



GRAPEVINE SEPTEMBER 2021

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

Due to the rise in cases of Covid; senior center activities and what is offered may change very quickly. Cancellations or mask requirement updates will be posted on site, on our website (greatbarringtonseniors.org) or you can call the senior center (413) 528-1881 for updates.

At this time ~ all visitors whether vaccinated or not are required to wear masks indoors at the senior center.

SHINE is by appointment only, please no walk-ins for now. If you need assistance with your health insurance information, please call ahead (413) 528-1881 or call (413) 499-0524.

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I will be on vacation starting Thursday, September 9th through September 14th. If you have any questions about any activity during that time frame; please don't hesitate to call and leave a message.

Someone will get back to you as soon as possible.

We will be closed on September 6th in observance of Labor Day!

Mary King Casino Trip

is postponed until further notice, but no worries...if you were signed up, you will have first choice to be on the next casino trip offered.



Western Theme Cook-Out and Ice Cream Social Sept 8th

Time: 11:30-12:30

Cost \$ 2

Outside Picnic Area

It's an old fashioned western cook-out with hamburgers, hot dogs, chips and ice cream cones. We won't have live music but there will be plenty of **great country music** playing.

Please call ahead at least two days in advance.

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GB COA Transportation Update:

It is very important that you try to book your appointments before 2 pm. We cannot guarantee a return ride after 3:00 pm. The charge for transportation locally is \$ 3.50 one way or \$ 7.00 round trip (Great Barrington/Housatonic) and \$15.00 round trip for Pittsfield medical appointments. A ride to the GB senior center for the congregate meal or an activity is \$ 3.50 round trip. Medical trips take priority over all other destinations. We will do our very best to accommodate everyone.

MUSIC CIRCLE

Friday September 17th 1:00-2:00



Love music? If you sing, play an instrument, want to learn to play an instrument or just want to join a group to listen or discuss music - all levels and abilities are welcome. Bring your instrument with you and share it with us; either the history of the instrument or play a tune and around the circle we will go sharing our love of music.

Loss Support Group

2nd Thursdays at 1:00 pm

No facilitator—Join others who have felt loss, whether due to the loss of a loved one, the loss of a way of life, the empty nest or just loss due to aging. Please call 528-1881 if you plan on attending— not required but helpful.

Sheffield Council on Aging Presents:

A tribute to Dick Clark's American Bandstand on Thu; Oct 14th

Enjoy the views overlooking Mt Tom at the elegant Log Cabin Banquet Facility
\$99 per person

Payment Due Date is: 9/30/21

Package includes:

Departs 10:00 a.m. Return Approx. 4:45 pm
Sheffield COA 25 Cook Road
Sheffield, MA 01257

- Roundtrip Motor Coach Transportation, Family Style Luncheon of Chicken Piccata & Yankee Pot Roast, Matinee Show "American Bandstand", Meal Taxes and Gratuities, Driver's Gratuity

*** Mask & Vaccination Card needed on Bus at this time

For reservations, contact Kathie Loring (413)229-7037.

Fairview Ethics Committee presents:

MAKING YOUR HEALTHCARE WISHES KNOWN

(a panel discussion by healthcare professionals)

Thursday; Sept 2nd at 4:30 pm
Under tent on Fairview Campus
27 Lewis Avenue, Great Barrington

The panel will discuss:

- **Health care proxy and tips**
- **Importance of Advance Directives**
- **MOLST and POLST Orders**
- **Maintaining control at end of life**
- **EMT's obligations when 911 is called**
- **Emergency Room and Health Care decision making**

Registration, social distancing, and masks are required. Please contact Jennifer Knysh at (413) 854-9638 to reserve your seat.

Pilates for Osteoporosis Prevention with Kathi Casey Tuesdays at 9:45 am

is being held on zoom only at this time. If you are interested in attending; please call the senior center for zoom information and to register for the class— 528-1881

SELF DEFENSE CLASS

Where: Kilpatrick Center at Simon's Rock

When: Sept 11th & Oct 2nd

Times: 9 am to 11 am

Fee: The training is FREE!



Join them for a fun filled packed couple of hours learning self-defense.

If interested: call 413-528-7680

Sign up by Sept 1st for the class on Sept 11th class and Sept 30th for the October 2nd class.

Art Classes :



By Margaret Buchte

- **Margaret Buchte's Art Class Thu at 12:15 pm**

Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them.

- **Drawing/Painting w Eunice Agar on Wed at 10:00 am**

Come and join Eunice as she teaches drawing and painting. \$ 5 / class



By Eunice Agar

- **Decorative Painting w Liz Macchi ~returning Sept 8th 2 pm-4 pm \$ 5 / class plus supplies.**
- **Vera's Painting Class on Thursdays at 10:30 am**
- **All levels are welcome to join these groups!**

NEWS AND VIEWS RETURNS

After a brief Covid hiatus, *News and Views* has returned. Our discussions will, once again, try to explain and to understand what is going on in our crazy world of today. What are our thoughts on this? Your opinion does matter. As always, David Rutstein will be our moderator to place a historic context into our discussions.

