



# GRAPEVINE MAY 2023

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

Joan Peters, Interim Director \*\*\* [jpeters@townofgb.org](mailto:jpeters@townofgb.org)

Websites: [www.townofgb.org](http://www.townofgb.org) and [www.greatbarringtonseniors.org](http://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 TriTown Connector (Transportation) (413) 591-3826



**CLOSED on MAY 29th  
to observe Memorial Day**

I have accepted the offer to serve as the COA Interim Director effective May 3. I am excited for this opportunity and hope you will be patient with me as I transition into this role.

Polly will definitely be missed by all of us ~ I have big shoes to try and fill. Please feel free to email me any concerns as well as possible ideas for new programs you may be interested in.

Thank you, Joan Peters  
[jpeters@townofgb.org](mailto:jpeters@townofgb.org)



Join us on **May 11 th at 12:30 pm**

“A Man Called Otto tells the story of Otto Anderson, a grump who no longer sees purpose in his life following the loss of his wife. Otto is ready to end it all, but his plans are interrupted when a lively young family moves in next door, and he meets his match in quick-witted Marisol.”

**Popcorn and beverages will be provided.**

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## Barbara's Breakfast for Lunch

Join us for a delicious “brunch lunch” on **Wed., May 17th** at 11:30 am ~ **\$ 3.00 / person**  
Please call 413-528-1881 for reservations at least 24 hrs in advance.

**THANK YOU** to Cole Bailly for choosing us for his Eagle Scout Project and redoing the flower beds around the Senior Center. He led this project which was the required project for these young men to achieve Eagle Scout ranking. In addition to Cole, the following scouts were a part of the project : Alek Kay, Colby Sweet, Peter Kay, Patrick Quirck, Alex Turner, Gregory Kay, & Paul Haden. These fine young men were joined by Mr Kay, Dan Bailly, Chris Sweet and Mike Butler. Shrubs (Ward's), mulch (Shef Farm Products) and perennials (Monument HS greenhouse) were donated. Community at its **BEST!!**



## **Laurel Lake Luncheon**

Will be providing a free lunch  
**May 11th**  
**11:30 am**

**Menu: Chicken Salad  
w rolls, Cookies**

Call by Monday May 8th to make your reservation at 528-1881

## 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 will be held monthly  
on the 3rd Monday at 5:00 pm  
Beginning on May 15th**

For more information please call Cara at (413)499-1992.

**Foot Nurse by appointment only  
On Monday, May 8th**

## Community Health Program (CHP)



**Monday, May 15th  
9:30 am to 12:00 pm**

Do you need to be seen for a sick visit, or wellness check? Do you still need your COVID vaccine or booster? The MHU team is here to help with your medical needs. Our team can also assist with signing up for SNAP benefits, Mass Health, and more.

**To Schedule an appointment call  
(413)528-0457 ~ Walk-ins welcome**



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

**Where:** Claire Teague Senior Center

**When:** May 23rd

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.



## TriTown Connector

The GB COA Transportation is expanding! Now operating as **TriTown Connector** ~ it will provide increased hours, lower fares —plus evening and weekend service, starting May 1, 2023.

New hours of service are **6 AM - 9 PM** weekdays, 8 AM - 8 PM weekends. Seniors are encouraged to call the new transportation line, at (413) 591-3826, to book their rides. But don't worry — you will still be able to book your ride by calling the Senior Center at (413) 528-1881. Calls to book a ride can only be made 8:00 am to 3:30 pm weekdays during the month of May. We still encourage you to book rides at least 24 hours in advance. You may see new faces greeting you onboard, as we have expanded our staff to accommodate the new hours.

For seniors and residents of Stockbridge, Great Barrington and Egremont, the fare will now be \$2.00 for any one-way trip (40% discount) within one town and \$3.50 (30% less) for one-way travel between towns. Senior residents may purchase a discounted book of tickets for 10 one-way rides, at the Claire Teague Senior Center transportation office in Great Barrington, weekdays from 8:00am to 4:00pm, starting May 1, 2023. Books for trips within one town for \$15.00 (25% off) and for multi-town trips for \$30.00 (14% off).

