

GRAPEVINE OCTOBER 2023



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

Joan Peters, Director *** jpeters@townofgb.org

Pamela Mulvey, Administrative Assistant ** pmulvey@townofgb.org

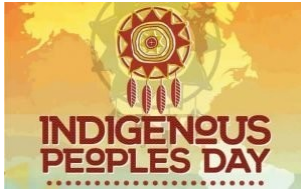
Pat Larkin, Outreach Coordinator ** plarkin@townofgb.org

Websites: www.townofgb.org and 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 Oct 9th
in observance of



Join us on Oct 4th for
Bob's Scalloped Potatoes



Ham
Peas
Dessert

11:30 am

\$3 per person

Reservations required by
Monday, October 2nd
Call 528-1881

News from the director:



Our Claire Teague Senior Center parking lot is complete (except for line painting which will occur in a couple weeks) and looking beautiful..

We have been busy cleaning things up—new coats of paint, curtains and re-organizing. We are excited to see what you all think when you return. We've missed you all.

Thank you for your understanding during this time. Joan Peters

Join us for a free lunch provided by



Menu:

Chicken Caesar Salad & Garlic Bread

Thursday, Oct 26th at 11:30 am

Call to make your reservation
by Tuesday, Oct 24th:

413-528-1881



Barbara's Breakfast for Lunch

Join us for
Overnight French Toast

Fri; Oct 13th

at 11:30 am ~ **\$ 3.00 / person**

Please call 413-528-1881 for
reservations by **Wed, Oct 11th**



Geer Village : Sponsoring FREE Box Lunch
followed by a

30 min Balance Class



Where: Claire Teague Senior Center

When: Tuesday, Oct 24th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

INSIDE THIS ISSUE. . .

Events/Exercise	Pages 1-5
Birthdays	Page 5
Calendar	Page 6
Menu	Page 7
Word Search	Page 8

TRIAD Event

Oct 19th at 1 pm

Elliott Greenblott
Vermont Coordinator
AARP Fraud Watch Network

Will present: **Weapons of Fraud**

The Great Barrington Police Department will be supplying us with free ice cream and we will have toppings to go with it.

Please call to let us know you'll be joining us at 528-1881.



Come and Join Us
80 FOR BRADY

Thurs; Oct 26th at 12:30 pm

You can email Pat at:

plarkin@townofgb.org or

stop by Pat's office to let her

know that you will be joining us. Popcorn and beverages provided.

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

We apologize as we are experiencing a temporary suspension of services due to a vehicle being out of service for the following towns:

Sheffield, New Marlborough & West Stockbridge. We hope to have this rectified soon. For transportation call: 413-591-3826

BINGO a la MODE



SCHOLARSHIP FUNDRAISER

For students of Monument Mountain and Mount Everett

Presented by the

Thursday Morning Club

Saturday, October 21st - 2 p.m.

Claire Teague Senior Center - 917 Main Street, Great Barrington, MA

BINGO and GREAT TASTING PIES

Donations \$15.00 (per person)

(Includes pie, beverage & Bingo cards)

For more information please contact:

Linda Lavoie

528-4167

JOIN US : Mahjong



Thursdays at 9:30 am
Beginners are welcome.

If you want to join –

Call 528-1881 or email:

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, Oct 16th

- 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 appt.
call us at (413) 528-1881.



Upcoming Events

2023 Fall Flu Clinics
Southern Berkshire Public Health Collaborative

Important Info:
Pre-registration is REQUIRED.
We will have regular and senior dose flu along
with limited egg free flu shots. COVID shots will
be added when they become available.

