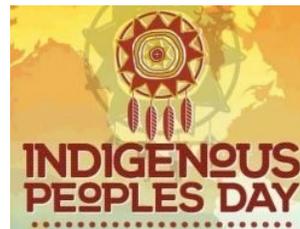


GRAPEVINE OCTOBER 2025

Claire W. Teague Senior Center * 917 Main Street * Gt Barrington * MA 01230
 Joan Peters, Director *** jpeters@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 10/13

GUEST CHEF LUNCHES



Joan's Beef Chili

Friday, October 10th

Served w Cornbread, Sour cream & cheese and dessert. Please RSVP by

Mon., October 6

Barbara's Breakfast for Lunch Overnight French Toast

Served with sausage and fruit

Thursday, Oct 16th

Please RSVP **by Tue Oct 14th**



Hank's Chicken Parmigiana

Wednesday, Oct 22nd

Served with Vegetarian stuffed pepper
Garlic bread and Dessert

Please RSVP **by Fri., Oct 17th**



Thursday, October 30th

Spaghetti and meatballs

Salad and Garlic Bread

Please RSVP **by MONDAY, Oct 27th**

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

DUE TO A STAFF SHORTAGE: WE WILL BE CLOSING

OCT 1, 2 & 3

at 12:15 pm. I

apologize for any inconvenience.

Joan Peters, Director

NEW DAY FOR MAHJONG pg. 2

NOW MONDAYS 12:30 pm to 2:30 pm

SPECIAL POINTS OF INTEREST

GUEST COOK
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 Circle of Voices2
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 Craft fair.....5
 Exercise.....2
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Join us for a **Circle of Voices** beginning on **October 30th**

A Senior Poetry Sharing Gathering

on the last Thursday of the month at **1 pm**

Join us for an hour of heartfelt words, gentle laughter, and shared memories. This welcoming circle invites seniors to read their own poetry or simply listen and enjoy the rhythms of language. Whether you're a lifelong writer, a first-time sharer, or someone who simply loves the beauty of verse, you'll find friendship, inspiration, and joy in the spoken word.

Following on page 3 is a poem I heard read by its author Allie Michellel.

Her words really hit me and it made me think that we should be offering a place to gather and share voices of poetry—ones we have written and/or the ones that we have been moved by as we read/listened to them.

Please call to register at (413) 528-1881.

EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mon & Thu 10 am \$ 3/ class (chair yoga)
- **Move and Groove w/ Dee Foster** on Tue & Thu at 9:30am \$ 5 /class
- **Strength Training w/ Christine Faber** -Tue 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 **Intermediate ~ 2:00 pm**

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

JOIN US :

MAHJONG ~ NEW DAY & TIME

MON ~ 12:30-2:30 pm

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**



**GEER
VILLAGE**

Senior Community

**Brain Games with
April Bournival**

Oct 9th; 12:15 pm

Join us for a fun interactive game while we discuss brain health and its importance in reducing the risk of dementia. We will be working out our brains with a group game so bring your thinking caps and all your friends.

Please call (413) 528-1881 to sign up.

I wish I could live my life in reverse
Make my last breath my first
So I would know what it's worth

I would look at every wrinkle and wonder how I earned those lines
Who did I love so fully that made me smile that many times
What did I weep for losing that my hair turned colorless and grey
Did my heart grow this big because of how often I let it break

Now in my 90s, I can see my whole life from my front porch:
Smell the Jasmine and feel my husband's palm beneath my fingertips
At this point we read each other's minds
Just grateful to share silence together after all this time

But now I'm in my 70's and I hear the laughter of my grandchildren
They ask me how to be extraordinary
And I just say baby; Find magic in the ordinary
Because the greatest legacy that you can leave is love.

But now I'm in my 50's
I braid my daughter's hair just before she walks down the aisle
And I let her go trusting that I raised her to trust herself
I can't protect her from life.
But I can teach her how to make a mosaic from the shards of every beautiful mistake.

