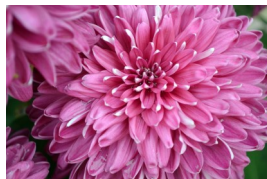


GRAPEVINE SEPTEMBER 2022



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

Join us as we celebrate our

“Seniors over 90”

Thursday, Sept 15th

11:00 am - 12:00 pm

Roast Turkey

Mashed Potatoes

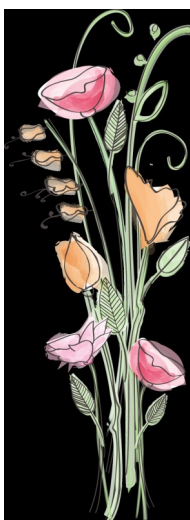
Vegetable and Stuffing

Dessert: Cake

~ Doug Schmolze will be playing tunes from the past.

All ages welcome (over 90 are free for this event) ~ 60 and Over \$3 ~ under 60—\$7.50.

Reservation are required—
Please call us at 413-528-1881.



Closed on Sept 5th in observance of

LABOR DAY

Laurel Lake Luncheon

Wednesday, Sept 14th

11:30 am (FREE)

Menu: Lasagna

Garlic Bread

Salad

Dessert

Please call to make a reservation
at 413-528-1881

Barbara's Breakfast for Lunch

Join us for a delicious “brunch lunch”

on **Wed., Sept. 21st**

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

Please call 413-528-1881

for reservations.



End of Summer Cookout

Thursday, Sept 29th

11:30 am

Hamburgers, hot dogs, salad, baked beans and dessert.

Reservation are required—\$ 3 / person
Please call us 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: Tue; Sept. 20th

Time: 11:30 –12:30 am Call 528-1881 to make your reservation.

Vacc./Booster/Covid Testing

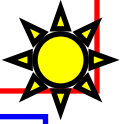


For info:
Call (855) 262-5465
or
CHP (413) 528-0457



MGM Grand Casino Trip

October trip (date to be determined)
~ Limited seating—12 seat capacity. If
interested in going,
please call 413-528-1881.



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.



WORLD WAR II: TO REMEMBER BY FILMS

SESSION 2. (**BEGINS** Sept. 8)

Thursdays from 9:30 to 11:30 AM

A once-a-week film showing with discussion to be hosted by David Rutstein at the Claire Teague Senior Center in September and October.

- Sept. 8: *The Secret Diary of the Holocaust*, an alternative to the Anne Frank story Katyn Forest, massacre of Polish officers and intellectuals by the Soviet Union, 1942
- Sept. 15: *Sahara*, an excellent war movie as to why we had to fight Fascism, starring Humphrey Bogart
- Sept. 22: *Casablanca*, plight of desperate Europeans waiting to leave Casablanca before we entered this war
- Sept. 29: *The Story of G.I. Joe*, a human reflection of the American infantryman as told by journalist Ernie Pyle
- October 3: A discussion on the end and meaning of WW II and the affect this had on all of us, even today.



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.
(More info to come.)

Caregivers Support Group

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

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

SENIOR MOMENTS:

- The only thing you do spontaneously any more is sneeze.

- Happy Hour is a nap!



- 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.



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 ~ call for updated times.
 - **Vera's Painting Class on Thursdays at 10:30 am**
 - All levels are welcome to join these groups!



By Eunice Agar

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

Margaret Soule	Hildegard Borsody
Susan Pitman	Ernest Helmke
Mary Mark	Linda Warner
Ron Terry	Rowan Babb
Rita Valliere	Linda Traficante
Florence Sigsworth	Maryanne Macy
Norman Horowitz	Kathy Plungis
Diane Guarnieri	Margaret Buchte
Ginny Dawson	David Reichman
Victoria Karpinski	Cathaleen Curtiss
Jerome Thorson	Mary Saporito



**Foot Nurse by appointment only
On Monday, September 12th**

Grief Support

Friday, Sept 2nd & 16th
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
Sept 14th 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 THURSDAYS at 12 pm \$ 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

With Crystal Sheehan

THURSDAYS

at 12 pm \$ 2 /class





Join us on **Tuesday, Sept 20th**

11 am to 12:30 pm

At the Claire Teague Senior Center

A representative from the Massachusetts Equipment Distribution Program or more commonly referred to as MassEDP will be on site with a display of assistive equipment. The program provides adaptive telephone equipment to people who have difficulty using a landline or wireless telephone due to issues such as hearing loss or vision loss. The telephone's that are part of the program can assist with providing a more clear, independent phone communication and the ability to contact 9-1-1 in the event of an emergency.

