

GRAPEVINE NOVEMBER 2022



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

*Polly Mann Salenovich, Director *** pmann@townofgb.org*

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
NOVEMBER 11th**



**CLOSED ON
NOVEMBER 24th**



Holiday Shopping Trip



On Friday; Nov 18th \$5/person

Leaving the Senior Center at 9:30AM

- Stop 1. 10-10:45 Walmart
- Stop 2. 11-11:45 Home Goods/
TJ Maxx
- Stop 3. 12-1:00 Lunch at
99 Restaurant

Stop 4. 1:30-2:30 Brand New Kohl's
in Lenox

Return to Senior Center at 2:30 pm

Seating is limited ~ call to reserve
your seat at 413-528-1881

Elder Service Special THANKSGIVING MEAL

On Thursday, November 17th
11:30 am



Sliced Turkey, Gravy
Mashed Potatoes, Vegetables
And Dessert
Special Music

Reservations are re
call us at 528-1881



Barbara's Breakfast for Lunch

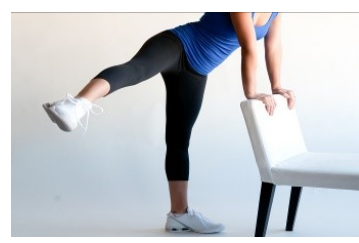
Join us for a delicious "brunch lunch" on

Wed., Nov 16

at 11:30 am ~ **\$ 3.00 / person**

Please call 413-528-1881
for reservations.

Geer Village : Sponsoring FREE Box Lunch followed by a



30 min
Balance Class

Where: Claire Teague Senior Ctr

When: Tue; Nov 29

Time: 11:30 –12:30 am

Call 528-1881 to make reservation.

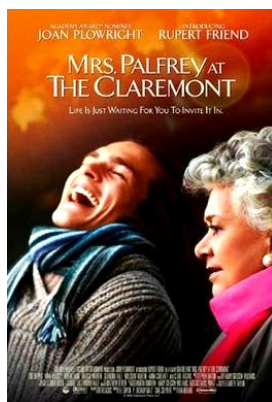
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Open Enrollment is in full swing!!

Need help navigating Medicare?
What you may not know is that most **SHINE counselors are volunteers**.
The volunteers have to take extensive training and much practice to be able to assist others in the very confusing world of Medicare. Let's give them a big thank you for all that they do!

Movie of the Month
Friday Nov 25th 12:00



Joan Plowright in
“Mrs Palfry at the Claremont”

Looking for **experienced card players**
who might be interested
in forming a new card
playing group.



If you're interested,
call us at

413-528-1881.



Senta Rafaela offering weekly
WORKSHOPS on Mondays

Starting Monday; Dec 5 th at 10 am

- Sage moves w a Pilates flavor ~ flexibility, strength and balance.
 - drop ins welcome
 - \$3.00 per person

HOSPICE

Wed., November 23rd at 10:30 am

Sheena of Hospice of Western MA will be here on Wednesday to answer your question about what their organization offers. Bring your MOSLT & Advanced directive questions with you too.

Hancock Shaker Village

December Night Light Show



Dec 8th at 5 pm

\$23 per person

Walking tour. More details to come.
First come first serve. We will be meeting at the senior center.
Call 528-1881 to reserve your spot.



Ron Terry's Tech Tips

Tuesdays 12-2 pm

Get individual help w/ smart phones, laptops, email, networks, Wi-fi, internet access/navigation and other tech issues. Appointments are required & can be made by calling the Senior Center. Usual scheduled time is 30 minutes, but longer can be scheduled if needed.

Vacc./Booster/Covid Testing

For info:

Call (855) 262-5465

or

CHP (413) 528-0457

Card Games: new players welcome



- **Bridge (Tue. at 12 pm)**
* **Looking for more players**
- **Pitch (Wed. at 12 pm)**
- **BINGO (Tue. At 12:30 pm ~**
~refreshments included

- 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 on the
third Thursday Nov 17
at 1 pm.

~ When scheduling an appointment, please make sure you bring any and all passwords with you. For an appointment, call us at (413) 528-1881.



By Eunice Agar



Art Classes :

- **Drawing/Painting w Eunice Agar on Wed at 10:00 am**
Come and join Eunice as she teaches drawing and painting. \$ 5 / class
 - **Decorative Painting w Liz Macchi ~ 3 pm-5 pm**
\$ 5 / class plus supplies ~ call for updated times.
 - **Vera's Painting Class on Thursdays at 10:30 am**
 - All levels are welcome to join these groups!

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

- | | |
|--------------------|---------------------|
| Eric Schumann | Nora Hayes |
| Fawn Menard | Carolyn Arienti |
| Michelle Spellman | Brother Paul Brandt |
| Britt Ormsbee | Trudi Gunsberg |
| Katie Kilmer | Irene Lis |
| Roberta Parry | Betty Pratt |
| Marlene TenBroeck | Matthew Tomich |
| Karl Finger | Mimi Fix |
| John Tiumpolt | Pat Carlotto |
| Virginia Farnum | Carolyn Carr |
| Paulette Johnson | Susan Funk |
| Molly Ann Hatfield | Priscilla Rueger |



Grief Support

Friday, Nov 4th & 18th
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet facilitates the group **twice a month** on the first and third Friday of each month.

