

# GRAPEVINE SEPTEMBER 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 So County Connector (Transportation) ( 413) 591-3826



**We are closed on 9/1**

## GUEST CHEF LUNCHES

**Joan's Cookout (probably last of the season)**

**Friday, September 12th RAIN OR SHINE**



Hamburgers, Hot dogs, Baked Beans and  
 Potato Salad and Dessert

Please RSVP by **Mon., September 8th**

"A positive attitude causes a chain reaction of positive thoughts, events and outcomes. It is a catalyst and it sparks extraordinary results," encapsulates the power of positivity in our lives. ~ Wade Boggs

**Wednesday, September 17th**

**HANK'S CHICKEN SCARPARELLO**

Penne Puttanesca, Tomato and chickpea salad,  
 And Vanilla ice cream and biscotti

Please RSVP by **Fri., Sept 12th**



**Monday, September 22nd**

**NEW \*\* SALAD BAR**

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

by **Thu., Sept 18th**



## SPECIAL POINTS OF INTEREST

- GUEST COOK LUNCHES..... cover  
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**Thursday, September 25th**

**POTATO BAR**

Baked Potato with a variety of toppings,  
 salad and dessert.

Please RSVP by **MONDAY, Sept 22nd**



**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 are at 11:30 am –Monday –Friday**

**Guest chef lunches are:**

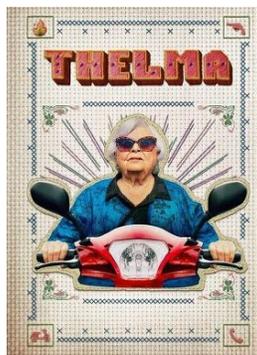
**People 60 and over \$ 5 ~ Under 60 \$ 8**

**LOOKING FOR HOLIDAY CRAFT FAIR VENDORS -**

**CLAIRE TEAGUE SENIOR CENTER**

**NOV 18th 10 AM TO 3 PM**

**Call for info 528-1881**



Join us on **Thu., Sept 25th at 12:30**  
for a good laugh. \$2 donation  
Thelma Post is a feisty 93-year-old grandmother who gets conned by a phone scammer pretending to be her grandson and sets out on a treacherous quest across Los Angeles, accompanied by an aging friend (Roundtree) and his motorized scooter, to reclaim what was taken from her.  
**REGISTRATION REQUIRED**



Join the **Extra Special Teas Staff**

for a **TEA PARTY**  
on **September 10th at 2:00 pm**  
Once again we will have entertainment by Peter Snyder and light refreshment. Please RSVP and let us know you will be coming by calling 528-1881.

### EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays 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 Mon & Fri \$ 5/ class
- A new beginner's class starts on Mondays beginning Sept 8th. Shoes available for trial.

**Registration required by Friday; Sept 5th**  
**Beginner's 1 pm—1 :45 pm.**  
**Intermediate ~ 2:00 pm**  
**For more information or to register for classes call 528-1881.**

JOIN US :

### MAHJONG

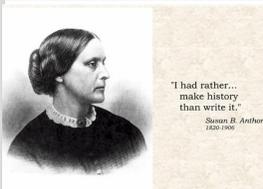
Thu. at 10:00 am **Beginners are welcome.**

BRIDGE Tue. at 11:45 am—3:15 pm

PITCH Wed. at 12:00 pm

BINGO \*Tue at 12:30 pm  
~ refreshments included

**\*\*MORE PLAYERS NEEDED**



Friday; Sept 12 At 10:30 am

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

◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆ ◆  
Join Susan B. Anthony as she describes her life from her birth in Adams, MA through her years of social activism. Temperance, Abolition, and Women's Suffrage along with other fascinating stories of her life will be shared with historical accuracy and humor.

Join Joan (our director) and create a

### MACRAME PLANT HANGER

**Friday, Sept 19th At 1:30 pm**

All Materials will be provided.

Class will be \$5

Reservations are needed—  
please call 528-1881



Sally-Jane Heit

will be returning to facilitate a round table 'Tell Your Story Hour'

On Sept 18, 2025 at 12:30 pm

Sally-Jane was recently here and shared some excerpts from her book, Not Yet!





## 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](http://aarpfoundation.org/TaxaideVolunteer)**

**AARP Foundation<sup>®</sup>  
Tax-Aide**

### "Really Big Shoe"

3



### INTUITIVE COLLAGING

SEPT 19th

Join us for another workshop with Joni Carron

*on the third Friday of the month 10 am to 12 pm*

Joni has been creating collages for 25+ years and will be instructing this class. 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. \$ 5 per person

Register by calling 528-1881.

