



# GRAPEVINE APRIL 2023

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](http://www.townofgb.org)

## Spring Luncheon

Chef Bob Avery will be preparing a wonderful Scalloped Potatoes and Ham lunch on Wednesday, April 5th at 11:30 am  
Please make your reservation by Monday, April 3rd by calling 413-528-1881 \$3 per person



**CLOSED on APRIL 17th**  
to observe Patriot's Day

## Barbara's Breakfast for Lunch

Join us for a delicious "brunch lunch" on **Wed., April 19th**  
at 11:30 am ~ **\$ 3.00 / person**  
Please call 413-528-1881 for reservations.

## FREE LUNCH



First Congregational Church, Main St  
**Sat April 29th at 12:00 pm**

The Great Barrington Council on Aging will be holding an open house for the public on **Thursday, April 27**, between **1:00 and 3:00**. As many of you are already aware, our esteemed director, Polly Mann Salenovich, will be retiring as of May 2. She will be leaving for yonder pastures where her goats, Heidi, Sugy and Daisey have been biding their time waiting for Polly's full attention. We, members of the council, thank Polly for her awesome service, her contagious smile, and her plucky spirit. We are sad to see her go, but we wish her the very best in her new endeavors.

All are welcome!



**Geer Village : Sponsoring**  
**FREE Box Lunch** followed  
by a **30 min Balance Class**

**Where:** Claire Teague Senior Center

**When:** April 25th

**Time:** 11:30 –12:30 am

Call 528-1881 to make reservation.



## BINGO a la MODE

Scholarship Fundraiser

\*\*\* for the students of Monument Mountain & Mount Everett  
Presented by the

**Thursday Morning Club**

**Sat; April 29th**

**At 2 pm at the**

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

**Bingo and great tasting pies.**

**Donations \$ 15.00 (includes pie, beverage & bingo cards).**

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## Alzheimer Support Group



Cara Holcomb, Director of Neighborhood at Wingate at Melbourne Place will be hosting a new Alzheimer's support group here in Great Barrington at the Claire Teague Senior Center.

**The meetings will be held monthly on the 3rd Monday at 5:00 pm Beginning on May 15th**

For more information please call Cara at (413)499-1992.



fallonhealth

**MASS Health ~  
NaviCare**

representative will be on site  
On April 19th  
10:30 am to 12:30 pm

## Tenants' Rights Presentation

By Kristen L. Curtin  
Director of Housing, Legal,  
and Consumer Services  
Berkshire County Regional Housing  
Authority

**Kristen will be on site at the  
Claire Teague Senior Center  
Thursday April 13<sup>th</sup> at 1:00 pm**

This presentation is for all renters whether subsidized, market rent, anyone who has questions about their rights as a tenant. Hear all the services and programs available that Berkshire Regional Housing Authority has as well!

A Question and Answer period will also be available at the end of program  
Walk in's Welcome.



Join us on April 20th  
At 10:45 am

A representative from Hospice of Western MA will do a presentation about your choices in Hospice Care.

## St Peter and St Teresa of Calcutta

Parishes Food Pantry will expand their hours to include evenings!

On the 2nd and 4th Tuesdays of each month, the pantry will be open from  
11 am -12:30 pm & 5 pm - 7 pm.

Our goal is to make our **pantry** and **clothing closet** more accessible to those who are working during the day time hours, but still need some support with putting food on the table. Please stop by for more information or to see how we can help you!

## Overdose Awareness And Naloxone Presentation

Join us and Bob Dean from Berkshire Community Action Council will be at the senior center  
**April 18<sup>th</sup> at 10:45 am**



Devonshire will be donating cookies for cookie decorating

On Monday April 10th  
at 12:30 pm

## Coffee and Connections with Nora Hayes

April 3rd at 2 pm

During the pandemic many of us were forced into self quarantine-ordering groceries online, avoiding gatherings, even shunning family holidays when it didn't feel safe to attend.

