



# GRAPEVINE OCTOBER 2022

Claire W. Teague Senior Center \* 917 Main Street \* Great Barrington \* MA 01230

*Polly Mann Salenovich, Director \*\*\* pmann@townofgb.org*

*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](http://www.townofgb.org)

Join us for our very own



## POLISH FEST

On Wednesday; Oct 12th  
11:15-12:15 pm



Menu: Chuckwagon Stew,  
Mashed Potatoes and Dessert  
4 piece Oompah Band  
\$ 3 per person  
Reservations are required ~  
call us at 413-528-1881

**CLOSED ON OCTOBER 10th-**  
in observance of Indigenous People's Day  
(formerly Columbus Day.)

## A BIG THANK YOU

to Laurel Lake for the DELICIOUS  
Lasagna Luncheon.  
We all enjoyed it so much!

**Polly will be attending the MCOA  
Conference from  
October 19th through October 21st.**

### Geer Village :

Sponsoring **FREE Box Lunch**  
followed by a **30 min Balance Class**



**Where:** Claire Teague Senior Ctr  
**When:** Tue; Oct 25th  
**Time:** 11:30 -12:30 am  
Call 528-1881 to make reservation.

## Happy Halloween



PARTY ON OCT 26th at 11:30 am  
Menu: Cranberry Glaze Chicken Breast,  
Mashed Potatoes, Vegetables  
\$3 person-call 528-1881  
to make your reservation.  
Halloween Costumes are optional.

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### Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch"  
on **Wed., Oct 19th**  
at 11:30 am ~ **\$ 3.00 / person**  
Please call 413-528-1881  
for reservations.



Thanks to a very generous donor, our Senior Transport Program now owns a brand new Ford Edge that will compliment our existing transportation program.



**REAL ID**

Oct 14th at 10 am

Hosted by AAA

Presentation with

Question and Answer Time

Senta Rafaela offering a monthly WORKSHOP on Mondays



Starting Monday; Oct 17th at 10 am

- Sage moves w a pilates flavor ~ flexibility, strength and balance.
- FREE INTRO SESSION –
- drop ins welcome

**Alzheimer's support group**  
**Monday's 5 pm on ZOOM**  
**Call 528-1881 for details.**

# BINGO á la mode



## Craft and Vintage Fair

**OVER 20 Vendors**

At Claire Teague Senior Center

Saturday, October 15th

10 am to 2 pm

Rain or Shine

Vendors to include:

Jewelry, woodcrafts, honey, flowers, pottery, etc.



## \*\*\*SCHOLARSHIP FUNDRAISER\*\*\*

For students of Monument Mountain and Mount Everett

Presented by the  
**Thursday Morning Club**

**Saturday, October 29, 2022 – 2 p.m.**  
Claire Teague Senior Center – 917 Main Street, Great Barrington, MA

**BINGO and Great Tasting Pies**

**Donations \$15.00**

**(Includes pie & ice cream, beverage & Bingo cards)**

## Vacc./Booster/Covid Testing



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

## 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.



The rotary will also be offering air conditioner **removal** by emailing [service.gbrotary@gmail.com](mailto:service.gbrotary@gmail.com). If you do not have access to e-mail, you can call the senior center and we will be happy to relay the message for you.



## WORLD WAR II: TO REMEMBER BY

From David Rutstein: A Big Thank You to all of you who attended the two sessions on World War two: To Remember and To Remember By Films. You have made our series a big success.

On Thursday, October 6 at 9:30 AM, our last program will be a discussion on the end and meaning of this war and the effect this had on all us, even today. There is talk in the air about showing other films in the near future.

STAY TUNED!

## 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



## 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.

## 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

- 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.

## Caregivers Support Group

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



## Art Classes :



By Eunice Agar

- **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**

- **Margaret's Class is back:**

## Painting by Margaret Buchte on Fridays

Fridays at 12:15 pm ~ Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them. \$ 3 per person/class

- **All levels are welcome to join these groups!**



By Margaret Buchte

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

<b>Dorothy Heath</b>	<b>Dee Foster</b>
<b>William Kormanik</b>	<b>Barbara Davidson</b>
<b>Pat Barbieri</b>	<b>Bob Siok</b>
<b>Theresa Roy</b>	<b>Bill Clark</b>
<b>Mark Olshansky</b>	<b>Peter Prelli</b>
<b>Lena Ostrander</b>	<b>Richard Daris</b>
<b>Peg Biscotti</b>	<b>Mary Anne Murray</b>
<b>Ted Pitman</b>	<b>Kathleen Rosier</b>
<b>Pat Johnson</b>	<b>Sandy Hirbour</b>
<b>Mary Brazie</b>	<b>Lisa Haddad</b>

## Grief Support

Friday, Oct 7th & 21st  
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  
**Oct 12th** at the  
Claire Teague Senior Center.



