

# GRAPEVINE NOVEMBER 2023



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

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

Pamela Mulvey, Administrative Assistant \*\* [pmulvey@townofgb.org](mailto:pmulvey@townofgb.org)

Pat Larkin, Outreach Coordinator \*\* [plarkin@townofgb.org](mailto:plarkin@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 **TriTown Connector (Transportation)** (413) 591-3826

We will be closed on  
Nov 10th and 23rd



Join us on  
November 9th  
To celebrate our  
**VETERAN'S**  
(Free lunch for our  
**Veterans & Spouses**)

Sponsored in part by:  
**The Marketplace**

Choice of Meat or vegetable  
Lasagna, Salad, Garlic  
bread and dessert

Music by:  
Eric Reinhardt

11:30 am

\$3 per person

Reservations required by Friday,  
November 3rd Call- 528-1881



Please join us and our special  
Guests to celebrate our  
"Seniors over 90"

Thursday, Nov. 16th

11:00am - 12:15 pm at the

Claire Teague Senior Center  
917 Main Street  
Great Barrington, MA

Mary Menatti will be performing tunes  
from the past.



Sliced Turkey  
Gravy, Mashed Potatoes, Carrots,  
Parsnips and Butternut  
Dessert

RSVPs are necessary, please call us by  
Monday, November 13th at 413-528-1881



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



**Where:** Claire Teague Senior Center

**When:** Tuesday, Nov 28th

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.

## JOIN US : Mahjong



Thursdays at 9:30 am  
Beginners are welcome.

If you want to join –

Call 528-1881 or email:

[jpeters@townofgb.org](mailto:jpeters@townofgb.org).

We will have 2 sets of tiles so we can have 2 games going if need be.

## 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 3:00 pm**

For more information please call Cara at (413)717-2824

## Foot Nurse by appointment only On Monday, Nov 13th

- 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.

## **TRITOWN CONNECTOR**

**Operational Hours  
EFFECTIVE OCTOBER 15th**

MONDAY	7:00 am to 8:00 pm
TUESDAY	7:00 am to 8:00 pm
WEDNESDAY	7:00 am to 8:00 pm
THURSDAY	7:00 am to 8:00 pm
FRIDAY	7:00 am to 8:00 pm
SATURDAY	8:00 am to 7:30 pm
SUNDAY	8:30 am to 6:30 pm

For transportation call: **413-591-3826**

## Caregivers Support Group

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

## WED; Nov 29th ~ 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

The Great Barrington Historical Society presents

Great Barrington 1854

With Michael Fitzpatrick

Wednesday, November 8th at 7 pm

At the Claire Teague Senior Center



Go back in time with Mike and see if you can recognize the present day locations compared to Great Barrington in 1854.

FREE ADMISSION

REFRESHMENTS

**Save the date: DECEMBER 5th at 11:30 am**

We will be offering a **“Winter Lunch and Learn”**

on December 5<sup>th</sup>, at 11:30 AM!

The Berkshire Regional Planning Commission will offer attendees a free lunch while learning about the income-eligible incentives to keep your home warm and save on energy bills. Discussion will cover the ins and outs of the Mass Program, how to sign up for no-cost energy assessments, and the discounts on a variety of weatherization and home upgrades.



Please RSVP before November 28th by calling (413) 528- 1881.

Presented by: Berkshire Regional Planning Commission

**Save the Date: Dec 9th 12-2 pm**

**Earth Angels...are back!**

**Pot luck and  
music!**



**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  
**NEW PLAYERS WELCOME!!**

**Art Classes :**

- **Drawing/Painting w Eunice Agar**  
10 am \$ 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.

413-528-1881



## **AARP Foundation Tax-Aide Is Looking for Volunteers**

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

### **Volunteers fill a variety of roles:**

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

For more information or to volunteer go to:

[HTTPS://MATAXAIDE.ORG](https://MATAXAIDE.ORG)

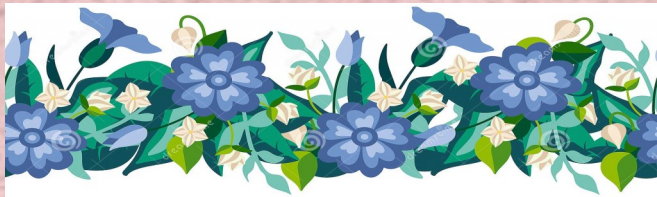
Or call 413-446-7483 for Berkshire County information

