

# GRAPEVINE MAY 2024

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

Joan Peters, Director \*\*\* jpeters@townofgb.org

Pamela Mulvey, Administrative Assistant \*\*pmulvey@townofgb.org

Pat Larkin, Outreach Coordinator \*\* plarkin@townofgb.org

Websites: www.townofgb.org and www.greatbarringtonseniors.org

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

Center: 413-528-1881 TriTown Connector (Transportation) ( 413) 591-3826

## GUEST COOK LUNCHES

**All lunches require a reservation at least 24 hrs in advance (for Mondays; please call by noon on the Friday before) by calling us at 413-528-1881.**

### Mike's Pastitsio

**Monday, May 13th at 11:30 am**

Pastitsio (Greek Lasagna)

Salad, Garlic Bread and Dessert



Please **RSVP before** Thursday, May 9th

by calling (413) 528- 1881. \$ 5 seniors / \$7 under 60

### Bob's Oven Baked Barbecue Chicken

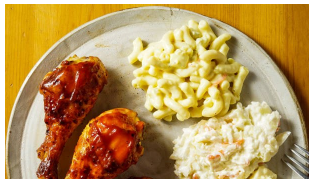
**Wednesday, May 22nd at 11:30 am**

Barbecue chicken,

Coleslaw, Macaroni Salad and Dessert

Please **RSVP before** Friday, May 17th

by calling (413) 528- 1881. \$ 5 seniors / \$7 under 60



**On Friday, May 31st**

**at 11:30 am**

### OUR FIRST COOKOUT

**Burgers, hotdogs, baked beans,  
potato salad & dessert**

Please **RSVP by Friday, May 24th**

by calling (413) 528- 1881.

\$ 5 seniors / \$7 under 60



1

We will be closed on  
May 27th  
**MEMORIAL DAY!**



**Geer Village :**

**Sponsoring FREE Box  
Lunch** followed by a

**30 min Balance Class**

**Where:** Claire Teague  
Senior Center

917 Main St

**When:** Tue., May 28th

**Time:** 11:30 –12:30 pm



### SPECIAL POINTS OF INTEREST

#### GUEST COOK

LUNCHES..... cover

Art Classes/Games....2-3

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### Paula's Sea Glass Windows

May 15th 2:30 pm—4 pm  
(all supplies included)

5 x 7 size \$20

8 x 10 size \$30

Reservation required—call by  
May 10th (528-1881)



### JOIN US : MAHJONG

Thursdays at 9:30 am  
Beginners are welcome.

BRIDGE  
Tuesdays at 12 pm

PITCH  
Wednesdays at 12 pm

BINGO \*  
Tuesdays at 12:30 pm  
~\* refreshments  
included

**\*\*MORE PLAYERS  
NEEDED**

### BEGINNER'S BRIDGE



Fridays at 12:15 pm

## ART CLASSES

2

- **Drawing/Painting w Eunice Agar WED**  
At 10 am– 11:30 am \$ 5/class
- **Vera's Painting Class : THU**  
at 10:30 –12:00 pm
- **MORE CLASSES COMING**

### EXERCISE CLASSES :

- **Sage Moves w/ Senta** on Mondays and Thursdays  
at 10 am \$ 3/ class
- **Move and Groove w/ Dee Foster** on Tuesdays & Thursdays  
at 9:30 am \$ 5 /class
- **Strength Training w/ Christine Faber** on Tuesdays  
at 3:00 pm \$ 3 /class
- **Tai Chi w/ Christine Faber** on Fridays  
at 9:00 am \$ 3 /class
- **Tap Dancing** on Mondays and Fridays \$ 5/ per class  
**Beginners ~ 1:00 pm and Intermediate ~ 2:00 pm**

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

Chances are you know someone who has fallen or who is afraid of falling. A Matter of Balance is an evidence based program designed to help people manage concerns about falls and increase physical activity. Our senior center staff has been trained by Elder Services of Berkshire County, Inc.

