

GRAPEVINE JANUARY 2026

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

Closed on Thu; Jan 1 &
 Mon; Jan 19th



Thank you to the Teague Tapping Elves for the little show they gave all of us during our lunch with Hank. It was a nice precursor to the upcoming holidays.



All of us here at the Claire Teague Senior Center want to thank **Wheeler and Taylor** for their generosity. Over 65 of the seniors in our community received Thanksgiving Meals to help with the holiday. What an incredible donation~ **THANKS a million!**



NOTE FROM THE DIRECTOR:

With snowy weather here, Stay tuned to **WSBS ~94.1 FM** for Closures and/or Cancellations!

GUEST CHEF LUNCHES

Hank's Chicken Bruschetta on Wed., January 7th



Served with Holiday Rice
 Butternut Squash Puree
 Dessert

Please RSVP by Friday, January 2nd

Barbara's Overnight French Toast Thursday, January 15th

Served with sausage and fruit.
Please RSVP by Monday, Jan 12th



Sponsoring **FREE** lunch

Thur., Jan 22nd

Chili, Corn bread, Caesar Salad and Dessert

Please RSVP by Friday; Jan 16th

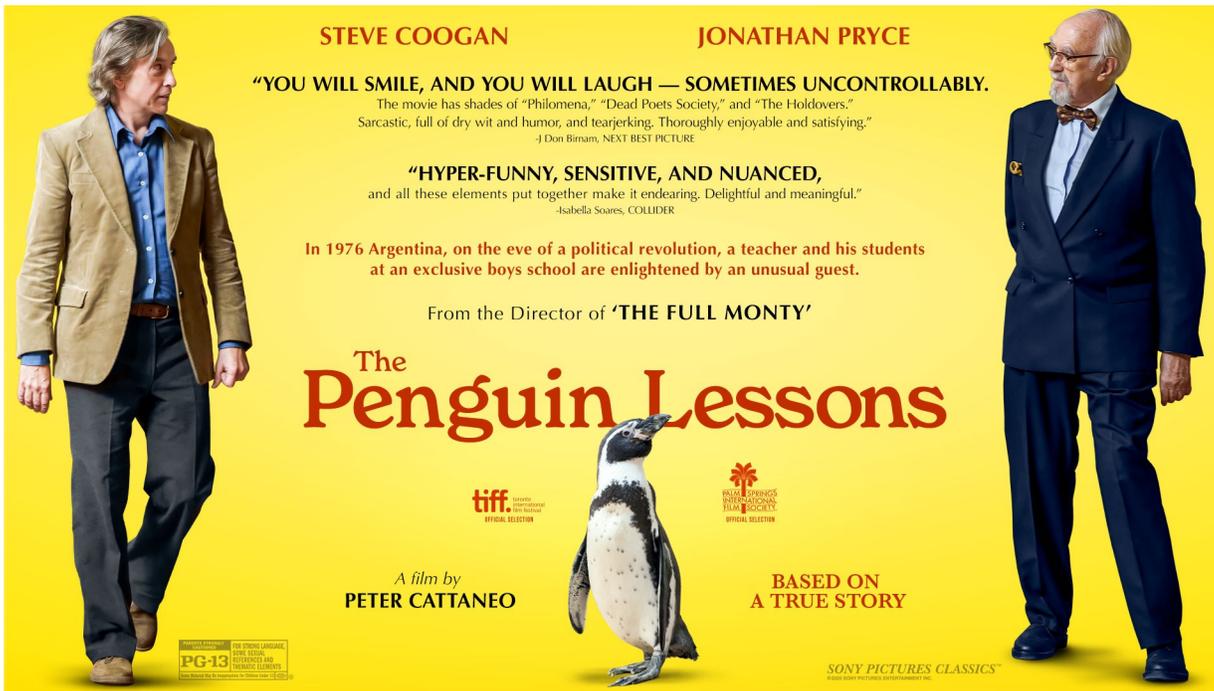
All lunches require a reservation at least 24 hrs in advance (except Mondays; please call by noon on the Friday before) by calling us at 413-528-1881. All lunches are at 11:30 am –Monday –Friday

