



# GRAPEVINE OCTOBER 2022

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

*Polly Mann Salenovich, Director \*\*\* pmann@townofgb.org*

*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](http://www.townofgb.org)

Join us for our very own

## POLISH FEST

On Wednesday; Oct 12th  
11:15-12:15 pm



Menu: Chuckwagon Stew,  
Mashed Potatoes and Dessert  
4 piece Oompah Band  
\$ 3 per person  
Reservations are required ~  
call us at 413-528-1881

**CLOSED ON OCTOBER 10th–**  
in observance of Indigenous People's Day  
(formerly Columbus Day.)

## A BIG THANK YOU

to Laurel Lake for the DELICIOUS  
Lasagna Luncheon.  
We all enjoyed it so much!

**Polly will be attending the MCOA  
Conference from  
October 19th through October 21st.**

### Geer Village :

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



**Where:** Claire Teague Senior Ctr

**When:** Tue; Oct 25th

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.

## Happy Halloween

PARTY ON OCT 26th at 11:30 am  
Menu: Cranberry Glaze Chicken Breast,  
Mashed Potatoes, Vegetables  
\$3 person-call 528-1881  
to make your reservation.  
Halloween Costumes are optional.

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### Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch"  
on **Wed., Oct 19th**  
at 11:30 am ~ **\$ 3.00 / person**  
Please call 413-528-1881  
for reservations.



Thanks to a very generous donor,  
our Senior Transport Program  
now owns a brand new Ford Edge  
that will compliment our  
existing transportation program.



**REAL ID**

Oct 14th at 10 am

Hosted by AAA

Presentation with

Question and Answer Time

**Alzheimer's support group**

**Monday's 5 pm on ZOOM**

**Call 528-1881 for details.**

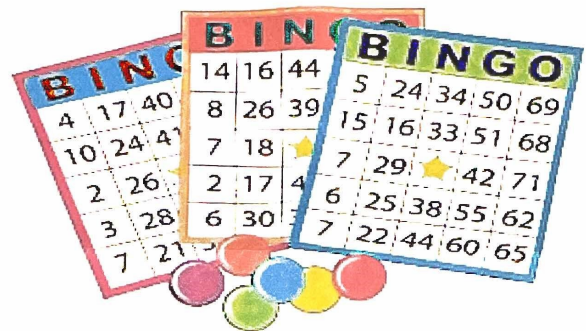
Santa Rafaela offering a  
monthly **WORKSHOP**  
on Mondays



Starting Monday; Oct 17th at 10 am

- Sage moves w a pilates flavor ~ flexibility, strength and balance.
- **FREE INTRO SESSION –**
- drop ins welcome

## **BINGO á la mode**



### **\*\*\*SCHOLARSHIP FUNDRAISER\*\*\***

**For students of Monument Mountain and Mount Everett**

Presented by the  
**Thursday Morning Club**

**Saturday, October 29, 2022 – 2 p.m.**  
**Claire Teague Senior Center – 917 Main Street, Great Barrington, MA**

**BINGO and Great Tasting Pies**

**Donations \$15.00**

**(Includes pie & ice cream, beverage & Bingo cards)**

### **Craft and Vintage Fair**

**OVER 20 Vendors**

At Claire Teague Senior Center

Saturday, October 15th

10 am to 2 pm

Rain or Shine

Vendors to include:

Jewelry, woodcrafts, honey,  
flowers, pottery, etc.



## Vacc./Booster/Covid Testing



For info:  
Call (855) 262-5465  
or  
CHP (413) 528-0457

## Looking for **experienced card players**

who might be interested in forming  
a new card playing group.

If you're interested, call us at  
413-528-1881.



The rotary will also be offering air conditioner **removal** by emailing [service.gbrotary@gmail.com](mailto:service.gbrotary@gmail.com). If you do not have access to e-mail, you can call the senior center and we will be happy to relay the message for you.



## WORLD WAR II: TO REMEMBER BY

From David Rutstein: A Big Thank You to all of you who attended the two sessions on World War two: To Remember and To Remember By Films. You have made our series a big success.

On Thursday, October 6 at 9:30 AM, our last program will be a discussion on the end and meaning of this war and the effect this had on all us, even today. There is talk in the air about showing other films in the near future.

STAY TUNED!