### SOCRATES CAFÉ START UP... ARE YOU INTERESTED??

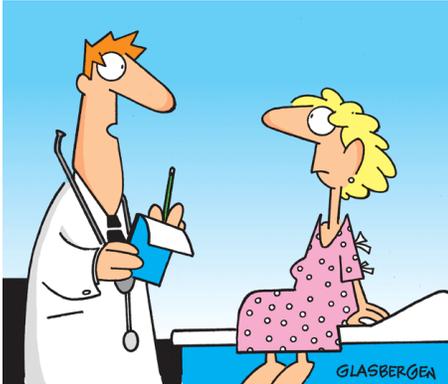
Socrates Cafés are gatherings around the world where people from different backgrounds get together and exchange philosophical perspectives based on their experiences, using the version of the Socratic Method developed by founder Christopher Phillips. A Socratic dialogue is unique in that it encourages participants to join together to seek a deeper meaning of a question, a reading and/or a problem. Rather than being a debate or a discussion, Socratic dialogue is an intentional conversation where participants are encouraged to listen to each other and to learn from one another. (NO politics or religion).

We have several people interested. [Are you someone that could facilitate the group??](#)

**WE NEED YOU!!**

If you are interested, please email me (Joan Peters) at [jpeters@townofgbma.gov](mailto:jpeters@townofgbma.gov).

Comic of the Week



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

- **Foot Nurse with Beverly Dunn~by appointment only**  
On WED; SEPT 10th



**BROWN BAG ~ WED;**  
SEPT 10th at the Claire Teague Senior Center.

One Liners from Janet B

Sign in Shoe Repair Store in Vancouver:

- We will heel you
- We will save your sole
- We will even dye for you



• **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: **Prostate CA/Cholesterol Education** - Prevention, testing, diet changes  
**Save the Date: OCT 23rd FLU CLINIC here.**

**SHINE COUNSELOR**

**Weekly On Tue and Wed —10 am-12 pm**

**ONLY THE FIRST TWO WEEKS IN SEPTEMBER.**

**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.**

**ART CLASSES~** Vera’s Painting Class : **THURSDAYS** at **10:30 –12:00 pm**

(some paintings by class participants) No instructor...artists support/encourage each other.



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

**Carlos' Tech Tips ~ Tuesdays 12-2 pm**

Carlos will be available the **FIRST TWO weeks in SEPT**

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!**

- |                       |                      |
|-----------------------|----------------------|
| Sandy Van 1           | Linda Warner 20      |
| Margaret Soule 1      | Rowan Babb 20        |
| Mary Mark 3           | Linda Traficante 22  |
| Ron Terry 3           | Diane Sheridan 22    |
| Florence Sigsworth 5  | Kathy Plungis 23     |
| Andy Moro 5           | Robert Snyder 23     |
| Joyce Koldys 7        | Margaret Buchte 24   |
| Chris Voght 8         | Gail Anderson 25     |
| Mark Bachman 11       | David Reichman 26    |
| Diane Guarnieri 11    | Cathaleen Curtiss 27 |
| Janet Kaplan 11       | John McKinstry 27    |
| Victoria Karpinski 13 | Hope Davis 29        |
| Mary Menin 13         | Anne Stannard 29     |
| Hildegard Borsody 13  | Mary Saporito 30     |
| Maryann Decker 14     | Donna Delmolino 30   |
| Linda King 15         | Ellen Robbins 30     |
| Laurie Shaw 17        |                      |



**A word after  
a word after  
a word is  
power**

- Margaret Atwood

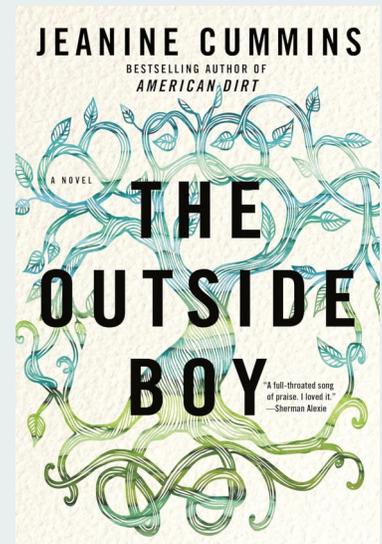
**BOOK CLUB**

Please join us on

**SEPT 30th**

**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 call 528-1881 or  
can email:  
[jpeters@townofgb.org](mailto:jpeters@townofgb.org)  
if you want us to save  
you a copy.

