

GRAPEVINE OCTOBER 2021



Claire W. Teague Senior Center * 917 Main Street * Great Barrington * MA 01230

*Polly Mann Salenovich, Director *** Joan Peters, Administrative Assistant*

www.greatbarringtonseniors.org

Open Monday through Friday * (except holidays) * 8:00 AM to 3:30 PM

Center: 413-528-1881 **Dining Room:** 413-528-4118 **Transportation** (413) 528-1881 www.townofgb.org

CLOSED ON OCTOBER 11th–

in observance of Indigenous People's Day (formerly Columbus Day).

A very big thank you goes to Florence Sasso for making it possible to help pay for pet care for our senior population!!

Florence Anne Sasso of Great Barrington has always loved animals. When her dog contracted Lyme disease, the medical bills cost thousands of dollars. "It's not fair that people can't afford to care for their pets," she said.

In response, Florence established the Angels of St. Anthony Fund at BTCF. Once the fund is active, it will help Great Barrington seniors pay for wellness and veterinary services for their pets.



Halloween Spaghetti lunch with Chef Bob Avery

Friday, Oct 29th

Time: 11:30-12:30

\$2.00 per person

Spaghetti & meatballs, garlic bread, salad and dessert!
Halloween masks provided.

Music provided by
Rockin' Robin!



\$2 Breakfast for Lunch with Barbara Bailly!!

Join us Wednesday, Oct 13th

We listened! Breakfast for Lunch is back by popular demand!! Oven baked omelet, home fries and sausage.

Please RSVP to 528-1881.

Football Themed Lunch

Join us for lunch provided by Devonshire Estates.

When: Tuesday, Oct 12th at 11:30 am

Menu: Pulled pork, coleslaw and dessert

Cost: Free

35 seat limit; please call us at 413-528-1881 for your reservation.

INSIDE THIS ISSUE...

Events/Exercise	Pages 1– 5
Birthdays	Page 5
Menu	Page 6
Calendar	Page 7
Word Search	Page 8

AARP FOUNDATION TAX-AIDE ~ NEEDS YOU !

Volunteer in your community

You've got just what it takes to help your neighbors in need. Many older, low income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, **AARP Foundation Tax-Aide** offers free tax preparation and filing help to those who need it most.

You can make a big difference in someone's life. We'll show you how.

We're looking for compassionate and friendly individuals to join our team of local volunteers for the 2022 tax season. Our volunteers receive training, IRS certification and continued support in a welcoming environment. And, as our current volunteers say, you'll not only learn new skills but also get that great feeling from helping someone else.

Apply at aarpfoundation.org/taxaide (follow the BECOME A VOLUNTEER prompts)

Or call 1-888-227-7669

For local information call 1-413-446-7483



BINGO

Bingo will be held every

Tuesday

12:30-2:00

Refreshments will be served.

Berkshire South's Community
Meals are back on Mondays
Seating is from 5-6pm (inside and out).



SHINE Open enrollment is October 15 – December 7.

State certified SHINE counselors are available by appointment to help you understand your health care coverage, review cost increases, and find out what's new with Medicare.

Now is the time to review your Medicare coverage! Each Medicare beneficiary receives an Annual Notice of Coverage which is important information regarding Medicare costs and benefits. You can compare your Medicare benefits and health insurance options at no cost with your local SHINE counselor. A phone call with a certified SHINE volunteer may reduce your out of pocket medical and/or prescription drug costs. In addition, meeting with your SHINE counselor during open enrollment can help you identify public programs that can help with premiums, co-payments and health coverage based on income and assets.

SHINE appointments fill up fast during this busy period so call (413) 499-0524 ext. 169 now to avoid making last minute decisions or staying in a plan that no longer works for you.



Appointments are done over the phone so there is no need to go to a counseling site. SHINE is a program of Elder Services of Berkshire County.

Covid Booster Information

In accordance with updated guidance from the Centers for Disease Control and Prevention (CDC), the Pfizer COVID-19 Booster is now available to individuals 65 years of age and older, individuals 18-64 years of age at risk for severe COVID-19 due to certain underlying medical conditions, and individuals 18-64 years of age who are at increased risk for COVID-19 because of occupation or institutional settings who have previously received the Pfizer vaccine. These residents are eligible to receive their Pfizer booster shot at least 6 months after their second dose of the Pfizer COVID-19 vaccine.

