

GRAPEVINE JULY 2025

Claire W. Teague Senior Center * 917 Main Street * Gt Barrington * MA 01230
 Joan Peters, Director *** jpeters@townofgbma.gov
 Pamela Mulvey, Administrative Assistant **pmulvey@townofgbma.gov
 Pat Larkin, Outreach Coordinator ** plarkin@townofgbma.gov
 Websites: www.townofgbma.gov and www.greatbarringtonseniors.org
 Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM
 Center: 413-528-1881 TriTown Connector (Transportation) (413) 591-3826

GUEST CHEF LUNCHES



Barbara's Breakfast for Lunch

Thursday, July 10th

Oven Omelet with hash browns,
fruit and dessert.

Please RSVP by **Monday, July 7th**

Wednesday, July 23rd
NEW ** SALAD BAR

Come try out our new salad bar. We will have meat, hard boiled eggs and a nice variety of veggies & toppings to create a YUMMY lunch.

Please RSVP by **Fri, July 18th**



Fairview Commons
 NURSING & REHABILITATION CENTER

Thursday, July 31

POTATO BAR

Baked Potato with a variety of toppings,
salad and dessert

Please RSVP by **MONDAY, JULY 28th**



All lunches require a reservation at least 24 hrs in advance (except Mondays; please call by noon on the Friday before) by calling us at 413-528-1881.

All lunches 11:30 am –Monday –Friday

Guest chef lunches are:

People 60 and over \$ 5 ~ Under 60 \$ 8

**We will be closed on Friday,
 July 4 to observe**



NOTE FROM THE DIRECTOR

Due to a Staffing Shortage
 the Week of

July 7th through July 11th

The Claire Teague Senior Ctr
 will be closing **each** day at

12:30 pm!

The Brown Bag can be
 picked up on Thursday, July 10th
 from 8 am to 12:30 pm.

**Thank you ,
 Joan Peters**

SPECIAL POINTS OF INTEREST

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Author Reading & Discussion with Sally-Jane Heit

Claire Teague
Senior Center

Thursday, July 17

1:00-2:30pm

Free and open to the public

Light refreshments will be served

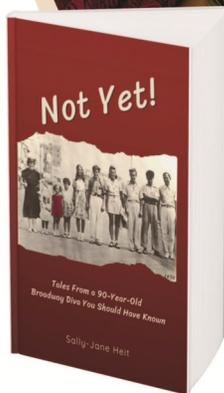
Writer and performer Sally-Jane Heit defied the odds and, at the spry age of 91, wrote and published her memoir, *Not Yet!*.

Sally-Jane will share excerpts from her inspiring memoir and reveal how she tackled the "sand mountain" of writing, recording and publishing a book.

Then she invites you to share your own thoughts and stories in an open discussion. Don't miss this opportunity to be inspired, and celebrate the power of storytelling at any age!

"A rich, funny, frequently wise memoir about getting what one wants out of life."

~Kirkus Reviews



At 91, she has more stories than a soap opera and more wisdom than a fortune cookie!

Claire Teague Senior Center
915 S Main St, Great Barrington, MA 01230
Paperback copies will be available for \$15 (cash only)
Pre-registration requested by calling 413-528-1881



ARE YOU INTERESTED??

I am looking to see if there is interest in the Claire Teague Senior Center starting a Socrates Café.

Socrates Cafés are gatherings around the world where people from different backgrounds get together and exchange philosophical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. (NO politics or religion)

If you are interested, please email me (Joan Peters) at

jpeters@townofgb.org.

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INTUITIVE COLLAGING

Join us for another workshop with Joni Carron on the third Friday in July.

July 18th

10 am to 12 pm+

Joni has been creating collages for 25+ years and will be instructing this 2 (We've added an hr. to be sure everyone can complete their project.) We will be providing supplies for the class however, please bring any magazines, photos or other images that you might wish to incorporate in your collage.

Register by calling 528-1881
\$ 5 per person

JOIN us & learn how to make a



MACRAME
PLANT
HANGER

Mon, JULY 21st
At 12:30 pm

All Materials will

be provided .

Class will be \$5

Reservations are needed—
please call 528-1881



"The handle on your recliner does not qualify as an exercise machine."

EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays
at 10 am \$ 3/ class (chair yoga)
- **Move and Groove w/ Dee Foster** on Tuesdays & Thursdays at 9:30 am \$ 5 / class
- **Strength Training w/ Christine Faber** on Tuesdays at 3:00 pm \$ 3 /class
- **Tai Chi w/ Christine Faber** on Fridays at 9:00 am \$ 3 /class
- **Tap Dancing** on Mondays and Fridays \$ 5/ per class
Intermediate ~ 2:00 pm

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

JOIN US : MAHJONG

Thursdays at 10:00 am Beginners are welcome.

