A very special thank you to the Egremont Garden Club for the flower arrangements for our Meals on Wheels seniors.

Bob Avery’s Spaghetti & Meatballs
Join us on Wednesday, August 23rd at 11:30 am
Spaghetti and Meatballs
Salad and dessert
$3.00 / person
Please call 413-528-1881 by Monday, August 21st to make your reservation.

Barbara’s Breakfast for Lunch
Join us for a lunch on Wed., August 16 at 11:30 am ~ $3.00 / person
Please call 413-528-1881 for reservations at least 24 hrs in advance.

We are excited to welcome Thomas Beasley, the new District Director of Southern Berkshire Department of Veteran Services
Beginning on August 3rd at 11:30 am

Tom will be joining us on the 1st and 3rd Thursdays to have lunch with our veterans and their spouses (their will be no lunch fee for them on these days). You need to call to make your lunch reservations at least 24 hrs in advance at 413-528-1881.

Join us for a free lunch provided by The Landing
Menu: Broccoli cheddar quiche with roasted potatoes
Wednesday, Aug 30th at 11:30 am
Call to make your reservation: 413-528-1881

INSIDE THIS ISSUE... Events/Exercise Pages 1-5
Birthdays Page 5
Calendar Page 6
Menu Page 7
Word Search Page 8
**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 group for August will be held on Aug 14th**

**Monday - at 3:00 pm**

For more information please call Cara at (413)717-2824

---

**JOIN US : Mahjong**

- New Table
- New Tiles
- New Cards

Thursdays at 9 am

Beginners are welcome.

If you want to join – Call 528-1881 or email: [jpeters@townofgb.org](mailto:jpeters@townofgb.org).

We will have 2 sets of tiles so we can have 2 games going if need be.

---

**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.

---

**JOIN US ON**

**Wednesday**

**August 9th**

**At 12:30 pm**

**Popcorn and Beverages provided**

Sign up by calling (413) 528-1881 or emailing plarkin@townofgb.org

---

**Alzheimer Support Group**

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? 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
• 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.

<table>
<thead>
<tr>
<th>5</th>
<th>3</th>
<th>4</th>
<th></th>
<th>9</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>2</td>
<td>4</td>
<td>8</td>
<td>5</td>
</tr>
<tr>
<td>6</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>9</td>
<td>7</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>1</td>
<td>4</td>
<td>7</td>
<td>6</td>
<td>9</td>
</tr>
<tr>
<td>7</td>
<td>9</td>
<td>7</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

Sudoku rules for beginners:
1. Only use the numbers 1 to 9,
2. Avoid trying to guess the solution to the puzzle,
3. Only use each number once in each row, column, & grid,
4. Use the process of elimination as a tactic, Use cross-hatching and penciling in techniques.

---

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

---

**Foot Nurse by appointment only**
**On Monday, Aug. 14th**

---

**Foot Nurse by appointment only**

---

**WELLNESS SESSION**
**Will not be here**
**for August** but will return on September 21st 10-11:00 am
• Blood Pressure
• Wellness Handouts
917 Main Street, Great Barrington
Art Classes:
- Drawing/Painting w Eunice Agar: on break and will return in Sept.
- 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!

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

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 filing 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.

For more information or to volunteer go to: HTTPS://MATAXAIDE.ORG
Or call 413-446-7483 for Berkshire County information.
**EXERCISE CLASSES:**

- Sage Moves w/ Senta on Mondays at 10 am $ 3/class **(no class Aug 7 & 14)**
- 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 )

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>1 pm—2 pm</td>
<td>Beginners or people with some experience</td>
</tr>
<tr>
<td>Mondays</td>
<td>2 pm—3 pm</td>
<td>Intermediate</td>
</tr>
<tr>
<td>Fridays</td>
<td>1 pm—2 pm</td>
<td>Beginners or people with some experience</td>
</tr>
<tr>
<td>Fridays</td>
<td>2 pm—3 pm</td>
<td>Intermediate</td>
</tr>
</tbody>
</table>

---

**Grief Support**

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.

---

**BROWN BAG** is Aug 9th at the Claire Teague Senior Center.

---

The COA Board will meet on Wednesday, August 30th at 1:15 pm.

