



GRAPEVINE JANUARY 2023

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



CLOSED ON:

January 2nd;

New Year Day &

January 16th;

Martin Luther King Day



Laurel Lake Free Luncheon

Wednesday, January 18th

Macaroni and Cheese

Salad and Dessert

RSVP by Friday, January 13th by calling us at 413-528-1881

Great Barrington Seniors Presents...
"ATLANTIC CITY GETAWAY"
 at Caesars Hotel in Atlantic City, New Jersey
 3 Days/2 Nights - October 24-26, 2023
 with amazing Cher Tribute Band & Guest and Kenny & Dolly Tribute. **TWO SHOWS!**

Package Includes:

- Round Trip Deluxe Motor Coach
- 2 Nights Accommodations at the CAESARS World Class Casino Resort Hotel
- \$50.00 in SLOT BONUS!
- \$50.00 in Meal Vouchers!
- 2 Fantastic SHOWS
- #1 Cher Tribute Band & Special Guest
- #2 Kenny & Dolly Tribute straight from Vegas! (Two evening Shows begin at 8pm)
- Occupancy Taxes
- Hotel Baggage Handling

\$289 Double

Prices are Per Person
\$279 Triple \$389. Single
 Travel Insurance available \$39 pp
 Insurance Form On Back

For Reservations Call:
Polly Mann
 413-528-1881
pmann@townofgb.org

YES, everyone gets \$50 in SLOT, and \$50 in Food and TWO Shows at the CAESARS Casino! The best value at ANY Casino!



Bus Departs 8:00 am
 Great Barrington Senior Center
 917 Main St.
 Great Barrington, MA
 Returns Approx. 7:00 pm



Rest Stops and Lunch will be made along the way at on/off service plazas

Geer Village :

Sponsoring **FREE Box Lunch**

followed by a

30 min Balance Class



Where: Claire Teague Senior Center

When: Tue; Jan 24th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

Barbara's Breakfast is taking a break for a few winter months— We will announce her return to lunches in one of our upcoming newsletters.

Chef Bob Avery will be preparing a wonderful **Pork Loin Luncheon**

Bob Evans Mashed Potatoes,
 Green Beans and Applesauce

On Wednesday; January 25th at 11:30 am

Please make your reservation by Monday, January 23rd by calling

413-528-1881 \$3 per person

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Ron Terry's Tech Tips

Will be taking a break for
January and February

Senta Rafaela's Sage Moves

When we have a holiday on a Monday,
the class will take place on Tuesday
at the same time!

Mondays at 10 am \$3 per person

Sage moves w a Pilates flavor ~ flexibility,
strength and balance ~ drop ins welcome.

New in 2023

Starting in 2023 Medicare will cover at no cost to beneficiaries vaccines that have been approved for adults by the Centers for Disease Control and Prevention (CDC) Advisory Committee for Immunization Practices. Among the shots to be fully covered is the shingles vaccine, which currently requires cost-sharing for those on Part D.

Remember, you must have a participating part D plan for this benefit.

Vacc./Booster/Covid Testing

For info:

Call (855) 262-5465

Or CHP (413) 528-0457



WINTER POLICIES ARE IN PLACE

For Senior Center Programs, transportation or meals ~ call 528-1881 or listen to WSBS (860 am/94.1 FM) for any winter closures.

If you attend classes, please be sure the instructor has your contact information in the event of a winter closing. Typically if the Berkshire Regional School District is closed, the senior center will be as well.

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

Art Classes :

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

- 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.

**The COA Board will meet on Wednesday,
Jan. 25th at 1:15 pm at the Senior Ctr.**

**Foot Nurse by appointment only
On Monday, January 9th**

We will have sand available again this year at the rear of the building.

Please bring a bucket to fill.



**Tax time will begin in February!
Scheduling times and dates will be announced in February's newsletter.**





An organized "criminal ring" is stealing SNAP and DTA cash benefits from EBT cards through a mechanism called skimming that occurs at point of sale.

DTA is not able to replace SNAP benefits stolen through skimming.

If you think your benefits have been stolen please report this to the fraud unit at DTA: 800-372-8399.

Help Keep Your EBT Card and DTA Benefits Safe!
Set a new EBT PIN after each purchase:

1. Call the number on the back of your card: 800-997-2555.
2. Choose your language.
3. Enter the number on the front of your card.
4. Press 2.
5. Enter the last 4 digits of your Social Security Number (SSN). If you do not have an SSN, enter the last 4 digits of your 99 number assigned by DTA.
6. Enter your Date of Birth (month/day/year – 2 digits for month, 2 digits for day, 4 digits for year). For example, 12 01 1989 for December 1, 1989.
7. Enter your NEW 4-digit PIN; then enter it again. Choose a different PIN from any previous PINs.

