

GRAPEVINE AUGUST 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



Touch of Italy

luncheon

Wed, Aug 11th

Time: 11:30-12:30

\$2.00 per person
Chef Bob Avery's
Spaghetti & meat-
balls, garlic bread,
salad and **Cannolis** for
dessert...yum!
Call for reservations.



Mary King Casino Trips

Introducing the Mary King Casino Trips!! Many thanks go out to the family of Mary King who have generously provided funding for trips in Mary's memory. One of Mary's favorite activity's was enjoying a trip to the casino with the senior center. The September Casino trip is full, but we are taking names for the wait list. The next casino trip will be held December 8th at the MGM Grand in Springfield. Details to follow in the October newsletter.

Are you signed up for yet? **Code Red**

We would like to help get you signed up to receive Emergency Code Red messages from the town. Polly will be visiting at Bostwick Gardens on Thursday, Aug 5th to talk about Code Red and programs that are being offered at the Claire Teague Senior Center. You can also call us at (413)528-1881.

Are you a Music Lover?



Love to **SING** or **PLAY** an instrument?
If you want to form a music group, play an instrument, sing or just listen and learn: call us at (413)528-1881. Let's see if we can make music happen!

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CELEBRATE LIFE! w/Aleta Frectman



Join us on Fridays
10—11:15 am

A gentle exercise class you can do seated in a chair or standing on your feet! Using a variety of music, we will dance and play together and celebrate being alive. We will reduce stress by relaxing and by going out of our minds ..and into our bodies.



Why not bring your grandchild; great niece/nephew or “borrow” a grandchild and have them join us for a congregate meal or an activity this summer ?



Call us at
413-528-1881
to make a reservation.

Wednesdays Breakfast Time with Barbara Baily



New day

August 18th 9:00 am—10:00 am

Breakfast Surprise!

Please call for reservations
at 528-1881

EXERCISE CLASSES :



- Pilates for Osteoporosis Prevention w Kathi Casey
TUESDAYS at 9:45 Starting on July 6th
- 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

AND :

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



**WE NEED
BRIDGE AND PITCH
PLAYERS!!!!**

Tap Classes \$ 5 /class
MONDAYS & FRIDAYS
 * Join Carolyn Calandro 2:00 pm

Move and Groove \$ 3 /class
TUESDAYS & THURSDAYS
 * Join Dee Foster at 9:30 am

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



Geer Village presents a **FREE**
 box lunch and program
 Tuesday August 17th 11:30 -12:30
 Learn all about what they have to offer.
Please call for reservations.

Nutritionist visit

Thur., Aug 19th at 1 pm



Dietician Bruce Homstead, MS, RDN, LDN, AFMCP of Elder Services will be presenting a 45 minute lecture with time for questions and slides about nutrition. Those that attend will receive a give-away package and special dessert!!

FARMER'S MARKET

\$2/person

Need a Ride? 9:30-10:30 AM [Aug 21st](#)

The Great Barrington COA Transportation will be offering a group ride on the third 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.

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.



By Margaret Buchte

Art Classes :

- **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.

- **Vera's Painting Class on Thursdays at 10:30 am**
- **All levels are welcome to join these groups!**



By Eunice Agar



BINGO

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

Refreshments will be served.

Volunteer Opportunities:

1. Hospice is looking for Volunteers to provide support for families as well as companionship. If interested, please call: 413-443-2994.
2. RSVP has the following volunteer program opportunities:
 - Wheels for Wellness
 - Pet Therapy
 - Baby Box Assembly
 - Summer concert driving volunteers for Naumkeag at Night
 - Phones and receptionist

Call (413) 499-9345

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

Happy Birthday!

Donna MacDowell
 Claire O'Toole
 Kathleen Purcell
 Sandra Sokul
 Pamela Drumm
 Barbara Sayer
 Sharon Rosenberg
 Irene Cangialosi
 Chuck Hamilton
 Larry Zingale
 Doris Race

Norma Pothul
 Rose Wellauer
 Ruth Champigny
 Martha Roarbagh
 Dorothy Capasse
 Stephen Matava
 Mary Machia
 Anthony Gabriel
 Beth Wilson
 Marie Kirchner
 Albert Butterworth
 Dot Conklin



Foot Nurse by appointment only On Monday, August 9th

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.



