Disability Placards and Plates
Also Real ID facts
Thursday August 25th
10:30-11:30 am

Registry of Motor Vehicles’ Community Outreach Coordinator, Michele Ellick will be presenting a workshop on Disability Placards & Plates. This workshop will explain how to obtain information on obtaining a placard or plate and the laws governing it. In addition, Michele will provide info on new federal and state requirements concerning drivers’ licenses, ID and renewals.
Please RSVP by calling 528-1881 ~ Walk ins are welcome as well.

Barbara’s Breakfast for Lunch
Join us for a delicious “brunch lunch” on Wed., August 17th
@ 11:30 am ~ $2.00 / person.
Please call 413-528-1881 for reservations.

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Special Event in honor of Marion Smith
who shared her gift of music through the accordion and piano throughout the accordion and piano community.
Author/musician, Angelo Paul Ramunini will be on site Friday August 19th at 11:45-12:45.
Don’t miss this opportunity to listen to him perform his beautiful accordion music and inspire us with his stories.
Paul is the Director of the New England Accordion Museum in Canaan Connecticut as well as the author of the “Accordion Stories from the Heart” which is available at the senior center.

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Geer Village:
Sponsoring FREE Box Lunch
followed by a 30 min Balance Class
Where: Claire Teague Senior Center
When: Tue; August 23rd
Time: 11:30 –12:30 am Call 528-1881 to make your reservation.
Knowing the Rules is Everything!
Elder Law Attorney, Paula Almgren
will be on site at the senior center on
Friday, August 5th at 10:00 am

Join Attorney Paula Almgren as she discusses
the essential estate planning documents
everyone needs and the rules regarding
community based and nursing home Medicaid,
attaining cash and health care benefits from the
VA. Paula has an office in Lenox, MA. She is
past President of the National Academy of
Elder Law Attorneys (Mass Chapter) and has a
team that consists of attorneys, a nurse / care
coordinator, VA and public benefit coordinators
who work together to support and
advocate for their clients.

BROWN BAG on August 10th
At the Claire Teague Senior Center.

The Second Session of World War II:
To Be Remembered for August has
been postponed due to a scheduling
conflict. This Session will begin on
Thursday, September 8th
9:30-11:30 AM
And will consist of documentaries,
movies, and end with discussion
related to what we just watched.

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
Art Classes:
- Drawing/Painting w Eunice Agar
  CLASS IS TAKING A BREAK FOR THE MONTHS OF JULY AND AUGUST
- 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!

Ron Terry's Tech Tips
Tuesdays 12-2 pm
Get individual help with smart phones, laptops, email, networks, wifi, internet access/navigation and other tech issues.

Big thank you to our great drivers:
Pat Larkin, Marilyn Fracasso, David Reichmann and Alan Soto

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. @ 12:30 pm ~refreshments included

Octoberfest Trip is coming
Wed., Oct 12th at the Log Cabin in Holyoke $59 per person
Please RSVP no later than Sept 15th ~ Seats are limited.
Flyer with more info will be coming.

Senior Moments:
Your short term memory has been replaced by pad & pencil; but you can’t remember where you put the pad.

Your train of thought stops at every station.

Do you own an i-phone?
Are you still trying to figure out how to use it?
Doug Wilber is an i-phone wiz!

Doug will be here the third Thursday 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.

By Eunice Agar
**Grief Support**

Friday, August 5th & 19th at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet will now be facilitating a 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

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**Foot Nurse by appointment only**

**On Monday, August 8th**

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**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 w Aleta on FRIDAYS at 10 am $3/class

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

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**TAP CLASSES:**

Classes are $5

Mondays:
2:00 to 3:00 MIXED - beginner and intermediate

Fridays:
1:00 to 2:00 Beginner
2:00 to 3:00 for intermediate/advanced
MASS. Residents Advised to Protect Public Benefits from Scams

BOSTON – Today the Department of Transitional Assistance (DTA) issued additional warnings to residents of skimming scams that have impacted some DTA clients. The agency and its investigations team became aware of banks and retailers who appear to have had their ATMs and card processing terminals compromised. These scams are aimed at obtaining credit, debit and Electronic Benefit Transfer (EBT) card information and Personal Identification Numbers (PINs). Skimming is the use of an electronic device to steal card information from a card reader and create a fake card, known as cloning, to steal money or benefits.

As a precaution, DTA strongly recommends that clients change the PIN on their EBT cards at this time and before each scheduled benefit issuance date. Clients do not need to receive a new card to safely access their benefits. The Department has taken several preemptive steps to help protect clients’ benefits, including sending out multiple targeted text messages and creating a notice to inform clients and encourage them to re-PIN their card. The agency also created a webpage on Skimming and how to protect benefits.

Clients who receive TAFDC or EAEDC cash benefits can have their benefits sent to a checking or savings account through direct deposit. Direct deposit is a safe and reliable method to receive benefits and protect against fraud. Residents can contact their case manager if they have a bank account and want to set up direct deposit. There have also been reports of a phishing scam where individuals are receiving scam text messages that their Pandemic EBT (P-EBT) benefits have been blocked. The message directs individuals to call a number where they are asked to provide their P-EBT card number. This message is not from DTA. DTA only sends text messages from 382-674 and would only direct clients to call the Assistance Line (877-382-2363) or EBT Customer Service Line (800-997-2555).

