

# SENIOR SPARKS

## MANSFIELD SENIOR CENTER NEWSLETTER

~ SPECIAL EDITION SEPTEMBER 2020 ~

### Happy 45th Anniversary to Us!

“With great pride on September 14, 1975, the center, named Mansfield Senior Center, held an Open House. Invitations had been sent to political dignitaries and interested persons. There was no way of knowing how successful this venture would be or how many people would attend the opening. To everyone’s delight, some 112 people signed the guest book and it was voted a great success. The room then opened for business and things began to hum!”

And we haven’t stopped humming since! This month, we celebrate our history and our commitment to Seniors in our community. What started as a conversation in 1974 has grown into a bustling Center with a wide variety of social, recreational, educational, and health & wellness programs. More importantly, it’s grown into a place where we all learn, grow, laugh, create and connect with each other.

Join us in celebrating this month, as we honor those who have gone before us and thank all those who continue to support us. Share your favorite Mansfield memory with us, join us for a safe, no contact take-out Anniversary Lunch, stop by for a socially-distanced visit with some cider & donuts, and check out all of our dynamic online programming! Although our building remains closed in this year like none other, we are always here for you and we thank you for making our Center so special.



### Celebrate 45 Years With A Chicken Dinner!

#### ~Menu~

BBQ Chicken, Coleslaw, Corn, Dinner Roll and Caramel Apple Cake for Dessert!

The Mansfield Senior Center has been serving the diverse and ever-changing needs of seniors for 45 years and we want to celebrate the people who make it all possible — you! Stop by **Friday, September 25th at 11:30am** for a drive thru, take out BBQ Chicken Dinner!

We miss you all so much and can’t wait to see your faces again!

Please wear a mask and stay in your car during pickup.

Registration is required by **September 18th** and spaces are limited.

Please call 860-429-0262 to sign up.

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

# Online Programs

Join us for our online programming using your smart phone, tablet, or computer!

## Zoom Social Hour

Wednesdays at 1:00pm

Join your peers and Senior Center Staff  
for a chatty social hour!

[www.zoom.us](http://www.zoom.us)

Zoom Meeting ID: 844 8033 3179

Password: 3iYuap

## Zoom Sing-Along

Mondays at 1:00pm

The more the merrier, so join us whether or  
not you can hold a tune!

[www.zoom.us](http://www.zoom.us)

Zoom Meeting ID: 893 1592 2993

Password: 4wjSeP

## Yoga with Angie

Thursdays at 10:00am

Improve your flexibility with this  
interactive program!

[www.zoom.us](http://www.zoom.us)

Zoom Meeting ID: 853 6786 5877

Password: 547590

## Genealogy Social Hour

Monday, September 14 at 2:00pm

Join this group to talk all things genealogy!

All are welcome!

[www.zoom.us](http://www.zoom.us)

Zoom Meeting ID: 924 7912 9071

Password: 6U7SXf

## Mozart at the Movies

Beginning Thursday, August 6th at  
1:00pm, Dr. Charlie Houmard will present  
a weekly Zoom session each Thursday  
through August and September about the  
life and music of Wolfgang Amadeus  
Mozart. Please watch the movie "Amadeus"  
at home before attending

[www.zoom.us](http://www.zoom.us)

Zoom Meeting ID: 868 2639 3161

Password: p8bttb

## \*NEW!\* Zoom Trivia

Do you have a head full of useless  
knowledge? Join us for Trivia on Tuesdays at  
3:00pm beginning 9/8! If interested call  
Mary at 860-487-9872 for the Zoom  
information.

## \*NEW!\* Zentangle

Zentangle is a meditative form of art that  
anyone can do with a little guidance. Join  
Kathy via Zoom at 2:30pm on 09/24 and she  
will show you step by step how to create a  
beautiful piece of art. You can pick up a packet  
with pens and Zentangle tiles at the Senior  
Center after 09/16. You will just need a piece  
of plain white paper or a sketch book and a  
regular pencil from home. Please call or  
email Mary if interested at 860-487-9872 or  
[floodmh@mansfieldct.org](mailto:floodmh@mansfieldct.org).

## Social Distance Bingo

We will provide you Bingo cards and you  
provide the markers. The cards will be  
numbered so that we can verify true  
Bingos. Please sign up by calling Mary at  
860-487-9872 or email  
[floodmh@mansfieldct.org](mailto:floodmh@mansfieldct.org).

# In September, Celebrate Mansfield!

## Free Cider and Donuts!

It's hard to believe, but fall is right around the corner! Stop by the Senior Center at **10:00am Wednesday, September 16th** to pick up some cider and donuts, and mark the changing seasons. Please be sure to wear a mask and stay in your vehicle.

