

GRAPEVINE NOVEMBER 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 Cty Connector (Transportation) (413) 591-3826

A Special Thank You to our Great Barrington Police Department for allowing these young officers to come and help with our last cookout of the season. We all are proud of this next generation of our police department and community members.



Left to right: Ashley Zorba, Bobby Lamont, Brando Hammer, Danny Hadsell, Sammy Riva & Julia Rivers

GUEST CHEF LUNCHES



Barbara's Quiche
 Served with
 Salad and dessert

Monday, November 3rd
 Please RSVP **by Oct 31st**

Hank's Country Ham
Thursday, November 13th
 Served with Butternut/Acorn
 Squash Puree, Garlic
 parmesan roasted green beans
 and dessert.



Please RSVP
by Mon.,
Nov 10th

GEER VILLAGE

Sponsoring FREE Box Lunch at Senior Ctr Tue, Nov 18th
RSVP by 11-14
 11:30 am to 12:30 pm
30 min Balance Class after lunch



Seniors
 90s+ Celebration
 will be on
 November 20th—
 info on page 3.

**We will be closed on
 November 11th**



and November 27th.



From all of here at the senior center!

SPECIAL POINTS OF INTEREST

GUEST COOK
 LUNCHES.....cover
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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 are at 11:30 am –Monday –Friday Guest chef lunches are priced:

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

Thank you to both Fairview Commons and Geer Village for the amazing meals they bring to us.



In honor of National Gratitude Month, we hope you will join us and contribute to a bulletin board dedicated to things that we are grateful for. You can feel free to stop in and add something to the board, write an anonymous note and place it in our gratitude box. I will share as much as I can in our Dec. newsletter.

I will start with: I am grateful to be a part of our community and to have so many of you coming to visit us. Sincerely, Joan Peters

SOCRATES CAFÉ

We will revisit this in the Spring...several interested participants are 'snow birds'. I will reach out again in April.

PLEASE JOIN US FOR OUR HOLIDAY CRAFT FAIR

ON SATURDAY; NOV 15TH
10 AM TO 3 PM



VARIETY OF CRAFTERS

- . JAMS, BREADS ETC
- . HAND MADE GIFTS
- . VARIETY OF JEWELRY MAKERS
-MANY MORE



WE WILL BE SELLING HOT DOGS, CHIPS, SODA OR COFFEE

Thank you to the **Claire Teague Tappers** for another spectacular show. Thank you to **Carolyn Calandro**: Tap Instructor, Creator, Choreographer and Prop Designer / Builder and to our tappers:

- | | |
|-----------------|----------------|
| Carole Clarin | Linda DiFulvio |
| Kristen Ramirez | Laurie Shaw |
| Camille Ramirez | Theresa Terry |
| Kathy Staropoli | Judith Winn |
- and Carolyn Calandro

Thank you for the **poem recitation** by:
Sam Barrett

Thank you to the musical performances by:
John McKinstry
James F Tyer, Sr



Our intermediate class will be beginning a new routine on Friday, Oct 31st...come & join them.

Solution

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

SOUTH COUNTY CONNECTOR

Your local Southern Berkshire municipal door-to-door transportation service. A new affordable transportation service for **Medical Appointments Only** has begun as of October 1st. We are connecting **Great Barrington and Egremont** residents to **Pittsfield, Lee, and Lenox**. The service is available **Monday - Friday 7:00 AM - 5:30 PM**.

During the launch of this service, we are offering a normally \$20.00 round trip ride for just \$10.00. This promotion will be in effect until November 30th. After November 30th, the rides will be \$20.00 round trip.

The service gives **priority to seniors, veterans, and persons with disabilities**.

There will be "space-available seating" for residents of other South County communities. Residents of Sheffield, New Marlborough, Monterey, and West Stockbridge **will need to book a ride to Great Barrington** for connecting service to Pittsfield, Lee, or Lenox.

