gentle Chair Yoga with Crystal Sheehan	9:00 Tai Chi 10:00 Spring Tune Up w Aleta (Rainbow) 11:30 LUNCH- Beef Burgandy 12:45 TAP Refresher 2:00 TAP inter/advanced
CLOSED MEMORIAL DAY 	9:30 Move & Groove 11:30 Lunch- Chicken Chili 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training			

MAY 2022

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
2 Cod Pomodoro 461 Scalloped Potatoes 20 Sliced Carrots 43 Whole Wheat Bread 120 Fresh Orange 0 Cal 479 Carb 78 Sod 769	3 Beef Chili 234 Brown Rice 3 Peas 58 Mini Corn Bread Loaf 210 Mangoes 0 Cal 773 Carb 108 Sod 630	4 Moroccan Beef Stew 170 Sweet Potatoes 36 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 Cal 715 Carb 99 Sod 551	5 Mother's Day Meal Sliced Turkey w/Gravy 402 mashed Potatoes 33 Asparagus Cuts 4 Whole Wheat Bread 120 Cookie** 100 Cal 661 Carb 81 Sod 784	6 Sweet N Sour Pork 490 Buttered Penne 8 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5 Calorie 690 Carb 98 Sod 800
9 Chicken Caesar Salad 104 Rice Salad 22 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 Cal 730 Carb 81 Sod 538	10 Beef Stew 72 Sliced Gold Potatoes 4 Mixed Greens 149 Rye Bread 150 Applesauce 0 Cal 691 Carb 73 Sod 500	11 Devonshire Lunch Cold Cut Sandwiches, Potato Salad Surprise Dessert Cal 715 Carb 99 Sod 551	12 GLOBAL TABLE Veal Parmesan* Shells w/Marinara Sauce 753 Yellow & Green Beans 52 Mixed Vegetables 3 Oatnut Bread 150 Mixed Fruit 10 Cal 857 Carb 105 Sod 1093	13 Chicken stuffed With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Banana 1 Cal 744 Carb 113 Sod 822
16 Berkshire Grown Roast Pork w/Gravy Mashed Potatoes Winter Blend Vegetables 10 Oat Nut Bread 150 Applesauce 0 Cal 639 Carb 76 Sod 414	17 Geer Village Free Box Lunch followed by 30 min Balance Class Breaded Catfish 118 Broccoli Florets 22 Potato Leek Soup 23 Oat Nut Bread 150 Apricots 5 Cal 510 Carb 66 Sod 443	18 Vegetarian Hoppin John 276 Wax Beans 2 Asparagus Cuts 3 100% Whole Wheat Bread 120 Fresh Apple 2 Cal 511 Carb 70 Sod 528	19 Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt** 75 Cal 839 Carb 98 Sod 743	20 Lasagna w/White Sauce* Tomato Medley 113 Peas with Pimientos 79 100% Whole Wheat Bread 120 Sliced Peaches 6 Cal 620 Carb 99 Sod 977
23 Chicken Piccata 254 Sour Cream Mashed Potato 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 486 Carb 65 Sod 685	24 Breaded Catfish 118 Broccoli Florets 22 Potato Leek Soup 23 Oat Nut Bread 150 Apricots 5 Cal 510 Carb 66 Sod 443	25 COOK OUT Hamburgers, hot dogs, beans and salad Cal 511 Carb 70 Sod 528	26 Memorial Day Picnic Low Sodium Hot Dog* Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Vanilla Ice Cream Cup** 46 Cal 757 Carb 75 Sod 1167	27 Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 Whole Wheat Bread 120 Diced Pears 10 Cal 673 Carb 71 Sod 430
30 MEMORIAL DAY 	31 Chicken Chili 261 Black Beans and Rice 28 Mixed Greens 149 Whole Wheat Bread 120 Sliced Peaches 6 Cal 694 carb 92 sod 690	Call 413-528-1881 to reserve your lunch at least 24 hrs in advance		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.

SAN FRANCISCO WORD SEARCH PUZZLE



ALCATRAZ	FISHERMANS WHARF	MARKET STREET	PRESIDIO
CABLE CARS	GHIRARDELLI SQUARE	MISSION DISTRICT	SKYSCRAPERS
CHINATOWN	GOLDEN GATE BRIDGE	MOSCONE CENTER	TELEGRAPH HILL
COIT TOWER	HAIGHT ASHBURY	NOB HILL	UNION SQUARE
EMBARCADERO	LOMBARD STREET	PAINTED LADIES	WATERFRONT

Massachusetts Disability Indicator Program

The Massachusetts Disability Indicator Program offers a free, voluntary service that alerts 9-1-1 personnel that an individual with a disability may have unique safety, communications or other needs in case of an emergency. This service was developed in consultation with organizations representing the mobility, hearing, speech and sight impaired communities. This service is available for landline, wireless and VoIP telephone service providers. It is necessary to request the service through completion of the Disability Indicator Form located in the link below.

How to request a Disability Indicator form for Landline, Wireless and VoIP Consumers

The information provided for input into the 9-1-1 system will remain until a change is requested or until a request is made to have the information removed. **It is necessary to notify the 9-1-1 Municipal Coordinator when there is a change in the information on the form.** When there is a change, it is necessary to complete a new form and send it to the 9-1-1 Municipal Coordinator.

For more information contact the State 9-1-1 Department @508-828-2911 or go to www.greatbarringtonpolice.com, under resources and then forms.

Open Monday – Friday 8am – 5pm

To download the Disability Indicator Form to go:

<https://www.mass.gov/doc/disability-indicator-form/download>

Please note: It is important to submit a new Disability Indicator Form upon change of service provider, telephone number, or address, or to add or delete a disability, or to add a new resident with disability.

The Claire Teague Senior Center also has the Indicator Forms available for pick-up.