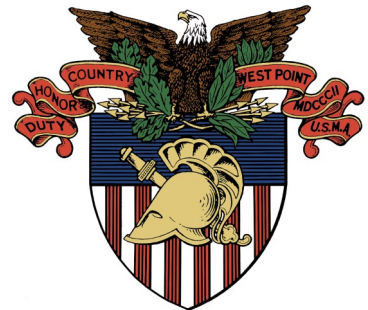
The specialized telephone equipment is offered to people with a permanent disability for little or no cost, depending on income level. We look forward to sharing more information about the application process in order to receive telephone equipment through MassEDP.

Stockbridge Senior Center TRIP West Point Tour

\$ 103 *includes
gratuity for driver

Tuesday, October 25, 2022

Coach bus departs from
Stockbridge Town Offices
50 Main St Stockbridge MA



Tour includes:

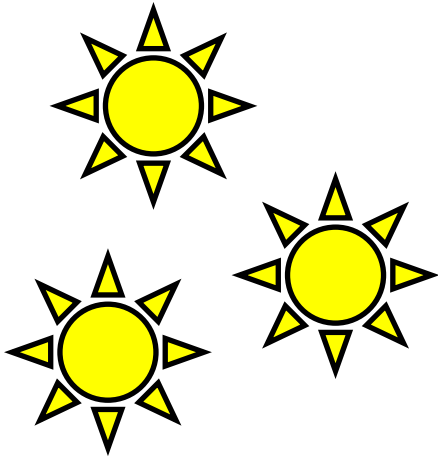
- Round trip transportation via Yankee trails
- Visit to the Purple Heart Hall of Honor
- Buffet Style Luncheon at the Hotel Thayer
- 90 minute guided tour of West Point

1 pm Luncheon

3 pm Tour—following lunch a guide w West Point Tours will board the bus and take you on a 90 min tour of West Point

5 pm Group will depart for home w an approximate arrival time of 7:30 pm

**For reservations or questions, contact Nancy Wilcox,
nwilcox@stockbridge-ma.gov or call 413-298-4603.



Craft and Vintage Fair

Saturday, October 15th

Looking for craft and vintage vendors—

Tables \$15 ~ Also looking for
volunteers to donate baked goods.

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

SEPTEMBER 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>Craft & Vintage Fair</h1> <div>Coming SATURDAY: OCT 15th</div>				
5 CLOSED IN OBSERVANCE OF 	9:30 Move & Groove 11:30 LUNCH- Beef Stroganoff 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	7 10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH-Chicken Breast 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	8 9:30 Move & Groove 9:30 WW II: movie Secret Diary of the Holocaust 10:30 Vera's Painting Class 11:30 LUNCH- Oriental Pork Casserole 12:00 Gentle Chair Yoga w Crystal	9 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH-Swedish Meatballs 1:00 TAP Beginner 2:00 TAP inter /advanced
12 Foot Nurse 11:30 LUNCH-Roast Pork w Gravy 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 Tortellini Primavera 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	14 BROWN BAG 10:00 Drawing/Painting w Eunice Agar 11:30- Laurel Lake Luncheon 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz Macchi	15 9:30 Move & Groove 9:30 WW II: movie Sahara 10:30 Vera's Painting Class 11:30 Seniors Over 90 Luncheon 12:00 Gentle Chair Yoga w Crystal 1:00 i-Phone -by appt.	16 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH Stuffed Pepper Casserole 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter /advanced
19 11:30 LUNCH-Beef Stew 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:00 MassEDP: Assistive Equipment Rep present 11:30 Geer Village free box lunch & Balance class after lunch 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	21 10:00 Drawing/Painting w Eunice Agar 11:30 Barbara B's Breakfast for Lunch 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	22 9:30 Move & Groove 9:30 WW II: movie Casablanca 10:30 Vera's Painting Class 11:30 LUNCH-Turkey Sausage 12:00 Gentle Chair Yoga w Crystal	23 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Baked Breaded Pollock 1:00 TAP Beginner 2:00 TAP inter /advanced
26 11:30 LUNCH-Chicken Cordon Bleu 2:00 TAP Mixed-Beginner and Intermediate	9:30 Move & Groove 11:30 Lunch- Beef and Broccoli 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	28 10:00 Drawing/Painting w Eunice Agar 11:30 Chicken Marsala 12:00 Pitch 1:15 COA Board Meeting 3:00 Decorative Painting w/ Liz Macchi	29 9:30 Move & Groove 9:30 WW II: movie The Story of G.I. Joe 10:30 Vera's Painting Class 11:30 LUNCH-COOKOUT 12:00 Gentle Chair Yoga w Crystal	30 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Chicken Breast w Gravy 1:00 TAP Beginner 2:00 TAP inter /advanced