We have seen loved ones and acquaintances get sick and some have died; the sense of loss and worry continues as we are faced with a new reality-how to move on with our lives and reconnect in a world that is different from our pre-pandemic reality.

This seminar will look at how we can take all of the real life challenges into account and still actively build healthy connections and relationships in new and unique ways.

Sometimes hardship and crisis opens the door to new beginnings and new ways of being that can serve us well in spite of the obstacles we face. The seminar organizer is Nora Hayes MSW, Nora's specialty as a clinician was crisis intervention and family therapy. Her current volunteer work focuses on therapy dog visits with her Golden Retrievers.

### 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



### 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
  - **Vera's Painting Class on Thursdays**  
at 10:30 am

**All levels are welcome to join!**

## Foot Nurse by appointment only On Monday, April 10th

Joe Roy of Birches Roy Funeral home will be visiting the senior center

Wed; April 12th at 1:00 pm

Everything you need to know about funeral costs and choices, Mass Health assistance eligibility, planning, how to avoid funerals being counted as assets etc...what about Green burials, state laws etc. There are so many questions, you don't want to miss this, Joe Roy has a wealth of information.

## Monday April 3<sup>rd</sup> at 12:30 pm

Liz Macchi will be offering this fun arts and craft class for Spring. Please sign up, there are only 10 spaces available. \$3 /person



## Community Senior Dinner

At the Landing  
600 Laurel Street, Lee MA

Thursday; April 20th

From 4 pm to 5 pm

Menu: Soup or Salad

Lasagna

Garlic Bread

Pie or Ice Cream

RSVP to 413-243-2010 \*Bring a friend

**WINTER POLICIES ARE IN PLACE**  
 For Senior Center Programs, transportation or meals ~ call 528-1881 or listen to WSBS (860 am/94.1 FM) for any winter closures. If you attend classes, please be sure the instructor has your contact information in the event of a winter closing. Typically if the Berkshire Regional School District is closed, the senior center will be as well.



Great Barrington Seniors present.  
**"ATLANTIC CITY GETAWAY"**  
 at Caesars Hotel in Atlantic City, New Jersey  
**3 Days/2 Nights - October 10-12, 2023**  
 with amazing Live Shows...Mystery Show and Kenny & Dolly Tribute. **TWO SHOWS!**

- PACKAGE INCLUDES:**
- Round Trip Deluxe Motor Coach
  - 2 Nights Accommodations at the CAESARS World Class Casino Resort Hotel
  - \$50.00 in SLOT BONUS!
  - \$50.00 in Meal Vouchers!
  - 2 Fantastic SHOWS
  - #1 Fantastic MYSTERY SHOW
  - #2 Kenny & Dolly Tribute of the Legends (Two evening Shows begin at 8pm)
  - Occupancy Taxes
  - Hotel Baggage Handling
  - Driver's Gratuity

**\$295.** Double  
 Prices are Per Person  
**\$285 Triple \$395. Single**  
 Travel Insurance available \$39 pp  
 (Form on Back of Flyer)  
**\$75 Deposit at SIGN UP**  
 Final Payment is due: 9/8/23

For Reservations Call:  
**Polly Mann**  
**(413) 528-1881**  
 pmann@townofgb.org

YES, everyone gets \$50 in SLOT, and \$50 in Food and TWO Shows at the CAESARS Casino! The best value at ANY Casino!

Bus Departs 8:00 am  
 Great Barrington Senior Center  
 917 Main St.  
 Great Barrington, MA  
 Returns Approx. 7:00 pm

Rest Stops and Lunch will be made along the way at on/off service plazas

**Ron Terry's 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. Usual scheduled time is 30 minutes, but longer can be scheduled if needed.



**Caregiver Support Group**  
**1st Tues (monthly) at 4 pm**  
 Meetings will be held at **Geer Lodge**.  
 We will meet at the 2nd floor chapel at 4:00 pm.  
 Christina Befanis, will facilitate.  
 The group will be a safe, respectful, supportive and confidential space for caregivers to share their experiences, exchange resources and support one another. All caregivers are welcome to attend this group. Participants are encouraged to register with me directly prior to attending, by calling my number below or emailing me.  
 (860) 824-2660  
 cBefanis@geercares.org



- 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** of each month **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.



