

GRAPEVINE AUGUST 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



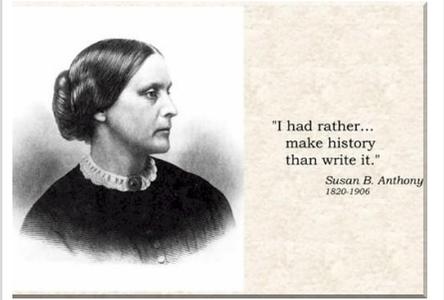
JOAN'S CLASSIC MEATLOAF
Thursday, August 7th
Meatloaf (beef, veal, pork) Boiled potatoes,
Carrots Salad and Sheet Cake
Please RSVP by Monday, August 4th

SAVE THE DATE



Friday; Sept 12 At
10:30 am

Muriel Dyas will entertain us with her performance as Susan B Anthony.



Barbara's Breakfast for Lunch
Thursday, August 14
Barbara's Quiche ~Salad and Dessert
Please RSVP by Monday, August 11



Exercise Bike Raffle Giveaway...



earn a chance to win each time you sign-in at our kiosk ~more info on page 4.

Wednesday, August 20th
BOB'S SPAGHETTI & MEATBALLS
Pasta, Homemade sauce, meatballs, salad, garlic bread and dessert.
Please RSVP by Friday, August 15th



Sponsoring FREE Box Lunch
Tuesday, August 26th



11:30 am to 12:30 pm

Followed by **30 minute Balance Class**
At Claire Teague Senior Center

SPECIAL POINTS OF INTEREST

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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



AARP Foundation Tax-Aide Is Looking for Volunteers

We are looking for compassionate and friendly people to join our volunteer team. We'll provide the training and support to help you learn new skills, and you'll get a great feeling from helping those in need. The program is looking for individuals to volunteer virtually or in person in a number of roles to provide help to taxpayers. Our volunteers come from a variety of industries and span from retirees to college students.

Volunteers fill a variety of roles:

- ✓ **Counselors** work with taxpayers directly by filling out tax returns. If you have no previous experience, you'll get the training you need and will also receive IRS certification.
- ✓ **Client Facilitators** welcome taxpayers, help organize their paperwork, and manage the overall flow of service.
- ✓ **Technology Coordinators** manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers.
- ✓ **Leadership and Administrative** volunteers make sure program operations run smoothly, manage volunteers, and maintain quality control.
- ✓ **Communications Coordinators** promote the program to prospective volunteers and taxpayers.
- ✓ **Speak a second language?** We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

**You can volunteer in person or virtually.
Go to aarpfoundation.org/TaxaideVolunteer**

**AARP Foundation
Tax-Aide**



INTUITIVE COLLAGING

August 15th
(Collages by 2 participants)



Join us for another workshop with Joni Carron
on the third Friday in August
10 am to 12 pm

Joni has been creating collages for 25+ years . We will be providing supplies for the class but please bring any magazines, photos or other images that you might wish to add to your collage. Register by calling 528-1881. \$ 5 per person



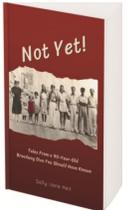
SAVE THE DATE

Sally-Jane Heit will be returning to facilitate a round table
'Tell Your Story Hour'
Sept 18, 2025
at 12:30 pm

Sally-Jane was recently here and shared some excerpts from her book,

Not Yet!

More info in Sept's newsletter.



ARE YOU INTERESTED?? I have 5 so far

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.



EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays **NO SENTA AUG 4,7,11,14 ~ we will run the recorded class she made** 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:

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.

Join Ione our High School volunteer and make a **MACRAME PLANT HANGER**



**Friday, Aug 8th
At 12:30 pm**

All Materials will be provided .

Class will be \$5

Reservations are needed— please call 528-1881 Ione Coursen is here for the summer and wanted to volunteer with us.

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

On WED; AUG 13th



- **BROWN BAG**

WED AUG 13th
At Claire Teague Senior Center.

ART CLASSES

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



SUPPORT AND HEALTHCARE:

- **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 ~



- National Immunization Month-push of vaccinations (clinic’s) RSV/Pneumo, Check MIIS with clients

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.

Exercise Bike Giveaway

We have a great little exercise bike that was donated by **Charlie Thomson.**



The process is simple:



- Whenever you come into the senior center to get bread or veggies, get your brown bag, sign into a class, work on the puzzle in the foyer or just come and have a cup of coffee ~ sign in to the kiosk with your fob card, click on the event you are participating in and you will be entered into the raffle. At the end of each week in August, we will draw a name. Then at the end of the month those four names will be chosen from for the raffle winner. Each of the runner ups will receive a \$ 10 gift card to Big Y.

**INSTRUCTIONAL ASSISTANCE - FOR
EITHER PLEASE CALL 528-1881 TO
SCHEDULE AN APPT.**

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.

