

GRAPEVINE FEBRUARY 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

**WE WILL BE
CLOSED ON:
February 20th**



Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch" on **Wed., Feb 15th** at 11:30 am ~ **\$ 3.00 / person**

Please call 413-528-1881 for reservations.



Senior swim classes

are being offered at Simon's Rock , 84 Alford Rd Monday & Friday

from 11:00-12:00 (45 min)
Walk-ins are welcome \$5 class

Geer Village :

Sponsoring FREE Box Lunch

followed by a

30 min Balance Class

Where: Claire Teague Senior Center

When: Tue; Feb 28th

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.



FEB 13th 1:30 pm -3:30 pm

CHP Mobile Van will be

At Claire Teague

Senior Center for

Boosters and Vaccinations

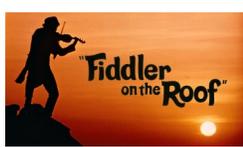
March 28th 5:30 pm

FIDDLER ON THE ROOF

Free to Seniors

Monument Mt High School

Refreshments will be served



Valentine's Day Luncheon

Some of our Great Barrington Police Officers will be helping to serve

Feb 14th at 11:30 \$ 3.00 / person

Breaded Chicken and Gravy

Mashed Potatoes

Green Bean Almondine

Dinner Roll &

Strawberry Cup

Please call 528-1881 to make your reservation

at least 24 hrs. in advance.



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Ron Terry's Tech Tips
 Will be resuming Tuesdays
 Starting in February



Senta Rafaela's Sage Moves

Mondays at 10 am \$3 person

- Sage moves w a Pilates flavor ~ flexibility, strength and balance ~ drop ins welcome. **When we have a holiday on a Monday, the class will**

take place on Tuesday at the same time!

Yoga has been called one of the best forms of exercise for older adults. Over time and with the proper classes, seniors can improve their flexibility and balance, enhance their strength and boost their mood.

Benefits of Yoga for Seniors:

- Strengthened bones.
- Reduced stress.
- Improved sleeping habits.
- Enhanced balance, flexibility, mobility and strength



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.



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,
February 22 at 1:15 pm at the Senior Ctr.

Foot Nurse by appointment only On Monday, February 13th

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



Cookie Decorating with Liz Macchi



On Tuesday,
February 13th
At 12:30



All supplies provided
No fee

Traditional Yoga



With Crystal
2:30 PM

On Thursdays

This class will open,
stretch, and
strengthen your body.

It introduces the foundational
poses of yoga & the blending
of gentle movement with deep
breath.

We will focus on optimal
physical alignment and
creating balance, while
challenging yourself along the
way, often with a therapeutic
focus. Close with supported
relaxation.



Great Barrington Seniors present.
"ATLANTIC CITY GETAWAY"
at Caesars Hotel in Atlantic City, New Jersey
3 Days/2 Nights - October 10-12, 2023
with amazing Live Shows...Mystery Show
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 Fantastic MYSTERY SHOW
- #2 Kenny & Dolly Tribute of the Legends (Two evening Shows begin at 8pm)
- Occupancy Taxes
- Hotel Baggage Handling
- Driver's Gratuity

\$295. Double

Prices are Per Person
\$285 Triple \$395. Single
Travel Insurance available \$39 pp
(Form on Back of Flyer)

\$75 Deposit at SIGN UP
Final Payment is due: 9/8/23

For Reservations Call:

Polly Mann
(413) 528-1881
pmann@townofgb.org



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

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!

- Harriet Ebitz* 100 *
- Dorris VanDeusen Maryellen Brown
- Anita Coons Nora Burch
- Bruce Bernstein Debra Goewey
- Sandra Larkin Donald Grimes
- Joan Wood Marjory Gardella
- Daphne Hurford Margareta Thaute
- Laura Keefner Ronald Boibeaux
- Eugene Bounous Patricia Andrus
- Collette Plaquet Barbara Chernesky
- Anna Beining Tara Rahkola

Grief Support

Friday, Feb 3rd & 17th
 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 **February 8th** 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
- ****Traditional 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



Due to recent action by Congress, the **SNAP Emergency Allotments are slated to end in February 2023, which means that SNAP households in Massachusetts will receive their last supplemental payment on March 2, 2023.** SNAP emergency allotments have allowed households to receive the maximum SNAP benefit amount for their household size, as well as an additional \$95 for those households already receiving the maximum amount. Additionally, adjustments based on the Social Security Administration Cost of Living Adjustment (COLA) increases will go into effect for regular monthly SNAP benefits in February. For additional information visit mass.gov/ExtraCOVIDSNAP.

There are other existing options that may allow SNAP households to increase in their normal monthly SNAP benefits. These include:

- If anyone in the SNAP household is 60 or older or receives a disability-based benefit, tell DTA about medical costs over \$35.01 per month.
- If rent or mortgage costs have increased, tell DTA about that increase.