Visit [www.tritown.org](http://www.tritown.org) for updates and announcements about the new expanded service. We look forward to welcoming you on board!

## Coffee and Connections with Nora Hayes

**Monday, May 8th at 2 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.

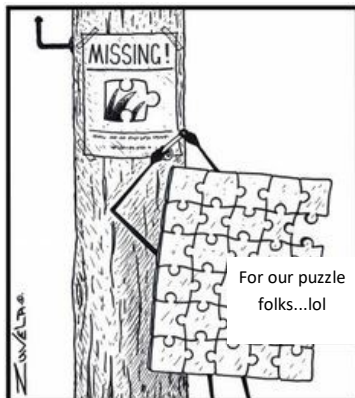
This seminar will look at how we can take all of the real life challenges into account and still actively build healthy connections and relationships in new and unique ways.

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.

## 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)
- If Interested in Mahjong...email  
[jpeters@townofgb.org](mailto:jpeters@townofgb.org).



## St Peter and St Teresa of Calcutta

Parishes Food Pantry will expand their hours to include evenings!

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!



fallonhealth

NaviCare

**May 17th**

**11 am to 1 pm**

Navicare members!

Need help with benefits, OTC Cards, paperwork, or have questions? Stop by and speak with Erica Johnson Navigator from Navicare.

**MASSBAR**  
ASSOCIATION  
**NEWS**

20 WEST STREET, BOSTON, MA 02111-1204 • COMMUNICATIONS@MASSBAR.ORG

**MAY 31st at 12:30**

**Robert J. DiLibero**  
**Attorney At Law**

Will join us to talk a bit about Elder Law Issues, such as:

- Estate Planning
- Health Care Proxies
- Power of Attorney
- Long Term Health Insurance

**There will be question and answer time.**

## 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!**



## 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.

## Caregiver Support Group

**1st Tues (monthly) at 4 pm**

Meetings will be held  
at **Geer Lodge**.

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

## Caregivers Support Group

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

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



YES, everyone gets \$50 in SLOT, and \$50 in Food and TWO Shows at the CAESARS Casino! The best value at ANY Casino!



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

- 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.



## BLOOD PRESSURE CLINIC IS BACK

Third Thursdays  
10:00 am -11:00 am

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



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

<b>Marlene Atwood</b>	<b>Betty McNamara</b>
<b>Mike Cook</b>	<b>Nancy Beach</b>
<b>Joy Pratt</b>	<b>Faith Phillips</b>
<b>Terry Thiermann</b>	<b>Eugene Kalish</b>
<b>Mary Marks</b>	<b>Linda Lavoie</b>
<b>Eunice Agar</b>	<b>Eileen Gaarn</b>
<b>Audrey Leveille</b>	<b>Patricia Sadera</b>
<b>Peggy Sullivan</b>	<b>Therea Macchi</b>
<b>Gary Leveille</b>	<b>Sam Roberts</b>



**BROWN BAG** is **May 10th**  
at the Claire Teague Senior Center.



**The COA Board**  
**will meet on Wednesday,**  
**May 31st at 1:15 pm**

### **Grief Support**

Friday, May 5th & 19th at 1:00 pm  
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



## **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
- 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 some experience
Fridays 2 pm—3 pm	Intermediate



