

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

~ MARCH 2020 ~

### TVCCA ST. PATRICK'S DAY LUNCH

~WEDNESDAY, MARCH 18TH~

MEAL SERVED AT 12:00PM

ENTERTAINMENT BEGINS AT 1:00PM

~MENU~

Corned Beef & Cabbage, Steamed Parsley Potatoes, Carrots,  
Irish Soda Bread, Apple Juice, and Pistachio Pudding for Dessert!

There is a suggested donation of \$4.50 for anyone 60+; the cost is \$10.27 for anyone under 60.

After the meal, enjoy the musical stylings of experienced flautist Tracy Norkun who will be playing tunes with a Celtic twist! What a way to celebrate St. Patrick's Day!

PLEASE SUBMIT YOUR CIRCLED MENU IN THE OFFICE BY 3/11

### FRESH FRIDAY WITH EDGAR ALLAN POE

~FRIDAY, MARCH 27TH~

MEAL SERVED AT 12:00PM

ENTERTAINMENT BEGINS AT 1:00PM

COST: \$7

~MENU~

Fish & Chips, Coleslaw, and Banana Pudding for Dessert!

Treat yourself to a fresh, hot meal to warm you up during these cold winter months! After the meal, join Campbell Harmon as he brings Edgar Allan Poe to Mansfield! Enjoy dramatic performances of The Tell-Tale Heart and The Raven. Harmon will speak in character about Poe's life, death, and profound influence on American literature. Bring your questions for the Q&A portion of this phenomenal program!

PLEASE REGISTER WITH PAYMENT IN THE OFFICE BY 3/20

Mansfield Senior Center  
303 Maple Road, Mansfield, CT 06268  
Tel: 860-429-0262 Website: [www.mansfieldct.gov/seniors](http://www.mansfieldct.gov/seniors)



# MANSFIELD Senior Center

**303 MAPLE ROAD, MANSFIELD  
860-429-0262**

**WWW.MANSFIELDCT.GOV/SENIORS**

**HOURS:**

**MONDAY THROUGH FRIDAY  
8:30AM TO 4:30PM**

**SENIOR CENTER SUPERVISOR:**

**SARAH TAYLOR  
860-487-9874  
TAYLORS@MANSFIELDCT.ORG**

**PROGRAM COORDINATOR:**

**MARY FLOOD  
860-487-9872  
FLOODMH@MANSFIELDCT.ORG**

**TRANSPORTATION AND PROGRAM  
ASSISTANT:**

**JORDAN DABKOWSKI  
860-487-9877  
DABKOWSKIJ@MANSFIELDCT.ORG**

**OUTREACH SOCIAL WORKER:**

**JOAN MARSHALL, MSW  
860-487-9875  
MARSHALLJ@MANSFIELDCT.ORG**

**SITE SERVER:**

**SHARON CARON  
860-487-9876  
CARONS@MANSFIELDCT.ORG**

**SENIOR CENTER ASSISTANT:**

**SKYE BUDNEY  
860-487-9870  
BUDNEYS@MANSFIELDCT.ORG**



**CHECK US OUT ON FACEBOOK  
under Mansfield Senior Center!**

## SENIOR CENTER UPDATE FROM SENIOR CENTER SUPERVISOR SARAH TAYLOR

As we head into March, we look forward to the spring thaw and invite you to join us for a number of activities that will warm your spirit and feed your soul!

Kick up your heels and dance a jig with Tracy Norkun's Celtic flute for St. Patrick's Day on the 18th; enjoy an in-character dramatic performance of Edgar Allan Poe's greatest works on the 27th; and try connecting with a loved one through Kate Howe, CT Medium, on the 31st! Be sure to check out our new programs this month as well—small group personal training, a 5-week gratitude series, and all about how to grow your own "pizza" garden. Finally, join me on Wednesday, March 25th at 9:30am for our first monthly "Coffee Network," a chance to sit and talk about your thoughts, ideas and suggestions for the Senior Center program. Above and beyond that, there's still so much more to explore at our Center, and we hope you'll take advantage of all that we offer!

I am sorry to announce that our Outreach Social Worker Joan Marshall has accepted a full time job with Senior Resources and will be leaving Mansfield in March. We thank her for the excellent work she has done here and we look forward to continuing to work with her through Senior Resources.

As always, if you have ideas, feedback or suggestions, please don't hesitate to let us know. We look forward to seeing you soon! ❤️

### Open to Residents & Non-Residents Ages 55 & up!



**Come join us —  
we have a great time together!**

## NEW IN MARCH

Hello, March!

### NUTRITION PROGRAM

~ WEDNESDAYS IN MARCH ~  
3:00-4:30PM

Join Krissy Anderson, UConn Community Nutritionist, for this four-week nutrition program. Each week will cover a new topic including nutrition facts labels, decreasing sugar and increasing fiber, healthy fats and fast foods, food additives and the farming industry. There will be a food demo at each meeting.

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/2**

### FIDDLE PERFORMANCE

~ WEDNESDAY, MARCH 4TH ~  
12:45PM

Mansfield Middle School students in the Country Fiddle String Band will be here to perform some fiddle tunes! Tap your foot or dance in your seat while you listen to these talented musicians play!