MONDAY MOVIES

Please give us a call at 413-528-1881; if you'd like to reserve a seat to join us.



BROWN BAG

Aug 11th



at the Claire Teague Senior Center.

AUGUST 2021

Elder Services of Berkshire County - Nutrition Program

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.

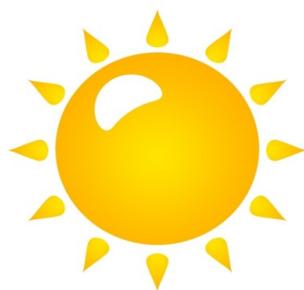
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
2	Cheese Burger Sliced Red Potatoes Asparagus Cuts Hamburger Bun Applesauce	401 4 4 190 0	Goulash Cauliflower Sliced Beets Italian Bread Fresh Peach	94 19 185 230 0	4 Turkey Tetrazzini Broccoli Florets Peas Oat Nut Bread Sliced Pears	162 22 66 150 5	5 Chicken Bruschetta Gold Potatoes Spinach Whole Wheat Bread Mangoes	365 4 76 120 0	6 Pot Roast w/Gravy Mashed Potatoes Mixed Vegetables Dinner Roll Sliced Peaches	386 33 43 210 6
9	Cauliflower Curry Minted Green Beans Carrots Oat Nut Bread Banana	447 6 43 150 1	Chicken Fajita Black Beans and Rice Corn W/pimientos Flour Tortilla Fig Bar **	385 28 52 220 35	11 Chef Avery's A Taste of Italy Spaghetti and Meatballs	314 10 230 10	12 Pork Roast w/gravy Mashed Sweet Potatoes Brussel Sprouts w/cheese 12 grain bread Applesauce	119 30 74 200 0	13 Cold Salmon Filet Pineapple Mango Salsa Coleslaw Chic Pea & Tomatoes Whole Wheat Bread Apricots	67 2 169 280 120 5
16	Beef Stroganoff Mashed Potatoes Broccoli Florets 12 Grain Bread Diced Pears	84 33 22 200 10	Geer Village presents a FREE BOX Lunch and Program 11-30-12:30	264 4 22 150 7	18 Chicken Marsala Boiled Red Potatoes Mixed Greens Whole Wheat Bread Pineapple Tidbits	281 4 149 120 1	19 GLOBAL TABLE Southwestern Salad Carrot Raisin Salad Pasta Salad Dinner Roll Applesauce	306 160 235 210 0	20 Low Sod Hot Dog * Sauerkraut Vegetarian Baked Beans Hot Dog Bun Fruit Cocktail	540 136 140 180 5
23	Turkey & Gravy Mashed Sweet Potatoes California Blend Dinner Roll Blueberry Yogurt **	468 30 17 210	Chicken Salad Sand Mulligatawny Soup Broccoli & Cauliflower Hot Dog Roll Peach Crisp	251 13 10 180 11	25 Beef Stew Boiled Potatoes Steamed Cabbage 12 Grain Bread Sliced Pears	72 4 13 200 5	26 Veal w/Pepper & Onion Buttered Egg Noodles Peas and Carrots Oat Nut Bread Fresh Orange	515 11 69 150 0	27 Meatloaf w/ gravy Mashed Potatoes Capri Blend Vegetables Whole Wheat Bread Diced Mangoes	253 33 22 120 0
30	Orange Chicken Steamed Rice Spinach 12 Grain Bread Honey Dew Melon	229 6 76 200 15	Shepherd's Pie Mashed Potatoes Asparagus Cuts Oat Nut Bread Fresh Pear	75 33 4 150 2	Sponsored in part by: 	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201				
<p>Cal 668 Carb 68 Sod 724 Cal 673 Carb 71 Sod 653 Cal 860 Carb 126 Sod 530 Cal 506 Carb 68 Sod 690 Cal 770 Carb 97 Sod 803</p> <p>Cal 868 Carb 118 Sod 772 Cal 915 Carb 114 Sod 845 Cal 642 Carb 93 Sod 689 Cal 668 Carb 82 Sod 548 Cal 691 Carb 83 Sod 701</p> <p>Cal 408 Carb 75 Sod 800 Cal 728 Carb 71 Sod 590 Cal 700 Carb 80 Sod 419 Cal 849 Carb 112 Sod 870 Cal 566 Carb 81 Sod 553</p>										

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.