MAY 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Cod Pomodoro</b> 2:00 TAP MIXED – Beginner & Intermediate	<b>2</b> 9:30 Move & Groove <b>11:30 LUNCH- White Chicken Chili</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>3</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Moroccan Beef Stew</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting w/ Liz Macchi	<b>4</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH- Sliced Turkey w Gravy</b>	<b>5</b> 9:00 Tai Chi <b>11:30 – Sweet N Sour Pork</b> 1:00 Grief Support 1:00 <b>NO TAP CLASSES TODAY</b>
<b>FOOT NURSE 8</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Chicken Caesar Salad</b> <b>2:00 Coffee and Connections w Nora Hayes</b> 2:00 TAP MIXED – Beginner & Intermediate	<b>9</b> 9:30 Move & Groove <b>11:30 LUNCH- Pasta Primavera</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>BROWN BAG 10</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chicken Burger</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	<b>11</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 Laurel Lake Luncheon: Grilled Chicken Salad</b> <b>12:30 MOVIE: A MAN CALLED OTTO w Tom Hanks (2 hrs)</b>	<b>12</b> 9:00 Tai Chi <b>11:30 LUNCH-Chicken Stuffed w Broccoli and Cheese</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>15</b> 9:30-12 <b>CHP Mobile Unit</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Roast Pork and Gravy</b> 2:00 TAP MIXED – Beginner & Intermediate 5:00 <b>Alzheimer's Supp Group</b>	<b>16</b> 9:30 Move & Groove <b>11:30 LUNCH-Beef Teriyaki</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>17</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:00 Navicare Navigator</b> <b>11:30 Barbara's Breakfast for Lunch</b> 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	<b>18</b> 9:30 Move & Groove <b>10:00 Blood Pressure Clinic</b> 10:30 Vera's Painting Class <b>11:30 LUNCH-Homemade Meatloaf w Gravy</b> 1:00 i-Phone -by appt.	<b>19</b> 9:00 Tai Chi <b>11:30 LUNCH Lasagna w Red Sauce</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>22</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH-Chicken Marsala</b> 2:00 TAP MIXED – Beginner & Intermediate	<b>23</b> 9:30 Move & Groove <b>11:30 Geer Village free box lunch/ Balance class after</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>24</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chef Salad</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	<b>25</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH-Low Sodium Hot dog</b>	<b>26</b> 9:00 Tai Chi <b>11:30 LUNCH- Beef Burgundy</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>CLOSED 29</b> <b>For MEMORIAL DAY</b> 	<b>30</b> 9:30 Move & Groove 10:00 Sage Moves w Senta <b>11:30 LUNCH-Lexington BBQ Chicken</b> 2:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>31</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Cold Salmon Filet</b> 12:00 Pitch <b>12:30 Elder Law Issues w Attorney Robert J. DiLibero</b> 3:00 Decorative Painting w/ Liz Macchi	<b>REMINDER:</b> <b>MAY 1<sup>st</sup> ~ 6 pm</b> <b>TOWN MEETING</b> <b>Monument HS Auditorium</b>	