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/3**

### CRAFTY CREATIONS

WITH BECKY DOGGETT

~ MONDAY, MARCH 23RD ~  
1:00-3:00PM

We will be making Happy Spring Baskets! We will use peat pots to create lovely spring baskets filled with flowers, bunnies and eggs! Come join us to help welcome spring!

**COST: \$10/PERSON**

**All materials will be provided.**

**Limited to 10 participants.**

**PLEASE REGISTER WITH PAYMENT  
IN THE OFFICE BY 3/19**

### FALL PREVENTION RISK SCREENING

~FRIDAY, MARCH 13TH~  
10:00AM-12:00PM

Falls can pose a risk as we age. A few simple tests can show if you're at risk for falls. Join UConn physical therapy students and faculty for a free fall-risk screening and fall prevention tips.

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/11**

### DIABETIC FOOTCARE

~ TUESDAY, MARCH 24TH ~  
11:00AM

Deborah Hippler, Pedorthist, will talk about the care of diabetic feet and inform you about the Medicare Therapeutic Shoe Bill.

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/20**

### FALL PREVENTION BINGO

~ WEDNESDAY, MARCH 4TH ~  
1:30PM

Students from the UConn Pharmacy Program will be here for an informational and fun game of fall prevention bingo!

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/3**

### KATE HOWE, CT MEDIUM

~ TUESDAY, MARCH 31ST ~  
4:30PM

Kate Howe, The CT Medium, has been practicing her craft for more than a decade. Come with a loved one in mind and bring an open, loving heart. Limited to 20 participants.

**PLEASE SIGN UP IN THE OFFICE  
OR CALL 860-429-0262 BY 3/26**

## CREATIVE ARTS

### Performance Chorus

The Chorus holds weekly practices in the fall and spring, and performs afternoon concerts at local nursing homes, rehab centers, senior housing and senior centers at the end of each season.

**Mondays from 1:00-3:00pm**

**Pre-registration is required.**

**Cost is \$7.00/person per class, paid monthly.**

### Quilting

Join this class and quilt all day! Whether it's a new project that has you stumped, a quilt that just needs a border or a new project that needs a jump start, bring it in and get some encouragement and class motivation with Pat Ferguson as your "Quilting Coach." As always, if there is a particular technique or project that you would like demonstrated, just ask and Pat will bring in information and books on the subject. Bring your sewing machine or sew by hand. You are welcome to bring your lunch, sign up ahead of time for lunch at the Senior Center, or order from a local takeout restaurant.

**Monday, March 2nd from 10:00am-4:00pm**

**Monday, March 16th from 10:00am-4:00pm**

**Monday, March 30th from 10:00am-4:00pm**

**Cost is \$30.00/person per day**

### Wood Carving

Try your hand at this ancient art with members of the Mystic Carvers Club! There is no fee for this class and beginners do not need to bring any supplies--come try it out first, and the group leaders will then recommend beginner tools and local suppliers. For more information visit [www.mysticcarvers.com](http://www.mysticcarvers.com).

**Wednesdays from 9:30am-12:00pm**

### Jewelry

If you've passed by the Craft Room on a Thursday afternoon, you've probably heard laughter and chatter as the "beaders" create beautiful necklaces, earrings, bracelets and more! New members are always welcome!

**Thursdays from 1:00-3:00pm**

### Knitting & Crocheting

Come join us for knitting or crocheting in the Craft Room! Bring your own project to work on and enjoy some great company!

**Fridays from 10:00am-12:00pm**

### Art Studio

Our expansive craft room is available for you to work independently on your own project...with the company of some great artists!

**Fridays from 12:00-4:00pm**

## LIFELONG LEARNING

### THANKFUL THURSDAYS:

#### A GRATITUDE GROUP

~ THURSDAYS, BEGINNING MARCH 12TH ~  
**10:30-11:30AM**

There are many benefits to gratitude practice which have positive impact on health and quality of life. Join Pat Schneider, LCSW for this five week program to learn practical ways to incorporate gratitude practices into your daily life such as gratitude journaling, mindfulness and meditation. Pre-registration is required and class is limited to 10 participants.

**PLEASE SIGN UP IN THE OFFICE OR  
CALL 860-429-0262 BY 3/3**

### OPERA IN MANSFIELD

~ WEDNESDAY, MARCH 25TH ~  
**1:00PM**



Once each month we show an opera performance on DVD. Join us as we bring the opera to Mansfield!

**PLEASE SIGN UP IN OFFICE OR  
CALL 860-429-0262 BY 3/23**

### THE COFFEE NETWORK

~ WEDNESDAY, MARCH 25TH ~  
**9:30AM**

We want to hear from you!  
Join us for a new monthly coffee hour to discuss issues that affect Seniors in our community. Each month will feature a different host, including Senior Center staff members, Commission on Aging members, local providers and town leaders, and an opportunity to ask your questions, share your thoughts & provide feedback over a cup of coffee.  
This month's coffee hour will be with Sarah Taylor, Senior Center Supervisor, and will focus on the overall Senior Center program.

# FOCUS ON FITNESS

## \*NEW\* SMALL GROUP PERSONAL TRAINING

Group Personal Trainers coach each individual at their customized level of fitness or ability. You will experience exercises that are tailored to your rate of speed, intensity, ability and goals. Working with others in a group can allow you to still work with a personal trainer while saving money. Motivation often comes in the form of other participants in your group providing you with energy and companionship.