**This program emphasizes  
practical strategies to  
manage falls.**

#### **Participants learn to:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

**Classes are held in 8 sessions  
2 hours per session:**

**Our next session will be in the  
month of JUNE  
every Monday and Friday  
1:00 pm to 3 pm  
(June 3,7,10,14,17,21,24,28)  
At Claire Teague Senior Center  
(This class is full but we are tak-  
ing names for the next session).  
There is a suggested donation of  
\$10 for all 8 sessions.**

**To register call us at:413-528-1881**



JOIN US ON  
**THURSDAY; MAY 9th**

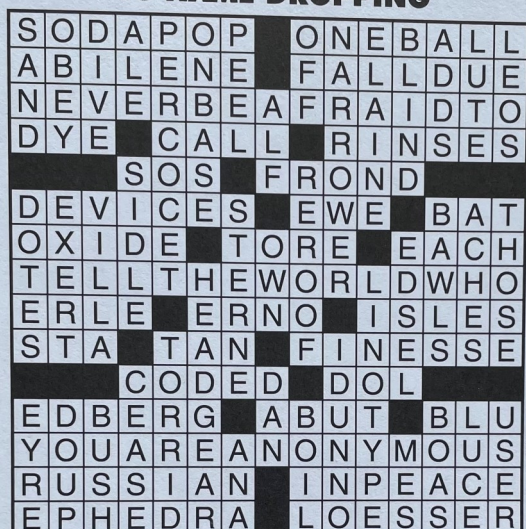
At 1 pm at the  
Claire Teague Senior Center

**The Affordable Connectivity Program is  
Set to End May 2024 -Got Questions?  
Come to Get Answers!**

Are you a senior who was enrolled in the  
Affordable Connectivity Program (ACP)  
which lowers internet bills by \$30 a month?  
Are you a senior who could be eligible for  
ACP in the future...  
but don't know if you qualify?

Come to Claire Teague Senior Center to meet  
with Berkshire Regional Planning  
Commission's AmeriCorps Fellow to ask  
questions about what ACP is, what happens  
now that the ACP program is winding down,  
and how you can advocate to encourage  
Congress to re-fund ACP in the future.

#### 16 NAME DROPPING

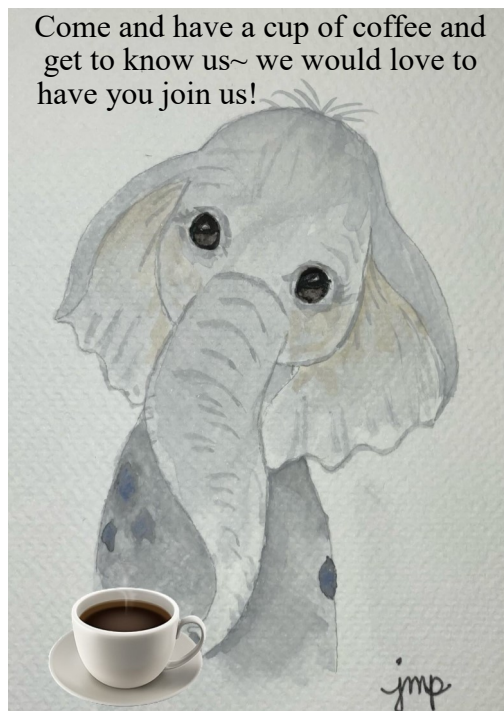


#### TRIAD EVENT HERE

MAY 15th at 1:00 pm

Come and meet some of the  
organizations that are  
represented on the  
413Cares.org website who  
will answer questions and  
have some handouts.

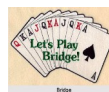
Come and have a cup of coffee and  
get to know us~ we would love to  
have you join us!



#### FOR FUN:

New Bridge Group  
On Fridays

12:15 pm—2 pm



FUN-not competitive  
Beginnners are  
welcome. We have someone  
with experience helping with  
instruction.



- **Foot Nurse by appointment only**

On Mon; May 13th



- **BROWN BAG**

is on Wednesday,

May 8th

at the Claire Teague Senior Center

### **Nutrition Check- ups**

Please join us on  
Friday, May 10th  
at 10:00 am

**Tara Hammes, RD of  
the Massachusetts  
Council on Aging**

to learn what contributes to malnutrition, its consequences and what to do about it! This session includes a three-question quiz to check your own nutrition status. This lively session will share resources and ideas for next steps.