---

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

Donna MacDowell  Doris Race
Ed Kay          Ruth Champigny
Amelia Sydlosky Bette Ann Stalker
Claire O’Toole  Martha Roarbagh
Kathleen Purcell Stephen Matava
Sandra Sokul    Mary Machia
Barbara Syer    Marge Gillette
Sharon Rosenberg Gloria Casey
Chuck Hamilton  Barbara Touhey
Larry Zingale   Bob Lagowski
Marie Kirchner  Marge Gillette
Gloria Casey
Barbara Touhey
Bob Lagowski
Marie Kirchner

---

Doris Race
Ruth Champigny
Bette Ann Stalker
Martha Roarbagh
Stephen Matava
Mary Machia
Marge Gillette
Gloria Casey
Barbara Touhey
Bob Lagowski
Marie Kirchner

---

BROWN BAG is Aug 9th at the Claire Teague Senior Center.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans and their spouses Eat for Free ~ Come &amp; meet our new Veteran Services District Director, Thomas Beasley - reservations required-24 hrs in advance 1st &amp; 3rd Thursdays</td>
<td>9:30 Move &amp; Groove 11:30 LUNCH-Pulled Pork 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</td>
<td>10:00 Drawing/Painting w/ Eunice Agar - ON BREAK 11:30 LUNCH- Turkey Skillet 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting</td>
<td>9:30 Move &amp; Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Chicken Bruschetta</td>
<td>9:00 Tai Chi 11:30 LUNCH-Fat Roast w Gravy 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced</td>
</tr>
<tr>
<td>10:00 Sage Moves NO CLASS 11:30 LUNCH-Meatballs &amp; Penne 1:00 TAP Beginner 2:00 TAP MIXED - Beginner &amp; Intermediate</td>
<td>9:30 Move &amp; Groove 11:30 LUNCH-Beef Fajita 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</td>
<td>BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar - ON BREAK 11:30 LUNCH-Chicken Cauliflower Curry 12:00 Pitch 12:30 MOVIE- Book Club: Next Chapter 3:00 Decorative Painting</td>
<td>9:30 Move &amp; Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Pork Roast w Gravy</td>
<td>9:00 Tai Chi 11:30 LUNCH-COLD MEAL - Soy Ginger Salmon Filet 1:00 TAP Beginner 2:00 TAP inter/advanced</td>
</tr>
<tr>
<td>FOOT NURSE</td>
<td>10:00 Sage Moves NO CLASS 11:30 LUNCH-Chicken Nuggets 1:00 TAP Beginner 2:00 TAP MIXED - Beginner &amp; Intermediate 3:00 Alzheimer's Supp Group</td>
<td>9:30 Move &amp; Groove 11:30 LUNCH-Tuna Noodle Casserole 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</td>
<td>10:00 Drawing/Painting w/ Eunice Agar - ON BREAK 10:12 CHP Mobile Unit 11:30 LUNCH- Barbara's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz</td>
<td>9:30 Move &amp; Groove 9:00 Mahjong 10:00 Walking for Wellness 10:00 Wellness Session 10:30 Vera's Painting Class 11:30 LUNCH-COLD MEAL- Southwestern Salad 1:00 i-Phone - by appt.</td>
</tr>
<tr>
<td>10:00 Sage Moves w Senta 11:30 LUNCH-Turkey, Gravy and Stuffing 1:00 TAP Beginner 2:00 TAP MIXED - Beginner &amp; Intermediate</td>
<td>9:30 Move &amp; Groove 11:30 Geer Village free box lunch/ Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</td>