**Pre-registration is required.**

**Tuesdays 3/10 & 3/17 with Jerry Kleinman 1:30-2:30pm**

2 Classes—\$50

**Tuesdays 3/24 & 3/31 with Mandy Ivory 2:15-3:15pm**

2 Classes—\$50

## TAI CHI COOPERATIVE GROUP

Join us for this cooperative, self-led group! Practice various forms and routines with the help of DVDs and cooperative learning. All levels welcome.

**There is no fee for this class and no need to pre-register.**

**Wednesdays & Fridays  
10:00-10:45am**

## YOGA

### WITH TAMI TOSCANO

Experience the many health benefits of this gentle restorative practice. All levels.

**Pre-registration is required.**

**Mondays 1:30-2:30pm  
5 Classes—\$35**

## CARDIO COMBO

### WITH MARGIE STICKLES

Increase your strength, endurance, flexibility and balance in this total body workout! There is a combination of standing and floor work so we can adapt to all levels. We listen to music to help keep

our energy up. Join today!

**Pre-registration is required.**

**Mondays 9:00-10:00am  
5 Classes—\$35**

**Thursdays 3:15-4:15pm  
4 Classes—\$28**

## \*NEW\* TAP BASICS

### WITH MIA POMERENKE

Want to try tap dancing and don't know where to start? Start here! Mia will introduce you to the essential steps of tap, now experience required!

**Pre-registration is required.**

**Wednesdays 12:30-1:30pm  
4 Classes—\$28**

## FUNDAMENTALS OF TAP

### WITH MIA POMERENKE

This is a tap dancing class for those that need a refresher from previous lessons. The class will focus on steps & footwork.

**Pre-registration is required.**

**\*New Time!\***

**Wednesdays 1:30-2:30pm  
4 Classes—\$28**

## TAP DANCING FOR SENIORS

### WITH MIA POMERENKE

#### **Sparkettes Performing Group Class**

This tap class is for dancers who have previous experience and are interested in performing at a variety of local settings. The class will focus on footwork, precision, speed and performance skills.

**Pre-registration is required.**

**Mondays  
10:15-11:45am  
5 Classes—\$50**

**Thursday Rehearsals  
10:15-11:45am**

## STRENGTH & STABILITY

### WITH MARGIE STICKLES

This is a cardio and toning class that utilizes weights, bands and stability discs. The class is designed to work your body at whatever level you're comfortable.

**Pre-registration is required.**

**Tuesdays 9:00-10:00am  
5 Classes—\$35**

**Thursdays 9:00-10:00am**

4 Classes—\$28

## WALKING DVD

Do you have 40 minutes to devote to your health? That's all it takes to walk two miles with our morning walking group!

**There is no fee for this class and no need to pre-register.**

**Fridays 9:00-9:40am**

## POWER OF AGING

### WITH KATHY O'CONNOR

This primarily seated, weight-bearing exercise class is designed for those who want to improve their muscle power, strength, balance and endurance. Classes include a variety of exercises designed to increase muscular strength, range of movement, flexibility, balance and core strength.

**Pre-registration is required.**

**Tuesdays 10:45-11:45am  
4 Classes—\$28**

**\*\* Prices listed are for the month of March\*\*  
For more information on class registration, please see page 9  
or call Skye Budney at 860-487-9870.**

# EXCITING NEW PROGRAM STARTING IN MARCH!

## GROW A PIZZA GARDEN

~ **BEGINS TUESDAY, MARCH 24TH** ~  
**2:00PM**

Join Master Gardener Jessica Duers for a 9-week course on growing a pizza garden. The class will cover seed starting, raised beds, companion planting, mulching, insect patrol, pollination and composting. No green thumb necessary, everyone is invited!

**PLEASE SIGN UP IN OFFICE OR  
CALL 860-429-0262 BY 3/19**

## WELLNESS PROGRAMS

### **Eye Clinic**

Individual appointments are available for eyeglass repair & adjustments with Eye Trade. Eye exams are not available.  
**Tuesday, March 3rd from 9:00am-10:00am**

### **Podiatrist**

Complete foot care and podiatric evaluations with Dr. Thomas Walters. Medicare will be billed if eligible.  
**Thursday, March 5th and Tuesday, March 17th from 9:00am-12:00pm**

### **Haircuts**

Valerie Tapp comes to us with 35 years of experience cutting hair. The cost for a spray bottle haircut is \$15.00, payable to Valerie at the time of the appointment.  
**Friday, March 13th from 9:00am-12:30pm**

### **Foot Care**

Foot care including nail trimming, sanding calluses & corns, and foot massage with Karen Netcoh. The cost for a session is \$29.00, payable to Karen at the time of the appointment.  
**Wednesday, March 18th from 9:00am-2:00pm**

### **Massage**

Melanie Morrissette, LMT has been practicing massage therapy since 2009 and is the founder of Storrs Therapeutic. The cost \$25 for a 30 minute session and \$50 for a 1 hour session, payable to Melanie at the time of the appointment.  
**Thursday, March 19th from 9:00am-1:30pm**

**Please call us at 860-429-0262 for more information or to make an appointment.**

## TECHNOLOGY CLASSES

### TECH TIME

WITH BOB VALK

~ **WEDNESDAY, MARCH 4TH, 11TH, & 18TH** ~

Have questions about your computer, phone or tablet?  
Our knowledgeable Tech Time volunteer Bob is here to help!  
30-minute appointments are available and required.