## **SUPPORT AND HEALTHCARE:**

- **Caregivers Support Group**

Meets the **1st and 3rd Wednesday** monthly at 1:00 pm and will be facilitated by Elder Services of Berkshire County.

- **Alzheimer Support Group**

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

**The meetings are monthly on the 3rd Mon at 3:00 pm**

For more information please call Cara at (413)717-2824

- **TriTown Health Wellness Clinics**

on **May 16th** from 10:00 am -11:00 am

- Blood Pressure
- Wellness Handouts
- Sign up required



- **GRIEF SUPPORT GROUP**

**On the third Friday of each month at 1 pm**

Losing a loved one is difficult. Talking with others who have had similar experiences can help ease this burden. Join Rachel Lively, Bereavement Coordinator with HospiceCare in The Berkshires, Inc. and the group to listen and share with others who are also on this journey.

- **CHP Mobile Unit**

?on **Friday May 17th** ~ 9 am -11:30 am

At the Claire Teague Senior Center

Do you need to be seen for a sick visit, or wellness check? Do you still need your COVID vaccine or booster or Flu vaccine. The MHU team is here to help with your medical needs. Our team can also assist with signing up for benefits, Mass Health, and more SNAP. To

Schedule an appointment by calling us at

(413) 528-0457 ~ Walk-ins welcome



- **SHINE COUNSELOR**

**Weekly On Tue and NOW Wed—10 am-12 pm**

**By appointment only**

**SHINE** (Serving the Health Insurance Needs of Everyone)

provides free health insurance information & counseling to all Massachusetts 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) · Please bring: current financial information, current prescriptions, Medicare and insurance cards.

## INSTRUCTIONAL ASSISTANCE

5

### 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. Usual scheduled time is 30 minutes, but longer can be scheduled if needed. Call to schedule 528-1881.

### 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 on the **first and third Thursday** of each month **1—3 pm**.

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



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

Chunn, Nancy  
Mann, Polly  
Atwood, Marlene  
Tublitz, Natalie  
Pratt, Joy  
Terry Theirman  
Grace Deffer  
Dindy Anderson  
Mary Marks  
Eunice Agar  
Audrey Leveille  
Peggy Sullivan

Gary Leveille  
Katherine Louison  
Gene Kalish  
Danae Boissevain  
Linda Lavoie  
Ele Hankey  
Joe Kay  
Theresa Macchi  
Estelle Miller  
Carol Sweet  
Sam Roberts  
Christine Ross

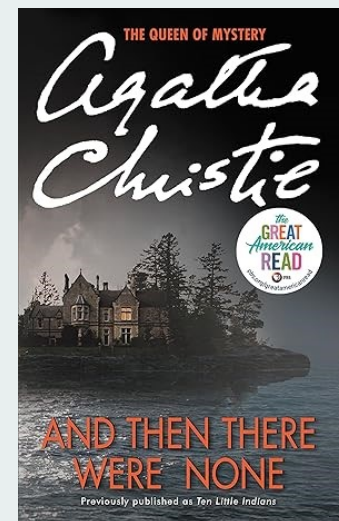
"A GREAT BOOK  
SHOULD LEAVE YOU  
WITH MANY EXPERI-  
ENCES, AND SLIGHT-  
LY EXHAUSTED AT  
THE END. YOU LIVE  
SEVERAL LIVES  
WHILE READING."

—William Styron,  
*Conversations with  
William Styron*


### BOOK CLUB

**Please join us on  
Tuesday, May 28th  
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 at Mason. You can 528-1881 or can Email: [jpeters@townofgb.org](mailto:jpeters@townofgb.org) if you want us to save you a copy.

