



GRAPEVINE SEPTEMBER 2020

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) 528-4773

www.townofgb.org

We are keeping busy here at the Claire Teague Senior Center with daily meal distributions, baked good donations, outside Bingo, discussion groups and small gatherings in our outside picnic area.

I would like to invite anyone that is in need of just getting out and visiting with a small group, that we'll call the "**Coffee Klatch**" to join us. While the weather is in our favor, the meetings will be held under the shade of the large oak trees in our picnic area. Please call the senior center if you are interested in joining or leading one of these groups.

As things unfold we will keep you posted on any changes about senior center programs.

The senior center remains open by appointment only, but we are here for you, so please do not hesitate to call.

Bingo Players!!



Bingo—Every Tuesday in September ~ **12:30-1:30**. Bingo will be held in the back parking lot picnic area of the Senior Center. **Only two players per 8 foot picnic table.** **Masks required and rain cancels the game.** There is no cost to play—winner receives a chocolate bar. Please RSVP to reserve your seat. (413) 528-1881

VOTING INFORMATION

November election:

Early Vote In Person at the Town Hall

10/17 to 10/30 , 8:30-4:00

- Need to be registered to vote by **10/24**
- Vote By Mail Applications (early vote by mail)
- due back no later than **10/28** at 5:00 pm
- Call the Town Clerk at 528-1619 x 3 for more detailed information

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Happy Birthday!

Susan P
Mary M
Rita V
Norma H

Mark B
Barbara H
Carol S
Ginny D

Kathy P
Margaret B
Anne S
Nellie H

Victoria K
Linda W
Rowan B
Linda T

What is SHINE counseling?

If you have questions about your health insurance, whether it is about your prescription coverage, supplemental insurance, changing plans, Mass Health and other entitlements we are here to help you find your way around the maze of Medicare and its options.

The appointments will mainly be by phone, some may require a one on one meeting to be decided by the SHINE counselor.

For more information call 528-1881



Free Pet Food while supplies last

The Humane Society of the United States has

donated some pet food to the Claire Teague Senior Center to be distributed as needed. If you are interested in this program please call 528-1881. This is a first come first serve basis with priority given to seniors with pets.

It is important to have a plan in place for your pet in the event you cannot care for them, if you have questions about what is available in our area contact your veterinarian or Berkshire Humane society at (413) 447-7878.



Dee's Moves & Grooves 2 Chair Exercise Class

is back in a limited

capacity. Social distancing will only allow for 10 people to participate at a time; so we are offering it two days a week on:

**Wednesdays and Fridays 9:30-10:15
starting Wednesday September 2nd**

All safety precautions will be in place, the setting is outside in our picnic area and chairs will be provided. The lawn may be a bit wet so wear appropriate shoes.

To access the back parking area, park in the front lot and walk around the building. The back parking area is reserved for handicapped parking for these events. Please call to reserve your seat at 528-1881. The cost for this class is \$3.00 per person.



[Retired Senior Volunteer Program](#) based out of Pittsfield is offering many volunteer opportunities, such as:

- Drivers (high need in South County)
- Tree watchers/pruners
- Pittsfield rain garden angels
- Book sorters
- Ventfort Hall—Exhibit Monitor
- Hancock Shaker Village-Greeters and Garden Support

If interested, call **413-499-9345**

***Foot Nurse by appointment only –
On Monday, Sept 14 this month***

Be assured that steps have been taken to comply with state mandatory safety standards:

- Workers wear face coverings and social distancing in place
- Hand washing capabilities available and sanitizing high-touch areas
- Staff (Foot Nurse) have received training regarding social distancing and hygiene protocols
- Have established thorough cleaning and disinfecting protocols.

FLU CLINIC

Fri., Sept 25th

10 am until 1 pm

- Please bring your Medicare card
- You must wear a mask
- Your temperature will be taken - immunization should be deferred if you are sick or have a fever



BROWN BAG

Wednesday, Sept 9th

12:30-2:30 pm

Pick up @ Claire Teague Senior Center

Blood Pressure Clinic

The VNA will be on site at the Claire Teague Senior Center on

Tuesday, September 15th

10 am to 11 am

in the back picnic area. The clinic will be inside if there is inclement weather.

Music on the Lawn

Thursday, September 17th

12:00-1:00



Featured musician –our very own Dee Foster!!! It is best to bring your own chair but we will provide one if needed. Light refreshments will be served, all safety precautions will be in place. Space is limited so call 528-1881 to reserve your seat.