**PLEASE CALL 860-429-0262  
TO MAKE YOUR APPOINTMENT**



## GROUP ACTIVITIES

### CONVERSACIÓN EN ESPAÑOL

New name, same great group!  
Our Spanish Conversational Group is a "sit & chat" setting. If you are interested in joining, please contact Ruth Jones at 860-886-3909 or jonesrt111@yahoo.com.  
**Mondays from 1:00-2:00pm**

### GENEALOGY GROUP

Discover your family's history with our Genealogy Group! Whether you're a long-time family historian or just starting out, come see what you can learn as we share online resources on the TV! This group meets **on the 2nd Monday of each month from 10:00am-12:00pm. Join us March 9th!**

### SCRABBLE GROUP

Come play Scrabble in a friendly, open environment! Challenges are not permitted, and players can re-do mistakes, consult the dictionary or get help from other players. All skill levels are welcome!  
**Tuesdays & Fridays from 10:00am-12:00pm**

### WRITING GROUP

You're invited to share your Creativity in Writing in a relaxed group with no criticisms. The only requirement is the Love of Writing!  
**Wednesdays from 10:00-11:00am**

### CAUSERIES EN FRANCAIS

Parlez-vous Français? Bring along a bag lunch and join us for an hour of conversation en français!  
**Wednesdays from 12:00-1:00pm**

### CONVERSATIONAL FRENCH CLASS

Learn conversational French with Valerie Ursin. Some experience with French preferred.  
**Thursdays from 1:00-2:30pm**

**Our groups are self-directed by a participant facilitator.**

**Please visit the group to find out more!**

## ~ CARDS & GAMES ~



### BINGO

**TUESDAYS AT 1:00PM**

### WII BOWLING

**MONDAYS AT 10:00AM  
TUESDAYS AT 10:00AM  
\*NO WII BOWLING 3/10\*  
THURSDAYS AT 10:00AM  
FRIDAYS AT 10:00AM**

### BRIDGE

**THURSDAYS AT 12:30PM**

### DUPLICATE BRIDGE

**FRIDAY 3/20 AT 12:45PM**



### Dust Off Your Tap Shoes! Tap Dancing Master Classes

**Save the Date:  
Saturday, April 25th**



Anthony LoCascio, tap teacher from NYC, is coming to Mansfield to teach two master classes! All skill levels are welcome. This class is open to the public but preference is given to those 50+. Keep an eye out for fees and registration information in the April Sparks. We hope you join us!



# MARCH DAY TRIPS

## **WILLIAM BENTON MUSEUM, STORRS, CT**

**THURSDAY, MARCH 5TH ~ 10:00AM-2:00PM**

Come with us to the William Benton Museum to see the exhibit UConn Through the Viewfinder: *Connecticut Daily Campus* Photographs from the Howard Goldbaum Collection, 1967-70.

## **EAGLE WATCH, SOUTHBURY, CT**

**SATURDAY, MARCH 7TH ~ 10:00AM-4:30PM**

Specialists will be on site with high-powered telescopes to help visitors see the eagles in action and to answer questions about America's national symbol. In past years visitors have witnessed 10 or more eagles in a single day, not to mention a variety of other birds including red-tail hawks, sharp-shinned hawks, goshawks, great blue herons, and various waterfowl. Dress Warmly and bring binoculars, given the limited number of onsite telescopes. **We will be stopping for lunch at Mad Greek Pizzeria**

## **WADSWORTH ATHENEUM, HARTFORD, CT**

**WEDNESDAY, MARCH 11TH ~ 11:00AM-5:00PM**

Join us at the Wadsworth Atheneum for exhibits including Italian Master Drawings, Bauhaus Spirit and Savor: A Revolution in Food Culture. **We will be stopping for lunch at The Chowder Pot.**

## **MET OPERA LIVE: "DER FLIEGENDE HOLLANDER", MANCHESTER, CT**

**SATURDAY, MARCH 14TH ~ 10:30AM-5:00PM**

Enjoy your day at the opera!

**Tickets are estimated at \$23, available for purchase at the theater. We will stop for lunch at Rein's Deli before the show.**

## **LUNCH BUNCH: VANILLA BEAN CAFÉ, POMFRET, CT**

**TUESDAY, MARCH 17TH ~ 11:00AM-2:30PM**

Comfort foods in a comfortable place!

## **JAZZ AT BILL'S SEAFOOD, WESTBROOK, CT**

**FRIDAY, MARCH 20TH ~ 4:00PM-10:00PM**

The fresh seafood and delightful entertainment can't be beat at Bill's Seafood! Enjoy the musical stylings of Bill's All-Star Jazz Band as you dine!

## **HEBRON MAPLE FESTIVAL, HEBRON, CT**

**SATURDAY, MARCH 21ST ~ 10:00AM-2:30PM**

Spend a day in Hebron to enjoy the Hebron Maple Festival! There will be activities and games, goodies and food, and plenty of maple syrup and maple candy for sale!