**Foot Nurse by appointment only**  
**On Monday, October 17th**

## EXERCISE CLASSES :

- Move and Groove w Dee Foster on TUE & THU at 9:30 am \$ 3/class
- Gentle Chair Yoga w Crystal Sheehan on THU at **2:30-3:15** \$ 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 UPDATE**

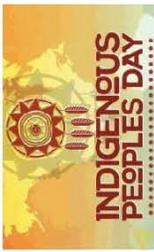
With Crystal Sheehan

THURSDAYS

at **2:30 -3:15** \$ 2 /class



OCTOBER 2022

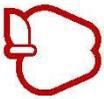
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>10:00 WWII to Remember w David Rutstein</b></p> <p><b>11:30 LUNCH-Baked Pollock Loin</b></p> <p>12:45 TAP Refresher</p> <p>2:00 TAP inter/advanced</p>	<p><b>4</b></p> <p>9:30 Move &amp; Groove</p> <p><b>11:30 LUNCH-Greek Chicken Stew</b></p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p><b>5</b></p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p><b>11:30 LUNCH-Yankee Pot</b></p> <p>12:00 Pitch</p> <p>1:00 Caregiver's Supp Group</p> <p>2:00 Decorative Painting w/ Liz Macchi</p>	<p><b>6</b></p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH- Sweet n Sour Meatball</b></p> <p><b>2:30 Gentle Chair Yoga with Crystal Sheehan</b></p>	<p><b>7</b></p> <p>9:00 Tai Chi</p> <p><b>10:00 Yoga for the Young at Heart w Rainbow</b></p> <p><b>10:00 REAL ID</b></p> <p><b>11:30 LUNCH-Mac &amp; Cheese</b></p> <p>12:15 Margaret Buchte's Art Class</p> <p>1:00 Grief Support</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p><b>10</b></p> <p><b>CLOSED</b></p>  <p><b>INDIGENOUS PEOPLES DAY</b></p> <p>Previously Columbus Day</p>	<p><b>11</b></p> <p>9:30 Move &amp; Groove</p> <p><b>11:30 LUNCH- Orange Chicken</b></p> <p>12:00 Bridge</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p><b>12</b></p> <p><b>BROWN BAG</b></p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p><b>11:30 LUNCH- Chuck Wagon Stew</b></p> <p>12:00 Pitch</p> <p>2:00 Decorative Painting w/ Liz Macchi</p>	<p><b>13</b></p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH- Chicken Fajita</b></p> <p><b>2:30 Gentle Chair Yoga with Crystal Sheehan</b></p>	<p><b>14</b></p> <p>9:00 Tai Chi</p> <p><b>10:00 Yoga for the Young at Heart w Rainbow</b></p> <p><b>11:30 LUNCH-Salisbury Steak</b></p> <p>12:15 Margaret Buchte's Art Class</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p><b>17</b></p> <p><b>FOOT NURSE</b></p> <p>10:00-12 FLU and Booster Clinic at Senior Ctr</p> <p><b>10:00 Senta Rafeala –sage moves w pilates flavor</b></p> <p><b>11:30 LUNCH-Chicken Puttanesca</b></p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p>	<p><b>18</b></p> <p>9:30 Move &amp; Groove</p> <p><b>11:30 Tuna Salad Sandwich</b></p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p><b>19</b></p> <p>10:00 Drawing/Painting w/Eunice Agar</p> <p><b>11:30- Barbara's Breakfast for Lunch</b></p> <p>12:00 Pitch</p> <p>1:00 Caregiver's Supp Group</p> <p>2:00 Dec. Painting w/ Liz</p>	<p><b>20</b></p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH- Chicken Divan</b></p> <p>1:00 i-Phone -by appt.</p> <p><b>2:30 Gentle Chair Yoga with Crystal Sheehan</b></p>	<p><b>21</b></p> <p>9:00 Tai Chi</p> <p><b>10:00 Yoga for the Young at Heart w Rainbow</b></p> <p><b>11:30 LUNCH Roast Pork/gravy</b></p> <p>12:15 Margaret Buchte's Art Class</p> <p>1:00 Grief Support</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p><b>24</b></p> <p><b>11:30 LUNCH-Beef Burgandy</b></p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p>	<p><b>25</b></p> <p>9:30 Move &amp; Groove</p> <p><b>11:30 Geer Village free box lunch &amp; Balance class after</b></p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p><b>26</b></p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p><b>11:30 Cranberry Glaze Chicken –Halloween Party</b></p> <p>12:00 Pitch</p> <p>2:00 Decorative Painting w/ Liz Macchi</p>	<p><b>27</b></p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p><b>11:30 LUNCH-Ghoulash</b></p> <p><b>2:30 Gentle Chair Yoga with Crystal Sheehan</b></p>	<p><b>28</b></p> <p>9:00 Tai Chi</p> <p><b>10:00 Yoga for the Young at Heart w Rainbow</b></p> <p><b>11:30 LUNCH- Asian Pork Soup</b></p> <p>12:15 Margaret Buchte's Art Class</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p><b>31</b></p> <p><b>11:30 LUNCH-Chicken Cordon Blue</b></p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p>	<p><b>NEW</b></p> <p>Alzheimer's Support Group Monday's at 5 pm on Zoom</p> <p>Call 528-1881 for more info</p>	<p><b>SAT OCT 15<sup>th</sup></b></p> <p><b>Craft and Vintage Fair</b></p> <p><b>10 am to 2 pm</b></p> <p>At Claire Teague Senior Ctr</p> <p>OVER 20 Vendors</p>	<p><b>SAT OCT 29<sup>th</sup></b></p> <p><b>Bingo ala Mode</b></p> <p>At the Claire Teague Senior Ctr</p> <p>Fundraiser for Students of Monument and Mount Everett</p>	