AUGUST 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:30 LUNCH- Cheese Burger</p> <p>2:00 TAP</p>	<p>3</p> <p>9:30 Move & Groove</p> <p>9:45 Pilates</p> <p>11:30 LUNCH – Goulash</p> <p>12:00-2:00 Ron’s Tech Tips</p> <p>12:00 Bridge</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>4</p> <p>10:00 Drawing/Painting w Eunice Agar</p> <p>11:30 LUNCH- Turkey Tetrazzini</p> <p>12:00 Pitch</p>	<p>5</p> <p>9:30 Move & Groove</p> <p>10:30 Vera’s Painting Class</p> <p>11:30 LUNCH- Chicken Buschetta</p> <p>12:00 Poker</p> <p>12:15 Margaret Buchte’s Art Class</p>	<p>6</p> <p>9:00 Tai Chi</p> <p>10:00 Celebrate Life w Aleta Frectman **</p> <p>11:30 LUNCH-Pot Roast w/Gravy</p> <p>2:00 TAP</p>
<p>9</p> <p>9:00 Foot Nurse by Appointment</p> <p>11:30 LUNCH-Cauliflower Curry</p> <p>2:00 TAP</p>	<p>10</p> <p>9:30 Move & Groove</p> <p>9:45 Pilates</p> <p>11:30 LUNCH –Chicken</p> <p>Frajita</p> <p>12:00 Bridge</p> <p>12:00-2:00 Ron’s Tech Tips</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>11</p> <p>BROWN BAG 12:30-3:30</p> <p>10:00 Drawing/Painting w Eunice Agar</p> <p>11:30 LUNCH- TASTE OF ITALY (Chef Avery’s Spaghetti and Meatballs)</p> <p>12:00 Pitch</p>	<p>12</p> <p>9:30 Move & Groove</p> <p>10:30 Vera’s Painting Class</p> <p>11:30 LUNCH- Pork Roast w Gravy</p> <p>12:00 Poker</p> <p>12:15 Margaret Buchte’s Art Class</p> <p>1:00 Loss Group</p>	<p>13</p> <p>9:00 Tai Chi</p> <p>10:00 Celebrate Life w Aleta Frectman **</p> <p>11:30 LUNCH- Cold Salmon Filet</p> <p>2:00 TAP</p>
<p>16</p> <p>11:30 LUNCH-Beef Stroganoff</p> <p>2:00 TAP</p>	<p>17</p> <p>9:30 Move & Groove</p> <p>9:45 Pilates</p> <p>11:30 LUNCH – Geer Village’s Box Lunch</p> <p>12:00 Bridge</p> <p>12:00-2:00 Ron’s Tech Tips</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>18</p> <p>9:00 Breakfast w Barbara</p> <p>10:00 Drawing/Painting w Eunice Agar</p> <p>11:30 LUNCH- Chicken</p> <p>Marsala</p> <p>12:00 Pitch</p> <p>1:00 Caregiver Support</p>	<p>19</p> <p>9:30 Move & Groove</p> <p>10:30 Vera’s Painting Class</p> <p>11:30 LUNCH- GLOBAL TABLE - Southwestern Salad</p> <p>12:00 Poker</p> <p>12:15 Margaret Buchte’s Art Class</p> <p>1:00 Nutritionist Visit</p>	<p>20</p> <p>9:00 Tai Chi</p> <p>10:00 Celebrate Life w Aleta Frectman **</p> <p>11:30 LUNCH- Low Sodium Hot Dog</p> <p>2:00 TAP</p>
<p>23</p> <p>11:30 LUNCH – Turkey & Gravy</p> <p>12:30 Monday MOVIE</p> <p>2:00 TAP</p>	<p>24</p> <p>9:30 Move & Groove</p> <p>9:45 Pilates</p> <p>11:30 LUNCH – Chicken</p> <p>Salad Sandwich</p> <p>12:00 Bridge</p> <p>12:00-2:00 Ron’s Tech Tips</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>25</p> <p>10:00 Drawing/Painting w Eunice Agar</p> <p>11:30 LUNCH- Beef Stew</p> <p>12:00 Pitch</p>	<p>26</p> <p>9:30 Move & Groove</p> <p>10:30 Vera’s Painting Class</p> <p>11:30 LUNCH- Veal w Pepper and Onion</p> <p>12:00 Poker</p> <p>12:15 Margaret Buchte’s Art Class</p>	<p>27</p> <p>9:00 Tai Chi</p> <p>10:00 Celebrate Life w Aleta Frectman **</p> <p>11:30 LUNCH- Meatloaf w Gravy</p> <p>2:00 TAP</p>
<p>30</p> <p>11:30 LUNCH – Orange Chicken</p> <p>2:00 TAP</p>	<p>31</p> <p>9:30 Move & Groove</p> <p>9:45 Pilates</p> <p>11:30 LUNCH – Shepherd’s Pie</p> <p>12:00 Bridge</p> <p>12:00-2:00 Ron’s Tech Tips</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>			<p>** A gentle exercise class you can do seated in a chair or standing on your feet! Using a variety of music, we will dance and play together and celebrate being alive. We will reduce stress by relaxing and by going out of our minds.....and into our bodies.</p>