### **PLEASE NOTE:**

We want to make sure our fabulous day trips are accessible to everyone! If you are a Mansfield resident, we may be able to pick you up and drop you off right at home when Dial-A-Ride or the local bus are unavailable. If you would like to take advantage of this door-to-door service, please let us know when registering for a trip.

A signed registration form *and* payment (if applicable) are required to register for upcoming trips. Due to limited seating, Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available.

Trips are subject to cancellation based on registration

All participants on the trip list will receive a confirmation call prior to the trip.

Unless otherwise noted, admission costs for trips are payable at the venue. Should you need to cancel a reservation please contact our Senior Center Assistant Skye Budney at 860-487-9870. If you would like more information on any of these trips, please contact our Program Coordinator Mary Flood at 860-487-9872.

## Mansfield Senior Center Registration Form MARCH 2020 CLASSES AND EVENTS

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Address/Town/Zip: \_\_\_\_\_

DATE	<input checked="" type="checkbox"/>	CLASS/EVENT/TRIP	DETAILS	FEE
<b>MON</b>		QUILTING—10:00AM-4:00PM	MARCH 2, 16 & 30	\$30 EACH
		PERFORMANCE CHORUS—1:00-3:00PM	5 CLASSES	\$35.00
		CARDIO COMBO—9:00-10:00AM	5 CLASSES	\$35.00
		SPARKETTES—10:15-11:45AM	5 CLASSES	\$50.00
		YOGA—1:30-2:30PM	5 CLASSES	\$35.00
<b>TUES</b>		POWER OF AGING—10:45-11:45AM	5 CLASSES	\$35.00
		STRENGTH & STABILITY—9:00-10:00AM	5 CLASSES	\$35.00
<b>WED</b>		BASICS OF TAP—12:30-1:30PM	4 CLASSES	\$28.00
		FUND. OF TAP—1:30-2:30PM	4 CLASSES	\$28.00
<b>THUR</b>		STRENGTH & STABILITY—9:00-10:00AM	4 CLASSES	\$28.00
		CARDIO COMBO—3:15-4:15PM	4 CLASSES	\$28.00
<b>EVENT</b>		CRAFTY CREATIONS—1:00PM	MONDAY, MARCH 23	\$10.00
		FRESH FRIDAY—12:00PM	FRIDAY, MARCH 27	\$7.00
<b>TRIPS</b>		BENTON MUSEUM—10:00AM	THURSDAY, MARCH 5	
		EAGLE WATCH—10:00AM	SATURDAY, MARCH 7	
		SHOPPING RUN—1:00PM	TUESDAY, MARCH 10	
		WADSWORTH ATHENEUM—11:00AM	WEDNESDAY, MARCH 11	
		MET OPERA—10:30AM	SATURDAY, MARCH 14	
		LUNCH BUNCH—11:00AM	TUESDAY, MARCH 17	
		JAZZ TRIP—4:00PM	FRIDAY, MARCH 20	
		MAPLE FESTIVAL—10:00AM	SATURDAY, MARCH 21	
		SHOPPING RUN—1:00PM	TUESDAY, MARCH 24	

CASH

CHECK

CREDIT

**TOTAL:**

**PLEASE NOTE:** A signed registration form *and* payment are required to register for classes and activities. Registration forms are available in the newsletter, at the Senior Center and online at [www.mansfieldct.gov/seniorregistration](http://www.mansfieldct.gov/seniorregistration). If a class or program is canceled due to inclement weather or lack of an instructor a credit is issued to the participant's account. At the discretion of the Director and under extraordinary circumstances will any other refunds be given. Under no circumstances will cash or check refunds be given to participants.

**WAIVER OF PARTICIPANT BY SELF:** I hereby agree to release, discharge, and hold harmless the Town of Mansfield, its directors, employees, agents, contractors, and/or volunteers from any and all liability that may occur during either my participation in the above listed recreational activities. I understand that participation in any recreational sport or activity involves risk, and I grant permission to the Town of Mansfield to utilize any medical emergency services it deems necessary to treat any injuries that I may incur. I further understand that the Town does not provide insurance for recreational program participants.

**PHOTO RELEASE:** I understand that for promotional purposes, the Town MAY videotape and/or take photographs of participants enrolled in recreational activities, classes or programs. I hereby release and permit the Town of Mansfield to utilize for said promotional purposes any photographs and/or videotapes of me engaging in the above listed recreational activities.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## HUMAN SERVICES

### **Medicare Advantage Open Enrollment Period is January 1-March 31, 2020**

This is the time to switch from one Medicare Advantage Plan to another, drop your Medicare Advantage Plan and return to Original Medicare, or join a Medicare Prescription Drug Plan. **Please call the Human Services Department at 860-429-3315 to arrange a time to discuss your options with a Social Worker.**



### **Need Legal Advice?**

**Eldercare Attorney Joelen Gates provides free legal services for those in need. Attorney Gates is available by phone at 860-786-6372 or by appointment in her Willimantic office.**

For more information on Connecticut Legal Services, visit: [www.ctelderlaw.org](http://www.ctelderlaw.org)



### **CAREGIVER RESOURCES**

Resources including books, applications, program and funding information, AARP guides, local agencies and more are available in the Memorial Room for your convenience! Caring for a parent, spouse or adult child? Join our Caregiver Support Group for support and confidential conversation with peer caregivers. We meet the 4th Tuesday of each month in the Memorial Room and new people are always welcome! Join us at our next meeting on **Tuesday, March 24th at 2:00pm.**



**To speak with a Social Worker, or to make an appointment, please call the Human Services Department at 860-429-3315.**

## TRANSPORTATION SERVICES

All Transportation Services are free, accessible, and open to residents aged 60 and above, & those adults aged 55 and above who are deemed disabled by social security.