# Elder Services of Berkshire County - Nutrition Program

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.

# OCTOBER 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>	Baked Pollock Loin Boiled Red Potatoes Asparagus Cuts Oat Nut Bread Sliced Pears Cal 530 Carb 70 Sod 385	<b>4</b>	Greek Chicken Stew Rice w/ Beans Broccoli 12 Grain Bread Mandarin Oranges Cal 564 Carb 82 Sod 770	<b>5</b>	Yankee Pot Roast Mashed Potatoes Capri Blend Dinner Roll Tapioca Pudding ** Cal 667 Carb 90 Sod 985	<b>6</b>	Sweet & Sour Meatball Wild Rice Pilaf Cauliflower Whole Wheat Bread Fruit Cocktail Cal 575 Carb 80 Sod 703	<b>7</b>	Macaroni & Cheese* Stewed Tomatoes Wax & Green Bean Oat Nut Bread Apricots Cal 620 Carb 76 Sod 1011
<b>10</b>	<b>HAPPY COLUMBUS DAY</b>  Closed	<b>11</b>	Orange Chicken Buttered Noodles Red Cabbage & Apples Whole Wheat Bread Applesauce Cal 576 Carb 79 Sod 519	<b>12</b>	Chuckwagon Stew Mashed Potatoes Sliced Carrots Oat Nut Bread Sliced Peaches Cal 760 Carb 97 Sod 752	<b>13</b>	Chicken Fajita w/Onions & Peppers Rice w/Beans Peas Tortilla Shell Spiced Apples Cal 672 Carb 105 Sod 594	<b>14</b>	Salisbury Steak w/Gravy Boiled Red Potatoes Winter Blend 12 Grain Bread Fresh Orange Cal 568 Carb 81 Sod 779
<b>17</b>	Chicken Puttanesca Mashed Potatoes Monaco Vegetables Whole Wheat Bread Fresh Apple Cal 574 Carb 82 Sod 717	<b>18</b>	Tuna Salad Sandwich Cream Cabbage Soup Sliced Carrots Hot Dog Roll Peach Crisp Cal 683 Carb 77 Sod 827	<b>19</b>	<b>Barbara's BREAKFAST for LUNCH</b>	<b>20</b>	Chicken Divan Boiled Gold Potatoes Spinach 12 Grain Bread Diced Pears Cal 614 Carb 84 Sod 789	<b>21</b>	Roast Pork w/Gravy Mashed Sweet Potato Succotash Oat Nut Bread Tropical Fruit Mix Cal 725 Carb 98 So 481
<b>24</b>	Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Sliced Peaches Cal 753 Carb 90 Sod 431	<b>25</b>	<b>Geer Village FREE Box Lunch w Balance Class Afterwards</b>	<b>26</b>	Cranberry Glaze Chicken Breast Mashed Potatoes Antiqua Vegetables Whole Wheat Bread Apricots Cal 639 Carb 100 Sod 522	<b>27 HALLOWEEN</b>	Ghoulash Sliced Beets Mixed Greens 12 Grain Bread Fruited Orange Gelatin ** Cal 732 Carb 96 Sod 797	<b>28 GLOBAL TABLE</b>	Asian Pork Soup Steamed Rice Snap Peas Oat Nut Bread Pineapple & Fortune Cookie Cal 789 Carb 104 Sod 580
<b>31</b>	Chicken Cordon Bleu* Mashed Potatoes Butternut Squash Dinner Roll Sliced Pears Cal 761 Carb 101 Sod 932					<b>HOT LINE</b>  If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b>			

**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.

## ANCIENT ROME WORD SEARCH PUZZLE



AUGUSTUS

BRUTUS

BYZANTINE

CALIGULA

CASSIUS

CENTURION

CLEOPATRA

COLOSSEUM

CONSTANTINE

EMPEROR

GLADIATORS

HADRIAN'S WALL

JULIUS CAESAR

MARK ANTONY

OCTAVIAN

POMPEII

PUNIC WARS

TIBER RIVER

TWELVE TABLES

VESPASIAN

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)