Elder Services of Berkshire County - Nutrition Program

SEPTEMBER 2022

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
HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201		Ingredients purchased from: 	1 LABOR DAY LUNCH Cheeseburger 401 German Potato Salad 180 Fiesta Corn 11 Hamburger Bun 190 Chocolate Chip Cookie ** 100 Cal 968 Carb 105 Sod 1007	2 Chicken Picatta 262 Mashed Potatoes 33 Sliced Carrots 43 12 Grain Bread 200 Sliced Peaches 6 Cal 591 Carb 85 Sod 669
5 LABOR DAY 	6 Beef Stroganoff 88 Buttered Noodles 8 Brussel Sprouts w.cheese 74 Dinner Roll 210 Fruit Cocktail 5 Cal 790 Carb 87 Sod 510	7 Chicken Breast 220 3 Bean Salad 199 Cold Spiced Beets 179 Hamburger Bun 190 Fresh Apple 2 Cal 596 Carb 87 Sod 915	8 Oriental Pork Casserole 230 Steamed Rice 6 Peas and Carrots 69 Whole Wheat Bread 120 Applesauce 0 Cal 630 Carb 83 Sod 550	9 Swedish Meatballs 299 Mashed Potatoes 33 Mixed Vegetables 43 Rye Bread 230 Diced Pears 5 Cal 749 Carb 96 Sod 735
12 Berkshire Grown Roast Pork w/Gravy 119 Mashed Sweet Potatoes 36 Mixed Greens 149 Dinner Roll 210 Spiced Apples 11 Cal 676 Carb 90 Sod 650	13 Tortellini Primavera* 521 Broccoli 22 Harvard Beets 178 Whole Wheat Bread 120 Fresh Peach 0 Cal 663 Carb 108 Sod 966	14 Laurel Lake Luncheon Lasagna, Garlic Bread, Salad & Dessert Free lunch~~ Reservation required call 528-1881	15 Sliced Turkey w/Gravy 468 Mashed Potatoes 33 Cut Green Beans 2 Oat Nut Bread 150 Apricots 5 Cal 571 Carb 82 Sod 783	16 Stuffed Pepper Casserole 68 Italian Vegetables 40 Summer Squash 0 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 500 Carb 62 Sod 358
19 Beef Stew 131 Mashed Potatoes 33 Zucchini & Squash 4 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 748 Carb 90 Sod 453	20 <u>Geer Village</u> Free Box Lunch w Balance Class Afterwards	21 Barbara B's Breakfast for Lunch	22 Turkey Sausage & Cheese Taco 410 O'Brien Potatoes 7 Mixed Vegetables 43 1/2 Grain Biscuit 220 Sliced Peaches 6 Cal 677 Carb 95 Sod 811	23 Baked Breaded Pollock 352 Au Gratin Potatoes 96 French Green Beans 3 Oat Nut Bread 150 Mandarin Oranges 7 Cal 620 Carb 79 Sod 733
26 Chicken Cordon Bleu 557 Garlic Mashed Potatoes 33 California Blend 17 Dinner Roll 210 Mixed Fruit 10 Cal 653 Carb 87 Sod 952	27 Beef & Broccoli 411 Steamed White Rice 6 Snap Peas 3 Whole Wheat Bread 120 Fresh Apple 2 Cal 694 Carb 85 Sod 667	28 Chicken Marsala 281 Boiled Red Potatoes 4 Spinach 76 12 Grain Bread 200 Applesauce 0 Cal 524 Carb 70 Sod 686	29 <u>End of Summer</u> Cookout Hamburgers, hot dogs, salad, baked beans and dessert	30 Chicken Breast w/Gravy 227 Mashed Potatoes 33 Lyonnaise Carrots 74 Whole Wheat Bread 120 Sliced Peaches 6 Cal 579 Carb 80 Sod 585

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.

WORLD CITIES WORD SEARCH PUZZLE



AMSTERDAM
BRUSSELS
BUENOS AIRES
COPENHAGEN
HAMBURG

HELSINKI
HONG KONG
ISTANBUL
JAKARTA
LIVERPOOL

MADRID
MELBOURNE
MONTREAL
NAIROBI
NEW DELHI

SANTIAGO
SAO PAULO
SINGAPORE
STOCKHOLM
TEL AVIV