Passengers can reserve rides only through our Dispatch Center by calling 413-591-3826, please give at least 48 hours' notice if possible.

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Please join us and our special
Guests to celebrate our

"Seniors over 90"
Thursday, November 20th
11:00am - 12:15 pm at the
Claire Teague Senior Center
917 Main Street
Great Barrington, MA

Mary Menatti will be performing
tunes from the past 11-12.
Sliced Turkey, Gravy, Stuffing
Mashed Potatoes, Carrot, Parsnips,
Butternut Squash, Snowflake Roll
Dessert: Cake

RSVPs are necessary, please call us by
Friday, Nov 14th by noon
at 413-528-1881.



Please join
us on

Monday, November 17th at 1 pm
Losing a loved one can be difficult,
especially during the first few
months. The flood of emotions can
leave us feeling exhausted and
confused. Come for a grief work-
shop with Bereavement Coordinator
Lara to learn what to expect when
we are grieving, managing expecta-
tions and learning how to cope.

Lara Bolger, MDiv, MA
Office Phone 413-443-2994
lbolger@integritus1.org

Join us for a **Circle of Voices**

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.

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

Help Yourself to Happiness

by Helen Steiner Rice

Everybody, everywhere
seeks happiness, it's true,
But finding it and keeping it
seem difficult to do.

Difficult because we think
that happiness is found
Only in the places where
wealth and fame abound.

And so we go on searching
in palaces of pleasure
Seeking recognition
and monetary treasure,

→



Unaware that happiness
is just a state of mind
Within the reach of everyone
who takes time to be kind.

For in making others happy
we will be happy, too.
For the happiness you give
away
returns to shine on you.



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**

Nov 6; 11:15 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.

**We will have this during lunch for those
who have made a lunch reservation.**

Comic of the Week

I've been calling you all day.

That's a calculator.



SUPPORT AND HEALTHCARE:

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• 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



- **Foot Nurse with Beverly Dunn~by appointment only**
On WED; NOV 12th



BROWN BAG ~ WED;
NOV. 12th at the Claire Teague Senior Center.

ART CLASSES~

Vera's Painting Class :

THURSDAYS at

10:30 –12:00 pm

(paintings by class participants)

No instructor....artists support/encourage each other.

**NEW ART CLASS COMING
IN JANUARY!!!**

More Information to come

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.

INTUITIVE COLLAGING

Join us for another workshop with Joni Carron which meets on the third Friday

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.

**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!**

Armond Ferron	1	Marlene TenBroeck	10
Eric Schumann	2	Linda Bryce	11
Mayer Kirkpatric	2	Pauline Dongala	12
Cheryl Reynolds	2	Paulette Johnson	14
Helen Hinkley Grady	4	Nora Hayes	17
Gillian Panchy	5	Carolyn Arienti	17
Diane Piraino	5	Mike Vogt	19
Fawn Menard	6	Trudi Gunsberg	21
Michelle Spellman	6	Betty Pratt	23
Linda Difulvio	7	Matthew Tomich	23
Donald Fillio	7	Pat Carlotto	26
Anne Woods	7	Carolyn Carr	27
Katie Kilmer	9	Julie Negrini	28
Roberta Parry	9	Natalie Kahan	28
Maureen Avery	9	Priscilla Rueger	29
John Pease	9	Nancy Coleman	30