BRIDGE

Tuesdays at 11:45 am—3:15 pm

PITCH

Wednesdays at 12 pm

BINGO

*Tuesdays at 12:30 pm ~ refreshments included

****MORE PLAYERS NEEDED**

Chances are you know someone who has fallen or who is afraid of falling.

A Matter of Balance

is an evidence based program designed to help people manage concerns about falls and increase physical activity. Our senior center staff has been trained by

Elder Services of Berkshire
CLASS FILLS QUICKLY-To register call us at:413-528-1881

This program emphasizes practical strategies to manage falls.

Participants learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Classes are held in 8 sessions 2 hrs per session:

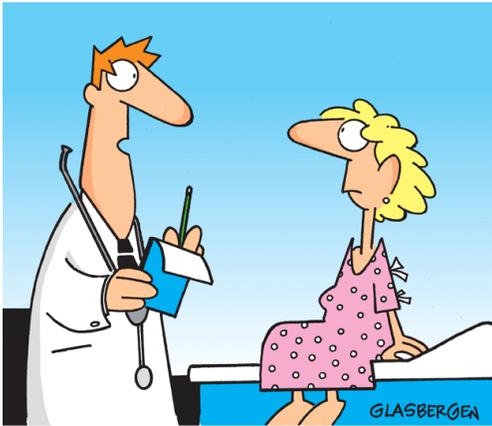
DUE TO LOW ENROLLMENT we are holding the class in Aug. Classes will be held on all of the following dates:

**Mondays & Fridays
AUG. 4, 8, 11, 15, 18, 22, 25, 29
9:30 to 11:30 am**

(At Claire Teague Senior Center)
**Please call to reserve your spot
413-528-1881**

FREE – suggested donation of \$10 for all 8 sessions for refreshments.

Comic of the Week



“You need strong medicine to relieve your stress. I’m prescribing a puppy.”

- **Foot Nurse with Beverly Dunn is by appointment only**

On WED; JULY 9



- **BROWN BAG ~ PICK UP** will be **THU** JULY 10th From 8 am to 12:00 pm at the Claire Teague Senior Center.

ART CLASSES

Vera’s Painting Class :
THU
at **10:30 –12:00 pm**



- **Caregivers Support Group**

Meets the **1st and 3rd Wednesday** monthly at 1:00 pm and will be facilitated by Elder Services of Berkshire County.



- **SBPHC Wellness Clinics**

The last Tue each month from 11:45 am –12:45 pm

- Blood Pressure
- Wellness Topic this month ~

UV Safety and Hydration-sunscreen (different types) samples, types of sunburns, staying hydrated

SHINE COUNSELOR

Weekly On Tue and Wed —10 am-12 pm

SHINE (Serving the Health Insurance Needs of Everyone) provides free health insurance information & counseling to all MA residents with Medicare and their caregivers. People who have Medicare or who are about to become eligible for Medicare can meet with a counselor to learn about benefits and options available. Clients must be 65 or over (or very close to 65). **Appointments are necessary. Please bring: current financial information, current prescriptions, Medicare and insurance cards.**



Paula’s Sea Glass Window

FRIDAY JULY 25TH

10:00am– 11:30 pm



Come and join us! Paula will bring all the supplies. You have two options:

a 5 x 7 framed sea glass window for \$20

or a 8 x 10 framed sea glass window for \$30

Reservations are requested. Please call us at 528-1881.

INSTRUCTIONAL ASSISTANCE

Carlos' 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. Call to schedule 528-1881.

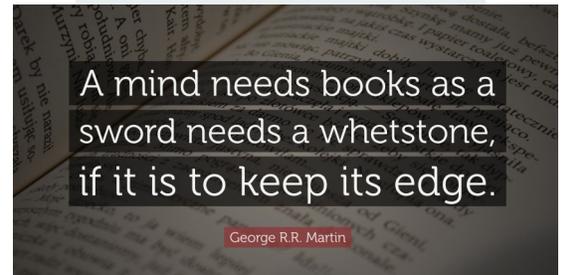
Doug's i-phone Help

- 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 weekly on **Thursdays** from **1 pm—3 pm.**
- ~ By appointment only, please make sure you bring any and all passwords with you. For an appt. call us at (413) 528-1881.