We will meet every Thursday starting on September 2 in the Claire Teague Senior Center's library at 10:00 A.M.

At this time ~ all visitors whether vaccinated or not are required to wear masks indoors at the senior center.

Wednesday Breakfast For Lunch w Barbara Bailly



September 22nd 11:30 am

This takes the place of her regular monthly breakfast. Please call at least two days in advance for reservations at 528-1881

Are you signed up for yet?

Code Red

If you would like help signing up to receive Emergency Code Red messages from the town, please call us at (413)528-1881.

EXERCISE CLASSES :



- Pilates for Osteoporosis Prevention w Kathi Casey on TUESDAYS at 9:45 am is being held on zoom only at this time. If you are interested in attending; please call the senior center for

zoom information and to register for the class



- Strength Training w Christine Faber on TUESDAYS at 3:30 –4:30 pm \$3 per person per class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$3 per person per class

- Bridge TUESDAYS at 12:00 pm
- Pitch WEDNESDAYS at 12:00 pm

WE NEED BRIDGE & PITCH PLAYERS!!!!

Tap Classes \$ 5 /class

MONDAYS & FRIDAYS

* Join Carolyn Calandro 2:00 pm

~~Move and Groove~~ — \$ 3 /class



TUESDAYS & THURSDAYS

On hold for now

**For more information or to register for these classes,
please call us at 413-528-1881.**



BINGO

Bingo will be held
every Tuesday
12:30-2:00

Refreshments will be served.

FARMER'S MARKET

\$2/person

Need a Ride? 9:30-10:30 AM [Sept 18th](#)

The GB COA Transportation will be offering a group ride on the 3rd Saturday to the Great Barrington Farmer's Market on Church Street. Please call the Claire Teague Senior Center at (413) 528-1881 for more information or to reserve your ride.

Ron Terry's Tech Tips—

learn how to use: computers, i-pads, cell phones...he can even get you started on your genealogy ~



TUESDAYS

12:00-2:00 pm

By appointment only.

Berkshire South's Community
Meals are back on Mondays
Seating is from 5-6pm (inside and out).

If you see these folks out in the
community, wish them a....

Happy Birthday!

Sandy Van

Margaret Soule

Susan Pitman

Mary Mark

Rita Valliere

Norman Horowitz

Sam Roberts

Cathaleen Curtiss

Mark Bachman

Diane Guarnieri

Jeanette Bronstein

Ginny Dawson

Victoria Karpinski

Jennifer Messina

Linda Warner

Rowan Babb

Linda Traficante

Kathy Plungis

Margaret Buchte

Anne Stannard



Foot Nurse by
appointment only
On Monday, Sept 13th



[Parkinson's classes](#)

are coming to the Claire Teague
Senior Center in September.

Please call for more details if interested.
(413) 528-1881

BROWN BAG

Sept 8th





at the Claire Teague Senior Center.

