



~ Senior Happenings ~

Mansfield Senior & Wellness Center, 303 Maple Road, Storrs/Mansfield CT 06268

October 2013

Volume 1, Issue 2

860-429-0262 FAX: 860-429-3208

Mansfield Senior Center 860-429-0262, ext. 0

Fax: (860) 429-3208

E-mail:

SeniorCenter@mansfieldct.org
www.mansfieldct.org

Hours: Monday to Friday
8:30 AM to 4:30 PM

Senior Center Coordinator:
Cindy Dainton, 860-429-0262,
ext. 9

daintonch@mansfieldct.org

Adult Services Social Worker:
Kathy Ann Easley, ext. 1

Volunteer Transportation Manager:

Gianna Stebbins, ext. 2

Administrative Assistant:

Linda C. Wohllebe, ext. 3

Receptionist:

Kathy Yaffee, ext. 4

Site Server

Sharon, Caron, ext. 8

The Municipal Agent for the Elderly: Kathy Ann Easley, MSW,
(860) 429-0262, ext. 1.

Transportation: Dial-a-Ride
Transportation (860) 456-1462, **48**
hours in advance.

UPCOMING TRANSPORTATION GETAWAYS!!!

Tuesday, Oct 1st: Lunch at the
Uncommon Kitchen, Windham
Tech Culinary Dept. 11-2

Tuesday, October 15th: Trip to
Buell's Orchard/Lunch at Corian-
ders, Eastford 11:30-2:30

Wednesday, Oct 30th: Lunch
Bunch Trip to Hank's Restaurant,
Brooklyn 11:00AM-2:30PM

Don't forget about our monthly
BIG Y run the first Wednesday of
the month. Pickups are at Jensen's,
Glen Ridge, Wrights Way, and
Juniper Hill Village. Registration
required. Please register with the
receptionist.

Hello to Everyone!

September was National Senior Center month and our week of celebration was very successful. I hope that you were able to enjoy some of the events that week. Senior Happenings will be available at no cost each month at the Senior Center. Please ask the receptionist for a copy. You may also pick up a copy of the MSCA's *Senior Sparks* at the Center for a cost of 50 cents, or you may subscribe. Remember that by having a subscription, you are supporting the Mansfield Senior Center Association.

Many of you already know that Linda Wohllebe has retired from the Mansfield Senior Center. She will be missed tremendously by both staff and seniors. She filled the center with an infectious laughter that will be remembered for years to come. The Mansfield Senior Center will not be the same this Halloween without her costume. Thanks Linda for a wonderful tenure.

There is a lot going on at the Senior Center again this month. I have been interviewing for a new Tai Chi instructor as well as an Art Instructor. Please come into the Senior Center for more information on classes. Better yet, come on in and talk with the volunteers or staff. We would love to see you at the Mansfield Senior & Wellness Center! I hope to see you soon!

Cindy Dainton,

Mansfield Senior Center Coordinator



UConn Health Fair—October 23rd 1:00 pm

As part of the University of Connecticut's observance of National Primary Care Week (NPCW) in 2013 we are conducting a total 13 student-run, faculty-precepted community health fairs across the state. Under the instruction of faculty from the UConn health professions schools, health profession students will provide free blood pressure and blood glucose screenings and counseling, as well as oral health, pharmacy and nutrition counseling. There will also be a variety of preventive health education materials available in English and Spanish and other free giveaways

Jorgenson Tickets

Once again the senior center is working collaboratively with Jorgenson Auditorium to provide 2 for 1 tickets to eligible seniors in the community. You must be on record as a member of the Mansfield Senior Center Association and you must come in to the center to let us know that you would like your name added to the list of potential buyers. The list is updated to Jorgenson on the first Monday of each month. Once your name has been sent to Jorgenson, it is then possible for you to go to the box office or call Jorgenson on the telephone to reserve tickets. Remember, you must wait until your name is sent over to Jorgenson. Jorgenson has limited the number of tickets to 12 for each performance on the list for this offer. When you come into the Senior Center, please pick up the list of eligible performances. Should you have any further questions, please feel free to talk with one of the wonderful volunteer receptionists or a staff member at the Senior Center.

Enjoy the

Show!



BEING A CAREGIVER (Caregiver's 101 Course)

Please join us for our information session **"BEING A CAREGIVER."** We will discuss caregiver basics: identify caregivers, warning signs of caregiver stress, and clarify the supports offered in the community.

This is a joint offering from the Mansfield Senior & Wellness Center and Senior Resources.

The class dates are as follows:

Tues., Oct. 29th: 10:00-11:00 AM

Tues., Nov. 12th: 10:00-11:00 AM

This is a three-part course. Please sign up in advance with the receptionist.