Guest chef lunches are priced:

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

SPECIAL POINTS OF INTEREST

GUEST COOK LUNCHES.....cover
 Art Classes3
 Birthdays5
 Book Club.....5
 Collaging.....3
 Exercise3
 Games.....3
 Gratitude Board.....2
 Healthcare/Art Class .4
 i-phone help.....5
 Movie.....2
 SHINE.....4
 Tech Help.....5
 Also inside this issue:
 Calendar.....6
 Menu.....7
 Word Search.....8



Please join us on
Thursday,
January 15th
At 12:30 for this
delightful movie.
Suggested
donation \$2 to
cover snacks.
Please call
413-528-1881
to save a seat.
SNOW DATE
1/22

As November was National Gratitude Month, we are happy to share with you all (as I promised) a photo of our board.)

I am leaving it up...please feel free to come by and add to it.



Come and have a cup of coffee with us—we are fortunate to have a wonderful community of people to share time with.

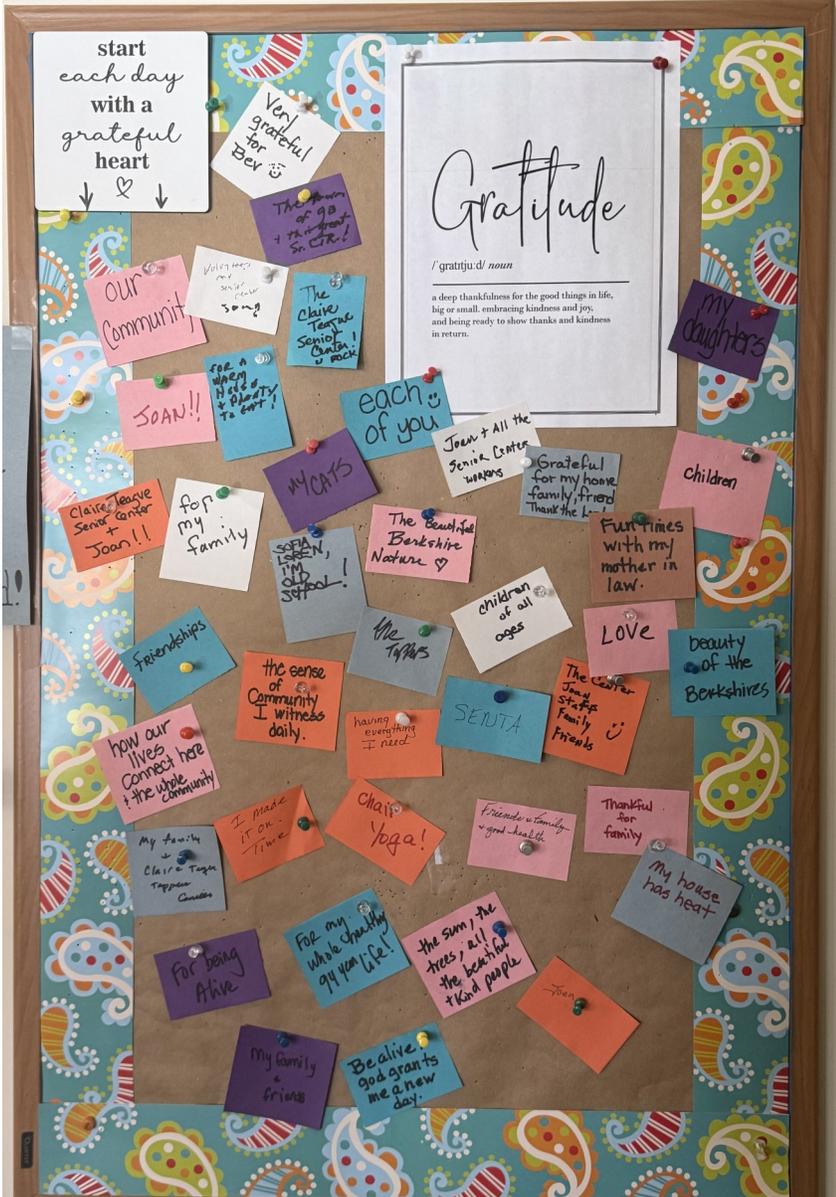
Just for Laughs

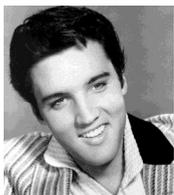
What do you call someone who enjoys Mondays?