Doug's i-phone Help

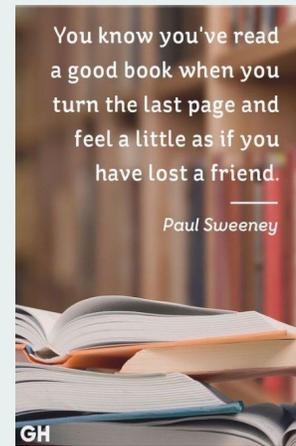
- Do you own an i-phone? An i-pad?
- Are you still trying to figure out how to use it?

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.



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

- | | |
|------------------------|----------------------|
| Nicki Wilson -1 | Susan McKay -21 |
| Donna MacDowell- 3 | Elizabeth Lamanno-21 |
| Ed Kay ** 100**-3 | Lee Ferguson -21 |
| Amelia Sydlosky -4 | Ann Zaccaria - 22 |
| Claire O'Toole - 5 | Ron Jacomo -22 |
| Kathleen Purcell -6 | Richard Lis -23 |
| Sandra Sokul -7 | Stephen Matava -23 |
| Pamela Drumm -7 | Mary Machia -23 |
| Carolyn Ivory - 10 | Debra Morton -23 |
| Chuck Hamilton -10 | Gloria Casey -24 |
| Marianne Young -11 | Elizabeth Wilson -25 |
| Edwin Holcomb - 84 | Bob Lagowski -26 |
| Robert Anneli -12 | Mary Debkowski -26 |
| Larry Zingali -12 | Mary Eastland -27 |
| Doris Race -13 | Frank Rizzo - 28 |
| Michele Provencher -13 | Howard Basis - 29 |
| Kathie Ragusa -15 | Peg Cimini - 29 |
| Ruth Champigny -16 | Guy Nordoff - 30 |
| Kathleen Segrin - 16 | Marie Kirchner -31 |
| Bette Ann Stalker -17 | |



BOOK CLUB

Our book club will be taking a break for August. We will meet again in September. We will post the Next book in our September newsletter.

Have a nice summer break.

**Just
for
laughs**

MY MIND IS LIKE MY INTERNET BROWSER...

19 tabs open, 3 of them are frozen and I have NO idea where the music is coming from.



Thank you Janet B...keep them coming.

AUGUST 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Due to Senta's absence THE WEEK OF AUGUST 4th and THE WEEK of AUGUST 11th - We will be showing her recorded class in the library.</p> <p>9:30 Matter of Balance 4 10:00 Sage Moves w Senta 11:30 LUNCH- CHX Bruschetta 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 2:00 TAP Inter/Advanced</p>	<p>9:30 Move & Groove 5 10:00 Shine by Appt. 11:30 LUNCH- L.S. Hot Dog 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>10:00 Shine by Appt 6 11:30 LUNCH- Beef Fajita 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class (Enroll w Fairview) 1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove 7 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Joan's Meatloaf 1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi 1 11:30 LUNCH- Scrambled Egg Patty 2:00 TAP Inter/Advanced</p>
<p>9:30 Matter of Balance 11 10:00 Sage Moves w Senta 11:30 LUNCH- Veal Sorrentino 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 2:00 TAP Inter/Advanced</p>	<p>9:30 Move & Groove 12 10:00 Shine by Appt. 11:30 LUNCH- Beef Spanish Rice 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>FOOT NURSE-BEVERLY DUNN 13 * By Appointment ONLY BROWN BAG 10:00 Shine by Appt 11:30 LUNCH- CHX Picatta 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class (Enroll w Fairview)</p>	<p>9:30 Move & Groove 14 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Barbara's Breakfast 1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi 15 9:30 Matter of Balance 10:00 Collaging with Joni 11:30 LUNCH- Turkey Burger 2:00 TAP Inter/Advanced</p>
<p>9:30 Matter of Balance 18 10:00 Sage Moves w Senta 11:30 LUNCH- Egg Salad 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 2:00 TAP Inter/Advanced</p>	<p>9:30 Move & Groove 19 10:00 Shine by Appt. 11:30 LUNCH- Meatballs w/ Sauce 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>10:00 Shine by Appt 20 11:30 LUNCH- Bob's Pasta & Meatballs 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class (Enroll w Fairview) 1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove 21 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Spanish CHX Stew 1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi 22 9:30 Matter of Balance 11:30 LUNCH-Pork Roast w/gravy 2:00 TAP Inter/Advanced</p>
<p>9:30 Matter of Balance 25 10:00 Sage Moves w Senta 11:30 LUNCH- CHX w/BBQ sauce 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 2:00 TAP Inter/Advanced</p>	<p>9:30 Move & Groove 26 10:00 Shine by Appt. 10:00 Book-Club-SUMMER BREAK 11:30 LUNCH-GEER Boxed Lunch 11:45 Bridge 11:45 SBPHC Wellness Clinics 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>10:00 Shine by Appt 27 11:30 LUNCH- Oriental Beef 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class (Enroll w Fairview) 1:00 COA Board Meeting</p>	<p>9:30 Move & Groove 28 10:00 Sage Moves w Senta 10:00 Mahjong 10:30 Vera's Painting Class 11:30 LUNCH- Cheeseburger 1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi 29 9:30 Matter of Balance 11:30 LUNCH- Mac & Cheese 2:00 TAP Inter/Advanced</p>