To locate a booster site: Go to vaxfinder.mass.gov or

Call your local pharmacy for booster vaccine availability

For those that had the Moderna or Johnson and Johnson—those are awaiting approval. If you are immune compromised contact your doctor or pharmacy.

Meet and Greet

GBPD new therapy dog, [Archer](#) will be with Officer Casey on Wednesday, Oct 27th
9 am—12 pm

During the CHP Vaccination Clinic



Blood Pressure Clinic

Every third Thursday

October 21st

10:00 am - 11:00 am

by the Southern Berkshire
Public Health Collabora-

Art Classes :



By Margaret Buchte

- **Margaret Buchte's Art Class Thu at 12:15 pm**

Come and join Margaret as she instructs a variety of mediums. Please bring supplies if you have them.

- **Drawing/Painting w Eunice Agar on Wed at 10:00 am**

Come and join Eunice as she teaches drawing and painting. \$ 5 / class



By Eunice Agar

- **Decorative Painting w Liz Macchi ~2 pm-4 pm**
\$ 5 / class plus supplies.

- **Vera's Painting Class on Thursdays at 10:30 am**
- **All levels are welcome to join these groups!**

NEWS AND VIEWS RETURNS

News and Views has returned. Our discussions will, once again, try to explain and to understand what is going on in our crazy world of today. What are our thoughts on this? Your opinion does matter. We will meet every Thursday at the Claire Teague Senior Center at 10:00 A.M. At this time ~ all visitors whether vaccinated or not are required to wear masks indoors at the senior center.

MUSIC CIRCLE



Last Friday of the month

Next one: Oct 29th at 12:45 pm

Love music?

If you sing, play an instrument, want to learn to play an instrument or just want to join a group to listen or discuss music ~ all levels and abilities are welcome.

Bring your instrument with you and share it with us; either the history of the instrument or play a tune and around the circle we will go sharing our love of music.

EXERCISE CLASSES :



- Pilates for Osteoporosis Prevention w Kathi Casey on TUESDAYS at 9:45 am is being held on zoom only at this time. If you are interested in attending; please call the senior center for zoom information and to register for the class
- Strength Training w Christine Faber on TUESDAYS at 3:30 –4:30 pm \$3 per person per class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$3 per person per class



- Bridge TUESDAYS at 12:00 pm
- Pitch WEDNESDAYS at 12:00 pm

WE NEED BRIDGE & PITCH PLAYERS!!!!

Tap Classes \$ 5 /class
MONDAYS & FRIDAYS
 * Join Carolyn Calandro 2:00 pm

~~Move and Groove~~ **\$ 3 /class**
TUESDAYS & THURSDAYS
On hold for now



For more information or to register for these classes, please call us at 413-528-1881.

FLU VACCINATION CLINIC

(High & Regular Dose) ALL

3 COVID-19 VACCINES ALSO

AVAILABLE

PFIZER BOOSTER ELIGIBILITY:

anyone 65+yrs or those
Oct 27th 9 am-12 pm
In Claire Teague Senior
Center parking lot



18-64yrs if at increased risk for severe symptoms or high exposure from work or group residence. Please bring your insurance card + vaccine card and wear a mask

Sponsored by Community Health Programs, Claire Teague Senior Center & Southern Berkshire Public Health Collaborative

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

- | | |
|------------------|------------------|
| Dorothy Heath | Dee Foster |
| William Kormanik | Barbara Davidson |
| Pat Barbieri | Bob Siok |
| Theresa Roy | Edmond Troccia |
| Mark Olshansky | Bill Clark |
| Lena Olander | Peter Prelli |
| Peg Biscotti | Richard Daris |
| Pat Johnson | Janet Smith |
| Florence Sasso | Mary Anne Murray |
| Mary Hamilton | Kathleen Rosier |
| Mary Brazie | Sandy Hirbour |
| | Lisa Haddad |



FLU CLINIC DATE:



An additional clinic will offered at the

Claire Teague Senior Center
917 Main St Gt Barrington

****No appointment necessary**

Wednesday, October 6th

Regular dose only

11:00am-1:00pm

No appointment necessary



Foot Nurse by appointment only
On Monday, Oct 18th

Ron Terry's Tech Tips-

learn how to use: computers, i-pads, cell phones...he can even get you started on your genealogy ~ TUESDAYS

12:00-2:00 pm

By appointment only.