Retired

When is the best time to start thinking about your retirement?

Before the boss does





Scott Kohlstrom
will be here on **Mon;**
Jan 12th at
11 am –12:30 pm

Scott is an **Elvis impersonator** who will sing for us and has performed a couple of times at the Sheffield Senior Center. **Why not call and register for Monday's lunch and join us for Scott's performance.** Donations for this young man are welcome.

- **Foot Nurse with Beverly Dunn~**
by appointment only
On WED; JAN 14



BROWN BAG ~ WED; JAN 14th at the
Claire Teague Senior Center.

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**

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 ~ 1:30 pm**

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



ART CLASSES~

Vera's Painting Class:

THURSDAYS

at **10:30 am–12:30 pm**

(paintings by class participants)



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

Unleash Your Inner Artist - Paint Pour Party! On Thursday, Dec 11th at 12:30

Come and join **Ginger Alexander** for a vibrant & exciting **Paint Pour Party!** No experience is needed—just a desire to create a beautiful, abstract masterpiece. Acrylic pouring is a mesmerizing technique where you mix and pour paints to create unique, fluid designs. **What's Included:** Your canvas and **all** necessary high-quality supplies are provided! Just show up and let the colors flow.



Class Fee is \$20



Winter Trees ~ Acrylic Painting



With Jude Harrigan

On Fridays~ January 2, 9 & 16

1pm to 3 pm

Supplies provided \$5 class

Call to register (528-1881) to join us.

Jude Harrigan is a retired high school art teacher/practicing artist. She lives in Egremont, where she enjoys quietly working in her home studio. She is a member of the Berkshire Potters Collective and the Guild of Berkshire Artists.

INTUITIVE COLLAGING

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

10 am to 12 pm



Free to Be

Joni has been creating collages for 25+ years and will be instructing this class. We will be providing supplies for the class however, feel free to bring any magazines, photos or other images that you might wish to incorporate in your collage. \$ 5 per person ~ Register by calling 528-1881.

SUPPORT AND HEALTHCARE:

4

• Caregivers Support Group ~

Meets the 1st & 3rd Wed monthly at 1:00 pm & will be facilitated by Elder Services of Berk. County.



• **SBPHC Wellness Clinics** The last Tue each month from 11:45 am –12:45 pm —Blood Pressure ~Do you or someone you know need to monitor your blood pressure at home? Stop by our next wellness clinic on Tue Jan 27th to receive a free cuff donated by the American Heart Association. **Supplies are limited.** Claire Teague Senior Center, 917 Main Street, Great Barrington

• 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): **BY APPOINTMENT ONLY.**

Please bring: current financial information, current prescriptions, Medicare and insurance cards.

How Can I Prevent Heart Issues from COVID or the Flu?

1. Stay up to date on your vaccines

The flu and COVID shots continue to be our best protection against serious illness, hospitalization, and death. In fact, a recent study found that between October 2024 and March 2025, most adults hospitalized for COVID had received no COVID vaccine since July 2023.² Keeping current with your vaccinations is especially important if you're 65 or older or have heart disease or other health conditions that raise your risk.

2. Wear a mask

[According to CDC](#), wearing a well-fitting mask gives you an extra layer of protection against respiratory illnesses. Even if you're up to date with your COVID and flu vaccinations, masking up can help reduce risk for you as well as the people around you. It can be especially helpful in crowded places, during times when sickness is spreading in your community, or if you—or someone close to you—are at higher risk of serious disease.

3. Keep up with your health care visits—and don't ignore emergencies

During flu season and all year round, regular checkups are key to staying on top of your heart health and catching problems early. Don't wait until small issues become big ones—call your care team if you notice unusual physical symptoms (or if symptoms you already have get worse).