Elder Services of Berkshire County - Nutrition Program

SENIORS 80 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

SEPTEMBER 2020

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  Cheese Lasagna w/ Marinara 451 Mixed Greens 149 Italian Bread 230 Fruit Crisp 11 Calories: 667 Sodium: 966	2 Beef Stroganoff 83 Mashed Potatoes 39 Mixed Vegetables 133 100% Whole Wheat Bread 120 Sliced Peaches 6 Calories: 882 Sodium 506	3 Labor Day Picnic Cheeseburger* 401 German Potato Salad 257 Asparagus Cut & Tips 4 Hamburg Roll 190 Watermelon 1 Calories: 737 Sodium: 978	4 Chicken Piccata 362 Mashed Potatoes 39 Peas and Carrots 69 Oat Nut Bread 150 Butterscotch pudding** 240 Calories: 710 Sodium: 985	
7 LABOR DAY CLOSED	8 Teriyaki Beef w/ Broccoli 406 Brown Rice 5 Oriental Mixed Vegetables 25 12 Grain Bread 200 Applesauce 0 Calories: 670 Sodium: 761	9 Sliced Turkey w/ Gravy 465 Mashed Potatoes 39 Green Beans 2 Dinner Roll 210 Fruit Cocktail 5 Calories: 561 Sodium: 846	10 Orange Chicken 326 Buttered Noodles 8 Broccoli Florets 22 Rye Bread 150 Diced Pears 10 Calories: 568 Sodium: 641	11 Baked Breaded Pollock 190 Rice Pilaf 11 Spinach 76 100% Whole Wheat Bread 120 Fresh Orange 0 Calories: 550 Sodium: 522
14 Beef Burgundy 59 Mashed Potatoes 39 French Cut Green Beans 3 Oat Nut Bread 150 Tropical Fruit Salad 10 Calories: 747 Sodium: 386	15 Chicken Almondine 333 Au gratin Potato 93 Asparagus Cuts 3 100% Whole Wheat 120 Sliced Peaches 6 Calories: 536 Sodium: 680	16 Ravioli w/ Marinara Sauce 253 Winter Blend Vegetables 10 Peas 58 Italian Bread 230 Banana 1 Calories: 522 Sodium: 677	17 Oriental Pork Casserole 322 Orzo w/ Tarragon & Peas 9 Brussel Sprouts 5 12 Grain Bread 200 Applesauce 0 Calories: 636 Sodium 661	18 Global Table Apricot Pineapple Chicken 498 Sweet & Spicy Rice 6 Oriental Mixed Vegetable 25 Oat Nut Bread 150 Mixed Fruit 10 Calories: 624 Sodium: 814
21 Stuffed Chicken with Broccoli & Cheese & Gravy 417 Capri Blend Vegetables 15 O'Brien Potatoes 7 Dinner Roll 210 Mandarin Oranges 7 Calories: 682 Sodium: 781	22 Macaroni & Cheese* 627 Stewed Tomatoes 101 Italian Beans 3 100% Whole Wheat Bread 120 Fresh Apple 2 Calories: 601 Sodium: 978	23 Chicken Puttanesca 479 Boiled Gold Potatoes 4 Lyonais Carrots 74 Oat Nut Bread 150 Fruited Jell-O 89 Calories: 628 Sodium: 921	24 Swedish Meatballs 301 Buttered Egg Noodles 11 Cauliflower w/Pimento 17 100% Whole Wheat Bread 120 Sliced Pears 5 Calories: 696 Sodium: 579	25 Pork Roast w/ Gravy 126 Sweet Potatoes 36 Steamed Cabbage 13 Dinner Roll 210 Applesauce 0 Calories: 774 Sodium: 510
28 Vegetable Pinwheels 470 w/ Marinara Sauce 51 Tuscan Blend Vegetables 35 Fruit Crisp 11 Calories: 559 Sodium: 692	29 BBQ Chicken Breast* 561 Mashed Potatoes 39 Peas and Mushrooms 65 Oat Nut Bread 150 Blueberry Yogurt** 75 Calories: 724 Sodium: 1015	30 Stuffed Peppers 68 Broccoli Florets 22 Sliced Beets 26 12 Grain Bread 200 Fresh Pear 2 Calories: 607 Sodium: 443	Sponsored in part by: 	

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.



Elder Services
 of Berkshire County, Inc.

Great American Writers



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HATTON
HICKOK
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KNEBEL
LAFFAN
LAWSON

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MARDEN
MEDILL
MILLER
MILLIS
NELSON
NEWELL
PEGLER
REDMAN
RESTON

SOBOL
STONE
STOWE
SWING
SWOPE
TIEDE
TOWEL
TWAIN
UPTON
UTLEY