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CLOSED FOR <b>L A P P A</b> <b>LABOR DAY</b></p>	<p>2</p> <p>9:30 Move &amp; Groove 10:00 Sage Moves w Senta 10:00 Shine by Appt. <b>11:30 LUNCH-Beef Chili</b> 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>3</p> <p>10:00 Shine by Appt <b>11:30 LUNCH- Lemon Pepper Chx</b> 12:00 Pitch <b>1:00 Fairview Hosp Parkinson's Class (Enroll w Fairview)</b> <b>1:00 Caregiver's Support Group</b></p>	<p>4</p> <p>9:30 Move &amp; Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Chx Cranberry Salad</b> 1:00 i-Phone Help w Doug</p>	<p>5</p> <p>9:00 Tai Chi <b>11:30 LUNCH- Swedish Meatballs</b> 2:00 TAP Inter/Advanced</p>
<p>8</p> <p>10:00 Sage Moves w Senta <b>11:30 LUNCH-Sausage w/ Peppers</b> <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> 1:00 Beginners TAP <b>*** Registration required**</b> 2:00 TAP Inter/Advanced</p>	<p>9</p> <p>9:30 Move &amp; Groove 10:00 Shine by Appt. <b>11:30 LUNCH-Chx Tetrazzini</b> 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training</p>	<p>10</p> <p><b>FOOT NURSE-BEVERLY DUNN</b> * By Appointment ONLY <b>BROWN BAG</b> 10:00 Shine by Appt <b>11:30 LUNCH-Ck Caesar Salad</b> 12:00 Pitch <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> <b>2:00 Extra Special Teas Tea Party</b></p>	<p>11</p> <p>9:30 Move &amp; Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH-Stuffed Peppers Cass</b> 1:00 i-Phone Help w Doug</p>	<p>12</p> <p>9:00 Tai Chi <b>10:30 Susan B. Anthony Presentation by Muriel Dyas</b> <b>11:30 LUNCH-Labor Day Cookout</b> 2:00 TAP Inter/Advanced</p>
<p>15</p> <p>10:00 Sage Moves w Senta <b>11:30 LUNCH- Beef Stew</b> <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> 1:00 Beginners TAP <b>*** Registration required**</b> 2:00 TAP Inter/Advanced</p>	<p>16</p> <p>9:30 Move &amp; Groove <b>11:30 LUNCH- Chx Puttanesca</b> 11:45 Bridge 12:30 Bingo 3:00 Strength Training</p>	<p>17</p> <p><b>11:30 LUNCH-Hank's Chicken Scarpriello</b> 12:00 Pitch <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> <b>1:00 Caregiver's Support Group</b></p>	<p>18</p> <p>9:30 Move &amp; Groove 10:00 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Egg &amp; Sausage Patty</b> <b>12:30 "Tell your story" w Sally-Jane</b> 1:00 i-Phone Help w Doug</p>	<p>19</p> <p>9:00 Tai Chi <b>10:00 Intuitive Collaging</b> <b>11:30 LUNCH- Glazed Ham</b> <b>1:30 Macrame Plant Hanger</b> 2:00 TAP Inter/Advanced</p>
<p>22</p> <p>10:00 Sage Moves w Senta <b>11:30 LUNCH-OUR Salad Bar</b> <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> 1:00 Beginners TAP <b>*** Registration required**</b> 2:00 TAP Inter/Advanced</p>	<p>23</p> <p>9:30 Move &amp; Groove <b>11:30 LUNCH- Sweet &amp; Sour Pork</b> 11:45 Bridge 12:30 Bingo 3:00 Strength Training</p>	<p>24</p> <p><b>11:30 LUNCH-Salmon w Mustard</b> <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> <b>1:00 COA Board Meeting</b></p>	<p>25</p> <p>9:30 Move &amp; Groove 10:00 Mahjong 10:30 Vera's Painting Class <b>11:30 LUNCH- Fairview Commons: Baked Potato Bar</b> <b>12:30 MOVIE -THELIMA</b> 1:00 i-Phone Help w Doug</p>	<p>26</p> <p>9:00 Tai Chi <b>11:30 LUNCH-Meatloaf w gravy</b> 2:00 TAP Inter/Advanced</p>
<p>29</p> <p>10:00 Sage Moves w Senta <b>11:30 LUNCH- Veal Marsala</b> <b>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</b> 1:00 Beginners TAP <b>*** Registration required**</b> 2:00 TAP Inter/Advanced</p>	<p>30</p> <p>9:30 Move &amp; Groove <b>10:00 Book Club</b> <b>11:30 LUNCH-Tuscan Chx Casserole</b> <b>11:45 SBPHC Wellness Clinics</b> 11:45 Bridge 12:30 Bingo 3:00 Strength Training</p>	<p>SAVE THE DATE OCT 25th 12:30-1:30 pm  <b>Time Warp Tap-a-Ganza</b> </p>	<p>SAVE THE DATE OCT 18th <b>SATURDAY 2 PM</b> <b>THU MORNING CLUB'S SCHOLARSHIP FUNDRAISER</b> <b>BINGO ALA MODE</b></p>	<p>SAVE THE DATE Oct 16th at 12:30 pm Presentation of proposed plans for <b>Monument Mountain High School</b></p>