<td>10:00 Drawing/Painting w/ Eunice Agar - ON BREAK 11:30 LUNCH- Bob Avery's Spaghetti and Meatballs 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi</td>
<td>9:30 Move &amp; Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-Veal with Pepper and Onion</td>
<td>9:00 Tai Chi 11:30 LUNCH- Homemade Meatloaf with Gravy 1:00 TAP Beginner 2:00 TAP inter/advanced</td>
</tr>
<tr>
<td>10:00 Sage Moves w Senta 11:30 LUNCH - Chicken with Barbecue Sauce 1:00 TAP Beginner 2:00 TAP MIXED - Beginner &amp; Intermediate</td>
<td>9:30 Move &amp; Groove 11:30 LUNCH-Shepherd's Pie 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training</td>
<td>10:00 Drawing/Painting w/ Eunice Agar - ON BREAK 11:30 LUNCH- Oriental Beef 12:00 Pitch 1:15 COA Board Mtg 3:00 Decorative Painting</td>
<td>9:30 Move &amp; Groove 9:00 Mahjong 10:00 Walking for Wellness 10:30 Vera's Painting Class 11:30 LUNCH-The Landing FREE Broccoli Cheddar Quiche</td>
<td>Lunch reservations are required at least 24 hours in advance by calling 528-1881. We are not here on the weekends/holidays to receive your reservation, so please plan accordingly.</td>
</tr>
<tr>
<td>MONDAY</td>
<td>TUESDAY</td>
<td>WEDNESDAY</td>
<td>THURSDAY</td>
<td>FRIDAY</td>
</tr>
<tr>
<td>--------</td>
<td>---------</td>
<td>-----------</td>
<td>----------</td>
<td>--------</td>
</tr>
<tr>
<td><strong>Summer Health Tip</strong>&lt;br&gt; Throughout the day, drink water to maintain hydration.</td>
<td>1 Pulled Pork 307&lt;br&gt;Vegetarian Baked Beans 140&lt;br&gt;Sliced Beets 185&lt;br&gt;Hamburger Bun 320&lt;br&gt;Fresh Peach 0&lt;br&gt;</td>
<td>2 Turkey Skillet 387&lt;br&gt;Broccoli Florets 22&lt;br&gt;Yellow Squash 3&lt;br&gt;Oat Nut Bread 150&lt;br&gt;Sliced Pears 5&lt;br&gt;Cal 568 Carb 86 Sod 192</td>
<td>3 Chicken Bruschetta 365&lt;br&gt;Gold Potatoes 4&lt;br&gt;Spinach 76&lt;br&gt;Whole Wheat Bread 120&lt;br&gt;Mangoes 0&lt;br&gt;Cal 506 Carb 68 Sod 190</td>
<td>4 Pot Roast w/Gravy 386&lt;br&gt;Mashed Potatoes 33&lt;br&gt;Mixed Vegetables 43&lt;br&gt;Dinner Roll 210&lt;br&gt;Sliced Peaches 6&lt;br&gt;Cal 770 Carb 97 Sod 803</td>
</tr>
<tr>
<td>7 Meatballs &amp; Penne 263&lt;br&gt;w/Marinara sauce&lt;br&gt;Cauliflower 14&lt;br&gt;Italian Bread 230&lt;br&gt;Fruit Cocktail 5&lt;br&gt;Cal 632 Carb 87 Sod 637</td>
<td>8 Beef Fajita 417&lt;br&gt;Black Beans and Rice 28&lt;br&gt;Corn w/pimentos 52&lt;br&gt;Feta Tortilla 220&lt;br&gt;Apple Cinnamon Muffin 190&lt;br&gt;Cal 854 Carb 103 Sod 1323</td>
<td>9 Chicken Cauliflower Curry 340&lt;br&gt;Minted Green Beans 6&lt;br&gt;Carrots 43&lt;br&gt;Oat Nut Bread 150&lt;br&gt;Banana 1&lt;br&gt;Cal 707 Carb 89 Sod 665</td>
<td>10 Pork Roast w/gravy 119&lt;br&gt;Mashed Sweet Potatoes 30&lt;br&gt;Brussel Sprouts w/cheese 74&lt;br&gt;12 Grain Bread 200&lt;br&gt;Applesauce 0&lt;br&gt;Cal 668 Carb 82 Sod 548</td>
<td>11 Cold Meal&lt;br&gt;Soy Ginger Salmon Filet 242&lt;br&gt;Coleslaw 169&lt;br&gt;Chic Pea &amp; Tomatoes 280&lt;br&gt;Whole Wheat Bread 120&lt;br&gt;Apricots 5&lt;br&gt;Cal 778 Carb 80 Sod 941</td>