If you ever [experience symptoms of a heart attack or stroke](#), such as chest discomfort or shortness of breath, dial 911 right away. Don't dismiss your symptoms or wait to see if they improve. Calling 911 is almost always the fastest way to get treatment that can save your life.

4. Take your heart medicines as directed

If you live with cardiovascular disease (such as high blood pressure), it's very important to stick to your treatment plan and keep in touch with your health care provider. Taking your medications as prescribed helps protect your heart and lowers your risk of heart attack or stroke. Regular check-ins with your doctor can make sure your treatment plan is working well for you and allow for adjustments, if needed.

Should you have issues with your heart medication—like paying for it, getting refills, or managing side effects, let your care team know. There are often programs or resources available to help.

5. Boost your body's ability to fight infections

[Strengthen your natural defenses](#) by practicing healthy lifestyle habits:

• **Prioritize good nutrition:** Along with a host of other benefits, eating well can help prime our bodies to fight off infection. Focus on nutrient-dense foods like colorful fruits and vegetables, whole grains, and lean proteins. Limit your intake of ultra-processed foods.

[Stay hydrated:](#) Drink plenty of water all day long to keep your systems functioning properly. Soups, herbal tea, and fruits with high water content (like watermelon) count, too.

[Get enough sleep:](#) Aim for seven to nine hours of [high-quality sleep](#) every night. You can improve your slumber by practicing good sleep hygiene (e.g., sticking to a bedtime routine, avoiding screens at least 60 minutes before bed, and limiting daytime naps).

[Exercise daily:](#) Moving your body every day supports a strong, healthy immune system. It can also ward off illness by helping to flush bacteria out of your lungs and airways. Try to incorporate 20 to 30 minutes of moderate [exercise](#) into most days of the week.

[Manage stress:](#) Activities like yoga, deep breathing, mindfulness exercises, and meditation help counteract the physical effects of chronic stress that can lower our immune defenses.

6. If you're feeling unwell, tell your doctor ~ Notify your health care provider right away if you start experiencing [flu- or COVID-like symptoms](#). There are [safe and effective treatments for COVID](#) and flu that can help prevent serious illness and complications—but they must be started within a certain amount of time after symptoms begin .

**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!**

Johanna Brogan	3	Betsy Honig	20
Diane Cowles	3	Marie Langway	21
Barbara Delmolino	3	Corrine Burke	21
Elaine Baum	3	Janice Madden-Coon	21
Terri Bannon	3	Jean Curtiss	22
Anna Beardsley	6	Clarice Weiland	22
Caroline Corbin	7	Mark Rosen	24
Marilyn Sauer	8	Joan Basis	25
Cettina Messina	9	Karen Clark	26
Barbara Kozlowski	11	Karen Ketchen	26
Amy Bart	11	Karen Woolis	29
Claudia Cass	11	Beverly Dunn	29
Don Freedman	13	Jennie Gebo	29
David Pixley	13	Sylvia Nordorff	29
Jacob Wei	14	Theresa Terry	31
Colleen Coyte	15	Richard Needleman	31
Carol Mead	19	Estella Ortiz Bodnar	31
Dolores Kaufmann	19	Mary Booton	31
Hank Ferlauto	20	Cathy Clark	31

”

We don't need a list of rights and wrongs, tables of dos and don'ts: we need books, time, and silence. Thou shalt not is soon forgotten, but Once upon a time lasts forever.

- Philip Pullman

PRINCETONBOOKREVIEW.COM

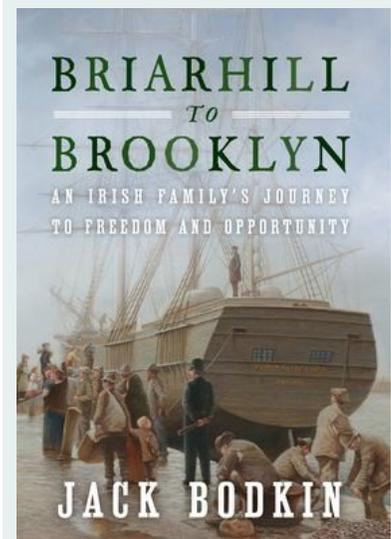
BOOK CLUB

Please join us on

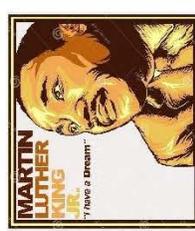
January 27th

10 am - 11 am

when we will discuss :



You can get a copy of the book at the Mason Library.