## SENIORS NEED YOU !

### Volunteer in your community

You've got just what it takes to help your neighbors in need. Many older, low income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax preparation and filing help to those who need it most. You can make a big difference in someone's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2022 tax season. Our volunteers receive training, IRS certification and continued support in a welcoming environment. And, as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at <https://www.aarp.org/volunteer/programs/tax-aide/> (select the SUBMIT

AN INTEREST FORM button)

Or call 1-888-227-7669

For local information call 1-413-446-7483

Recent volunteers include: Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired and more.

Sites include: Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington



## Ron Terry's Tech Tips

**Tuesdays 12-2 pm**

Get individual help w/ smart phones, laptops, email, networks, Wi-fi, internet access/navigation and other tech issues. Appointments are required & can be made by calling the Senior Center. Usual scheduled time is 30 minutes, but longer can be scheduled if needed.

## October Flu and Booster Clinic

Monday, October 17th

10 am—12 pm

The Southern Berkshire Public Health Collaborative will be holding a Flu shot and COVID booster clinic at the Claire Teague Senior Center.

## 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

- 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

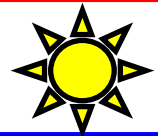
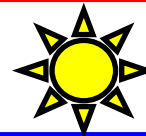
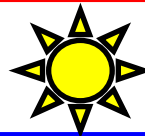
**third Thursday**

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.

## Caregivers Support Group

We meet 3rd Wednesday of each month  
at 1:00 pm facilitated by  
Elder Services of Berkshire County.



## Art Classes :



By Eunice Agar

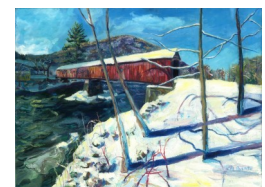
- **Drawing/Painting w Eunice Agar on Wed at 10:00 am**  
Come and join Eunice as she teaches drawing and painting. \$ 5 / class
  - **Decorative Painting w Liz Macchi ~ 3 pm-5 pm**  
\$ 5 / class plus supplies ~ call for updated times.
  - **Vera's Painting Class on Thursdays at 10:30 am**

## • Margaret's Class is back:

### Painting by Margaret Buchte on Fridays

Fridays at 12:15 pm ~ Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them. \$ 3 per person/class

- All levels are welcome to join these groups!



By Margaret Buchte



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

<b>Dorothy Heath</b>	<b>Dee Foster</b>
<b>William Kormanik</b>	<b>Barbara Davidson</b>
<b>Pat Barbieri</b>	<b>Bob Siok</b>
<b>Theresa Roy</b>	<b>Bill Clark</b>
<b>Mark Olshansky</b>	<b>Peter Prelli</b>
<b>Lena Ostrander</b>	<b>Richard Daris</b>
<b>Peg Biscotti</b>	<b>Mary Anne Murray</b>
<b>Ted Pitman</b>	<b>Kathleen Rosier</b>
<b>Pat Johnson</b>	<b>Sandy Hirbour</b>
<b>Mary Brazie</b>	<b>Lisa Haddad</b>



**Foot Nurse by appointment only**  
**On Monday, October 17th**

## **Grief Support**

Friday, Oct 7th & 21st  
at 1:00 pm

All ages and circumstances  
are welcome. Collette Plaquet  
facilitates the 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



**BROWN BAG** is on  
**Oct 12th** at the  
Claire Teague Senior Center.



## **EXERCISE CLASSES :**

- Move and Groove w Dee Foster on TUE & THU at 9:30 am \$ 3/class
- Gentle Chair Yoga w Crystal Sheehan on THU at **2:30-3:15** \$ 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
- Yoga for the Young at Heart with Rainbow on FRIDAYS at 10 am \$ 3/class



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

### **TAP CLASSES:** Classes are \$5

Mondays: 2:00 to 3:00  
Mixed Level

Fridays :