Please let us know if you will be joining us. 528-1881



BROWN BAG is on **Nov 9th** at the Claire Teague Senior Center.



EXERCISE CLASSES :

- Move and Groove w Dee Foster on TUE & THU at 9:30 am \$ 3/class
Dee's Class (Move and Groove is on hold until Nov 15th)
- Gentle Chair Yoga w Crystal Sheehan on THU at **2:30-3:15** \$ 2 /class
- Strength Training w Christine Faber on TUESDAYS at 3:30 pm \$ 3 /class
- Tai Chi w Christine Faber on FRIDAYS at 9:00 am \$ 3 /class
- Yoga for the Young at Heart with Rainbow on FRIDAYS at 10 am \$ 3/class



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

TAP CLASSES: Classes are \$5

Mondays: 2:00 to 3:00
Mixed Level

Fridays :
1:00 to 2:00 Beginner
2:00 to 3:00 for intermediate/advanced



GENTLE CHAIR YOGA UPDATE

With Crystal Sheehan

THURSDAYS
at **2:30 -3:15** \$ 2 /class



Great Barrington Flu and Booster Info

Both Flu Vaccines both High and Regular Doses –Preservative Free
And Covid Booster Pfizer Bivalent Booster Available

(Ages 12 and over)

11/10/22 Housy Dome 1064 Main Housatonic 10:00 am-12:00 pm

11/24/22 Berkshire South 15 Crissy Rd 10:00 am-12:00 pm

Online Registration REQUIRED for assistance call 413-717-7209

In-home vaccination eligibility call 413 717-7209

COA Board Meeting meets the last
Wednesday of the month

November 30 at 1:15 pm

The COA Board will not be meeting
the month of December.

Foot Nurse by appointment only
On Monday, Nov. 14th

Caregivers Support Group

We meet 3rd Wednesday of each month
at 1:00 pm facilitated by
Elder Services of Berkshire County.

SENIORS NEED 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 <https://www.aarp.org/volunteer/programs/tax-aide/> (select the SUBMIT
AN INTEREST FORM button)

Or call 1-888-227-7669

For local information call 1-413-446-7483

Recent volunteers include: Engineer, Doctor, Lawyer, Teacher, Student, Professor, Accountant, Military, Administration, Tax Preparer, Homemaker, Finance, Retired and more.

Sites include: Williamstown, North Adams, Adams, Dalton, Pittsfield, Lenox, Lee, Great Barrington

NOVEMBER 2022				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:30 LUNCH-Roast Pork w Gravy 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	2 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH-Beef Stew 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Decorative Painting w/ Liz Macchi	3 10:30 Vera's Painting Class 11:30 LUNCH- White Chicken Chili 2:30 Gentle Chair Yoga with Crystal Sheehan	4 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH-Swedish Meatballs 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
7 11:30 LUNCH-Salmon with Newberg Sauce 2:00 TAP MIXED – Beginner & Intermediate	8 11:30 LUNCH- Chicken Pot Pie 12:00 Bridge 12:30 Bingo 3:30 Strength Training	9 BROWN BAG 10:00 Drawing/Painting w/ Eunice Agar 11:30 LUNCH- Italian Meatballs and Ziti 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	10 10:30 Vera's Painting Class 11:30 LUNCH- Chicken Picatta 2:30 Gentle Chair Yoga with Crystal Sheehan	11 CLOSED 
14 FOOT NURSE 11:30 LUNCH-Calico Bean & Sausage 2:00 TAP MIXED – Beginner & Intermediate	15 9:30 Move & Groove 11:30 Chicken Almondine 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	16 10:00 Drawing/Painting w/Eunice Agar 11:30- Barbara's Breakfast for Lunch 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz	17 9:30 Move & Groove 10:30 Vera's Painting Class 11:30 THANKSGIVING LUNCH- Sliced Turkey and Gravy and MUSIC 2:30 Gentle Chair Yoga with Crystal Sheehan 1:00 i-Phone -by appt.	18 9:00 Tai Chi 9:00 Holiday Shopping Trip 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH Beef Stroganoff 1:00 Grief Support 1:00 TAP Beginner 2:00 TAP inter/advanced
21 11:30 LUNCH-Orange Chicken 2:00 TAP MIXED – Beginner & Intermediate	22 9:30 Move & Groove 11:30 Macaroni and Cheese 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	23 10:00 Drawing/Painting w/ Eunice Agar 10:30 HOSPICE rep. here 11:30 Beef w Pepper & Onion 12:00 Pitch 3:00 Decorative Painting w/ Liz Macchi	24 CLOSED 	25 9:00 Tai Chi 10:00 Yoga for the Young at Heart w Rainbow 11:30 LUNCH- Baked Pollock Loin 12:00 Movie of the Month- "Mrs Palfry at the Claremont" 1:00 TAP Beginner 2:00 TAP inter/advanced
28 11:30 LUNCH-Beef Cabbage Casserole 2:00 TAP MIXED – Beginner & Intermediate	29 9:30 Move & Groove 11:30 Geer Village free box lunch & Balance class after 12:00 Bridge 12:00 Tech Tips w Ron 12:30 Bingo 3:30 Strength Training	30 10:00 Drawing/Painting w/Eunice Agar 11:30- Chicken Marsala 12:00 Pitch 1:00 Caregiver's Supp Group 3:00 Dec. Painting w/ Liz		