JANUARY 2026				
** BY APPOINTMENT ONLY				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			CLOSED FOR 	1 9:00 Tai Chi 11:30 LUNCH- Sweet and Sour Pork 1:00 Acrylic Painting w Jude 1:30 TAP Inter/Advanced
2				
10:00 Sage Moves w Senta 11:30-Beef & Cabbage Casserole 1:00 Parkinson's Class 12:30 Mahjong 1:30 TAP Inter/Advanced	5 9:30 Move and Groove 10:00 SHINE ** 11:30 LUNCH- Stuffed Shells 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	6 10:00 SHINE ** 11:30 LUNCH Hank's Chicken Bruschetta 12:00 Pitch 1:00 Parkinson's Class ** 1:00 Caregiver's Support Group	7 9:30 Move & Groove 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Swedish Meatballs 1:00 i-Phone Help w Doug	8 9:00 Tai Chi 11:30 LUNCH-Chicken w Gravy 1:00 Acrylic Painting w Jude 1:30 TAP Inter/Advanced
16	12 10:00 Sage Moves w Senta 11:00 Elvis Impersonator: Scott Kahlstrom performing 11:30 LUNCH-Chicken Curry 1:00 Parkinson's Class 12:30 Mahjong 1:30 TAP Inter/Advanced	13 9:30 Move & Groove 10:00 SHINE by appointment 10:00 Sage Moves w Senta 11:30 Roast Pork & Gravy 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	14 FOOT NURSE-BEVERLY D ** BROWN BAG 10:00 SHINE by appointment 11:30 Macaroni and Cheese 12:00 Pitch 1:00 Parkinson's Class **	15 9:30 Move & Groove 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH Barbara's Overnight Frenchtoast 12:30 MOVIE ~The Penguin Lessons 1:00 i-Phone Help w Doug
19	19 CLOSED FOR 	20 9:30 Move & Groove 10:00 Sage Moves w Senta 10:00 SHINE by appointment 11:30 LUNCH-Mini Ravioli 11:45 Bridge 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	21 10:00 SHINE by appointment 11:30 LUNCH Chicken Cacciatore 12:00 Pitch 1:00 Parkinson's Class 1:00 Caregiver's Support Group	22 9:00 Tai Chi 11:30 LUNCH-Homemade Meatloaf & Mashed Potatoes 1:30 TAP Inter/Advanced
26	26 10:00 Sage Moves w Senta 11:30 LUNCH-Pasta w Sauce Rice 1:00 Parkinson's Class 12:30 Mahjong 1:30 TAP Inter/Advanced	27 9:30 Move & Groove 10:00 SHINE by appointment 10:00 Book Club 11:30 Spanish Chicken Stew 11:45 Bridge 11:45 SBPHC Wellness Clinic 12:00 Tech Tips w Carlos 12:30 Bingo 3:00 Strength Training	28 10:00 SHINE by appointment 11:30 LUNCH Yankee Pot Roast 12:00 Pitch 1:00 Parkinson's Class 1:00 COA Board meeting	29 9:30 Move & Groove 10:00 Sage Moves w Senta 10:30 Vera's Painting Class 11:30 LUNCH-Eggplant Parmesan 1:00 Paint Pour Party 1:00 i-Phone Help w Doug
30				30 9:00 Tai Chi 11:30 LUNCH-Shepherd's Pie & Mashed Potatoes 1:30 TAP Inter/Advanced