Housy Dome
1-3 pm
September 12
1064 Main St
Housatonic, MA 01236
Gt Barrington Town Hall

11 am-2 pm
September 29
334 Main St
Gt Barrington, MA 01230
Claire Teague Senior Ctr

1:30- 3:30 pm
October 5
917 Main St
Gt Barrington, MA 01230
W.E.B. DuBois Middle School

3-6 pm
October 11
313 Monument Valley Rd
Gt Barrington, MA 01236

Register at: home.color.com/vaccine/register/tritown
Have questions or need help register, contact Jill Sweet
(413) 717-7209

Caregivers Support Group

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

WED; Oct 18th ~ 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 vac-
cine. 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

WALKING FOR WELLNESS

Join us on

Thursdays at 10 am

At the Claire Teague Senior Center

We have a group of our community that gathers and walks together. Please invite your friends to join us~ We'd love to have you walk with us.

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

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!

Sandy Van	Linda Warner
Margaret Soule	Rowan Babb
Mary Mark	Linda Traficante
Ron Terry	Maryanne Macy
Florence Sigsworth	Kathy Plungis
Andy Moro	Margaret Buchte
Mark Bachman	David Reichman
Diane Guarnieri	Cathaleen Curtiss
Ginny Dawson	Anne Stannard
Victoria Karpinski	Mary Saporito
Hildegard Borsody-	Mary Ann Murray
Ernest Helmke	



BROWN BAG is **Oct 11th**
at the Claire Teague Senior Center.



The COA Board
will meet on Wednesday,
Oct 25th at 1:15 pm

Grief Support
NO MEETINGS IN OCT

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 at 10 am \$ 3/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



OCT 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00 Sage Moves w Senta 11:30 LUNCH-Veal Parm 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move and Groove 11:30 LUNCH- Greek Chicken Stew 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 LUNCH- Bob's Scalloped Potatoes & Ham 12:00 Pitch 1:00 Caregiver's Support Group 3:00 Decorative Painting	9:30 Move & Groove 9:30 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH- Sweet & Sour Meatballs 1:30-3:30- Fall Flu Clinic	9:00 Tai Chi 11:30 LUNCH-Chicken Fajitas 1:00 TAP Beginner 2:00 TAP inter/advanced
9 CLOSED IN OBSERVANCE OF 	9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH-Orange Tarragon Chicken 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Yankee Pot Roast 12:00 Pitch 3:00 Decorative Painting	9:30 Move & Groove 9:30 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-White Chicken Chili	9:00 Tai Chi 11:30 LUNCH-Barbara's Overnight French toast 1:00 TAP Beginner 2:00 TAP inter/advanced
FOOT NURSE 10:00 Sage Moves w Senta 11:30 LUNCH-Chicken Puttanesca 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate 3:00 Alzheimer's Supp Group	9:30 Move & Groove 11:30 LUNCH- Roast Pork w/ Gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 9:00-11:30 CHP Mobile Unit 11:30 LUNCH-Meatball Grinder 12:00 Pitch 1:00 Caregiver's Support Group 3:00 Dec. Painting w/ Liz	9:30 Move & Groove 9:30 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Divan 1:00 TRIAD "Weapons of Fraud" w Free Ice Cream	9:00 Tai Chi 11:30 LUNCH – Tuna Salad Sandwich 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta 11:30 LUNCH- Beef Burgundy 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove 11:30 LUNCH Geer Free Boxed Lunch w Balance Class afterwards 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH – Cranberry Glaze Chicken Breast 12:00 Pitch 1:15 COA Board Meeting 3:00 Decorative Painting w/ Liz Macchi	9:30 Move & Groove 9:30 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-The Landing-Caesar Salad (Free) 12:30 MOVIE: 80 for Brady 1:00 I-Phone -by appt.	9:00 Tai Chi 11:30 LUNCH- Asian Pork Soup 1:00 TAP Beginner 2:00 TAP inter/advanced
10:00 Sage Moves w Senta 11:30 LUNCH – Chicken Cordon Bleu 1:00 TAP Beginner 2:00 TAP MIXED – Beginner & Intermediate	9:30 Move & Groove 11:30 LUNCH- Ghoulash 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	Veterans (& Spouses) EAT FREE ~ Join Veteran Services District Director, Thomas Beasley- 1st & 3rd Thursday Reservations required 24hrs in advanced	NO GRIEF SUPPORT ON 1st and 3rd FRIDAY FOR OCTOBER	BINGO a la MODE SCHOLARSHIP FUNDRAISER*** For students of Monument Mountain and Mount Everett Presented by the Thursday Morning Club Sat Oct 21 st at 2 pm At Claire Teague Senior Center