# Elder Services of Berkshire County - Nutrition Program

## MAY 2023

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
<b>1</b> Cod Pomodoro 461 Scalloped Potatoes 20 Sliced Carrots 43 Whole Wheat Bread 120 Fresh Orange 0 <i>Cal 479 Carb 78 Sod 769</i>	<b>2</b> White Chicken Chili 261 Brown Rice 3 Peas 58 Mini Corn Bread Loaf 210 Mangoes 0 <i>Cal 761 Carb 106 Sod 657</i>	<b>3</b> Moroccan Beef Stew 170 Sweet Potatoes 36 Brussel Sprouts 14 12 Grain Bread 200 Sliced Peaches 6 <i>Cal 715 Carb 99 Sod 551</i>	<b>4</b> <b>Mother's Day Meal</b> Sliced Turkey w/Gravy 402 Mashed Potatoes 33 Asparagus Cuts 4 Whole Wheat Bread 120 Choco Chip Brownie ** 117 <i>Cal 646 Carb 81 Sod 801</i>	<b>5</b> Sweet N Sour Pork 490 Buttered Penne 8 Broccoli Florets 22 Oat Nut Bread 150 Apricots 5 <i>Cal 690 Carb 98 Sod 800</i>
<b>8</b> Chicken Caesar Salad 104 Rice Salad 22 Carrot Raisin Slaw 160 Whole Wheat Bread 120 Mandarin Oranges 7 <i>Cal 730 Carb 81 Sod 538</i>	<b>9</b> <b>Pasta Primavera*</b> Tomato Medley 521 Rye Bread 113 Warm Applesauce 230 0 <i>Cal 660 Carb 107 Sod 989</i>	<b>10</b> Chicken Burger 338 Au gratin Potatoes 96 Cauliflower w/pimento 17 Hamburger Bun 320 Sliced Peas 5 <i>Cal 612 Carb 80 Sod 901</i>	<b>11</b> <b>Laurel Lake Luncheon</b> <b>Grilled Chicken</b> <b>Salad with rolls and cookies</b>	<b>12</b> <b>Chicken stuffed</b> With Broccoli and Cheese 417 Sweet Potatoes 36 Mixed Vegetables 43 Dinner Roll 200 Banana 1 <i>Cal 744 Carb 113 Sod 822</i>
<b>15</b> Roast Pork w/Gravy 88 Mashed Potatoes 33 Spring Blend Vegetables 62 Oat Nut Bread 150 Applesauce 0 <i>Cal 683 Carb 85 Sod 458</i>	<b>16</b> Beef Teriyaki 181 Steamed White Rice 4 Sliced Carrots 43 12 Grain Bread 200 Pineapple & Mandarins 4 <i>Cal 678 Carb 80 Sod 557</i>	<b>17</b> <b>Barbara's Breakfast for Lunch</b>	<b>18</b> <b>Homemade</b> Meatloaf w/Gravy 284 Mashed Potatoes 33 Spinach 76 Oat Nut Bread 150 Blueberry Yogurt ** 75 <i>Cal 839 Carb 98 Sod 743</i>	<b>19</b> Lasagna w/Red Sauce 471 Wax Beans 2 Peas with Pimientos 79 Whole Wheat Bread 120 Sliced Peaches 6 <i>Cal 587 Carb 102 Sod 803</i>
<b>22</b> Chicken Marsala 272 Sour Cream Mashed 32 Mixed Greens 149 Whole Wheat Bread 120 Fruit Cocktail 5 <i>Cal 495 Carb 67 Sod 703</i>	<b>23</b> <b>Geer Village</b> <b>FREE Box Lunch</b> <b>followed by</b> <b>Balance class</b>	<b>24</b> Chef Salad 276 Cold Spiced Beets 179 12 Grain Bread 200 Fresh Orange 0 0 <i>Cal 554 Carb 70 Sod 780</i>	<b>25</b> <b>Memorial Day Picnic</b> <b>Low Sodium Hot Dog*</b> 540 Vegetarian Baked Beans 140 Sauerkraut 136 Hot Dog Roll 180 Melon Cup 15 <i>Cal 667 Carb 69 Sod 1136</i>	<b>26</b> Beef Burgundy 68 Garlic Mashed Potatoes 33 Lyonnaise carrots 74 Whole Wheat Bread 120 Diced Peas 10 <i>Cal 673 Carb 71 Sod 430</i>
<b>29</b> <b>MEMORIAL DAY</b> 	<b>30</b> Lexington BBQ Chicken 235 Confetti Rice 15 Summer Squash 2 Whole Wheat Bread 120 Sliced Peaches 6 <i>cal 515 carb 76 sod 503</i>	<b>31</b> <b>Cold Salmon Filet</b> with Soy Ginger Dressing 274 Green Bean Vinaigrette 113 Cole Slaw 169 Oat Nut Bread 150 Fresh Orange 0 <i>cal 826 carb 77 sod 831</i>		<b>HOT LINE</b> If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>
<b>No Meal Delivery</b>	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.			

# NATIONAL MONUMENTS WORD SEARCH PUZZLE



AZTEC RUINS	HOVENWEEP	PETROGLYPH	SCOTTS BLUFF
DEVILS TOWER	MISTY FJORDS	PINNACLES	STATUE OF LIBERTY
FORT SUMTER	MONTEZUMA CASTLE	PIPE SPRING	TUZIGOOT
FOSSIL BUTTE	MUIR WOODS	POVERTY POINT	WHITE SANDS
GOVERNORS ISLAND	NATURAL BRIDGES	RAINBOW BRIDGE	YUCCA HOUSE