Elder Services of Berkshire County - Nutrition Program

AUGUST 2025

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
<p>Summer Health Tip</p> <p>Throughout your day, drink water to prevent dehydration.</p>	 <p>Elder Services of Berkshire County, Inc.</p>	<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>		
<p>4</p> <p>Chicken Bruschetta 365 Couscous 5 Peas & Mushrooms 180 Whole Wheat Bread 120 Mangoes 0 Cal 553 Carb 82 Sod 795</p>	<p>5</p> <p>L.S. Hot Dog* Potato Puffs 545 Brussel Sprouts 240 Hot Dog Bun 14 Applesauce 320 Cal 852 Carb 97 Sod 1244</p>	<p>6</p> <p>Beef Fajita 417 Black Beans and Rice 28 Corn w/pimientos 52 Flour Tortilla 190 Melon 13 Cal 721 Carb 85 Sod 825</p>	<p>7</p> <p>Joan's Homemade Meatloaf (made w beef, veal & pork) boiled potatoes, carrot salad Sheet cake for dessert</p>	<p>1</p> <p>Scrambled Egg Patty 266 Asparagus 4 Pea Soup 106 Croissant 199 Tropical Fruit 10 Cal 599 Carb 65 Sod 710</p>
<p>11</p> <p>Veal Sorrentino* 836 Buttered Pasta 8 French Cut Green Beans 3 Italian Bread 230 Raisins 4 Cal 949 Carb 122 Sod 1206</p>	<p>12</p> <p>Beef Spanish Rice 94 Zucchini & Squash 6 Prince Edward Blend 22 Dinner Roll 210 Mandarin Oranges 1 Cal 604 Carb 72 Sod 458</p>	<p>13</p> <p>Chicken Picatta 262 Buttered Boiled Potatoes 15 Sonoma Veg Blend 20 12 Grain Bread 200 Sliced Peaches 6 Cal 512 Carb 72 Sod 628</p>	<p>14</p> <p>Barbara's Breakfast for Lunch Quiche Salad Dessert</p>	<p>15</p> <p>Turkey Burger w/tomato 333 Vegetarian Baked Beans 140 Lyonnaise Carrots 74 Hamburger Bun 320 Fruit Cocktail 5 Cal 798 Carb 99 Sod 997</p>
<p>18</p> <p>Egg Salad 258 Tomato Soup 263 Herb Summer Blend 24 1/2 Pita Pocket 161 Fruit Crisp 11 Cal 689 Carb 75 Sod 842</p>	<p>19</p> <p>Meatballs w/ Marinara 262 Buttered Pasta 2 Cauliflower 14 12 Grain Bread 200 Fruit Cocktail 5 Cal 662 Carb 92 Sod 608</p>	<p>20</p> <p>Bob's Pasta and meatballs homemade sauce, meatballs, salad, garlic bread and dessert</p>	<p>21</p> <p>Spanish Chicken Stew* 568 Rice Pilaf Armenian 5 California Blend 17 Dinner Roll 210 Raisins 4 Cal 711 Carb 109 Sod 929</p>	<p>22</p> <p>Pork Roast w/ gravy 63 Mashed Sweet Potatoes 30 Peas and Carrots 69 Oat Nut Bread 150 Fresh Plum 0 Cal 692 Carb 93 Sod 437</p>
<p>25</p> <p>Chicken w/BBQ Sauce 225 German Potato Salad 119 Ratatouille 55 Whole Wheat Bread 120 Chocolate Chip Cookie **100 Cal 685 Carb 91 Sod 744</p>	 <p>FREE Box lunch followed by 30 min Balance Class</p>	<p>27</p> <p>Oriental Beef 324 Steamed Rice 6 Oriental Veg Blend 21 Fortune Cookies 0 Orange 0 Cal 610 Carb 91 Sod 476</p>	<p>28</p> <p>LABOR DAY LUNCH Cheeseburger 498 Spinach Tomato Blend 164 Fiesta Corn 11 Hamburger Bun 320 Sliced Melon 15 Cal 682 Carb 75 Sod 1133</p>	<p>29</p> <p>Mac & Cheese * 582 Zucchini 2 Sonoma Veg Blend 20 12 Grain Bread 200 Applesauce 0 Cal 556 Carb 69 Sod 929</p>

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium *High Sodium **Modifications for restricted sugar available

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.

SUMMER Word Search

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

AUGUST

BARBECUE

BASEBALL

BEACH

CAMPING

GARDEN

HOT DOGS

ICE CREAM

JULY

OUTSIDE

PICNIC

POPSICLE

SUN

SWIMSUIT

TRAVEL

VACATION

WATERMELON