Elder Services of Berkshire County - Nutrition Program

JANUARY 2026

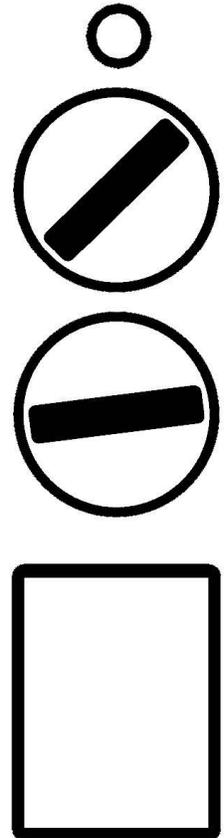
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$3.00 All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																	
		HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201						Sweet & Sour Pork 495 Warm Barley 5 Mixed Root Vegetables 37 Corn Bread 179 Mixed Fruit 10 Cal 721 Carb 105 Sod 851																	
5 Beef & Cabbage Casserole 88 Wax Beans 2 Peas and Carrots 69 Whole Wheat Bread 120 Sliced Pears 5 Cal 542 Carb 68 Sod 409	6 Stuffed Shells 228 Cauliflower 11 Spinach 76 Oat Nut Bread 150 Diced Mangos 0 Cal 522 Carb 84 Sod 590	7 Hank's Chicken Bruschetta Served with Holiday Rice Butternut Squash Puree Dessert	8 Swedish Meatballs * Boiled Potatoes 544 Brussel Sprouts 15 12 Grain Bread 14 Fresh Apple 200 Raisins 2 Cal 706 Carb 91 Sod 900	9 Chicken w/Gravy 227 Mashed Potatoes 33 Autumn Harvest Soup 49 Dinner Roll 210 Raisins 4 Cal 621 Carb 95 Sod 648	10 No Meal Delivery Today	11 No Meal Delivery Today	12 Chicken Curry 77 Coconut Rice 7 Minted Green Beans 6 Rye Bread 260 Apricot Halves 5 Cal 717 Carb 90 Sod 480	13 Roast Pork w/gravy 79 Sweet Potato 30 Boiled Cabbage 6 Whole Wheat Bread 120 Applesauce 0 Cal 559 Carb 68 Sod 360	14 Macaroni & Cheese * Split Pea Soup 663 Tuscan Blend Vegetables 42 Oat Nut Bread 35 Sliced Peaches 150 Cal 652 Carb 86 Sod ###	15 Barbara's Overnight French Toast Sausage Fruit	16 Breaded Fish Sandwich 302 White Rice 6 Carrots 43 Hamburger Bun 320 Pineapple 1 Cal 744 Carb 101 Sod 797	17 No Meal Delivery Today	18 No Meal Delivery Today	19 	20 Mini Ravioli w/Marinara 314 Minestrone Soup 63 Crackers 56 Warm Spiced Apples 11 Cal 415 Carb 72 Sod 569	21 Chicken Cacciatore 437 Orzo 32 Peas and Pearl Onions 34 12 Grain Bread 200 Banana 1 Cal 692 Carb 109 Sod 829	22 	23 Homemade Meatloaf & Gravy 288 Lyonnaise Potatoes 7 Sliced Beets 185 Dinner Roll 210 Mandarin Oranges 7 Cal 779 Carb 93 Sod 822	24 No Meal Delivery Today	25 No Meal Delivery Today	26 Pasta with Bolognese Sauce 142 Capri Blend 22 Italian Bread 230 Warm Applesauce 5 Cal 582 Carb 84 Sod 519	27 Spanish Chicken Stew * Rice Pilaf 11 Winter Blend Vegetables 10 Dinner Roll 210 Sliced Pears 5 Cal 652 Carb 90 Sod 929	28 Yankee Pot Roast 317 Mashed Potatoes 33 Turnips 25 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 625 Carb 79 Sod 623	29 Eggplant Parmesan 349 Buttered Noodles 3 Sonoma Blend 20 WG White 120 Sliced Peaches 6 Cal 721 Carb 107 Sod 623	30 Shepherd's Pie 96 Mashed Potatoes 33 Mixed Greens 122 12 Grain Bread 200 Fresh Orange 0 Cal 793 Carb 95 Sod 576
No Meal Delivery Today																									
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.																									

The Andy Griffith Show

Word Search

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 S H S A J C G R I H E L E N C R U M P
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ANDY TAYLOR

AUNT BEE

BARBERSHOP

BARNEY FIFE

DEPUTY

FISHING

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