BROWN BAG

Oct 13th

at the Claire Teague Senior Center.


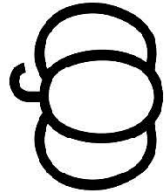



Elder Services of Berkshire County - Nutrition Program

OCTOBER 2021

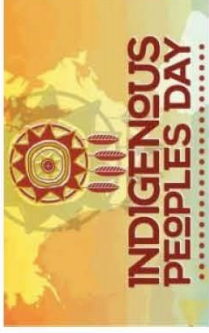
SENIORS 60 YEARS OF AGE OR OLDER - Suggested Donation - \$2.00

All contributions are returned to the community toward the cost of the Nutrition Program and Services.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sponsored in part by:				
				
4 Baked Pollock Loin 97 Boiled Red Potatoes 4 Asparagus Cuts 4 Oat Nut Bread 150 Sliced Peaches 5 Cal 530 Carb 70 Sod 385	5 Greek Chicken Stew 388 Rice w/ Beans 28 Broccoli 22 12 Grain Bread 200 Mandarin Oranges 7 Cal 584 Carb 82 Sod 770		7 Sweet & Sour Meatball 384 Wild Rice Pilaf 60 Cauliflower 19 Whole Wheat Bread 120 Fruit Cocktail 5 Cal 589 Carb 83 Sod 713	1 Chicken Breast w/Gravy 227 Mashed Potatoes 33 Lyonaise Carrots 74 Whole Wheat Bread 120 Sliced Peaches 6 Cal 579 Carb 80 Sod 585
11 CLOSED in Observance of 	12 Devonshire Estates "Football Themed" Pulled Pork, coleslaw and dessert. Limited 35 seats. reservation - 528-1881	6 Turkey & Gravy* 621 Mashed Potatoes 33 Butternut Squash 2 Dinner Roll 210 Tapioca Pudding** 193 Cal 698 Carb 101 Sod 1184	14 Chicken Fajita w/Onions & Peppers 392 Rice w/Beans 28 Peas 66 Tortilla Shell 170 Spiced Apples 11 Cal 680 Carb 85 Sod 792	8 Macaroni & Cheese 627 Stewed Tomatoes 101 Wax & Green Bean 3 Oat Nut Bread 150 Apricots 5 Cal 620 Carb 76 Sod 1011
18 Chicken Puttanesca 379 Mashed Potatoes 33 Monaco Vegetables 43 Whole Wheat Bread 120 Fresh Apple 2 Cal 568 Carb 81 Sod 666	19 Tuna Salad Sandwich 399 Minestrone Soup 63 Carrots & Parsnips 37 Hot Dog Roll 180 Peach Crisp 11 Cal 699 Carb 84 Sod 815	13 Breakfast for Lunch with Barbara Bailly	21 Chicken Divan 379 Boiled Gold Potatoes 4 Spinach 76 12 Grain Bread 200 Diced Peas 5 Cal 614 Carb 84 Sod 789	22 Roast Pork w/Gravy 119 Mashed Sweet Potato 36 Succotash 41 Oat Nut Bread 150 Tropical Fruit Mix 10 Cal 725 Carb 98 So 481
25 Beef Burgundy 68 Buttered Noodles 8 Brussel Sprouts 14 Dinner Roll 210 Sliced Peaches 6 Cal 753 Carb 90 Sod 431	26 Cheese Lasagna Roll* 501 Cauliflower w/Pimento 17 Peas 66 Italian Bread 230 Fresh Pear 2 Cal 701 Carb 107 Sod 941	27 BBQ Chicken Breast 461 Mashed Potatoes 33 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 563 Carb 70 Sod 756	28 GLOBAL TABLE Asian Pork Soup 295 Steamed Rice 6 Snap Peas 3 Oat Nut Bread 150 Pineapple & Fortune Cookie 1 Cal 789 Carb 104 Sod 580	29 Halloween Spaghetti w Chef Avery ~ spaghetti, garlic bread, salad & dessert and MUSIC w Rockin' Robin

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. *High Sodium **Modifications for restricted sugar available
 Nutrition information provided is not exact but will help guide you.