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 2021

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

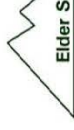
All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Sponsored in part by  GREYLOCK FEDERAL CREDIT UNION	1 Breaded Pollock 190 Buttered Noodles 8 Cauliflower w/pimento 17 Whole Wheat Bread 120 Mixed Fruit 10 Cal 599 Carb 87 Sod 470	2 LABOR DAY LUNCH Cheeseburger 401 German Potato Salad 180 Asparagus Cuts 4 Hamburger Bun 190 Chocolate Chip Cookie ** 100 Cal 883 Carb 94 Sod 1000	3 Chicken Picatta 262 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 591 Carb 85 Sod 669
6 LABOR DAY 	7 Music: John Kilner Beef Stroganoff 84 Buttered Noodles 8 Brussel Sprouts w.cheese 74 Dinner Roll 210 Fruit Cocktail 5 Cal 780 Carb 85 Sod 506	8 Western Theme Cookout Hamburgers, hot dogs, chips and ice cream cones. Cal 524 Carb 70 Sod 686	9 Oriental Pork Casserole 239 Steamed Rice 6 Peas and Carrots 69 Whole Wheat Bread 120 Applesauce 0 Cal 680 Carb 83 Sod 559	10 Swedish Meatballs 299 Mashed Potatoes 33 Mixed Vegetables 43 Rye Bread 150 Diced Peas 5 Cal 729 Carb 92 Sod 655
13 Roast Pork w/Gravy 119 Mashed Sweet Potatoes 36 Mixed Greens 149 Dinner Roll 210 Spiced Apples 11 Cal 676 Carb 90 Sod 775	14 Tortellini Primavera* 665 Broccoli 22 Harvard Beets 178 Whole Wheat Bread 120 Fresh Peach 0 Cal 663 Carb 108 Sod 965	15 GLOBAL TABLE Spanish Chicken Stew 238 Steamed Rice 6 Coleslaw 169 12 Grain Bread 200 Arroz con Leche ** 49 Cal 844 Carb 104 Sod 785	16 Sliced Turkey w/Gravy € 468 Mashed Potatoes 33 Cut Green Beans 2 Oat Nut Bread 150 Apricots 5 Cal 571 Carb 82 Sod 783	17 Stuffed Pepper Casserole 68 Italian Vegetables 40 Peas and Pearl Onions 43 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 549 Carb 72 Sod 401
20 Beef Stew 131 Mashed Potatoes 33 Zucchini & Squash 4 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 748 Carb 90 Sod 453	21 Chicken Puttanesca 331 Sliced Red Potatoes 4 Spinach 76 12 Grain Bread 200 Fresh Orange 0 Cal 557 Carb 77 Sod 736	22 Barbara Bailey's Breakfast for Lunch Cal 589 Carb 76 Sod 907	23 Turkey Sausage & Cheese Frittata O'Brien Potatoes 7 Mixed Vegetables 43 1/2 Grain Biscuit 220 Sliced Peaches 6 Cal 607 Carb 82 Sod 701	24 Baked Breaded Catfish 352 Au Gratin Potatoes 96 French Green Beans 3 Oat Nut Bread 150 Mandarin Oranges 7 Cal 620 Carb 79 Sod 733
27 Chicken Cordon Bleu 557 Garlic Mashed Potatoes 33 California Blend 17 Dinner Roll 210 Mixed Fruit 10 Cal 653 Carb 87 Sod 952	28 Beef & Broccoli 411 Steamed White Rice 6 Snap Peas 3 Whole Wheat Bread 120 Fresh Apple 2 Cal 694 Carb 85 Sod 667	29 Chicken Marsala 281 Boiled Red Potatoes 4 Spinach 76 12 Grain Bread 200 Applesauce 0 Cal 524 Carb 70 Sod 686	30 Mini Ravioli w/ Meat Sauce 429 Broccoli 22 Italian Green Beans 3 Italian Bread 230 Fresh Pear 2 Cal 683 Carb 101 Sod 811	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 sodi

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

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



Elder Services
of Berkshire County, Inc.

SEPTEMBER 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH- Breaded Pollock 12:00 Pitch	9:30 Move & Groove 2 10:30 Vera's Painting Class 11:30 LUNCH- Cheeseburger 12:15 Margaret Buchte's Art Class	3 9:00 Tai Chi 11:30 LUNCH-Chicken Picatta w/Gravy 2:00 TAP
6 LABOR DAY CLOSED TODAY	7 9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH –Beef Stroganoff 11:30 Join us for special lunch music by John Kilner 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	8 BROWN BAG 12:30-3:30 10:00 Drawing/Painting w Eunice Agar 11:30 Western Theme Cookout Hamburgers, Hotdogs, chips & ice cream cones 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	9 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Oriental Pork Casserole 12:15 Margaret Buchte's Art Class 1:00 Loss Group	10 9:00 Tai Chi 11:30 LUNCH- Swedish Meatballs 2:00 TAP
13 9:00 Foot Nurse by Appointment 11:30 LUNCH-Roast Pork and Gravy 2:00 TAP	14 9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH – Tortellini Primavera 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	15 10:00 Drawing/Painting w Eunice Agar 11:30- Spanish Chicken Stew 12:00 Pitch 1:00 Caregiver Support 2:00 Decorative Painting w Liz Macchi	16 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Sliced Turkey w Gravy 12:15 Margaret Buchte's Art Class	17 9:00 Tai Chi 11:30 LUNCH- Stuffed Pepper Casserole 2:00 TAP
20 11:30 LUNCH – Beef Stew 2:00 TAP	21 9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH – Chicken Puttanesca 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	22 10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH- Breakfast for Lunch w Barbara 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	23 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Turkey Sausage & Cheese Fritatta 12:15 Margaret Buchte's Art Class	24 9:00 Tai Chi 11:30 LUNCH- Baked Breaded Catfish 2:00 TAP
27 11:30 LUNCH – Chicken Cordon Bleu 2:00 TAP	28 9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH–Beef & Broccoli 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training	29 10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH- Chicken Marsala 12:00 Pitch 2:00 Decorative Painting w Liz Macchi	30 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH- Mini Ravioli w/ Meat Sauce 12:15 Margaret Buchte's Art Class	*** Move and Groove classes are delayed until further notice.

IN THE GARDEN WORD SEARCH PUZZLE



BEETS
BELL PEPPERS
BROCCOLI
BRUSSELS SPROUTS
CARROTS

CELERY
CILANTRO
CUCUMBER
EGGPLANT
GREEN BEANS

LETTUCE
ONION
PEAS
RADISHES
RUTABAGA

SWEET CORN
SWISS CHARD
TOMATOES
WATERMELON
ZUCCHINI