People should never provide their personal information or EBT/P-EBT card number over the phone to unidentified callers. If any DTA client believes they may have fallen victim to a skimming or phishing scam, they are encouraged to report it to DTA’s fraud hotline at 1-800-372-8399.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td><strong>11:30 LUNCH-Cheese Burger</strong></td>
<td><strong>11:30 Move &amp; Groove</strong></td>
<td><strong>11:30 LUNCH-Turkey Tetrazzini</strong></td>
<td><strong>9:30 Move &amp; Groove</strong></td>
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<td><strong>12:00 Tech Tips w Ron</strong></td>
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<td><strong>3:00 Decorative Painting w/ Liz Macchi</strong></td>
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<td><strong>11:30 LUNCH- Pork Roast w Gravy</strong></td>
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<td><strong>11:30 LUNCH-Cauliflower Curry</strong></td>
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<td>Sliced Red Potatoes</td>
<td>Cauliflower</td>
<td>Broccoli Florets</td>
<td>Gold Potatoes</td>
<td>Mashed Potatoes</td>
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<td>Asparagus Cuts</td>
<td>Sliced Beets</td>
<td>Carrot Coins</td>
<td>Spinach</td>
<td>Mixed Vegetables</td>
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<tr>
<td>Hamburger Bun</td>
<td>Italian Bread</td>
<td>Oat Nut Bread</td>
<td>Whole Wheat Bread</td>
<td>Dinner Roll</td>
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<td>Applesauce</td>
<td>Fresh Peach</td>
<td>Sliced Pears</td>
<td>Mangoes</td>
<td>Sliced Peaches</td>
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</tbody>
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| Cal 668 Car 68 Sod 724 | Cal 673 Car 71 Sod 643 | Cal 817 Car 119 Sod 507 | Cal 506 Car 68 Sod 690 | Cal 770 Car 97 Sod 803 |

| 8 Cauliflower Curry    | 9 Chicken Fajita       | 10 Meatballs & Penne    | 11 Pork Roast w/gravy  | 12 Cold Salmon Filet  |
| Minted Green Beans     | Black Beans and Rice   | w/Marinara sauce        | Mashed Sweet Potatoes  | Pineapple Mango Salsa |
| Carrots                | Corn W/pimentos       | Broccoli & Cauliflower  | Brussel Sprouts w/cheese | Coleslaw             |
| Oat Nut Bread          | Flour Tortilla        | Italian Bread           | 12 grain bread         | Chic Pea & Tomatoes  |
| Banana                 | Snack Loaf            | Fruit Cocktail          | 13 grain bread         | Whole Wheat Bread    |

| Cal 607 Car 89 Sod 445 | Cal 835 Car 104 Sod 970 | Cal 660 Car 93 Sod 689 | Cal 668 Car 82 Sod 548 | Cal 792 Car 83 Sod 767 |

| 15 Berkshire Grown Beef Stroganoff | 16 Tuna Nicoise salad | 17 Barbara B's Breakfast for Lunch | 18 GLOBAL TABLE | 19 Low Sod Hot Dog * |
| Buttered Noodles        | Cucumbers             | Southwestern Salad      | Southwestern Salad   | Sauerkraut           |
| Broccoli Florets        | Hard boiled egg       | Corn, Pepper & Onions   | Blackbeans & Tomato  | Vegetarian Baked Beans |
| 12 Grain Bread          | Oat Nut Bread         | Dinner Roll             | Dinner Roll          | Hot Dog Bun          |
| Diced Pears             | Mandarin Oranges      | Applesauce              | Applesauce           | Fruit Cocktail       |

| Cal 777 Car 83 Sod 455 | Cal 658 Car 67 Sod 764 | Cal 660 Car 93 Sod 689 | Cal 554 Car 57 Sod 662 | Cal 691 Car 75 Sod 1123 |

| 22 Turkey & Gravy       | 23 Geer Village       | 24 Beef Stew             | 25 Beef w/Pepper & Onion | 26 Meatloaf w/ gravy  |
| Mashed Sweet Potatoes  | Free Box Lunch        | Boiled Potatoes          | Buttered Egg Noodles    | Mashed Potatoes      |
| California Blend       | w/Balance Class       | Steamed Cabbage          | Peas and Carrots        | Capri Blend Vegetables |
| Dinner Roll            | Afterwards            | 12 Grain Bread           | Oat Nut Bread           | Whole Wheat Bread    |
| Blueberry Yogurt **    |                      | Sliced Pears             | Fresh Orange            | Diced Mangoes        |

| Cal 408 Car 75 Sod 800 | Cal 700 Car 80 Sod 419 | Cal 740 Car 110 Sod 825 | Cal 556 Car 81 Sod 553 | Cal 535 Carb 81 Sod 651 |

Barbara B's Breakfast for Lunch

Ingredients purchased from:

**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.

**HOT LINE**
If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201
BASEBALL TEAMS WORD SEARCH PUZZLE

ASTROS
ATHLETICS
BLUE JAYS
BRAVES
BREWERS
CARDINALS
DIAMONDBACKS
DODGERS
GIANTS
INDIANS
MARINERS
MARLINS
PADRES
PHILLIES
PIRATES
RANGERS
ROCKIES
ROYALS
WHITE SOX
YANKEES

www.WordSearchAddict.com