WELCOME SUMMER

C X A G N B H R C I Y J D L M K R A P E M E H T
 A A T E P A R T I E S V F R U G A D H B T I J N
 M L R H J W K K E Y S E I L F E R I F B L E U K
 P B M N T K E O Y F P O U Q I W X R I H F S M O
 I L D V I C E C R E A M R X S D W Y R G L Y P Z
 N A P B O V C G P D S H E R H F S S E G I V R H
 G R P H U L A H O O P S I J I J J A W K P H O L
 M O D N A O F L O P G Q J R N S K N O T F U P V
 W L F X P Y J Z L A A W E S G B L D R C L P E D
 E L H F J G O H X I Q J W E K R L A K G O M H N
 O E B S P C A U G U S T Q I C R X L S U P Z T M
 V R G U H T D E R T H J K V L O H S B T S D R G
 D C H N R V J T N C H A R O M H R L E E D E A F
 P O P S I C L E S T T Y U M O Y L K K C I N H G
 E A X C C W E T Y K C S G N A E M I E F A H A Q
 S S T R N O N N E G H W O E V X B P A R A D E S
 H T U E A D J U L Y R I B J R K E Y M M G H E V
 A E S E T D F F Q W T M E R E T A Y U I H S O P
 A R S N A D F G H A J M K L L Z C X C V S B N S
 M Q W E L R T U C T I I O P K A H S D A A F G C
 H J K L I Z X A C V B N N M N Q R W L E L N U I
 R T Y E E U V I O P A G S D I F G G H J P A J N
 Z X N C V B N F D H J T R H R J N K L E S G W C
 I U E R K S E N O C W O N S P U P C I H G E W I
 J W H C O O K O U T S W E E S D L K I J F M D P

AUGUST
 BEACH
 BIKES
 CAMPING
 CARNIVAL
 COOKOUTS
 FIREFLIES
 FIREWORKS
 FISHING
 FLIPFLOPS

FUN
 HULA HOOPS
 ICE CREAM
 JULY
 JUMPROPE
 JUNE
 MOVIES
 PARADES
 PARTIES
 PICNICS
 POOL

POPSICLES
 ROLLERCOASTER
 SANDALS
 SPLASH
 SPRINKLER
 SNOWCONES
 SUNGLASSES
 SUNSCREEN
 SWIMMING
 THEME PARK
 VACATION