But now I am in my 20's and I meet the love of my life; the first time Our fingers inter lace~
I would think that his skin is the closest I've come to touching God
We argue over what dish said to buy
And I can't help but laugh at what a miracle it is to fight over porcelain plates with him.

But now I'm a child without a single question for the purpose or the meaning of life
My laugh can rattle the stars
And I have no thought of the future not a single scar

Soon I'm taking my first breath
And I hear my father's voice
His hands are the entire universe
And my small body is a world unto itself
He calls me sunshine and I feel a fire ignite in me that will never go out.

But now I'm in her womb
I hear muffled voices talking to me
And smile because I've waited my whole life to hear my heartbeat for the first time.
Isn't it wonderful just to be here...just now.....just this.....just this.

By Allie Michellel



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**



4

INTUITIVE COLLAGING

Join us for another workshop with
Joni Carron
This month on
OCT 10th
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.

Community Informational Session

Everything You Need to Know About the Monument Mountain Regional High School Building Project

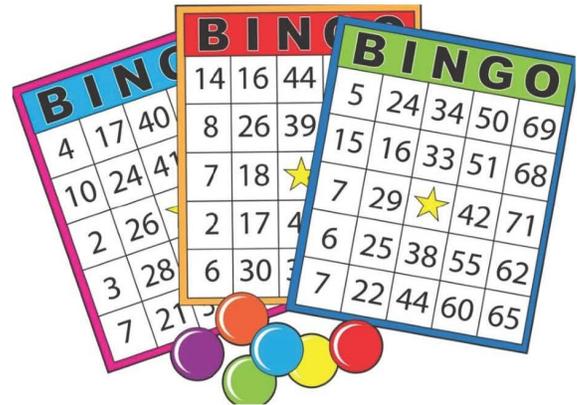
Where: Claire Teague Senior Center
917 Main St, Great Barrington
When: Thur, Oct. 16 | 12:30 PM - 1:30 PM

Learn about the proposed new Monument Mountain Regional High School and ask questions ahead of the District vote on November 4, 2025. Refreshments will be served.

Hosted by the Berkshire Hills Regional School District Building Committee

monumentbuildingproject.org

BINGO a la MODE



SCHOLARSHIP FUNDRAISER

For students of Monument Mountain and Mount Everett

Presented by the

Thursday Morning Club

Saturday, October 18th – 2 p.m.

Claire Teague Senior Center – 917 Main Street, Great Barrington, MA

BINGO and GREAT TASTING PIES

Donations \$15.00 (per person)

(Includes pie, beverage & Bingo cards)

For more information please contact:

Kristen Corbett

857-500-7191

kristen.n.corbett@gmail.com



The John S. Watson Fund has a long, heartfelt history of supporting families in Southern, Berkshire County.

Today, the Fund supports Southern Berkshire families and individuals in need during the Holidays by providing clothing gift cards for each qualifying child and food gift cards to families and individuals to help create a holiday feast. This meaningful assistance is made possible through the generosity and support of the community.

For seniors that have income below 185% of poverty, (example family of 1 making \$557 or less/week) Mass Health, SNAP, and or Fuel Assistance ~Applications dates are October 20th through November 7th 2025, at the CHP Families Services 442 Stockbridge Rd Great Barrington 413.528.0457

Or you can stop by the Claire Teague Senior Center , 917 Main St on

WED., OCT 29th: 11 am to 12:30 pm

when a representative from CHP will be available to help with applications.