**Caregivers Support Group**  
 Meets the 1st and 3rd Wednesday of each month at 1:00 pm facilitated by Elder Services of Berkshire County.

**BLOOD PRESSURE CLINIC IS BACK**  
 Third Thursdays  
 10:00 am -11:00 am  
 at the Claire Teague Senior Center  
 917 Main Street, Great Barrington





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

<b>Diana Wilson</b>	<b>Judy Hearn</b>
<b>Carol Piontek</b>	<b>Gail Heath</b>
<b>Jeanne Holcombe</b>	<b>Pat Kinne</b>
<b>Amy Rutstein</b>	<b>Karen Smith</b>
<b>Michele Gilligan</b>	<b>Linda McMeekin</b>
<b>Linda Tornicelli</b>	<b>David Rutstein</b>
<b>Kenneth Gurney</b>	<b>Pete Hirbour</b>
<b>Kathy LaRose</b>	<b>Louise Briggs</b>
<b>Margery Kirchner</b>	<b>Jane Green</b>
<b>James Harris</b>	<b>Theresa Matava</b>
<b>Marlene Soudant</b>	<b>Peg Dietemann</b>
<b>Peter Spadacini</b>	<b>Katie McTeigue</b>
<b>Caryl Lennon</b>	<b>Margaret Blackwell</b>
<b>Carolyn Jones</b>	<b>Beverly Race</b>
<b>Charles VanAusdall</b>	

**Grief Support**

Friday, April 7th & 21st  
at 1:00 pm

All ages and circumstances are welcome. Collette Plaquet facilitates the group twice a month on the first & third Friday of each month. Please let us know if you will be joining us. 528-1881

**The COA Board will meet on Wed;  
April 26th at 1:15 pm  
at the Senior Center**

**BROWN BAG** is on  
**April 12th** at the  
Claire Teague Senior Center.

**EXERCISE CLASSES :**


- Sage Moves w/ Senta on Mondays at 10 am \$3/class
- Move and Groove w/ Dee Foster on TUE & THU at 9:30 am \$ 3/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

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

**TAP CLASSES with Carolyn Calandro** (classes are \$ 5 )

Mondays 2 pm—3 pm	Intermediate
Fridays 1 pm—2 pm	Beginners or people with some experience
Fridays 2 pm—3 pm	Intermediate