Elder Services of Berkshire County - Nutrition Program

OCTOBER 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
2 Veal Parm * Penne with Red Sauce Asparagus Cuts Oat Nut Bread Sliced Peas Cal 920 Carb 113 Sod 1089	3 Greek Chicken Stew Wild Rice Pilaf Broccoli 12 Grain Bread Mandarin Oranges Cal 550 Carb 84 Sod 808	4 Bob's Scalloped Potatoes and Ham Peas Dessert \$3	5 Sweet & Sour Meatballs Buttered Noodles Cauliflower Whole Wheat Bread Fruit Cocktail Cal 606 Carb 81 Sod 651	6 Chicken Fajita Rice w/Beans Peas Tortilla Shell Banana Cal 754 Carb 113 Sod 672
9 HAPPY COLUMBUS DAY  Closed	10 Orange Tarragon Chicken Buttered Noodles Red Cabbage Whole Wheat Bread Raisins Cal 568 Carb 88 Sod 562	11 Yankee Pot Roast Mashed Potatoes Sliced Carrots Oat Nut Bread Sliced Peaches Cal 736 Carb 89 Sod 461	12 White Chicken Chili Brown Rice Stewed Tomatoes Oat Nut Bread Apricots Cal 648 Carb 92 Sod 645	13 Barbara's Breakfast for Lunch Overnight French Toast \$3
16 Chicken Puttanesca Mashed Potatoes Monaco Vegetables Whole Wheat Bread Fresh Apple Cal 574 Carb 82 Sod 717	17 Roast Pork w/Gravy Mashed Sweet Potato Succotash Oat Nut Bread Tropical Fruit Mix Cal 725 Carb 98 Sod 481	18 Meatball Grinder Buttered Penne California Vegetables 6" Grinder roll Applesauce Cal 730 Carb 108 Sod 735	19 Chicken Divan Boiled Gold Potatoes Spinach 12 Grain Bread Diced Peas Cal 614 Carb 84 Sod 789	20 Tuna Salad Sandwich Mulligatawny Soup Sliced Carrots Hot Dog Roll Peach Crisp Cal 639 Carb 71 Sod 771
23 Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Sliced Peaches Cal 753 Carb 90 Sod 431	24 FREE Box lunch provided by Geer Village w Balance Class After	25 Cranberry Glaze Chicken Breast Mashed Potatoes Antiqua Vegetables Whole Wheat Bread Apricots Cal 639 Carb 100 Sod 522	26 FREE lunch provided by the Landing- Caesar Salad and Garlic Bread	27 GLOBAL TABLE Asian Pork Soup Steamed Rice Snap Peas Oat Nut Bread Pineapple & Fortune Cookie Cal 789 Carb 104 Sod 580
30 Chicken Cordon Bleu* Mashed Potatoes Butternut Squash Dinner Roll Sliced Peas Cal 761 Carb 101 Sod 932	31 HALLOWEEN Ghoulash Beets and Pearl Onions Mixed Greens 12 Grain Bread Fruited Orange Gelatin ** Cal 932 Carb 101 Sod 797		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

Nutrition information provided is not exact but will help guide you. Menus are subject to change without notice.

Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available

1970'S TV WORD SEARCH PUZZLE



ALL IN THE FAMILY
BARNEY MILLER
BIONIC WOMAN
BONANZA
BRADY BUNCH

CHARLIES ANGELS
EMERGENCY
FANTASY ISLAND
GOOD TIMES
GUNSMOKE

HAPPY DAYS
HOGANS HEROES
LAND OF THE LOST
NIGHT GALLERY
POLICE WOMAN

ROCKFORD FILES
THE JEFFERSONS
THE ODD COUPLE
THE WALTONS
THREES COMPANY