**LOOKING FOR HOLIDAY
CRAFT FAIR VENDORS -**

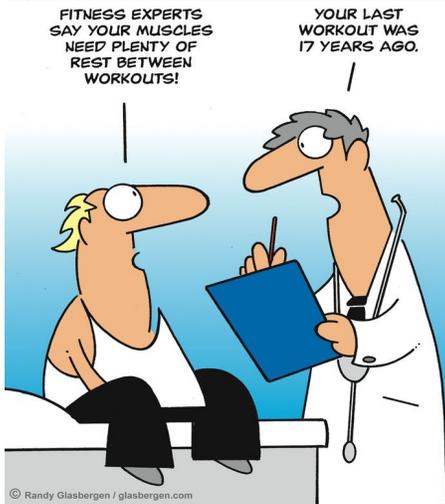
**At the CLAIRE TEAGUE
SENIOR CENTER**

**917 Main Street
Great Barrington, MA
NOV 15th 10 AM TO 3 PM**

Call for info 528-1881

SUPPORT AND HEALTHCARE:

Comic of the Week



- **Foot Nurse with Beverly Dunn~by appointment only**
On WED; OCT 8th



BROWN BAG ~ WED;
OCT 8th at the Claire Teague Senior Center.



One Liners from Janet B
AT AN OPTOMETRIST'S OFFICE:

“If you don't see what you're looking for-
You've come to the right place.”

- **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 —9 am-12 pm

Thu 10 am-12 pm (additional hours until 12-7-25)

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)· **BY APPOINTMENT ONLY. 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

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!**

Evelyn Sackett	1	Susan Scionti	15
Dorothy Heath	5	Pat Hogan	15
Joe Scionti	6	Eleanor Miller	15
Bill Kormanik	7	Marilyn Bisiewicz	19
Deborah Greene	7	Dee Foster	20
Theresa Roy	9	Karen Anderson	20
Mark Olshansky	10	Mary Kershaw	20
Celina Foley	10	Barbara Davidson	21
Peg Biscotti	11	Bob Siok	21
Mary Salzmann	11	Linda Pope	22
Anita Garrett	12	Charles Williamson	24
Augusta White	13	Peter Prelli	29
Kathy Dempsey	13	Bob Ovitt	29
John Tracy	13	Richard Daris	30
Mary Hamilton	14	Mary Anne Murray	31
Sandy Whiteman	14	Sandy Hirbour	31
Rita Sinico	15	Kathleen Rosier	31
Joe Mallory	15	Kathrine Sullivan	31



**Reading is a
means of thinking
with another
person's mind; it
forces you to
stretch your own.**

— Charles Scribner, Jr.

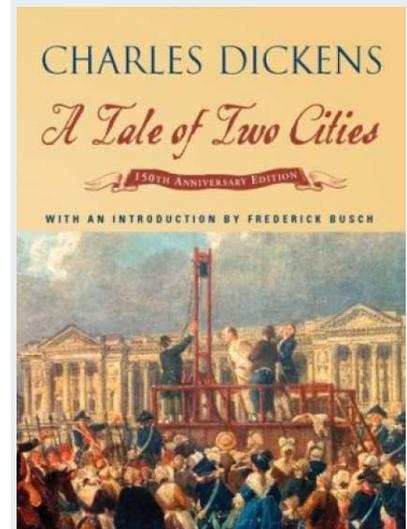
BOOK CLUB

Please join us on

October 28th

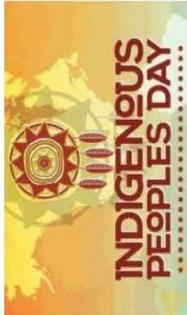
10 am - 11 am

when we will discuss
a classic:



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.