1:00 to 2:00 Beginner

2:00 to 3:00 for intermediate/advanced





### **GENTLE CHAIR YOGA UPDATE**

With Crystal Sheehan

THURSDAYS

at **2:30 –3:15** \$ 2 /class



OCTOBER 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>10:00 WWII to Remember</b> <b>w David Rutstein</b> <b>11:30 LUNCH-Baked</b> <b>Pollock Loin</b> 12:45 TAP Refresher 2:00 TAP inter /advanced	<b>4</b> 9:30 Move & Groove <b>11:30 LUNCH-Greek Chicken</b> <b>Stew</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>5</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH-Yankee Pot</b> 12:00 Pitch 1:00 <b>Caregiver's Supp Group</b> 2:00 Decorative Painting w/ Liz Macchi	<b>6</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH- Sweet n Sour</b> <b>Meatball</b> <b>2:30 Gentle Chair Yoga with</b> <b>Crystal Sheehan</b>	<b>7</b> 9:00 Tai Chi <b>10:00 Yoga for the Young at</b> <b>Heart w Rainbow</b> <b>10:00 REAL ID</b> <b>11:30 LUNCH-Mac &amp; Cheese</b> 12:15 Margaret Buchte's Art Class 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>CLOSED</b> <b>10</b>  <b>INDIGENOUS PEOPLES DAY</b> <div>Previously Columbus Day</div>	<b>11</b> 9:30 Move & Groove <b>11:30 LUNCH- Orange</b> <b>Chicken</b> 12:00 Bridge 12:30 Bingo 3:30 Strength Training	<b>BROWN BAG</b> <b>12</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 LUNCH- Chuck Wagon</b> <b>Stew</b> 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	<b>13</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH- Chicken Fajita</b> <b>2:30 Gentle Chair Yoga with</b> <b>Crystal Sheehan</b>	<b>14</b> 9:00 Tai Chi <b>10:00 Yoga for the Young at</b> <b>Heart w Rainbow</b> <b>11:30 LUNCH-Salisbury Steak</b> 12:15 Margaret Buchte's Art Class 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>FOOT NURSE</b> <b>17</b> 10:00-12 FLU and Booster Clinic at Senior Ctr <b>10:00 Santa Rafaela –sage</b> <b>moves w pilates flavor</b> <b>11:30 LUNCH-Chicken</b> <b>Puttanesca</b> 2:00 TAP MIXED – Beginner & Intermediate	<b>18</b> 9:30 Move & Groove <b>11:30 Tuna Salad Sandwich</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>19</b> 10:00 Drawing/Painting w/Eunice Agar <b>11:30- Barbara's Breakfast</b> <b>for Lunch</b> 12:00 Pitch 1:00 <b>Caregiver's Supp Group</b> 2:00 Dec. Painting w/ Liz	<b>20</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH- Chicken Divan</b> 1:00 i-Phone -by appt. <b>2:30 Gentle Chair Yoga with</b> <b>Crystal Sheehan</b>	<b>21</b> 9:00 Tai Chi <b>10:00 Yoga for the Young at</b> <b>Heart w Rainbow</b> <b>11:30 LUNCH Roast Pork/gravy</b> 12:15 Margaret Buchte's Art Class 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>24</b> <b>11:30 LUNCH-Beef</b> <b>Burgandy</b> 2:00 TAP MIXED – Beginner & Intermediate	<b>25</b> 9:30 Move & Groove <b>11:30 Geer Village free box</b> <b>lunch &amp; Balance class after</b> 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	<b>26</b> 10:00 Drawing/Painting w/ Eunice Agar <b>11:30 Cranberry Glaze</b> <b>Chicken –Halloween Party</b> 12:00 Pitch 2:00 Decorative Painting w/ Liz Macchi	<b>27</b> 9:30 Move & Groove 10:30 Vera's Painting Class <b>11:30 LUNCH-Ghoulash</b> <b>2:30 Gentle Chair Yoga with</b> <b>Crystal Sheehan</b>	<b>28</b> 9:00 Tai Chi <b>10:00 Yoga for the Young at</b> <b>Heart w Rainbow</b> <b>11:30 LUNCH- Asian Pork Soup</b> 12:15 Margaret Buchte's Art Class 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>11:30 LUNCH-Chicken</b> <b>Cordon Blue</b> 2:00 TAP MIXED – Beginner & Intermediate		 <b>Alzheimer's Support</b> <b>Group Monday's at 5 pm on</b> <b>Zoom</b> <b>Call 528-1881 for more info</b>	<b>SAT OCT 15<sup>th</sup></b> <b>Craft and Vintage Fair</b> <b>10 am to 2 pm</b> <b>At Claire Teague Senior Ctr</b> <b>OVER 20 Vendors</b>	<b>SAT OCT 29<sup>th</sup></b> <b>Bingo ala Mode</b> <b>at 2 pm</b> <b>At the Claire Teague Senior Ctr</b> <b>Fundraiser for Students of</b> <b>Monument and Mount Everett</b>

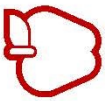


# Elder Services of Berkshire County - Nutrition Program

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.

# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Baked Pollock Loin 97 Boiled Red Potatoes 4 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Pears 5 Cal 530 Carb 70 Sod 385	<b>4</b> Greek Chicken Stew 388 Rice w/ Beans 28 Broccoli 22 12 Grain Bread 200 Mandarin Oranges 7 Cal 584 Carb 82 Sod 770	<b>5</b> Yankee Pot Roast 402 Mashed Potatoes 33 Capri Blend 22 Dinner Roll 210 Tapioca Pudding ** 193 Cal 667 Carb 90 Sod 985	<b>6</b> Sweet & Sour Meatball 384 Wild Rice Pilaf 60 Cauliflower 9 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 575 Carb 80 Sod 703	<b>7</b> Macaroni & Cheese* 627 Stewed Tomatoes 101 Wax & Green Bean 3 Oat Nut Bread 150 Apricots 5 Cal 620 Carb 76 Sod 1011
<b>10</b> <b>HAPPY COLUMBUS DAY</b>  Closed	<b>11</b> Orange Chicken 229 Buttered Noodles 8 Red Cabbage & Apples 37 Whole Wheat Bread 120 Applesauce 0 Cal 576 Carb 79 Sod 519	<b>12</b> Chuckwagon Stew 395 Mashed Potatoes 33 Sliced Carrots 43 Oat Nut Bread 150 Sliced Peaches 6 Cal 760 Carb 97 Sod 752	<b>13</b> Chicken Fajita w/Onions & Peppers 174 Rice w/Beans 28 Peas 66 Tortilla Shell 190 Spiced Apples 11 Cal 672 Carb 105 Sod 594	<b>14</b> Salisbury Steak w/Gravy 440 Boiled Red Potatoes 4 Winter Blend 10 12 Grain Bread 200 Fresh Orange 0 Cal 568 Carb 81 Sod 779
<b>17</b> Chicken Puttanesca 430 Mashed Potatoes 33 Monaco Vegetables 7 Whole Wheat Bread 120 Fresh Apple 2 Cal 574 Carb 82 Sod 717	<b>18</b> Tuna Salad Sandwich 399 Cream Cabbage Soup 69 Sliced Carrots 43 Hot Dog Roll 180 Peach Crisp 11 Cal 683 Carb 77 Sod 827	<b>19</b> <b>Barbara's BREAKFAST for LUNCH</b>	<b>20</b> Chicken Divan 379 Boiled Gold Potatoes 4 Spinach 76 12 Grain Bread 200 Diced Pears 5 Cal 614 Carb 84 Sod 789	<b>21</b> Roast Pork w/Gravy 119 Mashed Sweet Potato 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 So 481
<b>24</b> Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 753 Carb 90 Sod 431	<b>25</b> <b>Geer Village FREE Box Lunch w Balance Class Afterwards</b>	<b>26</b> Cranberry Glaze 227 Chicken Breast 33 Mashed Potatoes 12 Antiqua Vegetables 120 Whole Wheat Bread 5 Apricots 5 Cal 639 Carb 100 Sod 522	<b>27 HALLOWEEN</b> Ghoulash 94 Sliced Beets 185 Mixed Greens 149 12 Grain Bread 200 <b>Fruited Orange Gelatin **</b> 44 Cal 732 Carb 96 Sod 797	<b>28 GLOBAL TABLE</b> Asian Pork Soup 295 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 789 Carb 104 Sod 580
<b>31</b> Chicken Cordon Bleu* 557 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Sliced Pears 5 Cal 761 Carb 101 Sod 932			<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>	

**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.

# ANCIENT ROME WORD SEARCH PUZZLE

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

AUGUSTUS  
BRUTUS  
BYZANTINE  
CALIGULA  
CASSIUS

CENTURION  
CLEOPATRA  
COLOSSEUM  
CONSTANTINE  
EMPEROR

GLADIATORS  
HADRIAN'S WALL  
JULIUS CAESAR  
MARK ANTONY  
OCTAVIAN

POMPEII  
PUNIC WARS  
TIBER RIVER  
TWELVE TABLES  
VESPASIAN

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