APRIL 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-Pork Chili</p> <p>12:30 Spring Craft w Liz Macchi</p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p> <p>2:00 Connections with Nora</p>	<p>4</p> <p>9:30 Move &amp; Groove</p> <p>11:30 LUNCH- Sliced Turkey with gravy</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>5</p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Chef Avery's Scalloped potatoes and Ham</p> <p>12:00 Pitch</p> <p>1:00 Caregiver's Supp Group</p> <p>3:00 Decorative Painting w/ Liz Macchi</p>	<p>6</p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- Lemon Chicken</p>	<p>7</p> <p>9:00 Tai Chi</p> <p>11:30 – Pizza</p> <p>1:00 Grief Support</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>10</p> <p>FOOT NURSE</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-Beef Stroganoff</p> <p>12:30 Devonshire Cookie Decorating</p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p>	<p>11</p> <p>9:30 Move &amp; Groove</p> <p>11:30 LUNCH- Chicken Almondine</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>12</p> <p>BROWN BAG</p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Tuna on Bed of Lettuce</p> <p>12:00 Pitch</p> <p>1:00 Funeral Costs w Joe Roy</p> <p>3:00 Decorative Painting w/ Liz Macchi</p>	<p>13</p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH- Chicken Meatballs with Marinara Sauce</p> <p>1:00 Kirsten L Curtin ~</p> <p>Tenants' Rights Presentation</p>	<p>14</p> <p>9:00 Tai Chi</p> <p>11:30 LUNCH-Grilled Cheese and Tomato Soup</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>17</p> <p>CLOSED</p> <p>For Patriot's Day</p> 	<p>18</p> <p>9:30 Move &amp; Groove</p> <p>10:00 Sage Moves w Senta</p> <p>10:45 Talk About Narcan w Bob Dean</p> <p>11:30 LUNCH-Veal Picatta</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>19</p> <p>10:00 Drawing/Painting w/Eunice Agar</p> <p>10:30 MA Health Navicare Representative</p> <p>11:30 Barbara's Breakfast for Lunch</p> <p>12:00 Pitch</p> <p>1:00 Caregiver's Supp Group</p> <p>3:00 Dec. Painting w/ Liz Macchi</p>	<p>20</p> <p>9:30 Move &amp; Groove</p> <p>10:00 Blood Pressure Clinic</p> <p>10:30 Vera's Painting Class</p> <p>10:45 Rep. from Hospicare</p> <p>11:30 LUNCH-Pork Roast with Gravy</p> <p>1:00 i-Phone -by appt.</p> <p>4:00 Community Senior Dinner at The Landing/Laurel Lake</p>	<p>21</p> <p>9:00 Tai Chi</p> <p>11:30 LUNCH Beef Teriyaki</p> <p>1:00 Grief Support</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>24</p> <p>10:00 Sage Moves w Senta</p> <p>11:30 LUNCH-Chicken Nuggets</p> <p>2:00 TAP MIXED – Beginner &amp; Intermediate</p>	<p>25</p> <p>9:30 Move &amp; Groove</p> <p>11:30 Geer Village free box lunch/ Balance class after</p> <p>12:00 Bridge</p> <p>12:00 Tech Tips w Ron</p> <p>12:30 Bingo</p> <p>3:30 Strength Training</p>	<p>26</p> <p>10:00 Drawing/Painting w/ Eunice Agar</p> <p>11:30 LUNCH- Salisbury Steak</p> <p>12:00 Pitch</p> <p>3:00 Decorative Painting w/ Liz Macchi</p>	<p>27</p> <p>9:30 Move &amp; Groove</p> <p>10:30 Vera's Painting Class</p> <p>11:30 LUNCH-Butternut Mac and Cheese</p> <p>1:00-3:00 Open House ~ come wish Polly good luck</p>	<p>28</p> <p>9:00 Tai Chi</p> <p>11:30 LUNCH- Chicken Divan</p> <p>1:00 TAP Beginner</p> <p>2:00 TAP inter/advanced</p>
<p>BINGO ALA MODE</p> <p>Scholarship Fundraiser</p> <p>Presented by Thu Morning Club</p> <p>Sat; April 29<sup>th</sup> at 2 pm</p> <p>Claire Teague Senior Center, 917 Main St</p> <p>\$15 donation includes Pie, beverage and bingo card</p>				
<p>FREE LUNCH</p> <p>First Congregational Church</p> <p>Main St Great Barrington</p> <p>Saturday, April 29<sup>th</sup></p> <p>At Noon</p>				