Medicare Open Enrollment October 15-December 7, 2013

In most cases, this may be the one change you have to make a change to your health and prescription drug coverage for 2014. If you need assistance with choosing a plan, Kathy Ann and others at the Senior Center can assist. Please call for an appointment at 860-429-0262 ext 2.

New Times for Classes

- * Yoga with Sharon will now be held Thursdays at 2:00pm.
 - * Senior Aerobics will now be held Mon & Wed at 9am.
- For Additional Information come into the Senior Center



Reminder: VNA East Flu Shot Clinic

Thursday, October 3rd

1:00pm to 3:00 pm

Mansfield Senior Center

303 Maple Road, Storrs, CT 06268

Call 860-429-0262 ext 0 for an appointment

New Tai Chi Class

A new Tai Chi Class on Balance and Fall Prevention will begin on Tuesday, October 1st. Classes will be held on Tuesdays and Thursdays at 9am. The program will run from October 1st through December 19th, which is a full 12 week program. At this time, you must sign up for the entire program. For more information or to register, come into the Senior Center.

Veteran's Administration Website

VA has made it easier for you to explore your benefits. Whether you're a Veteran or a family member of a Veteran, chances are you've earned at least one VA benefit. VA assistance can help get you the benefits you deserve to assist you at home, at work, and in life. So, take a few minutes to explore your benefits—and know that we're working every day for you.

Check out www.VA.gov/Explore.

Reminder: Veteran's Celebration, Nov 8th at 11:00am

The Veteran's Celebration will once again be held at the Mansfield Community Center on Friday, November 8th at 11:00am. Please remember to sign up at the Front Desk at the Senior Center by November 1st for the event. We hope to see everyone there.

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT. & SUN.

1.
8:30-Strength & Stability
9:00 -Tai Chi
10:00-Scrabble
10:00-Wii Bowl
10:00-Intro. to Computers
11:00-Pilates
12:00-Lunch
12:30-Power of Aging
1:00-Bingo
2:30-Computer Committee Meeting
3:15-Gentle Yoga

2.
9:00-Senior Aerobics
10:00-Writing Group
11:00-Movement w/Meaning
11:30-Herrmann Blood Pressure Clinic
12:00-Causeries en Français
12:00-**Birthday Lunch**
12:30-Van Run to Big Y
1:00-Fundamentals of Tap
1:30 -Program Planning Committee

3.
8:30-Strength & Stability
9:00-Tai Chi
10:00-Wii Bowl
10:00-Quilting w/Pat
10:15-Sparkettes Practice
11:00-Conversation w/Betty
11:30-Foodshare
12:00-Lunch
12:30-Power of Aging
1:00 **FLU CLINIC**
1:00-Bridge / Jewelry
2:00-Yoga w/ Sharon
2:30-Wii Bowl

4.
10:00-Scrabble
10:00- Photo Club
10:00-Knitting & Crocheting
10:30-Zumba Gold Toning
12:00-Lunch
1:00-Art Studio

5. Saturday

MSCA Craft & Collectibles Show
9-2

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**6. Sunday**

**7.**  
9:00-Senior Aerobics  
10:00-Art Studio  
10:00-Computer Help  
10:15-11:45-Sparkettes  
12:00-Lunch  
1:00-Mahjongg  
1:30-Chorus

**8.**  
8:30-Strength & Stability  
9:00-Tai Chi  
10:00-Scrabble / Wii Bowl  
10:00-Genealogy  
10:00-Intro. to Computers  
11:00-Ways & Means  
12:00-Lunch  
12:30-Power of Aging  
1:00-Bingo  
3:15-Gentle Yoga  
7:00-MS Support Group

**9.**  
9:00-Senior Aerobics  
10:00-Writing Group  
10:30-Executive Board Mtg.  
11:00-Movement w/Meaning  
12:00-Causeries en Français  
12:00-Lunch  
1:00-Fundamentals of Tap  
2:00-Non-Fiction Bk Clb  
6:30-9:00-TNT Quilters

**10.**  
8:30-Strength & Stability  
9:00-Tai Chi  
9:00-Reiki w/Bette  
10:00-Wii Bowl  
10:00-Quilting w/Pat  
10:00-Intro. to Computers  
10:15-Sparkettes Practice  
12:00-Lunch  
12:30-Power of Aging  
1:00-Bridge  
1:00-Jewelry  
2:00-Yoga w/ Sharon  
2:30-Wii Bowl

**11.**  
10:00-Scrabble  
10:00-Knitting & Crocheting  
10:30-Zumba Gold Toning  
12:00-Lunch  
1:00-Art Studio

**12. Saturday**  
  
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13. Sunday

14.
Center Closed
Columbus
Day



15.
8:30-Strength & Stability
9:00- Dr. Walter
9:00-Tai Chi
10:00-Scrabble
10:00-Wii Bowl
10:00-Intro. to Computers
11:00-Pilates
12:00-Lunch
12:30-Power of Aging
1:00-Bingo
3:15-Gentle Yoga