# Elder Services of Berkshire County - Nutrition Program

# SEPTEMBER 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	
<b>1</b>	<b>No Meals Today</b> 	<b>2</b>	Beef Chili White Rice Peas and Carrots Corn Bread Apple Cal 777 Carb 99 Sod 615	<b>3</b>	Lemon Pepper Chicken Mashed Potatoes Brussel Sprouts Dinner Roll Fruit Cocktail Cal 579 Carb 81 Sod 649	<b>4</b>	<b>COLD MEAL</b> Chicken Cranberry Salad 3 Bean Salad Cold Spiced Beets 1/2 Pita Pocket Bread Sliced Peaches Cal 623 Carb 81 Sod 736	<b>5</b>	Swedish Meatballs * Buttered Noodles Green Beans Rye Bread Diced Pears Cal 764 Carb 104 Sod 694
<b>8</b>	Labor Day	<b>9</b>	Chicken Tetrazzini Broccoli Tomato Medley Italian Bread Fresh Peach Cal 771 Carb 108 Sod 690	<b>10</b>	<b>COLD MEAL</b> Chicken Caesar Salad 3 Bean Salad Carrot Raisin Salad Oat Nut Bread Dried Cranberries Cal 782 Carb 97 Sod 785	<b>11</b>	Stuffed Pepper Casserole Italian Vegetables Summer Squash 12 Grain Bread Orange Gelatin (SF) Cal 497 Carb 57 Sod 441	<b>12</b>	<b>Joan's Cookout</b> <b>Hamburgers, Hot dogs,</b> <b>Baked Beans and Potato</b> <b>Salad and Dessert</b>
<b>15</b>	Beef Stew Warm Barley Tomato & Cuke Salad Oat Nut Bread Warm Spiced Apples Cal 794 Carb 85 Sod 367	<b>16</b>	Chicken Puttanesca Buttered Boiled Potatoes Spinach 12 Grain Bread Fresh Orange Cal 543 Carb 74 Sod 747	<b>17</b>	<b>HANK'S CHICKEN SCARPARIELLO</b> <b>Penne Puttanesca, Tomato and chickpea salad,</b> <b>Vanilla ice cream &amp; biscotti</b>	<b>18</b>	Breakfast Sandwich Egg & Sausage Patties O'Brien Potatoes Asparagus Croissant Mango Cal 573 Carb 72 Sod 575	<b>19</b>	Glazed Ham * Scalloped Potatoes French Green Beans Snowflake Roll Mandarin Oranges Cal 544 Carb 88 Sod 1029
<b>22</b>	<b>OUR SALAD BAR</b> <b>with hard boiled eggs,</b> <b>cottage cheese, variety</b> <b>of veggies, bread and</b> <b>dessert</b>	<b>23</b>	Sweet & Sour Pork Savory Rice Lima Beans WG White Bread Applesauce Cal 739 Carb 112 Sod 807	<b>24</b>	Salmon w/ Dijon Mustard Corn Chowder Zucchini Soup Crackers (1) Peanut Butter Cookie ** Cal 516 Carb 75 Sod 681	<b>25</b>	<i>Fairview Commons</i> NURSING & REHABILITATION CENTER <b>Baked Potato Bar</b> <b>with all the fixings, salad</b> <b>and dessert</b>	<b>26</b>	Meatloaf w/gravy Israeli Couscous Lyonnaise Carrots Whole Wheat Bread Raisins Cal 779 Carb 98 Sod 632
<b>29</b>	Veal Marsala Buttered Noodles Summer Blend Oat Nut Bread Vanilla Yogurt Cal 875 Carb 100 Sod 844	<b>30</b>	New Recipe Tuscan Chicken Casserole* Lemon Rice Peas and Pimiento Whole Wheat Bread Fresh Apple Cal 808 Carb 110 Sod 958			<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>		 <b>Elder Services</b> of Berkshire County, Inc.	

**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**

# Flirt

All the words are hidden vertically, horizontally or diagonally—in both directions. The letters that remain unused form a sentence from left to right.

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

DISCOVERY  
 DRINK  
 ENCOUNTER  
 ENVY  
 FAREWELL  
 FLEETING  
 GLANCE  
 HEALTHY  
 HEART  
 INTIMATE  
 JOKES  
 KISS  
 LETDOWN  
 LISTEN  
 LOVE  
 NEED  
 POEM  
 REJECTION  
 ROMANTIC  
 SHY  
 SMILE  
 TALK  
 TENSION  
 TOUCH

ADMIRATION  
 ADVENTURE  
 AFFECTION

BLINK  
 BLUSH  
 CANDLE LIGHT

CHARMING  
 CONQUEST  
 DINE