**Let us remember:
One book, one
pen, one child,
and one teacher
can change the
world.**

- Malala Yousafzai

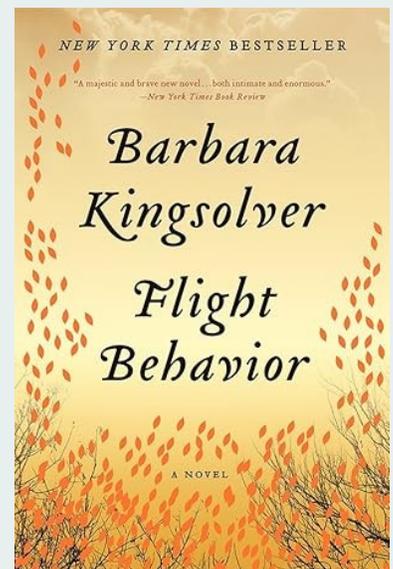
BOOK CLUB

Please join us on

November 25th

10 am - 11 am

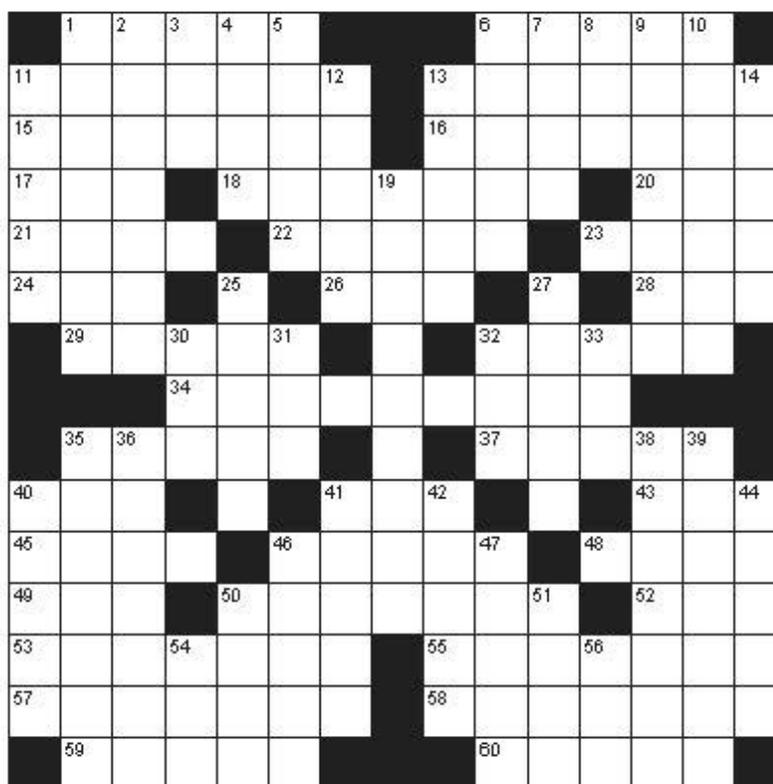
when we will discuss :



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.

Crossword no.1



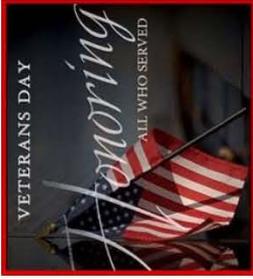
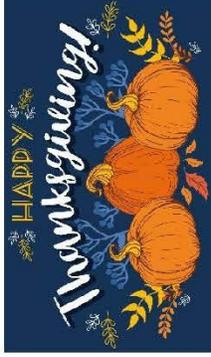
ACROSS

1. Pierces
6. Falsified
11. Pair
13. Illegitimate
15. Oxygenates
16. God of the sea (Roman mythology)
17. Chinese revolutionary
18. Bothers
20. Advice columnist ___ Landers
21. Sea eagle
22. Gardening tools
23. Mid-month days
24. Collection or series
26. So far
28. Mineral-bearing rock
29. Round wooden rod
32. Fortune tellers
34. Restate
35. Arab country in northeast Africa
37. Jaunty rhythms
40. Glass container
41. A measure equal to 16 feet
43. Gremlin
45. Fertilizer ingredient
46. Anagram of "Noted"
48. Whirlpool
49. Anger
50. Argumentative
52. Prefix indicating recent or new
53. Bastion
55. Give forth
57. Foes
58. Fails to fulfill a promise
59. Coarsely ground hulled corn
60. Stitched