OCTOBER 2025				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SAT, OCT 18TH THU MORNING CLUB'S BINGO ALA MODE SCHOLARSHIP FUNDRAISER 2 pm - 4 pm	SATURDAY, OCTOBER 25TH TIME WARP TAPAGANZA 12:30 - 1:30 pm	9:00 Shine by Appointment 11:30 LUNCH- Turkey with Gravy	9:30 Move & Groove 10:00 SHINE by Appointment 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Sweet and Sour Meatballs	9:00 Tai Chi 11:30 LUNCH- CK Fajita
DUE TO STAFF SHORTAGE ~ WE WILL BE CLOSING AT 12:15 (Wed-Fri) OCT 1, 2 & 3				
10:00 Sage Moves w Senta 11:30 LUNCH-CK Puttanesca 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 12:30 Mahjong (new day & time) 2:00 TAP Inter/Advanced	9:00 SHINE by Appointment 9:30 Move & Groove 11:30 LUNCH-Beef & Cabbage Casserole 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	FOOT NURSE-BEVERLY DUINN * By Appointment ONLY BROWN BAG 9:00 SHINE by Appointment 11:30 LUNCH-Cranberry Glazed CK 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)	9:30 Move & Groove 10:00 SHINE by Appointment 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Mexican Macaroni and Cheese 12:15 GEER Village -Brain Games 1:00 i-Phone Help w Doug	9:00 Tai Chi 10:00 Intuitive Collaging 11:30 LUNCH-Joan's Beef Chili 2:00 TAP Inter/Advanced
CLOSED FOR:  INDIGENOUS PEOPLES DAY	9:00 SHINE by Appointment 9:30 Move & Groove 10:00 Sage Moves w Senta 11:30 LUNCH- CK Picatta 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	9:00 SHINE by Appointment 11:30 LUNCH-Meatball Grinder 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 1:00 Caregiver's Support Group	9:30 Move & Groove 10:00 SHINE by Appointment 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH- Barbara's Overnight French Toast 12:30 MONUMENT Presentation 1:00 i-Phone Help w Doug	9:00 Tai Chi 11:30 LUNCH- Tuna Salad Sandwich 2:00 TAP Inter/Advanced
10:00 Sage Moves w Senta 11:30 LUNCH-Beef Burgundy 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 12:30 Mahjong (new day & time) 2:00 TAP Inter/Advanced	9:00 SHINE by Appointment 9:30 Move & Groove 11:30 LUNCH-Cheese Lasagna Roll 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	9:00 SHINE by Appointment 11:30 LUNCH- Hank's Chicken Parmigiana 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)	9:30 Move & Groove 10:00 SHINE by Appointment 10:30 Vera's Painting Class 11:30 LUNCH- Chuckwagon Stew 1:00 i-Phone Help w Doug	9:00 Tai Chi 11:30 LUNCH-White CK Chili 2:00 TAP Inter/Advanced
10:00 Sage Moves w Senta 11:30 LUNCH-Teriyaki Beef Broccoli 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 12:30 Mahjong (new day & time) 2:00 TAP Inter/Advanced	9:00 SHINE by Appointment 9:30 Move & Groove 10:00 Book Club 11:30 LUNCH-CK Cordon Royale 11:45 SBPHC Wellness Clinics 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	9:00 SHINE by Appointment 11:30 LUNCH- Beef Stew 12:00 Pitch 1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview) 1:00 COA Board Meeting 11:30 LUNCH- Beef Stew	9:30 Move & Groove 10:00 SHINE by Appointment 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Fairview Commons Spaghetti and Meatballs 1:00 i-Phone Help w Doug 1:00 Circle of Voices (Poetry)	9:00 Tai Chi 11:30 LUNCH- Sloppy Joes and HALLOWEEN BINGO for prize 2:00 TAP Inter/Advanced