If anyone in the SNAP household is working, looking for work, or in school, tell DTA about child or disabled adult care costs such as babysitter, transportation, or day care costs. This information can be most easily shared online at DTAConnect.com.



Instead of the John I call my bathroom the Jim!
That way it sounds better when I say I go to the Jim first thing every morning!!!



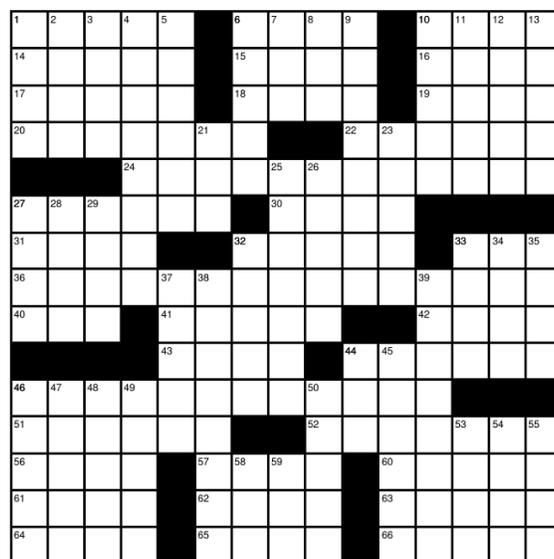
Nice Try

ACROSS

1. Popular chutney ingredient
6. It may be rowed
10. Stats. that supplement your SATs
14. Voter reg. grp. in the news
15. Gothic cathedral feature
16. Small songbird
17. It's bound for harvest
18. Lug
19. Ancient theaters
20. "I" minded
22. Total
24. Contractor's offering
27. Famous balcony occupant
30. Fryer's fat
31. Gray subj.
32. Jamaican fruits
33. It has salt within it and salts above
36. Nintendo booklet
40. PST part
41. Shoot up like _____
42. Smew, e.g.
43. Bronze age arm band
44. They may be rowed
46. Past the breaking point
51. Passes on
52. It may help you regain your focus?
56. Burn a bit
57. Fog
60. Target, on the diamond
61. Seed covering
62. Infernal quality
63. Following
64. Totals
65. Drains
66. Lawman Earp

DOWN

1. Photon's lack
2. Pine
3. Yuletide
4. Tagger's art



© 2009

5. Playing at peak
6. Use the tub
7. Guillermo's gold
8. Tread the boards
9. Flamboyant
10. Murkiness
11. "The Taming of the Shrew" locale
12. Fail to be
13. Travel round the rink
21. Word with chess or opening
23. Thick
25. "View of Toledo" painter
26. Health to Hernando
27. 1975 move about Amity horror
28. Tesla, for one
29. Word before up, down, back, or low
32. In ____ (unborn)
33. Heart's partner
34. SASE, typically
35. Pops the question
37. Bumppo the Deerslayer
38. Designs on Nike shoes
39. Distinguish
44. Place for rooting
45. Kornfield Kounty comedy hour
46. Keiko's kin
47. India's first P.M.
48. Miner's filing
49. Sandwich and Salisbury, e.g.
50. Is sensitive
53. Singer James
54. Correction for a correction
55. Injury that brings you before the bench
58. Hollywood Gardner
59. Kind of code or car

FEBRUARY 2023

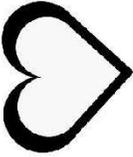
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Shepherd's Pie 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	10:30 Vera's Painting Class 11:30 LUNCH- Moroccan Beef Stew 2:30 NO CLASS TODAY with Crystal Sheehan	9:00 Tai Chi 10:00 Yoga for the Young at Heart with Rainbow 11:30 – Cheeseburger 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
6 10:00 Sage Moves w Senta 11:30 LUNCH-Roast Pork w/ BBQ Sauce 2:00 TAP MIXED – Beginner & Intermediate	7 11:30 LUNCH- Beef Patty with Peppers and Onions 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Chicken Almondine 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	9 10:30 Vera's Painting Class 11:30 LUNCH- Butternut Macaroni and Cheese 2:30 Traditional Yoga with Crystal Sheehan	10 9:00 Tai Chi 10:00 Yoga for the Young at Heart with Rainbow 11:30 LUNCH-Oriental Chicken 1:00 TAP Beginner 2:00 TAP inter/advanced
13 FOOT NURSE 10:00 Sage Moves w Senta 11:30 LUNCH-Sloppy Joe 12:30 Cookie Decorating with Liz Macchi 1:30- 3:30 CHP Vaccinations and Boosters 2:00 TAP MIXED – Beginner & Intermediate	14 9:30 Move & Groove 11:30 VALENTINES LUNCH- Breaded Chicken with Gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	15 10:00 Drawing/Painting w/Eunice Agar 11:30- Barbara B's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	16 9:30 Move & Groove 10:30 Vera's Painting Class 10:00 Blood Pressure Clinic 11:30 LUNCH-Chicken Puttanesca 1:00 i-Phone -by appt. 2:30 Traditional Yoga with Crystal Sheehan	17 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH Vegetarian Wheat Chili 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
20 CLOSED <i>Happy Presidents Day</i> 	21 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 Chicken & Sausage Jambalaya 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	22 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Lasagna Roll 12:00 Pitch 1:15 COA Board Meeting 3:00 Decorative Painting w/ Liz Macchi	23 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 LUNCH-Turkey Picatta 2:30 Traditional Yoga with Crystal Sheehan	24 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Breaded Pollock 1:00 TAP Beginner 2:00 TAP inter/advanced
27 10:00 Sage Moves w Senta 11:30 LUNCH-Orange Chicken 2:00 TAP MIXED – Beginner & Intermediate	28 9:30 Move & 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			