</tr>
<tr>
<td>14 Chicken Nuggets 456&lt;br&gt;Mashed Potatoes 33&lt;br&gt;Broccoli Florets 22&lt;br&gt;12 Grain Bread 200&lt;br&gt;Diced Pears 10&lt;br&gt;Cal 639 Carb 91 Sod 848</td>
<td>15 Tuna Noodle Casserole 264&lt;br&gt;Zucchini &amp; Squash 0&lt;br&gt;Prince Edward Blend 22&lt;br&gt;Oat Nut Bread 150&lt;br&gt;Mandarin Oranges 7&lt;br&gt;Cal 574 Carb 91 Sod 568</td>
<td>16 Barbara’s Breakfast for Lunch&lt;br&gt;</td>
<td>17 Cold Meal&lt;br&gt;Southwestern Salad 327&lt;br&gt;Carrot Raisin Salad 160&lt;br&gt;Pasta Salad 235&lt;br&gt;Dinner Roll 210&lt;br&gt;Applesauce 0&lt;br&gt;Cal 878 Carb 100 Sod 1057</td>
<td>18 Low Sod Hot Dog *&lt;br&gt;Sauerkraut 136&lt;br&gt;Vegetarian Baked Beans 140&lt;br&gt;Hot Dog Bun 320&lt;br&gt;Fruit Cocktail 5&lt;br&gt;Cal 731 Carb 83 Sod 1266</td>
</tr>
<tr>
<td>21 Turkey &amp; Gravy 468&lt;br&gt;Stuffing 247&lt;br&gt;California Blend 17&lt;br&gt;Dinner Roll 210&lt;br&gt;Blueberry Yogurt **&lt;br&gt;Cal 656 Carb 91 Sod 1142</td>
<td>22 Geer Village FREE&lt;br&gt;Box Lunch followed by Balance class&lt;br&gt;</td>
<td>23 Bob Avery’s&lt;br&gt;Spaghetti and Meatballs&lt;br&gt;Salt&lt;br&gt;Dessert&lt;br&gt;</td>
<td>24 Veal w/Pepper &amp; Onion&lt;br&gt;Buttered Egg Noodles 11&lt;br&gt;Peas and Carrots 69&lt;br&gt;Oat Nut Bread 150&lt;br&gt;Fresh Plum 0&lt;br&gt;Cal 850 Carb 112 Sod 834</td>
<td>25 Homemade&lt;br&gt;Meatloaf w/gravy 253&lt;br&gt;Mashed Potatoes 33&lt;br&gt;Capri Blend Vegetables 22&lt;br&gt;Whole Wheat Bread 120&lt;br&gt;Diced Mangoes 0&lt;br&gt;Cal 566 Carb 81 Sod 553</td>
</tr>
<tr>
<td>28 Chicken w/BBQ Sauce 225&lt;br&gt;Buttered Noodles 8&lt;br&gt;Rateatouille 55&lt;br&gt;Whole Wheat Bread 120&lt;br&gt;Mixed Fruit 10&lt;br&gt;Cal 549 Carb 80 Sod 543</td>
<td>29 Shepherd’s Pie 75&lt;br&gt;Mashed Potatoes 33&lt;br&gt;Asparagus Cuts 4&lt;br&gt;Oat Nut Bread 150&lt;br&gt;Fresh Pear 2&lt;br&gt;Cal 669 Carb 89 Sod 389</td>
<td>30 The Landing&lt;br&gt;FREE Luncheon&lt;br&gt;Broccoli cheddar quiche w roasted potatoes&lt;br&gt;</td>
<td>31 LABOR DAY LUNCH&lt;br&gt;Cheeseburger 401&lt;br&gt;German Potato Salad 180&lt;br&gt;French Fries 11&lt;br&gt;Hamburger Bun 320&lt;br&gt;Chocolate Chip Cookie ** 120&lt;br&gt;Cal 1001 Carb 110 Sod 1137</td>
<td>**If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</td>
</tr>
</tbody>
</table>

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium<br>Calories and sodium from salad dressings, margarine, crackers and condiments are not included. *High Sodium **Modifications for restricted sugar available <br>Nutrition information provided is not exact but will help guide you.
WORLD WAR II AIRCRAFT WORD SEARCH PUZZLE

AIRACUDA
BLACK BULLET
BLACK WIDOW
FIREBALL
FLYING FLAPJACK
LIBERATOR
MARAUDER
MIXMASTER
NEPTUNE
PEASHOOTER
SEA WOLF
SHOOTING STAR
SKYRAIDER
STRAATOJET
SWOOSHE GOOSE
THUNDERBOLT
TIGERCAT
TWIN MUSTANG
WARHAWK
WILD CATFISH

www.WordSearchAddict.com