OCTOBER 2025

Elder Services of Berkshire County - Nutrition Program

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

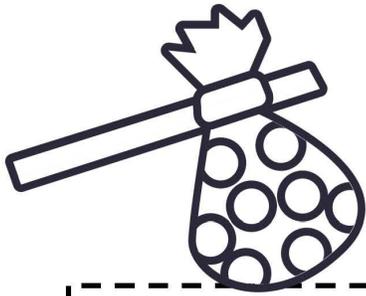
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201	1 Turkey w/Gravy Mashed Potatoes Capri Blend Oat Nut Bread Diced Pears Cal 605 Carb 80 Sod 742	2 Sweet & Sour Meatballs Buttered Noodles Peas & Carrots Whole Wheat Bread Fruit Cocktail Cal 535 Carb 76 Sod 309	3 Chicken Fajita Rice w/Beans Cauliflower Tortilla Shell Apricots Cal 712 Carb 86 Sod 345
6 Chicken Putanesca Sliced Potatoes Monaco Vegetables Italian Bread Fresh Apple Cal 522 Carb 76 Sod 809	7 Beef & Cabbage Casserole Butternut Squash Broccoli Florets Whole Wheat Bread Strawberry Craisins Cal 645 Carb 88 Sod 393	8 Cranberry Glazed Chicken Mashed Potatoes Antiqua Vegetables Whole Wheat Bread Sliced Peaches Cal 653 Carb 104 Sod 523	9 Mexican Mac & Cheese* Fiesta Corn Summer Blend WG White Bread Mangos Cal 720 Carb 90 Sod 919	10 Joan's Beef Chili served with sour cream, cheddar cheese, Cornbread and dessert
13 Happy Columbus Day No Meal Delivery Today Cal 526 Carb 71 Sod 678	14 Chicken Picatta Boiled Potatoes Spinach 12 Grain Bread Orange Cal 526 Carb 71 Sod 678	15 Meatball Grinder Buttered Noodles California Vegetables 6" Grinder roll Tapioca Pudding ** Cal 813 Carb 119 Sod 934	16 Barbara's Breakfast for Lunch Overnight French Toast Served with Sausage and Fruit	17 Tuna Salad Sandwich Minestrone Soup Sliced Carrots Hot Dog Roll Peach Crisp Cal 670 Carb 76 Sod 821
20 Beef Burgundy Buttered Noodles Brussel Sprouts Dinner Roll Mixed Fruit Cal 740 Carb 87 Sod 435	21 Cheese Lasagna Roll Sonoma Blend Peas Italian Bread Diced Pears Cal 525 Carb 87 Sod 821	22 Hank's Chicken Parmigiana Served with Vegetarian Stuffed Pepper, Garlic bread and dessert	23 Chuckwagon Stew Buttered Noodles Sliced Carrots Oat Nut Bread Banana Cal 779 Carb 107 Sod 722	24 White Chicken Chili Warm Barley Monaco Vegetables Corn Bread Spiced Apples Cal 702 Carb 96 Sod 588
27 Teriyaki Beef w/Broccoli Steamed Rice Oriental Blend Fortune Cookie Pineapple Chunks Cal 646 Carb 77 Sod 548	28 Chicken Cordon Royale* Mashed Potatoes w/ gravy Carrots Dinner Roll Mangoes Cal 727 Carb 94 Sod 968	29 Beef Stew Buttered Boiled Potatoes 5 Way Blend Whole Wheat Bread Mandarin Oranges Cal 655 Carb 69 Sod 376	30 Fairview Commons Spaghetti and Meatballs Garlic Bread Salad and Dessert	31 HALLOWEEN Sloppy Joes Potato Puffs Asparagus Hamburger Bun SF Fruited Orange Gelatin Cal 828 Carb 86 Sod 844

Dietary Information: All meals include 1% Milk 110 calories/125 mg sodium

Calories and sodium from salad dressings, margarine, and condiments are not included.

*High Sodium **Modifications for restricted sugar available

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



The Great Depression

Word Search



- | | | | |
|---------------|----------------|-----------------|--------------|
| BANKING ACT | GOLD STANDARD | NEW DEAL | ROOSEVELT |
| BLACK TUESDAY | HERBERT HOOVER | OF MICE AND MEN | SHANTY TOWNS |
| BREADLINE | HOMELESS | PANIC | SOUP KITCHEN |
| DROUGHT | HOOVERILLES | POVERTY | STOCK MARKET |
| DUST BOWL | HUNGER | PUBLIC WORKS | UNEMPLOYMENT |
| ECONOMY | MIGRATION | RECESSION | WPA WORKERS |