### **TRANSPORTATION TO MEDICAL APPOINTMENTS**

We offer transportation to medical appointments for Mansfield residents through our Volunteer Transportation Program.

- Please make your reservation 7 days prior to your appointment.
- All destination requests must fall within a 30 mile radius of the Senior Center.
- Special exceptions will be made for emergency requests depending on driver availability.

### **MOBILE FOOD SHARE**

We offer door-to-door transportation to Mobile Food Share twice a month for Mansfield residents.

**\*Food Share will be 3/12 & 3/26 at 11:30am\***

### **SHOPPING & LIBRARY RUNS**

We offer routed shopping and library runs each month. Stops include Big Y, Stop & Shop, Walmart, Price Chopper and the Mansfield Public Library.

**\*Shopping runs will be 3/10 & 3/24 at 1pm\***

Mansfield residents aged 55+ are eligible to register immediately on a first-come, first-served basis for shopping runs. Non-Mansfield residents aged 55+ will be placed on a waitlist; one week (7 days) prior to the trip, those on the waitlist will be moved to the active trip list in the order in which they registered if seats are available. All participants, including those on the waitlist, will receive a confirmation call prior to the trip. Individuals are responsible for their own packages.



**To schedule transportation, please contact our Transportation and Program Assistant Jordan Dabkowski at 860-487-9877.**

# ~TVCCA SENIOR CAFÉ MARCH MENU~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. STUFFED CHICKEN CORDON BLEU TATER TOTS GREEN BEANS PINEAPPLE TIDBITS	3. BAKED HADDOCK w/ HERBS & TOMATOES RICE PILAF GREEN & YELLOW SQUASH DICED PEACHES	4. BEEF STEW HERB ROASTED POTATOES BROCCOLI FRESH FRUIT	5. PORK DUMPLINGS w/ SHREDDED CABBAGE & CARROTS STEAMED RICE JAPANESE VEGGIES PEARS w/ MANDARIN ORANGES	6. <u>BIRTHDAY LUNCH</u> CHICKEN NOODLE SOUP FISHERMAN STEW PARSLEY POTATOES PEAS & PEARL ONIONS SWEET TREAT JUICE CAKE & ICE CREAM
9. MEATBALLS MARINARA PENNE PASTA CAULIFLOWER, CARROTS, & SNAP PEAS DICED PEARS	10. PORK LOIN w/ MUSHROOM GRAVY GARLIC ROASTED POTATOES GREEN BEANS MANDARIN ORANGES	11. CHICKEN CACCIATORE PASTA SHELLS w/ MARINARA GREEN & YELLOW SQUASH SWEET TREAT JUICE	12. PHILLY CHEESE STEAK w/ ROLL SWEET POTATO TATER TOTS MIXED VEGETABLES FRESH ORANGE	13. BROCCOLI, POTATO, & CHEDDAR SOUP CRISPY COD MACARONI & CHEESE BRUSSEL SPROUTS PINEAPPLE TIDBITS
16. CHEESE PIEROGIS w/ SHREDDED CABBAGE GROATS w/ ROASTED VEGETABLES BROCCOLI DICED PEACHES	17. ITALIAN PORK SAUSAGE & PEPPERS w/ GRINDER ROLL CAULIFLOWER, CARROTS, & SNAP PEAS FRUIT COCKTAIL	18. <u>ST. PATRICK'S DAY</u> CORNED BEEF & CABBAGE STEAMED PARSLEY POTATOES SLICED CARROTS IRISH SODA BREAD JUICE MINT BROWNIES <b>PLEASE SUBMIT MENU BY 3/11</b>	19. STUFFED CHICKEN KIEV HERB ROASTED POTATOES BRUSSEL SPROUTS DICED PEARS	20. SPLIT PEA & HAM SOUP CHEESE MANICOTTI GARLIC BREAD GREEN & YELLOW SQUASH LIMA BEANS FRESH FRUIT
23. CHICKEN & BROCCOLI STEAMED RICE ORIENTAL VEGGIE BLEND SWEET TREAT JUICE	24. MEATLOAF w/ GRAVY MASHED POTATOES ZUCCHINI, PEAS, & CARROTS FRESH ORANGE	25. CHICKEN MARSALA RICE PILAF BRUSSEL SPROUTS TROPICAL FRUIT CUP	26. BAKED HAM w/ PINEAPPLE GLAZE TURNIPS w/ HERBS GREEN & WAXED BEANS MANDARIN ORANGES	27. <u>FRESH FRIDAY</u> <b>COST: \$7</b>  <b>PLEASE REGISTER IN OFFICE WITH PAYMENT BY 3/20</b>
30. PORK SAUSAGE w/ BISCUIT TATER TOTS SQUASH MIX w/ CARROTS & STRING BEANS FRESH FRUIT	31. CHICKEN FAJITA YELLOW RICE & BLACK BEANS CORN w/ PEPPERS & ONIONS SWEET TREAT JUICE	<b>Menu is subject to change without notice. 1% milk &amp; whole grain bread are served with each meal.</b>		

Lunch is served at 12:00pm Monday through Friday for individuals aged 60 & over and their spouses. Suggested voluntary donation is \$3.00, payable the day of the meal. The price for those under 60 is \$9.27. Please remember to make your reservation at least 24 hour in advance. Reservations can be made circling your choices on the menu and submitting it in the office or by calling 860-487-9876.