**AARP Foundation**  
**Tax-Aide**



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

<b>Eric Schumann</b>	<b>Molly Anne Hatfield</b>
<b>Fawn Menard</b>	<b>Virginia Fenn</b>
<b>Linda Difulvio</b>	<b>Nora Hayes</b>
<b>Katie Kilmer</b>	<b>Carolyn Arienti</b>
<b>Roberta Parry</b>	<b>Trudi Gunsberg</b>
<b>Maureen Avery</b>	<b>Betty Pratt</b>
<b>Marlene TenBroeck</b>	<b>Carolyn Carr</b>
<b>Virginia Farnum</b>	<b>Priscilla Rueger</b>
<b>Paulette Johnson</b>	<b>Nancy Coleman</b>



**BROWN BAG** is **Nov 8th**  
at the Claire Teague Senior Center.



**The COA Board**  
**will meet on Wednesday,**  
**Nov 29th at 1:15 pm**

### **Grief Support**

First and Third Fridays at 1:00 pm  
All ages and circumstances  
are welcome. Collette Plaquet  
facilitates the group  
twice a month.  
Please let us know if you will be  
joining us by calling  
(413) 528-1881.

### **EXERCISE CLASSES :**




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



### **TAP CLASSES with Carolyn Calandro** (classes are \$ 5 )

Mondays 1 pm—2 pm	Beginners or people with some experience
Mondays 2 pm—3 pm	Intermediate
Fridays 1 pm—2 pm	Beginners or people with some experience
Fridays 2 pm—3 pm	Intermediate

NOV 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SAVE THE DATE</b> <b>Dec 9th 12-2 pm</b> <b>Earth Angels...are back!</b> <b>Pot luck lunch and music!</b> 		10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Beef Stew</b> 12:00 Pitch <b>1:00 Caregiver's Support Group</b> 3:00 Decorative Painting w/ Liz	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- White Chicken Chili</b> 1:00 i-phone by appt.	9:00 Tai Chi <b>11:30 LUNCH- Swedish Meatballs</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH- Salmon Newberg Sauce</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove <b>11:30 LUNCH- Chicken on a Biscuit</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>BROWN BAG</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Meatballs &amp; Ziti</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 VETERAN'S LUNCH</b> <b>Meat/Vegetable Lasagna</b>	<b>CLOSED IN OBSERVANCE OF VETERANS DAY</b> 
<b>Foot Nurse</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Italian Sausage in Red Sauce</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove <b>11:30 LUNCH- Chicken Almondine</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Sweet &amp; Sour Pork</b> 12:00 Pitch <b>1:00 Caregiver's Support Group</b> 3:00 Dec. Painting w/ Liz	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH-Seniors Over 90 -Sliced Turkey w/ Gravy</b> 1:00 i-phone by appt.	9:00 Tai Chi <b>11:30 LUNCH – Beef Stroganoff</b> <b>1:00 Grief Support</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH- Orange Chicken</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate <b>3:00 Alzheimer's Supp Group</b>	9:30 Move & Groove <b>11:30 LUNCH-Butternut Mac &amp; Cheese</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH – Beef w/ Peppers &amp; Onions</b> 12:00 Pitch 3:00 Decorative Painting w/ Liz	<b>CLOSED IN OBSERVANCE OF THANKSGIVING</b> 	9:00 Tai Chi <b>11:30 LUNCH- Fish Sandwich</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta <b>11:30 LUNCH – Beef Cabbage Casserole</b> 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove <b>11:30 LUNCH-Geer Free Boxed Lunch w/ balance class after</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar <b>9:00-11:30 CHP Mobile Unit</b> <b>11:30 LUNCH- Chicken Marsala</b> 12:00 Pitch <b>1:00 COA Board Meeting</b> 3:00 Decorative Painting w/ Liz	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Veal Parmesan</b>	