Elder Services of Berkshire County - Nutrition Program

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

FEBRUARY 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Ingredients purchased from: 		1 Shepherd's Pie Mashed Potatoes Spinach Whole Wheat Bread Fruit Cocktail Cal 651 Carb 76 Sod 434	2 Moroccan Beef Stew Buttered Noodles Asparagus Cuts Dinner Roll Mandarin Oranges Cal 734 Carb 87 Sod 526	3 Cheeseburger German Potato Salad Brussel Sprouts Hamburger Bun Applesauce Cal 766 Carb 85 Sod 910
6 Roast Pork w/BBQ Sauce Boiled Potatoes Corn Dinner Roll Fresh Orange Cal 705 Carb 85 Sod 644	7 Beef Patty w/Peppers & Onions Au gratin Potatoes Peas Whole Wheat Bread Spiced Apples Cal 687 Carb 71 Sod 738	8 Chicken Almondine Mashed Potatoes French Cut Green Beans Oat Nut Bread Sliced Peaches Cal 631 Carb 87 Sod 543	9 Butternut Mac & Cheese Beef Barley Soup Broccoli Dinner Roll Diced Peas Cal 681 Carb 83 Sod 785	10 GLOBAL TABLE Oriental Chicken Steamed Brown Rice Oriental Mixed Vegetables Oat Nut Bread Pineapple Tidbits Fortune Cookie Cal 736 Carb 110 Sod 670
13 Sloppy Joe on a Bun Steamed Brown Rice Mixed Greens Hamburger Bun Sliced Peaches Cal 692 Carb 91 Sod 588	14 Valentine's Day Breaded Chicken & gravy * Mashed Potatoes Green Bean Almondine Dinner Roll Strawberry Cup Cal 752 Carb 108 Sod 951	15 Barbara B's Breakfast for Lunch	16 Chicken Puffanesca Buttered Noodles Winter Blend Oat Nut Bread Banana Cal 678 Carb 97 Sod 728	17 CHEF SPECIAL Vegetarian Wheat Chili * Rice with Lentils Beets & Pearl Onion 12 Grain Bread Sliced Pears Cal 517 Carb 98 Sod 979
20 President's Day 	21 MARDI GRAS Chicken & Sausage Jambalaya Rice with Orzo Mardi Gras Greens Mini Cornbread Loaf Cupcake ** Cal 902 Carb 111 Sod 1029	22 Ash Wednesday Lasagna Roll Mixed Root Vegetables Vienna Bread Warm Fruit Compote Cal 575 Carb 102 Sod 813	23 Turkey Picatta Sweet Potatoes Mixed Greens 12 Grain Bread Mixed Fruit Cup Cal 592 Carb 88 Sod 988	24 Breaded Pollack Mulligatawny Soup Monaco Blend Vegetables Italian Bread Fresh Orange Cal 624 Carb 77 Sod 785
27 Orange Chicken Boiled Potatoes Peas & Pearl Onions Oat Nut Bread Pineapple Tidbits Cal 606 Carb 91 Sod 543	28 Geer Village Free Box Lunch		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	

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.

GRAMMY WINNERS WORD SEARCH PUZZLE



ADELE
AMERICA
BETTE MIDLER
BOBBY DARIN
BONNIE RAITT

CARLY SIMON
CULTURE CLUB
DEBBY BOONE
FRANK SINATRA
LEANN RIMES

MACKLEMORE
MADONNA
NATALIE COLE
NORAH JONES
PAUL SIMON

SHELBY LYNNE
STEVIE WONDER
THE BEATLES
THE CARPENTERS
TOM JONES

www.WordSearchAddict.com