## VOLUNTEER OPPORTUNITIES

### Join our team of fantastic volunteers!

#### Receptionists

Help us keep the Mansfield Senior Center a friendly and welcoming place! Receptionists greet members as they arrive, answer the phone, give tours to new members, and assist with office tasks as assigned. Be a friendly face for the Senior Center!

**Help is currently needed  
Tuesdays 12-4pm and Thursdays 12-4pm**

#### Café Counter and Kitchen Help

We are looking for volunteers to staff the Maple Road Café! Counter workers will take orders, process payments at our cash register, and restock goods as needed. Kitchen helpers will be cooking, baking, and preparing the food we sell!

**Help is currently needed Monday-Friday  
between 8:30am-2:30pm**

#### Volunteer Drivers

Our Medical Transportation Program offers medical rides to Mansfield Seniors 60+. Choose your own schedule and make new friends while you're helping people the community get to their appointments!

**Driving is Monday-Friday  
between 8:30am-4:30pm**

#### Annual Event Help

We have several Annual Events throughout the year when we can always use volunteer help decorating, serving & clearing plates and cleaning up. These events typically happen once or twice a month between 11am-2pm on Wednesdays and Fridays.

If you have an interest in volunteering, please contact Mary Flood at [floodmh@mansfieldct.org](mailto:floodmh@mansfieldct.org)

*Thank you for your consideration!*



## COMMISSION ON AGING

The Commission on Aging studies the conditions and needs of Mansfield's senior population regarding health, transportation, housing and any other issue that may impact their well-being. The Commission meets with and is a resource to area agencies and service providers to evaluate and advocate for the specific needs of Seniors in our community.

Many Mansfield Seniors have spoken to The Commission on Aging about the lack of adequate transportation to take people to and from needed doctor and dental appointments. The COA has heard you. In January 2020, to COA delivered a letter to the Town Council of Mansfield requesting a 40 hour full time driver position for the Senior Center. The letter was included on the January 27th agenda. We were told that the request will now go to the Budget Committee. Pat Schneider, Director of Human Services, will include this position in the Senior Center budget request. In February, members of the COA will attend the budget hearing in support of this item. If you have an issue that you would like addressed, please attend a COA meeting and let us know your concerns.

We welcome your input, suggestions and concerns. Join us at our next meeting on **Monday, March 16th at 9:30am**. If you are unable to attend the meetings, please feel free to contact any of the members below.

#### COMMISSION MEMBERS:

Laurie G. McMorrow (Chair)	860-429-5090
Martina Wharton (Vice Chair)	860-634-0051
Bev Korba (Secretary)	860-477-0546
Don Nolan	860-456-1101
Nancy Trawick Smith	860-208-3375
John Riesen	860-429-7569
Dorothea Mercier	860-429-4575
Wilfred T. Bigl	860-429-0180
Joanne Sousa	860-335-8152

#### COMMUNITY REPRESENTATIVES:

Will Bigl for Jensen's	860-429-0180
Rosemary Beecher for Juniper Hill	860-429-3739
Wrights Way	Vacant
Glen Ridge	Vacant

# ~ MARCH SPECIAL EVENTS ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. 10:00 QUILTING	3. 9:00 EYEGLASS CLINIC	4. 9:00 TECH TIME 12:45 FIDDLE PERFORMANCE 1:30 FALL PREVENTION BINGO 3:00 NUTRITION PROGRAM 5:30 AMP	5. 9:00 PODIATRIST 10:00 BENTON MUSEUM TRIP	6. 12:00 BIRTHDAY LUNCH
9. 10:00 GENEALOGY	10. 1:00 SHOPPING RUN	11. 9:00 TECH TIME 11:00 WADSWORTH TRIP 3:00 NUTRITION PROGRAM 5:30 AMP	12. 10:30 GRATITUDE GROUP 11:30 FOODSHARE 12:30 CSEA MTG	13. 9:00 HAIRCUTS 10:00 FALL PREVENTION SCREENING
16. 9:30 COA 10:00 QUILTING	17. 9:00 PODIATRIST 11:00 LUNCH BUNCH TRIP	18. 9:00 TECH TIME 12:00 ST. PATRICK'S DAY LUNCH 1:00 FLAUTIST PERFORMANCE 3:00 NUTRITION PROGRAM	19. 10:30 GRATITUDE GROUP 9:00 MASSAGE	20. 12:45 DUP BRIDGE 4:00 JAZZ TRIP
23. 1:00 CRAFTY CREATIONS	24. 11:00 DIABETIC FOOTCARE 1:00 SHOPPING RUN 2:00 PIZZA GARDEN	25. 9:30 THE COFFEE NETWORK 1:00 OPERA 3:00 NUTRITION PROGRAM	26. 10:30 GRATITUDE GROUP 11:30 FOODSHARE	27. 12:00 FRESH FRIDAY 1:00 EDGAR ALLAN POE
30. 10:00 QUILTING	31. 2:00 PIZZA GARDEN 4:30 CT MEDIUM			