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

Pauline Nault
Loretta Hanbury
Nancy Hall
Fran Kelleher
Karen Stalker
Joyce Brousseau
Kathy Staropoli
Jane Goewey
Joyce Bourgon
Myrna Marks
Laura Arnold
Gary Allen
Enid Michelman
Jordie Green
Anne Macheski
Linda Olszewski
Susan Dillard

Patrice Farrell
Judith Oates
Dot Schellhammer
Ute Brewer
Joanne Pavoni
Jo Robinson
Melissa Howe
Joan Ury
Judith Smith
Dorrie Silverstone
Donna Turner
Amy Slonim
Susan Morris
Patricia Elsbach
Jean Lupiani
Gillian Ryan

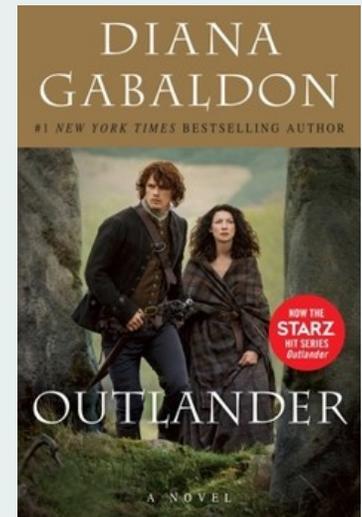


BOOK CLUB

Please join us on
JULY 29

10 am - 11 am

When we will discuss



You can get a copy of the book by borrowing from us (courtesy of the Mason Library), or pick up one at Mason.

You can 528-1881 or
can email:

jpeters@townofgb.org
if you
want us
to save
you a
copy.



July 2025

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.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	Sweet N Sour Pork Steamed Rice Boiled Cabbage Whole Wheat Bread Nectarine cal 590 carb 85 sod 759	2	Cali Chicken Salad Mushroom Barley Soup Broccoli Florets Pita Pocket Bread Fruit Crisp cal 571 carb 72 Sod 417	3	PICNIC LUNCH Cheeseburger Meadow Veg Blend Potato Salad Hamburger Bun Bavarian Crème cal 691 carb 79 So 1082	4	
		7	Meatballs & Shells Italian Green Beans Italian Bread Apricot Halves cal 612 carb 87 sod 675	8	Beef Fajita Rice w/ Black Beans Broccoli Florets Tortilla Diced Pears cal 545 carb 77 sod 734	9	Barbara's Breakfast for Lunch Oven Omelet Hash Browns Fruit and Dessert \$5 cal 720 carb 85 sod 755	11	
14	Cod Pomodoro Boiled Potatoes Peas w/Mushrooms Oat Nut Bread Pineapple Chunks cal 584 carb 88 sod 814	15	Meatloaf w/gravy Mashed Potatoes Harvard Beets Whole Wheat Bread Applesauce cal 746 carb 83 sod 686	16	BBQ Pulled Pork Scalloped Potatoes Coleslaw Hamburger Bun Berry Crisp cal 746 carb 80 sod 992	17	Chicken Parm Marinara Buttered Pasta Summer Squash Graham Crackers Strawberry Cup cal 794 carb 97 sod 1013	18	Cold Meal Turkey Cran Salad Marinated Cuke & Onion 3 Bean Salad Hot Dog Bun Diced Mangoes cal 743 carb 87 sod 796
21	Mac & Cheese Tomato Medley French Cut Green Beans Whole Wheat Bread Vanilla Yogurt cal 597 carb 72 sod 1071	22	Cold Meal Chicken Pesto Sandwich & Tomato Carrot Raisin Salad New England Coleslaw Hamburger Bun Fresh Peach cal 674 carb 72 sod 1076	23	NEW SALAD BAR Greens, meat, hard boiled eggs, variety of veggies and salad dressing ***** Introductory Price \$5	24	Chicken Sausage w/ Peppers & Onions Armenian Rice Pilaf Summer Vegetables Grinder Roll Craisins cal 652 carb 108 sod 930	25	Sliced Turkey w/Gravy Mashed Sweet Potatoes Broccoli Florets Dinner Roll Melon Chunks cal 487 carb 72 sod 804
28	Pork Patty Scallopini Chickpea Tomato Salad Fiesta Corn Italian Bread Warm Applesauce cal 751 carb 74 sod 704	29	Beef Teriyaki with Broccoli Steamed Rice Lyonnais Carrots 12 Grain Bread Fruited Gelatin (sugar free) cal 773 carb 83 sod 866	30	L.S.Honey Mustard Ham* Warm Barley Zucchini Oat Nut Bread Raisins cal 624 carb 105 sod 852	31	FREE - Courtesy of Fairview Commons Potato Bar Baked Potato with a variety of toppings Salad and Dessert	31	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.

Nutrition information provided is not exact but will help guide you. Menu subject to change without notice.

***High Sodium**

****Modifications for restricted sugar available**



Independence Day

July 4th



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION

PARADE
REVOLUTION
RIGHTS
STATES
THIRTEEN
UNITED