16.
8:45—VNA East Health
9:00-Senior Aerobics
10:00 Email Seminar
10:00-Writing Group
11:00-Movement w/Meaning
12:00-Causeries en Français
12:00-Pizza Lunch
1:00-Jim Hutchinson, Entertainment
1:00-Fundamentals of Tap
2:00-Red Hatters
6:00-Altrusa

17.
8:30-Strength/Stability
9:00-Tai Chi
10:00-Wii Bowl
10:00-Intro. to Computers
10:15-Sparkettes Practice
11:30-Foodshare
12:00-Lunch
12:30-Power of Aging
1:00-Bridge 1:00-Jewelry
2:00- Yoga w/ Sharon
2:30-Wii Bowl
6:30-Caregiver's Spt. Grp.

18.
10:00-Scrabble
10:00-Knitting & Crocheting
10:00-Photo Club
10:30-Zumba Gold Toning
12:00-Lunch
1:00-Art Studio
1:00-Duplicate Bridge

19. Saturday

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**20. Sunday**

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SAT. & SUN.**

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| <p><b>21.</b><br/>9:00-Senior Aerobics<br/>9:30-Comm. On Aging<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>10:15-Sparkettes<br/>11:00 Low Vision Grp<br/>12:00-Lunch<br/>1:00-Mahjongg<br/>1:30-Chorus</p> | <p><b>22.</b><br/>8:30-Strength/Stability<br/>9:00-Tai Chi<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:00-Intro. to Computers<br/>11:00-Pilates<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bingo<br/>3:15-Gentle Yoga</p> | <p><b>23.</b><br/>9:00-Senior Aerobics<br/>10:00-Writing Group<br/>10:00-Intro to Digital P.<br/>11:00-Movement w/ Meaning<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>1:00—UConn Health Fair<br/>1:00-Fundamentals of Tap<br/>2:00-Non-Fiction Bk. Club</p>                  | <p><b>24.</b><br/>8:30-Strength/Stability<br/>9:00-Tai Chi<br/>10:00-Wii Bowl<br/>10:00-Quilting w/Pat<br/>10:15-Sparkettes Practice<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bridge<br/>1:00-Jewelry<br/>2:00- Yoga w/ Sharon<br/>2:30-Wii Bowl</p> | <p><b>25.</b><br/>10:00-Scrabble<br/>10:00-Knitting/<br/>Crocheting<br/>10:00-Intro to Digital Photography<br/>10:30-Zumba Gold Toning<br/>12:00-Lunch<br/>1:00-Art Studio</p> | <p><b>26. Saturday</b><br/><br/>~~~~~<br/><br/><b>27. Sunday</b></p> |
| <p><b>28.</b><br/>9:00-Senior Aerobics<br/>10:00-Art Studio<br/>10:00-Computer Help<br/>10:15-Sparkettes<br/>12:00-Lunch<br/>1:00-Mahjongg<br/>1:00-Atty. Gates<br/>1:30-Chorus</p>                             | <p><b>29.</b><br/>8:30-Strength/Stability<br/>9:00- Tai Chi<br/>10:00-Scrabble<br/>10:00-Wii Bowl<br/>10:00-Caregivers 101, #2<br/>11:00-Pilates<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bingo<br/>3:15-Gentle Yoga</p> | <p><b>30.</b><br/>9:00-Senior Aerobics<br/>10:00-Writing Group<br/>10:00- Me &amp; My Ipad<br/>11:00-Movement w/ Meaning<br/>12:00-Causeries en Français<br/>12:00-Lunch<br/>1:00-Fundamentals of Tap<br/>1:00-Sparks Comm.<br/><b>*Last day to register for November classes</b></p> | <p><b>31. Halloween</b><br/>8:30-Strength/Stability<br/>9:00-Tai Chi<br/>10:00-Wii Bowl<br/>10:00-Quilting w/Pat<br/>10:15-Sparkettes Practice<br/>12:00-Lunch<br/>12:30-Power of Aging<br/>1:00-Bridge/Jewelry<br/>2:00-Yoga w/ Sharon<br/>2:30-Wii Bowl</p> | <p style="text-align: center;"><b>October<br/>2013</b></p>                                 |                                                                      |

**Current & Coming Events at the Mansfield Senior Center:**

**Tuesday, October 22nd:** *Meet the Candidates (Town Hall)*

**Friday, November 8:** *Veterans' Day Celebration (Community Center)*

**Tuesday, November 12, 9:00 AM to 1:00 PM:** *A.A.R.P. Driver Safety Course*

**Saturday, December 7:** *MCSA Holiday Bazaar*

***Holiday Closings:*** *Monday, October 14; Monday, November 11th; Thursday & Friday, November 28th & 29th*

***Note:*** *Calendar is subject to change without notice*