MAY 2024				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		10:00 Drawing/Painting w/ Eunice Agar 10:00 Shine by Appt. <b>11:30 LUNCH- Moroccan Beef Stew</b> 12:00- Pitch <b>1:00 Caregiver's Support Group</b>	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH-Veal Parm</b> 1:00 I-Phone w/Doug by appt.	9:00 Tai Chi <b>11:30 LUNCH- Sweet N Sour Pork</b> 12:15 Beginners Bridge 1:00 TAP Beginner 2:00 TAP inter/advanced
<b>FOOT NURSE-Beverly Dunn</b> <b>By Appointment Only</b> 10:00 Sage Moves w Senta <b>11:30 LUNCH- Chx Caesar Salad</b> 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove <b>11:30 LUNCH- Pasta Primavera</b> 10:00 Shine by Appt. 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	<b>BROWN BAG</b> 10:00 Drawing/Painting w/ Eunice Agar 10:00 Shine by Appt. <b>11:30 LUNCH- Chx Burger</b> 12:00 Pitch	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH-Sliced Turkey w/ Gravy</b> <b>1:00 BRPC -Affordable Connectivity Program</b>	9:00 Tai Chi <b>10:00 Nutrition Checkup/ conversation w Tara Hammes</b> <b>11:30 LUNCH- Lasagna w/ Meat Sauce</b> 12:15 Beginners Bridge 1:00 TAP Beginner 2:00 TAP inter/advanced
13 10:00 Sage Moves w Senta <b>11:30 LUNCH-Mike's Pastitsio</b> 1:00 TAP Beginner 2:00 TAP inter/advanced	9:30 Move & Groove 10:00 Shine by Appt. <b>11:30 LUNCH- Teriyaki Beef w/ Broccoli</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 10:00 Shine by Appt. <b>11:30 LUNCH- Chx Bruschetta</b> 12:00- Pitch <b>1:00 Caregiver's Support Group</b> <b>1:00 TRIAD - 413Cares.org -</b> <b>2:30 Paula's Sea glass Windows</b>	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:00 Wellness Session 10:30 Vera's Painting Class <b>11:30 LUNCH-Meatloaf w/ Gravy</b> 1:00 I-Phone w/Doug appt	9:00 Tai Chi <b>9-11:30 CHP MOBILE UNIT</b> <b>11:30 LUNCH - Stuffed Chx w/ Broccoli / Cheese</b> 12:15 Beginners Bridge <b>1:00 Grief Support Group</b> 1:00 TAP Beginner 2:00 TAP inter/advanced
20 10:00 Sage Moves w Senta <b>11:30 LUNCH- Chx Marsala</b> 1:00 TAP Beginner 2:00 TAP inter/advanced <b>3:00 Alzheimer's Support Grp</b>	9:30 Move & Groove 10:00 Shine by Appt. <b>11:00 LUNCH-Roast Pork with Gravy</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 10:00 Shine by Appt. <b>11:30 LUNCH- Bob's Barbecue Chicken</b> 12:00- Pitch	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- LS Hot Dog</b>	9:00 Tai Chi <b>11:30 LUNCH- Chx Salad</b> 12:15 Beginners Bridge 1:00 TAP Beginner 2:00 TAP inter/advanced
27 <b>CLOSED IN OBSERVANCE OF MEMORIAL DAY</b> 	9:30 Move & Groove 10:00 Sage Moves w Senta 10:00 Shine by Appt. <b>11:30 LUNCH - Free Box Lunch ~ Balance Class</b> 12:00 Bridge 12:00 Tech Tips w Carlos 12:30 BINGO 3:00 Strength Training	10:00 Drawing/Painting w/ Eunice Agar 10:00 Shine by Appt. <b>11:30 LUNCH-Salmon w Soy Ginger</b> 12:00- Pitch	9:30 Move & Groove 9:30 Mahjong 10:00 Sage Moves w Senta 10:30 Vera's Painting Class <b>11:30 LUNCH- Breaded Chx Patty</b>	9:00 Tai Chi <b>11:30 LUNCH- 1st Cookout- Hamburgers and Hot dogs</b> 12:15 Beginners Bridge 1:00 TAP Beginner 2:00 TAP inter/advanced