Elder Services of Berkshire County - Nutrition Program

NOVEMBER 2022

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
1 Roast Pork w/Gravy 62 Mashed Sweet Potatoes 36 Broccoli Florets 22 Oat Nut Bread 150 Applesauce 0 Cal 624 Carb 79 Sod 395	2 Beef Stew 72 Boiled Red Potatoes 4 5 Way Blend 38 Whole Wheat Bread 120 Chocolate Pudding** 430 Cal 823 Carb 94 Sod 789	3 White Chicken Chili 261 Steamed Brown Rice 3 Monaco Vegetables 7 Corn Bread 210 Fresh Orange 0 Cal 729 Carb 98 Sod 606	4 Swedish Meatballs 299 Buttered Noodles 8 Steamed Red Cabbage 13 12 Grain Bread 200 Sliced Peaches 6 Cal 709 Carb 95 Sod 651	
7 Salmon Newberg Sauce 391 O Brien Potatoes 7 Antiqua Vegetables 12 Oat Nut Bread 150 Apricots 5 Cal 607 Carb 83 Sod 690	8 Chicken Pot Pie 105 Asparagus Cuts 4 Biscuit 220 Warm Fruit Compote 7 Cal 616 Carb 86 Sod 461	9 Italian Meatballs & Ziti 311 Italian Green Beans 3 12 Grain Bread 200 Fruit Cocktail 5 Cal 638 Carb 91 Sod 644	10 Chicken Picatta 362 Autumn Harvest Soup 54 Boiled Red Potatoes 4 Whole Wheat Bread 120 Mandarin Oranges 7 Cal 482 Carb 62 Sod 672	11 HAPPY VETERAN'S DAY  CLOSED
14 Calico Bean & Sausage 469 Steamed Rice 6 Harvard Beets 178 12 Grain Bread 200 Applesauce 0 Cal 779 Carb 99 Sod 977	15 Chicken Almondine 233 Boiled Gold Potatoes 4 Winter Blend Vegetables 10 Whole Wheat Bread 120 Mixed Fruit 10 Cal 514 Carb 68 Sod 502	16 Barbara's Breakfast for Lunch	17 Thanksgiving Meal Sliced Turkey & Gravy 402 Mashed Potatoes 33 Carrot, Parsnips & Butternut 47 Whole Wheat Bread 120 Pumpkin Pie** 300 Cal 828 Carb 120 Sod 1027	18 Beef stroganoff 88 Buttered Noodles 8 Peas w/ pimento 43 12 Grain Bread 200 Fresh Orange 0 Cal 784 Carb 91 Sod 464
21 Orange Chicken 229 Boiled Red Potatoes 4 Capri Blend Vegetables 22 Oat Nut Bread 150 Banana 1 Cal 625 Carb 95 Sod 531	22 Macaroni & Cheese* 627 Stewed Tomatoes 101 Mixed Greens 149 Malted Rye Bread 10 Sliced Pears 5 Cal 691 Carb 90 Sod 1017	23 Beef w/Pepper & Onion 328 Sliced Potatoes 4 Antiqua Vegetables 12 Whole Wheat Bread 120 Apricots 5 Cal 624 Carb 65 Sod 594	25 HAPPY THANKSGIVING  CLOSED	26 Baked Pollock Loin 97 Boiled Gold Potatoes 4 Cauliflower au Gratin 107 Dinner Roll 210 Sliced Peaches 6 Cal 577 Carb 74 Sod 549
28 Beef Cabbage Casserole 87 Butternut Squash Soup 24 Wax beans 2 Whole Wheat Bread 120 Pineapple Tidbits 1 Cal 542 Carb 70 Sod 359	29 Geer Village FREE Box Lunch w Balance Class Afterwards	30 Chicken Marsala 281 Mashed Sweet Potatoes 36 Italian Green Beans 3 12 Grain Bread 200 Diced Pears 10 Cal 553 Carb 86 Sod 655	Ingredients purchased from: 	HOT LINE If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201

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.

CIVIL WAR SITES WORD SEARCH PUZZLE

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

ANTIETAM
 APPOMATTOX
 BENTONVILLE
 BULL RUN
 CEDAR CREEK

CHANTILLY
 CHICKAMAUGA
 FORT SUMTER
 FORT WAGNER
 FRANKLIN

FREDERICKSBURG
 GAINES MILL
 GETTYSBURG
 MALVERN HILL
 MANASSAS

PETERSBURG
 PORT GIBSON
 RICHMOND
 SHILOH
 VICKSBURG

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