This is the best way to try to protect your benefits if your card information has been stolen.

If you receive TAFDC or EAEDC cash assistance, ask about having your benefits deposited to your bank account. Call your case manager to set up direct deposit.



Learn more at [Mass.gov/ProtectYourEBT](https://www.mass.gov/ProtectYourEBT)





Do you need help paying your Heating Bills?
Berkshire Community Action may be able to help!

Fuel assistance, also known as the Low Income Home Energy Assistance Program (LIHEAP), can help low-income households with their heating bills. This program includes all heating types: oil, propane, kerosene, coal, cord wood, wood pellets, natural gas and electric.

Some households that have heat included in their rent may also be eligible.

2023 Income guidelines to qualify for Fuel Assistance	
Family Size	Income
1	\$42,411
2	\$55,461
3	\$68,511
4	\$81,561
5	\$94,610
6	\$107,660
7	\$110,107
8	\$112,554
9	\$115,001
10	\$117,448

For more information please call:
(413) 445-4503
Central / South County
(413) 663-3014
North County

Call us today!

If you have already applied for fuel assistance, you may track your application status 24/7 by calling 1-866-216-6200.



www.bcacinc.org

We have the space!

The Claire Teague Senior Center is looking for leaders, facilitators, authors, speakers, and crafters. If you have a passion, skill, or just want to lead some games, a music jam etc...and want to share your interest with the senior population; we'd love to hear from you.

Please call Polly at 413 528-1881.

BLOOD PRESSURE CLINIC IS BACK



Third Thursdays
10:00 am -11:00 am
at the Claire Teague Senior Center
917 Main Street, Great Barrington

Caregivers Support Group

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

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

- Johanna Brogan**
- Irving Bronstein**
- Joan Rehm**
- Thomas Garrett**
- George Blanco**
- Caroline Corbin**
- Marilyn Sauer**
- Cettina Messina**
- Carol McGlinchy**
- Barbara Kozlowski**
- Vivian Scheinmann**
- Don Freedman**

- Corrine Burke**
- Jean Curtiss**
- Clarice Weiland**
- Roberta Klein**
- Jim Soules**
- Dean Inglis**
- Martha Wool**
- Karen Woolis**
- Theresa Terry**
- Richard Needelman**
- Estella Ortiz Bodnar**

Grief Support

Friday, Jan 6th & 20th
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 **January 11th** at the Claire Teague Senior Center.

EXERCISE CLASSES :

- Sage Moves w/ Senta on Mondays at 10 am \$3/class
- 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 w/ Rainbow on FRIDAYS at 10 am \$ 3/class

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

TAP CLASSES with Carolyn Calandro (classes are \$ 5)

Mondays 2 pm—3 pm	Intermediate
Fridays 1 pm—2 pm	Beginners or people with some experience
Fridays 2 pm—3 pm	Intermediate



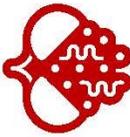
JANUARY 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED Happy New Year	3 10:00 Sage Moves w Senta 11:30 LUNCH- Chicken Strips 12:00 Bridge 12:30 Bingo 3:30 Strength Training	4 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Salmon with Newburg Sauce 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	5 10:30 Vera's Painting Class 11:30 LUNCH- Eggplant Parmesan 2:30 Gentle Chair Yoga with Crystal Sheehan	6 9:00 Tai Chi 10:00 Yoga for the Young at Heart with Rainbow 11:30 – Chicken with Gravy 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
9 FOOT NURSE 10:00 Sage Moves w Senta 11:30 LUNCH-Turkey Medallions with Gravy 2:00 TAP MIXED – Beginner & Intermediate	10 11:30 LUNCH- Lentil Stew 12:00 Bridge 12:30 Bingo 3:30 Strength Training	11 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chicken on a Biscuit 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	12 10:30 Vera's Painting Class 11:30 LUNCH- Beef Stew 2:30 Gentle Chair Yoga with Crystal Sheehan	13 9:00 Tai Chi 10:00 Yoga for the Young at Heart with Rainbow 11:30 LUNCH-Swedish Meatballs 1:00 TAP Beginner 2:00 TAP inter/advanced
16 CLOSED 	17 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH-Roast Pork with gravy 12:00 Bridge 12:30 Bingo 3:30 Strength Training	18 10:00 Drawing/Painting w/Eunice Agar 11:30- FREE Laurel Lake Luncheon-Mac n Cheese 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	19 9:30 Move & Groove 10:30 Vera's Painting Class 10:00 Blood Pressure Clinic 11:30 LUNCH-Chicken w Apple Raising Gravy 1:00 i-Phone -by appt. 2:30 Gentle Chair Yoga with Crystal Sheehan	20 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH Oriental Beef 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
23 10:00 Sage Moves w Senta 11:30 LUNCH-Chicken Curry 2:00 TAP MIXED – Beginner & Intermediate	24 9:30 Move & Groove 11:30 Geer Village free box lunch/ Balance class after 12:00 Bridge 12:30 Bingo 3:30 Strength Training	25 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Chef Avery's Pork LoIn Luncheon 12:00 Pitch 1:15 COA Board Meeting 3:00 Decorative Painting w/ Liz Macchi	26 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-Beef Stroganoff 2:30 Gentle Chair Yoga with Crystal Sheehan	27 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Meatloaf and Gravy 1:00 TAP Beginner 2:00 TAP inter/advanced
30 10:00 Sage Moves w Senta 11:30 LUNCH-Penne with Bolognese Sauce 2:00 TAP MIXED – Beginner & Intermediate	31 9:30 Move & Groove 11:30 Lunch- Chicken Bruschetta 12:00 Bridge 12:30 Bingo 3:30 Strength Training			