Elder Services of Berkshire County - Nutrition Program				MAY 2024			
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			
<div>HOT LINE</div> <div>If you will not be home when your meal is delivered please call our Nutrition Hotline at 1-800-981-5201</div>	<div></div> <div>Elder Services of Berkshire County, Inc.</div>	<div>1</div> <div>Moroccan Beef Stew Warm Barley Brussel Sprouts 12 Grain Bread Sliced Peaches</div> <div>Cal 694 Carb 93 Sod 520</div>	<div>2</div> <div>Veal Parmesan* Pasta w/Marinara Sauce Yellow &amp; Green Beans Whole Grain White Bread Mixed Fruit</div> <div>Cal 807 Carb 97 Sod 1063</div>	<div>3</div> <div>Sweet N Sour Pork Brown Rice Broccoli Florets Oat Nut Bread Dried Cranberries</div> <div>Cal 672 Carb 102 Sod 797</div>			
<div>6</div> <div>COLD MEAL Chicken Caesar Salad Carrot Raisin Slaw Whole Wheat Bread Mandarin Oranges</div> <div>Cal 550 Carb 57 Sod 561</div>	<div>7</div> <div>Pasta Primavera* Chickpea Tomato Medley Rye Bread Warm Applesauce</div> <div>Cal 741 Carb 115 Sod 1052</div>	<div>8</div> <div>Chicken Burger with Tomato Slice Au gratin Potatoes Cauliflower w/pimento Hamburger Bun Sliced Pears</div> <div>Cal 612 Carb 38 Sod 901</div>	<div>9</div> <div>Mother's Day Meal Sliced Turkey w/Gravy Mashed Potatoes Asparagus Cuts Dinner Roll Choco Chip Brownie **</div> <div>Cal 681 Carb 89 Sod 891</div>	<div>10</div> <div>Lasagna w/Meat Sauce* Wax Beans Peas with Pimientos Whole Wheat Bread Sliced Peaches</div> <div>Cal 734 Carb 103 Sod 802</div>			
<div>13</div> <div>Mike's Pastitsio (Greek Lasagna) Salad, Garlic Bread and Dessert \$5 seniors/ \$7 under 60</div>	<div>14</div> <div>Teriyaki Beef w/ Broccoli Steamed White Rice Sliced Carrots 12 Grain Bread Pineapple &amp; Mandarins</div> <div>Cal 689 Carb 83 Sod 787</div>	<div>15</div> <div>Chicken Bruschetta Butter Noodles Lima Beans Whole Wheat Bread Fresh Apple</div> <div>Cal 692 Carb 106 Sod 679</div>	<div>16</div> <div>Homemade Meatloaf w/Gravy Mashed Potatoes Spinach Oat Nut Bread Blueberry Yogurt **</div> <div>Cal 839 Carb 98 Sod 743</div>	<div>17</div> <div>Chicken stuffed With Broccoli and Cheese Sweet Potatoes Mixed Vegetables Dinner Roll Strawberry Cup</div> <div>Cal 729 Carb 108 sod 821</div>			
<div>20</div> <div>Chicken Marsala Sour Cream Mashed Mixed Greens Whole Wheat Bread Fruit Cocktail</div> <div>Cal 495 Carb 67 Sod 703</div>	<div>21</div> <div>Roast Pork w/Gravy Rice Florentine Spring Blend Vegetables Oat Nut Bread Applesauce</div> <div>Cal 651 Carb 87 Sod 666</div>	<div>22</div> <div>Bob's Oven Baked Barbecue Chicken Coleslaw, Macaroni Salad and dessert \$5 seniors/ \$7 under 60</div>	<div>23</div> <div>Memorial Day Picnic Low Sodium Hot Dog* Vegetarian Baked Beans Sauerkraut Hot Dog Roll Melon Cup</div> <div>Cal 667 Carb 69 Sod 1136</div>	<div>24</div> <div>COLD MEAL Chicken Salad Ancient Grains Mix New England Slaw 1/2 Pita Fresh Orange</div> <div>Cal 781 Carb 78 Sod 715</div>			
<div>27</div> <div></div>	<div>28</div> <div>Geer Village Free Box Lunch followed by Balance Class</div>	<div>29</div> <div>COLD MEAL Salmon w/Soy Ginger Green Bean Vinaigrette Cold Spiced Beets Oat Nut Bread Pineapple</div> <div>Cal 679 Carb 81 Sod 809</div>	<div>30</div> <div>Breaded Chix Patty w/Tomato slice Corn Chowder Sliced Carrots Hamburger Roll Mangoes</div> <div>Cal 778 Carb 102 Sod 637</div>	<div>31</div> <div>1st Cookout of the Season Hamburgers, Hot dogs, Baked Beans, Potato Salad and Dessert \$5 seniors/ \$7 under 60</div>			
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.							