Please call 860-429-0262 to sign up by 9/11



## Decorate Your Doors to Celebrate Mansfield!

Throughout the summer, we're challenging everyone in Mansfield to show your community spirit and decorate your front doors! Each month will feature a different theme, and we encourage you to let your creativity shine!

September's theme is

## CELEBRATE MANSFIELD

Grab your favorite party decorations and show your Mansfield pride on your door!

Once you've created your masterpiece, snap a photo, share your story and send it to us or post it on Facebook with #MansfieldSummerFun so we can celebrate Mansfield together!!

## September Craft: Calligraphy

You might wonder what makes Calligraphy different than hand writing. Hand writing is utilitarian, meant to be read. Calligraphy, on the other hand is perceived as art. Your kit will include calligraphy pens, practice sheets and paper to compose your work of art. The kits will be available for pickup outside the Senior Center on September 17th from 10:00am to 3:00pm.

## Every celebration needs a cake! Try this mug cake for a sweet treat!

### *Ingredients:*

- 2 tablespoons melted butter
- 2 tablespoons milk
- 1/2 teaspoon vanilla extract
- 2 tablespoons sugar
- 4 tablespoons flour
- 1/2 teaspoon baking powder
- 1 tablespoon sprinkles

### *Directions:*

1. Whisk the butter, milk, vanilla, and sugar in a mug. Add the flour, baking powder, and sprinkles. Stir to combine.
2. Microwave for 60-90 seconds on medium power. The top should look set when done.  
Let cool and top with frosting or whipped cream before enjoying!

## Share Your Mansfield Memories!

This September is National Senior Center Month and the 45th Anniversary of the Senior Center. With all that in mind, we are asking you to submit a Mansfield Memory. If you grew up here, perhaps you have memories of a very different town. If you moved here, what was the first thing you learned about Mansfield? Do you have any old photos to share? What memories do you have of the Senior Center? You don't have to be a writer to take part in this. A single sentence will do. Please email them to [floodmh@mansfieldct.org](mailto:floodmh@mansfieldct.org) by September 18th.

# Senior Center Happenings

## Reopening Update

We continue to work closely with State leaders and Town officials to develop policies, procedures and a timeline for a safe reopening plan, but we still do not have a firm re-opening date. We do want to stress that, as the State continues to move through Phase II of reopening, the recommended CDC guideline for anyone 65+ or considered high risk is to continue to “stay home and stay safe.” While we’re all anxious to return to a sense of normalcy, it’s important to continue to put your health and safety first. We will continue to use the Senior Center website, Facebook page, Sparks and emails to communicate any news or announcements, and we will let you know about re-opening and what it will look like as soon as we do! Although the building is not open, we are working daily to provide meal delivery, information & referrals, transportation to medical appointments, wellness calls, and many creative online programs. If you or anyone you know could use any additional support at all, please let us know. You can always reach us at 860-429-0262.

## Medical Transportation



We are still providing transportation to essential, non-emergency medical appointments that cannot be accommodated by WRTD’s Dial-A-Ride program. Rides are provided on a first come-first served basis. Masks must be worn during the ride. Call Jordan at 860-487-9877 if you have questions or to schedule a ride.

## Homebound Delivery and Chromebooks available through the Mansfield Library!



If you are homebound or immunocompromised, you can call the Main branch at 860-423-2501 to arrange for a no-contact drop off at your residence.

Chromebooks are small, Senior-friendly computers you can use to access the internet. If you don’t have internet service at home, please note there are several places in town where you can access free wi-fi, including the Library, Town Hall, Senior Center and Community Center parking lots. To request a Chromebook, please ask to speak to Sean Kegler.



## Free Wifi Access



Need Wifi and a change of scenery? We have extended our Wifi out to our front parking lot for public use! Choose “MnsfldGuest,” no password needed, to access free Wifi from the comfort of your vehicle!

## Tech Help Available

Our tech guru, Bob Valk has agreed to step back in and offer one on one tech help to folks who request it. Email him with your name and phone number and he will reach out to you at a time that is convenient for both of you.

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Open Daily 7am to 9pm  
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Vernon: 860.646.1974  
Storrs: 860.487.1842

Attorney Stephen F. Sutton  
KCC-law.com

**PLEASE BE SURE TO PATRONIZE AND THANK OUR SPONSORS -  
THEY HELP MAKE THIS NEWSLETTER POSSIBLE!**

**YOUR BUSINESS COULD BE HERE!**

**12 ISSUES OF ADVERTISING:**

**FOUR LINES FOR \$100.00. BUSINESS CARD SIZE FOR \$300.00.**

**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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Please Deliver Promptly**

**PUT LABEL  
IN THIS BLOCK  
TO COVER AREA**

**STAY CONNECTED & INFORMED**  
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[seniorresourcesec.org](http://seniorresourcesec.org)  
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[www.wrtd.org](http://www.wrtd.org) or 860-456-1462

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