Elder Services of Berkshire County - Nutrition Program

SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00

JANUARY 2023

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	NEW YEARS 	3	Chicken Strips Pasta Alfredo Broccoli Florets Whole Wheat Bread Fruit Crisp Cal 721 Carb 102 Sod 978	4	Salmon Newburg Sauce Steamed Brown Rice Mixed Greens 12 Grain Bread Fresh Orange Cal 581 Carb 87 Sod 901	5	Eggplant Parmesan Buttered Noodles Winter Blend Vegetables Whole Wheat Bread Sliced Peaches Cal 730 Carb 101 Sod 722	6	Chicken w/Gravy Mashed Potatoes Green Beans Dinner Roll Apricot Halves Cal 604 Carb 84 Sod 703
9	Happy Holidays Closed	10	CHEF SPECIAL Lentil Stew Steamed Brown Rice Butternut Squash Oat Nut Bread Diced Mangos Cal 608 Carb 121 Sod 384	11	Chicken on a Biscuit Buttered Noodles Broccoli Florets Whole Grain Biscuit Lemon Bavarian ** Cal 662 Carb 73 Sod 560	12	Beef Stew Sour Cream and Chive Masher Roasted Root Vegetables Dinner Roll Mixed Fruit Cal 702 Carb 83 Sod 486	13	Swedish Meatballs * Gold Potatoes Brussel Sprouts Whole Wheat Bread Fresh Apple Cal 675 Carb 86 Sod 809
16	HAPPY MARTIN LUTHER KING 	17	Roast Pork w/gravy Sweet Potato Boiled Cabbage Whole Wheat Bread Applesauce Cal 559 Carb 68 Sod 400	18	Laurel Lake Free Lunch Macaroni & Cheese Salad and Dessert	19	Chicken w/Apple Raisin Gravy Steamed White Rice Asparagus Corn Bread Chocolate Chip Cookie ** Cal 735 Carb 94 Sod 766	20	Chinese New Year Oriental Beef White Rice Sugar Snap Peas 12 Grain Bread Pineapple Cal 638 Carb 100 Sod 684
23	GLOBAL TABLE Chicken Curry Coconut Rice Minted Green Beans Oat Nut Bread Apricot Halves Cal 867 Carb 91 Sod 436	24	Geer Village Free Box Lunch followed by 30 minute Balance Class	25	Chef Bob Avery's Pork Loin Luncheon Bob Evans Mashed Potatoes, Green Beans & Applesauce	26	Beef Stroganoff Buttered Noodles Mixed Vegetables Ancient Whole Grain Sliced Pears Cal 827 Carb 102 Sod 358	27	Meatloaf & Gravy Lyonnaise Potatoes Sliced Beets Dinner Roll Mandarin Oranges Cal 779 Carb 93 Sod 818
30	Penne with Bolognese Sauce Capri Blend Italian Bread Peaches Cal 605 Carb 91 Sod 525	31	Chicken Bruschetta Rice Pilaf Winter Blend Vegetables Oat Nut Bread Sliced Pears Cal 553 Carb 78 Sod 766			<p>HOT LINE</p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</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.



1970'S TV WORD SEARCH PUZZLE

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

BARNEY MILLER

BIONIC WOMAN

BONANZA

BRADY BUNCH

CHARLIE'S ANGELS

EMERGENCY

FANTASY ISLAND

GOOD TIMES

GUNSMOKE

HAPPY DAYS

HOGAN'S HEROES

LAND OF THE LOST

NIGHT GALLERY

POLICE WOMAN

ROCKFORD FILES

THE JEFFERSONS

THE ODD COUPLE

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