OCTOBER 2021				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>11:30 LUNCH- Baked Pollock Loin 2:00 TAP</p>	<p>5</p> <p>9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH- Greek Chicken Stew 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training</p>	<p>6</p> <p>10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH –Turkey & Gravy 12:00 Pitch 2:00 Decorative Painting w Liz Macchi</p>	<p>7</p> <p>9:30 Move & Groove 10:00 News and Views 10:30 Vera's Painting Class 11:30 LUNCH- Sweet & Sour Meatball 12:15 Margaret Buchte's Art Class</p>	<p>1</p> <p>9:00 Tai Chi 11:30 LUNCH-Chicken Breast w/Gravy 2:00 TAP</p>
<p>11</p>  <p>INDIGENOUS PEOPLES DAY (previously Columbus Day)</p>	<p>12</p> <p>9:45 Pilates on ZOOM 11:30 LUNCH – Devonshire Estates Football themed lunch – pulled pork 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training</p>	<p>13</p> <p>BROWN BAG 10:00 Drawing/Painting w Eunice Agar 11:30- Breakfast for Lunch w Barbara Bailly 12:00 Pitch 2:00 Decorative Painting w Liz Macchi</p>	<p>14</p> <p>9:30 Move & Groove 10:00 News and Views 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Fajita 12:15 Margaret Buchte's Art Class</p>	<p>15</p> <p>9:00 Tai Chi 11:30 LUNCH- Salisbury Steak w/Gravy 2:00 TAP</p>
<p>18</p> <p>9:00 Foot Nurse by Appointment 11:30 LUNCH-Chicken Puttanesca 2:00 TAP</p>	<p>19</p> <p>9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH – Tuna Salad Sandwich 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training</p>	<p>20</p> <p>10:00 Drawing/Painting w Eunice Agar 11:30 LUNCH- Meatball Grinder 12:00 Pitch 2:00 Decorative Painting w Liz Macchi</p>	<p>21</p> <p>9:30 Move & Groove 10:00 Blood Pressure Clinic 10:00 News and Views 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Divan 12:15 Margaret Buchte's Art Class</p>	<p>22</p> <p>9:00 Tai Chi 11:30 LUNCH-Roast Pork w/Gravy 2:00 TAP</p>
<p>25</p> <p>11:30 LUNCH –Beef Burgundy 2:00 TAP</p>	<p>26</p> <p>9:30 Move & Groove 9:45 Pilates on ZOOM 11:30 LUNCH–Cheese Lasagna Roll 12:00 Bridge 12:00-2:00 Ron's Tech Tips 12:30 Bingo 3:30 Strength Training</p>	<p>28</p> <p>9-12 CHP FLU Vaccine Clinic (& come meet ARCHER) 10:00 Painting w/Eunice Agar 11:30 LUNCH- BBQ Chicken Breast 12:00 Pitch 2:00 Decorative Painting w Liz Macchi</p>	<p>28</p> <p>9:30 Move & Groove 10:00 News and Views 10:30 Vera's Painting Class 11:30 LUNCH- Asian Pork Soup 12:15 Margaret Buchte's Art Class</p>	<p>29</p> <p>9:00 Tai Chi 11:30 LUNCH: Halloween Spaghetti Luncheon w Chef Avery & Rockin' Robin 12:45 MUSIC CIRCLE 2:00 TAP</p>

DOG BREEDS WORD SEARCH PUZZLE



BASENJI	CHIHUAHUA	KEESHOND	POMERANIAN
BASSET HOUND	DACHSHUND	MASTIFF	SAINT BERNARD
BEAGLE	DALMATIAN	NEWFOUNDLAND	SCHIPPERKE
BLOODHOUND	GREAT DANE	OTTERHOUND	WEIMARANER
BULL TERRIER	IRISH SETTER	PEKINGESE	WHIPPET

www.WordSearchAddict.com