# Elder Services of Berkshire County - Nutrition Program

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

# NOVEMBER 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <p><b>Elder Services</b> of Berkshire County, Inc.</p> </div>	<p>Menu subject to change without notice.</p>	<p><b>1</b></p> <p>Beef Stew Boiled Red Potatoes Broccoli &amp; Cauliflower Whole Wheat Bread Raisins</p> <p>Cal 719 Carb 86 Sod 340</p>	<p><b>2</b></p> <p>White Chicken Chili Steamed Brown Rice Monaco Vegetables Corn Bread Fresh Apple</p> <p>Cal 746 Carb 103 Sod 608</p>	<p><b>3</b></p> <p>Swedish Meatballs Buttered Noodles Steamed Red Cabbage 12 Grain Bread Sliced Peaches</p> <p>Cal 709 Carb 95 Sod 650</p>
<p><b>6</b></p> <p>Salmon Newberg Sauce O'Brien Potatoes Antiqua Vegetables Oat Nut Bread Apricots</p> <p>Cal 607 Carb 83 Sod 690</p>	<p><b>7</b></p> <p>Chicken on a Biscuit * Asparagus Cuts Warm Fruit Compote</p> <p>Cal 716 Carb 99 Sod 681</p>	<p><b>8</b></p> <p>Italian Meatballs &amp; Ziti Italian Green Beans 12 Grain Bread Fruit Cocktail</p> <p>Cal 638 Carb 91 Sod 644</p>	<p><b>9</b></p> <p>Veteran's Day Luncheon Meat/Vegatable Lasagna Salad, Garlic Bread, Dessert sponsored by  &amp; GBCOA</p> <p>Cal 746 Carb 103 Sod 608</p>	<p><b>10</b></p> <p>HAPPY VETERAN'S DAY</p> <p></p> <p>No Meals Today</p>
<p><b>13</b></p> <p>Italian Sausage in Red Sauce* Buttered Noodles Peas and Carrots 6" Grinder Roll Applesauce</p> <p>Cal 726 Carb 103 Sod 1425</p>	<p><b>14</b></p> <p>Chicken Almondine Boiled Gold Potatoes Winter Blend Vegetables Whole Wheat Bread Mixed Fruit</p> <p>Cal 514 Carb 68 Sod 502</p>	<p><b>15</b></p> <p>Sweet &amp; Sour Pork Steamed Rice Wax Beans Oat Bread Pineapple Tidbits</p> <p>Cal 667 Carb 102 Sod 774</p>	<p><b>16</b></p> <p>Seniors 90+ Celebration Sliced Turkey &amp; Gravy Mashed Potatoes Carrot, Parsnips &amp; Butternut Snowflake Roll Pumpkin Pie **</p> <p>Cal 903 Carb 132 Sod 1157</p>	<p><b>17</b></p> <p>Beef Stroganoff Buttered Noodles Green Beans 12 Grain Bread Banana</p> <p>Cal 784 Carb 91 Sod 414</p>
<p><b>20</b></p> <p>Orange Chicken Boiled Red Potatoes Capri Blend Vegetables Oat Nut Bread Sliced Peas</p> <p>Cal 581 Carb 84 Sod 535</p>	<p><b>21</b></p> <p>Butternut Mac &amp; Cheese Stewed Tomatoes 5 Way Veggie Blend Italian Bread Fresh Orange</p> <p>Cal 617 Carb 83 Sod 867</p>	<p><b>22</b></p> <p>Beef with Peppers &amp; Onions Sliced Potatoes Peas Whole Wheat Bread Apricots</p> <p>Cal 675 Carb 74 Sod 648</p>	<p><b>23</b></p> <p>HAPPY THANKSGIVING</p> <p></p> <p>No Meals Today</p>	<p><b>24</b></p> <p>Fish Sandwich w/Tomato Slice Cole Slaw Brussel Sprouts Hamburger Bun Peach Crisp</p> <p>Cal 883 Carb 89 Sod 941</p>
<p><b>27</b></p> <p>Beef Cabbage Casserole Butternut Squash Soup Wax beans Whole Wheat Bread Vanilla Yogurt</p> <p>Cal 553 Carb 68 Sod 408</p>	<p><b>28</b></p> <p>FREE Box lunch provided by Geer Village w Balance Class After</p>	<p><b>29</b></p> <p>Chicken Marsala Mashed Sweet Potatoes Italian Green Beans 12 Grain Bread Diced Peas</p> <p>Cal 553 Carb 86 Sod 655</p>	<p><b>30</b></p> <p>Veal Parmesan* Penne w/Marinara Peas and Pearl Onions Whole Wheat Bread Mandarin Oranges</p> <p>Cal 880 Carb 107 Sod 1100</p>	<p><b>HOT LINE</b></p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</p>

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

# In November

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

compassion  
 Election Day  
 gratitude  
 picture book month  
 read and read some more  
 Thanksgiving  
 voting

cranberry  
 football  
 Mayflower  
 Pilgrims  
 respect  
 turkey

Eastern standard time  
 frost  
 parade  
 pumpkin pie  
 responsibility  
 Veterans Day