DOWN

1. Uttered obscenities
2. A city in Ontario Canada
3. A king of Judah
4. The two of them
5. Smudge
6. Hurries away
7. Mountains in Europe
8. A set of tools
9. South American country
10. Main meals
11. Makes docile
12. An analytic literary composition
13. Cove
14. Taut or rigid
19. Body frames
25. Tearful
27. Abominable snowmen
30. Sardonic
31. Illuminated
32. Actor ___ Mineo
33. Snake-like fish
35. A piece of jewelry
36. One who welcomes
38. Adolescent
39. Precipitated as a mixture of rain and snow
40. Liquid from fruit
41. Boils
42. Dissuade
44. Flat masses of floating sea ice
46. Tall woody plants
47. 10 cent coins
50. Assemble or modify written material
51. Walking stick
54. French for "Friend"
56. Not old

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-Barbara's Quiche</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>12:30 Mahjong</p> <p>2:00 TAP Inter/Advanced</p>	<p>9:00 SHINE by Appointment</p> <p>9:30 Move & Groove</p> <p>11:30 LUNCH-Chicken on a biscuit</p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p> <p>CLOSED FOR</p> 	<p>9:00 SHINE by Appointment</p> <p>11:30 LUNCH-Italian Meatballs Marinara</p> <p>12:00 Pitch</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>1:00 Caregiver's Support Group</p> <p>FOOT NURSE-BEVERLY DUNN</p> <p>* By Appointment ONLY</p> <p>BROWN BAG</p> <p>9:00 SHINE by Appointment</p> <p>11:30 LUNCH-Orange Chicken</p> <p>12:00 Pitch</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p>	<p>9:30 Move & Groove</p> <p>10:00 SHINE by Appointment</p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p>11:15 Brain Games during Lunch</p> <p>11:30 LUNCH-Chicken Picatta</p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH- Calico Bean and Sausage</p> <p>2:00 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-CK Pesto Sandwich</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>12:30 Mahjong</p> <p>2:00 TAP Inter/Advanced</p>	<p>9:00 SHINE by Appointment</p> <p>9:30 Move & Groove</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-GEER Boxed Lunch</p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>9:00 SHINE by Appointment</p> <p>11:30 LUNCH-Beef with Peppers and onions</p> <p>12:00 Pitch</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove</p> <p>10:00 SHINE by Appointment</p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH-HANK'S Country Ham w Squash Puree</p> <p>12:15 GEER Village -Brain Games</p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi</p> <p>11:30 LUNCH-Beef Stroganoff</p> <p>2:00 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-BBQ Pulled Pork</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>12:30 Mahjong</p> <p>1:00 Hospice Grief Workshop</p> <p>2:00 TAP Inter/Advanced</p>	<p>9:00 SHINE by Appointment</p> <p>9:30 Move & Groove</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-GEER Boxed Lunch</p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>9:00 SHINE by Appointment</p> <p>11:30 LUNCH-Beef with Peppers and onions</p> <p>12:00 Pitch</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>1:00 Caregiver's Support Group</p>	<p>9:30 Move & Groove</p> <p>10:00 SHINE by Appointment</p> <p>10:00 Sage Moves w Senta</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- 90's Celebration Sliced Turkey, gravy and stuffing</p> <p>1:00 Circle of Voices (Poetry)</p> <p>1:00 i-Phone Help w Doug</p>	<p>9:00 Tai Chi</p> <p>10:00 Intuitive Collaging</p> <p>11:30 LUNCH- Stuffed Shells with sauce</p> <p>2:00 TAP Inter/Advanced</p>
<p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-Beef Cabbage Casserole</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>12:30 Mahjong</p> <p>2:00 TAP Inter/Advanced</p>	<p>9:00 SHINE by Appointment</p> <p>9:30 Move & Groove</p> <p>10:00 Book Club</p> <p>11:30 LUNCH-Moroccan Beef Stew</p> <p>11:45 Bridge</p> <p>12:00 Tech Tips w Carlos</p> <p>12:30 Bingo</p> <p>3:00 Strength Training</p>	<p>9:00 SHINE by Appointment</p> <p>11:30 LUNCH Chicken Marsala</p> <p>12:00 Pitch</p> <p>1:00 Fairview Hosp Parkinson's Class(Enroll w Fairview)</p> <p>1:00 COA Board meeting</p>	<p>CLOSED FOR</p> 	<p>9:00 Tai Chi</p> <p>11:30 LUNCH-Asian Pork Casserole</p> <p>2:00 TAP Inter/Advanced</p>