# Elder Services of Berkshire County - Nutrition Program

# APRIL 2023

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
<p><b>HOT LINE</b></p> <p>If you will not be home when your meal is delivered please call our Nutrition Hotline at <b>1-800-981-5201</b></p>				
<p><b>3</b></p> <p><b>Pork Chili*</b> 518 Brown Rice 3 Asparagus 4 Corn Bread 210 Diced Peas 5</p> <p>Cal 687 Carb 92 Sod 865 Sod 86</p>	<p><b>4</b></p> <p>Sliced Turkey &amp; Gravy 402 Mashed Potatoes 33 Glazed Carrots 47 Dinner Roll 210 Spiced Apples 11</p> <p>Cal 604 Carb 86 Sod 828</p>	<p><b>5</b></p> <p><b>Chef Avery Scalloped Potato and Ham Lunch</b></p>	<p><b>6</b></p> <p>Lemon Chicken 308 Parmesan Risotto 45 Brussel Sprouts 14 12 Grain Bread 200 Orange 0</p> <p>Cal 21 Carb 84 Sod 692</p>	<p><b>7 GOOD FRIDAY</b></p> <p><b>Pizza</b></p> 
<p><b>10</b></p> <p>Beef Stroganoff 79 Buttered Noodles 8 California Blend 17 Dinner Roll 210 Fruit Cocktail 5</p> <p>Cal 884 Carb 86 Sod 444</p>	<p><b>11</b></p> <p>Chicken Almondine 226 Boiled Potatoes 4 Peas &amp; Onions 69 Oatnut Bread 150 Blueberry Yogurt ** 75</p> <p>Cal 611 Carb 86 Sod 649</p>	<p><b>12</b></p> <p>Tuna on Bed of Lettuce 259 Chickpea Tomato Salad 370 Cold Spiced Beets 179 Whole Wheat Bread 120 Banana 1</p> <p>Cal 557 Carb 80 Sod 1054</p>	<p><b>13</b></p> <p>Chicken Meatballs w/Marinara 311 Rotini Pasta 3 Monaco Vegetable Blend 7 12 Grain Bread 200 Diced Mangoes 0</p> <p>Cal 748 Carb 116 Sod 646</p>	<p><b>14</b></p> <p><b>Grilled Cheese and Tomato Soup</b></p>
<p><b>17 PATRIOT'S DAY</b></p> 	<p><b>18</b></p> <p><b>Veal Picatta*</b> 502 Mashed Potatoes 33 Broccoli Florets 22 Whole Wheat Bread 120 Sliced Peaches 6</p> <p>Cal 744 Carb 93 Sod 808</p>	<p><b>19</b></p> <p><b>Barbara's Breakfast for Lunch</b></p> <p>465 8 149 230 0</p>	<p><b>20</b></p> <p>Pork Roast w/Gravy 119 Mashed Potatoes 33 Mixed Veg 43 12 Grain Bread 200 Apricots 5</p> <p>Cal 731 Carb 89 Sod 525</p>	<p><b>21</b></p> <p>Beef Teriyaki w/Broccoli 411 Steamed Rice 6 Oriental Vegetables 21 Oatnut Bread 150 Pineapple &amp; Mandarin 4</p> <p>Cal 741 Carb 91 Sod 717</p>
<p><b>No Meal Delivery</b></p>	<p><b>25</b></p> <p><b>Geer Village Free Boxed Lunch followed by Balance Class</b></p>	<p><b>26</b></p> <p>Salisbury Steak 410 Mashed Potato 33 Cauliflower w/ Pimientos 17 Rye Bread 193 Strawberry Cup 0</p> <p>Cal 740 Carb 88 Sod 778</p>	<p><b>27</b></p> <p>Buttermut Mac &amp; Cheese 373 Chunky Tomato Soup 262 Cut Green Beans 2 Oatnut Bread 150 Sliced Peas 5</p> <p>Cal 643 Carb 85 Sod 917</p>	<p><b>28</b></p> <p>Chicken Divan 379 Buttered Noodles 8 Peas and Mushrooms 65 Whole Wheat Bread 120 Tropical Fruit Mix 10</p> <p>Cal 671 Carb 92 Sod 707</p>

**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.

## NATIONAL MONUMENTS WORD SEARCH PUZZLE



AZTEC RUINS	HOVENWEEP	PETROGLYPH	SCOTTS BLUFF
DEVILS TOWER	MISTY FJORDS	PINNACLES	STATUE OF LIBERTY
FORT SUMTER	MONTEZUMA CASTLE	PIPE SPRING	TUZIGOOT
FOSSIL BUTTE	MUIR WOODS	POVERTY POINT	WHITE SANDS
GOVERNORS ISLAND	NATURAL BRIDGES	RAINBOW BRIDGE	YUCCA HOUSE

[www.WordSearchAddict.com](http://www.WordSearchAddict.com)