# NAME DROPPING

BY SUE DE NÎMES

## ACROSS

- 1 It's in the can  
8 Yellow solid  
15 Home to the Eisenhower Center  
16 Become payable  
17 Start of a quip  
19 Food additive, often  
20 Decision  
21 Washes out  
22 Help wanted notice?  
23 Fern feature  
25 Ingenuity  
29 The first cloned mammal, e.g.  
30 Baseball club  
33 Laughing gas, for one  
34 With 8-Down, detached  
36 A head  
37 Middle of the quip  
40 A.A. Fair's real first name  
41 Laszlo of cosmetics

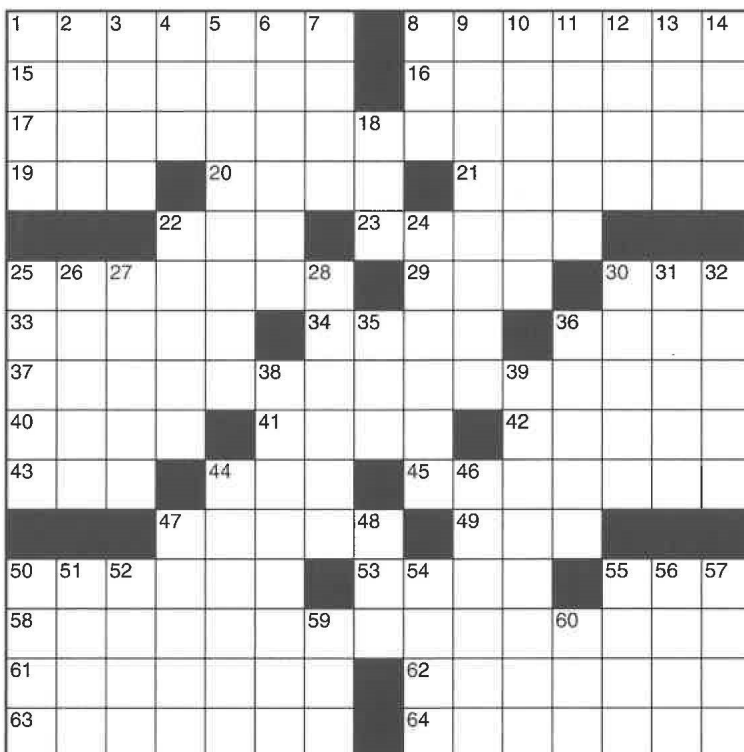
- 42 Key chain?  
43 Levi's \_\_\_\_-Prest pants  
44 Shade from the sun  
45 Bridge maneuver  
47 Hard to read  
49 Buck: Abbr.  
50 Back-to-back U.S. Open winner in the 1990s  
53 Touch on  
55 Macaw in the movie "Rio"  
58 End of the quip + its source  
61 Ranch alternative  
62 Way to rest  
63 Dangerous diet pill ingredient

- 64 "Greenwillow" composer

## DOWN

- 1 Ocean liner?  
2 Abide by  
3 It might have a twist  
4 Toby filler  
5 Prescription analgesic  
6 At first, maybe  
7 Founder of the London constabulary  
8 See 34-Across  
9 Shorter of breadth  
10 Galahad's mom  
11 Hunter's concealment  
12 Throws in  
13 Honi's suitor in "Hägar the Horrible"  
14 Born leaders, supposedly  
18 Emmy-winning composer Clausen  
22 Inch  
24 Put new shingles on  
25 Spoils, with "on"  
26 Wield  
27 Country house  
28 Shandy's creator  
30 Breaks down, in a way  
31 Flu clue  
32 Not only that  
35 Admit

- 36 1958 Corsair, for example  
38 Helmets and such  
39 Printing innovation of the 1880s  
44 Steamy  
46 Words accompanying a shrug  
47 Halt  
48 Decathlete O'Brien  
50 Lowood boarding school attendee of fiction  
51 Fasten  
52 Amateurish  
54 Reduce, perhaps  
55 Drag queen's collection  
56 Creator of Life  
57 Netizen, e.g.  
59 Doña \_\_\_\_ (Las Cruces's county)  
60 Mayo, e.g.



Answer Key is on Page 3