Elder Services of Berkshire County - Nutrition Program

NOVEMBER 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	
NUTRITION HOT LINE 1-800-981-5201		If you will not be home when your meal is delivered, please call our Nutrition Hotline.							
3	Barbara's Breakfast for Lunch Barbara's Quiche Salad Dessert	4	Chicken on a Biscuit Asparagus Cuts 1/2 Biscuit Warm Fruit Compote	5	Italian Meatballs Marinara Buttered Noodles Italian Green Beans Italian Bread Pudding**	6	Chicken Picatta Buttered Boiled Potatoes Cream of Broccoli Soup Whole Wheat Bread Applesauce	7	Calico Bean & Sausage Steamed Rice Zucchini & Tomatos Rye Bread Diced Pears
10	Chicken Pesto Sandwich Buttered Noodles Winter Blend Vegetables Hamburger Bun Tropical Fruit	11	 No Meal Delivery Today	12	Orange Chicken Wild Rice Pilaf Capri Blend Vegetables Oat Nut Bread Diced Pears	13	Hank's Country Ham Butternut/Acorn Squash Puree Garlic Parmesan Roasted Green Beans and dessert	14	Beef Stroganoff Buttered Noodles Beets and Pearl Onions 12 Grain Bread Mandarin Oranges
17	BBQ Pulled Pork Dirty Rice New England Slaw Hot Dog Roll Peach Crisp	18	 Geer Village Senior Community sponsoring a Free Box Lunch followed by 30 min. Balance Class	19	Beef w/Peppers & Onions Augratin Potatoes Antigua Vegetables Rye Bread Raisins	20	90's+ Celebration Sliced Turkey & Gravy Mashed Potatoes Carrot, Parsnips & Butternut Snowflake Roll Pumpkin Pie ** + CAKE	21	Stuffed Shells w/sauce Brussel Sprouts Green & Wax Beans Italian Bread Sliced Peaches
24	Beef Cabbage Casserole Butternut Squash Soup Broccoli Florets Whole Wheat Bread Spiced Apples	25	Moroccan Beef Stew Warm Barley Lyonnaise Carrots Oat Nut Bread Apricots	26	Chicken Marsala Mashed Sweet Potatoes Sonoma Blend Vegetables 12 Grain Bread Mangos	27	 Happy Thanksgiving No Meal Delivery Today	28	Asian Pork Casserole Brown Rice Asparagus Cuts Dinner Roll Pineapple Chunks
Cal 630 Carb 81 Sod 772	Cal 693 Carb 98 Sod 877	Cal 619 Carb 78 Sod 427	Cal 612 Carb 80 Sod 810	Cal 627 Carb 84 Sod 659	Cal 770 Carb 96 Sod 875	Cal 628 Carb 67 Sod 420	Cal 607 Carb 92 Sod 839	Cal 660 Carb 88 Sod 573	

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.



Industrial Revolution

Word Search



- | | | | |
|----------------|---------------|-----------------|---------------|
| ASSEMBLY LINE | ELI WHITNEY | MASS PRODUCTION | RAILWAYS |
| CANALS | FACTORIES | METAL PARTS | SHEET GLASS |
| CHILD LABOR | GAS LIGHTING | MIGRATION | STEAM ENGINE |
| CONCRETE | INVENTIONS | MILLING | TEXTILES |
| COTTON GIN | IRON INDUSTRY | PAPER MACHINE | TRADE UNIONS |
| ELECTRIC MOTOR | MACHINERY | POWER LOOM | WORKING CLASS |