## WEEKEND TRIPS & EVENTS:

EAGLE WATCH TRIP ~ MARCH 7TH  
MET OPERA TRIP ~ MARCH 14TH  
HEBRON MAPLE FESTIVAL ~ MARCH 21ST

If you'd like to receive an electronic version of our *SPARKS* newsletter, please email Jordan at [dabkowskij@mansfieldct.org](mailto:dabkowskij@mansfieldct.org)

It is also available at [www.mansfieldct.gov/seniorsparks](http://www.mansfieldct.gov/seniorsparks)

# ~ DAILY ACTIVITIES ~

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 CARDIO COMBO 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 1:00 EL GRUPO 1:30 YOGA	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:00 SCRABBLE 10:45 PWR OF AGE 12:00 LUNCH 1:00 BINGO	9:30 WOOD CARVING 10:00 TAI CHI DVD 10:00 WRITING GRP. 12:00 CAUSERIES 12:00 LUNCH 12:30 TAP BASICS 1:30 FUND. OF TAP	9:00 STRENGTH & STABILITY 10:00 WII BOWL 10:15 SPARKETTES 12:00 LUNCH 12:30 BRIDGE 1:00 JEWELRY 1:00 FRENCH CLASS 3:15 CARDIO COMBO	9:00 WALKING DVD 10:00 SCRABBLE 10:00 KNITTING & CROCHETING 10:00 WII BOWL 10:00 TAI CHI DVD 11:00 BRAIN GAMES 12:00 LUNCH 12:00 ART STUDIO

### Brain Games Group is Back!

Join UConn students **Fridays at 11:00am** to test your memory and exercise your brain! This group has games, puzzles, and activities to stretch your mind while making new friends! No need to sign up, just stop in!

### Maple Road Library

Our collection is fully stocked with fiction, non-fiction, large print, and DVDs. We even have portable DVD players and senior-friendly Chromebook computers for borrowing! Can't find something you're looking for? Use the catalog computer to request a book, and it can be sent here for convenient pickup!



Serving coffees, teas, fresh baked goods & healthy snacks Mondays through Fridays from 9am-2pm!

Join us for lunch on **Wednesdays and Thursdays between 11:00am-1:00pm** and treat yourself to a delicious sandwich, homemade soup or fresh salad!

Visit [mansfieldct.gov/senior](http://mansfieldct.gov/senior) for our weekly specials!

### **Birthday & Anniversary Celebration**

~FRIDAY, MARCH 6TH AT 12PM~



*Celebrate your special day with us!  
Enjoy Cake and Ice Cream  
after lunch and make a wish  
for the year to come!*

*Please call our Site Server  
Sharon Caron at 860-487-9876  
by **March 4th** if you would like  
your birthday or anniversary shared  
so that we can celebrate with you!*

### **DIAL-A-RIDE TRANSPORTATION**

is a door-to-door public transportation service designed to meet the transportation needs of the elderly and persons with a disabilities.

Drivers will transport riders to medical appointments, shopping centers, personal business destinations, nutrition centers, Senior Center activities and work, and will assist passengers to and from the door at the pickup point and destination. Dial-A-Ride is available in Ashford, Chaplin, Columbia, Coventry, Lebanon, Mansfield, Scotland, Willington and Windham.

Please call 860-456-1462 at least **24 hours in advance** to schedule rides.

This service is provided by WRTD.

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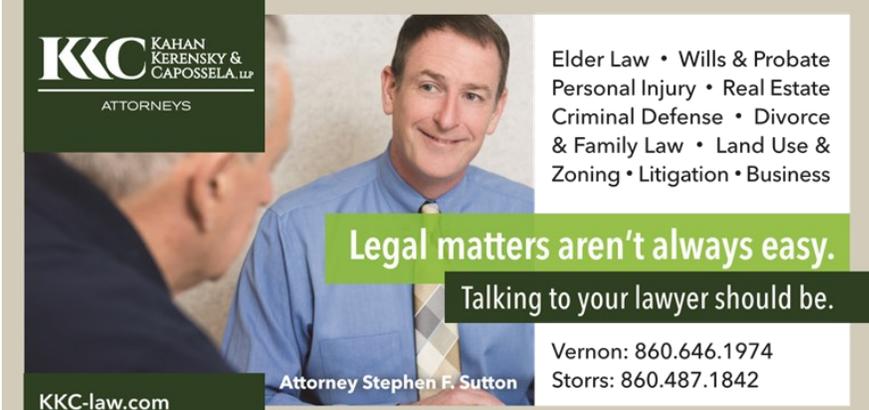
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Attorney Stephen F. Sutton  
Vernon: 860.646.1974  
Storrs: 860.487.1842

[KKC-law.com](http://KKC-law.com)

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**For more information, please contact the Human Services office at 860-429-3315.**

**Mansfield Senior Center  
303 Maple Road  
Mansfield, Connecticut 06268**

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